

The BurnNet News

January 2018, Volume 37, No. 1



BURNNET SURVIVORS MEETING

Thursday, **January 4**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. For more information, call (916) 734-5596. Tower DCR North 1204 – First floor, near West Entrance

PLANNING FOR A BETTER 2018

It is tempting at this time of year to make grand statements and promise big changes; however, it is not very realistic and by doing so you risk setting yourself up for failure and disappointment. It can be difficult to make changes at all if you are feeling depressed, so remember: this is not the only time where you can make changes in your life. Start now, start small, and set S.M.A.R.T goals for yourself. SMART goals are described as the following:



Specific. Make sure the goal is specific to increase your ability to know when you meet it. Ask yourself the 5 “W” questions; who, what, where, when, and why.

Measurable. Set up a concrete measurement of what it will look like when you meet the goal. To help ask yourself questions like: How much? How many? How will I know when it is accomplished?

Attainable. When you are making your goals attainable, think of ways you can reach those goals. Consider your skills, abilities, time, emotional, and financial capacity to reach them.

Realistic. Make sure your goals are ones that you are willing and able to work towards.

Timely. Ground your goal within a time frame or a time table. Ask yourself: When do I want this completed? How often will I work towards this or check in on my progress?

Learn more at <https://www.mindtools.com/pages/article/smart-goals.htm>



ARE YOU RECEIVING THE BURNNET NEWS VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet News every month? Email Deb Jones RN at debjones@ucdavis.edu You can also find The BurnNet News at our website: www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

UPCOMING EVENTS



FFBI REGIONAL BURN CENTER HOLIDAY PROJECT

For the 29th year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols and deliver gifts to all the patients in the Burn Unit on Christmas morning at 9:00 am. Would you like to join us Christmas morning? Meet us in the Burn ICU Waiting Room (Surgical Pavilion, 2nd Floor) by 9:00 am. We are currently looking for a volunteer that can play acoustic guitar Christmas carols. Want more information? Contact Deb Jones RN (916) 734-5596 or debjones@ucdavis.edu or FFBI (916) 739-8525



JANUARY 13 GUNS & HOSES ANNUAL CRAB & SHRIMP FEED

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento
5 PM no-host bar. 6 PM dinner. Raffle. Auction. Dancing. \$60 per person (PRESALE ONLY)
www.pigbowl.org



JANUARY 27 44th ANNUAL GUNS & HOSES FOOTBALL GAME

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement.
www.pigbowl.org



FEBRUARY 8-11th ANNUAL FIREFIGHTERS "FILL THE BOOT FOR BURNS" BOOT DRIVE

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help?
Contact Peri Henderson at 916-739-8525 or Deb Jones RN at 916-734-5596.
FREE Safety Fair for the community on Saturday!



MARCH 3rd ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED – SAVE THE DATE!

6 p.m. No Host Cocktails. 6:30 – 11 p.m. Dinner
All-you-can-eat fresh green salad, Cajun Boil, bread, and of course... Dungeness crab! No Host Cocktails. Raffle and Silent Auctions. Music & Dancing. Call FFBI at 916-739-8525 for tickets!



PRINCESS CRUISES
escape completely®

MARCH 22-26, 2018 BURN COMMUNITY CRUISE! DEADLINE APPROACHING!

4 Night Cruise to Santa Barbara and Ensenada from Long Beach.
Interior \$344*/Oceanview \$414* per person/double occupancy.
*Above pricing does not include taxes or port fees which are estimated at \$75/person. Prices also do not include gratuities or alcoholic beverages. \$50 deposit/pp due at time of booking, final payment **due 1/15/2018**.
Call Rachel at FFBI (916) 739-8525 or book your cruise directly with Joshua at Cordially Your Travel (916) 838-3960.

QUOTE OF THE MONTH

You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down.

~Mary Pickford, film actress and producer



HOME HEATING SAFETY

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is the second leading cause of home fires, deaths and injuries in the United States? Nearly half of all home heating fires occur in December, January and February!



Leading factors contributing to home heating fires is failure to clean chimneys and furnace vents, and placing things that can burn- such as upholstered furniture, clothing, mattresses, or bedding, too close to heating equipment like space heaters, whether portable or stationary.

With a few simple safety tips and precautions you can prevent most heating fires from happening:

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
- Test smoke alarms at least once a month.

The staff of the FFBI Regional Burn Center want you to be warm and safe this winter!

Get more on how to 'Put a Freeze on Winter Fires' from the National Fire Protection Association at

<http://www.nfpa.org/Public-Education/Campaigns/Put-A-Freeze-on-Winter-Fires>



POETRY FOR THE NEW YEAR

New Year's Day.

A fresh start.

A new chapter in life waiting to be written.

New questions to be asked, embraced, and loved.

Answers to be discovered and then lived in this transformative year of delight and self-discovery.

Today carve out a quiet interlude for yourself in which to dream, pen in hand.
Only dreams give birth to change.

~Sarah Ban Breathnach, *Simple Abundance: A Daybook of Comfort of Joy*

QUESTION...

I suffered burns on my hands so severe that it required skin grafts and partial amputations of some of my fingers. I am struggling with the issue of my skin becoming so dry that it splits open in multiple places, oftentimes when I am doing something as simple as washing my hands. What can I do?

...AND ANSWER



Dry cracked hands may occur for a number of reasons. It is actually possible it is not even related to your burn injury. But whether it is burn-related or not, it likely causes pain or interferes with your normal activities. Deep cracks are also more prone to infections.

As you mention you have skin grafts, remember that those areas no longer have functioning sebaceous glands- your natural oil producers. Expect to need to apply a moisturizer or emollient every day (even several times a day.) However, there are other common causes of dry skin. They include:

- Frequent Use of Harsh Soaps

Washing your hands too frequently or using harsh soaps can quickly dry out your skin- this includes alcohol-based hand sanitizers. And washing your hands with hot water can make dryness and cracking worse by removing your skin's protective oils.

To prevent and treat dry cracked hands associated with harsh soaps or washing too often, wear gloves when washing dishes – and use a mild, moisturizing soap designed specifically for dry skin.

- Contact Allergies

Contact with allergens can trigger dryness, redness, inflammation and other symptoms. This condition, called contact dermatitis, affects people of all ages and may cause delayed symptoms- continued contact with allergens can make symptoms more severe.

Common causes of contact dermatitis include cleaning products, nickel and other metals, cosmetics and latex. Wearing gloves while cleaning and avoiding exposure to any substance that causes a flare-up in symptoms can prevent and treat dry cracked hands.

- Eczema

Eczema is a chronic disorder of the immune system that causes scaly, itchy patches of skin on the hands. Cracked, painful skin may develop in severe cases.

Treatment of hand eczema generally involves lifestyle changes, frequent moisturizing with oil-based ointments and applications of topical hydrocortisone cream.

- Low Environmental Humidity

Dry skin is more common during winter months when low outdoor humidity and indoor heating systems rob the skin of moisture. The hands are often severely affected because they are more frequently exposed to harsh weather conditions and dry air than other parts of the body such as the legs. Keeping the hands covered, applying moisturizer to dry patches and treating cracks as soon as possible with topical antibiotics can prevent and treat dryness and reduce the risk of infection and other complications. Also consider humidification in your home to combat the effects of your furnace.

When selecting moisturizers, we recommend products with little or no common irritants, including: fragrance, parabens, Vitamin E, benzyl alcohol, and propylene glycol as they can cause increased irritation and dryness. Severely dry or cracked skin requires evaluation by a dermatologist to determine the underlying cause of the problem. It could be any of the things listed so far, or possibly hypothyroidism or psoriasis, which are conditions that can also cause dry, cracked skin.

~deb jones RN

OTHER SUPPORT OPTIONS

Peer Support Chat on Facebook

If you need technical support or can't connect, you can reach a live Phoenix Society staff member on Wednesday night from 6:00PM - 7:30PM (PST). Click [here](#) for a list of numbers by country.

How do I join?

Click [here](#) for the Peer Support Chat Group. Between 9:00 PM - 10:30 PM (EST), you will be able to request to join the group. The group is "closed," which means all members must be approved by Chat Moderators.

For any questions please do not hesitate to contact nicole@phoenix-society.org



PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

www.phoenix-society.org/community/stayconnected/online-learning-community/



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BURN INSTITUTE**

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3. START SHOPPING!

Amazon will now donate 0.5% of the price of your eligible AmazonSmile purchases to **Firefighters Burn Institute** when you shop at AmazonSmile (smile.amazon.com). Painless...and no cost to you! For more details about AmazonSmile, please visit www.smile.amazon.com or ask for a handy guide from FFBI peri@ffburn.org