

The BurnNet News

February 2018, Volume 37, No. 2



BURNNET SURVIVORS MEETING

Thursday, **February 1**, 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



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



JANUARY 27 44th ANNUAL GUINS & 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!

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova
5:30 p.m. No Host Cocktails. 6:30 p.m. Dinner is served.
Each \$55 ticket entitles you to all-you-can-eat fresh green salad, bread, Cajun Boil, delicious cracked Dungeness crab and dessert. Handcrafted ales and a selection of wines and spirits will be featured. Raffle and Silent Auctions. Music & Dancing. Call FFBI for tickets! 916-739-8525

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.



QUESTION...

Ever since the accident I've been very worried about fire -naturally. Now that it's winter I'm finding that I get EXTREMELY cold. I've been using a heating blanket and it's been working amazingly. Now my question is, are those things dangerous? I never even thought about it, but just saw an article about an elderly woman who ended up in your burn unit because her heating blanket went up in flames. What precautions should I take to have this not happen? Should we get rid of our heating blanket? Thank you so much! ~Dan



...AND ANSWER

You have valid concerns, but I wouldn't necessarily trash that electric blanket just yet. Older blankets (prior to about 2001) may not have a shut-off mechanism- so run the risk of overheating. Also, older blankets that have been washed and dried over and over could be considered a fire hazard as their wires become brittle.



Newer electric blankets have a shutoff mechanism to decrease the chances of overheating.

Or consider an electric mattress pads (that go under your sheets), as the heat is considered more uniform and they are laundered less frequently than blankets.

As a burn survivor, skin and donor sites may be hypersensitive to temperature changes, while skin grafted areas may have little or no sensation at all. Whether you select an electric blanket or mattress pad I would recommend using the "LOW" setting to decrease the chance of a contact burn you cannot feel. Consider these safety practices for all electric bedding:

1. Do not use warming bedding with infants or very small children, people with disabilities, anyone who is immobile or cannot operate the controls properly, anyone insensitive to heat or anyone who cannot understand these directions.
2. Never pinch any of the heating wires or the control cords in any way. Therefore do not use with "hospital" type adjustable beds, Murphy beds, pull-out sofas, or reclining chairs where electrical cords or heater wires could become pinched in the mechanisms.
3. Do not use a heated blanket and a heated mattress pad at the same time. Overheating could result.
4. Wrapping the cord around the controls may damage the cord. Loop loosely when storing.
5. Do not allow pets to be around your warming bedding. A sharp claw or a tooth may puncture the wire insulation or damage the wiring itself.
6. Turn off the bedding appliance when not in use.
7. Never iron your electric blanket or electric mattress pad. Ironing may melt the heating wire insulation.
8. Never dry clean or use cleaning fluid on your product. Dry cleaning solvents may damage the heater wire insulation.
9. Do not use an electric blanket or electric mattress pad on a waterbed.
10. Finally, if you observe your electric blanket or mattress pad operating unusually or improperly (e.g. seems too hot in one area or you see a scorch mark) **unplug and do not use!** Call the manufacturer's customer service line centers to get answers; or throw it away and buy another.

Most of these rules seem like common sense, but my Dad used to say, "Common sense isn't so common." If you follow these general rules, you will stay warm with little chance of anything going wrong with your product. More information can be found at the Electric Blanket Institute www.electricblanketinstitute.com

~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



Survivors Offering Assistance in Recovery

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/



QUOTE

There is a magnificent, beautiful, wonderful painting in front of you! It is intricate, detailed, a painstaking labor of devotion and love! The colors are like no other, they swim and leap, they trickle and embellish! And yet you choose to fixate your eyes on the small fly which has landed on it! Why do you do such a thing?

— C. JoyBell C.

DO YOU SHOP ON AMAZON?



Would you like to help AMAZON donate to FIREFIGHTERS BURN INSTITUTE?
IT'S AS EASY AS 1, 2, 3!



FIREFIGHTERS BURN INSTITUTE

1. LOG ON TO SMILE.AMAZON.COM WITH YOUR OWN AMAZON ACCOUNT.
2. CHOOSE FIREFIGHTERS BURN INSTITUTE AS YOUR CHARITY OF CHOICE.
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

GOING ON RETREAT



Going on retreat can be a powerful way to process what is happening in your life. Giving ourselves time to reflect and heal can be a powerful way to process the things that are happening in our lives, and one of the best approaches to do this is by going on a retreat. Going on a retreat means that we have set the intention to heal and learn more about our spirit, and doing this is a decision that we make for ourselves.

Since everyone sees and experiences the world differently, it is important to choose a type of retreat that works best for us. Even though a friend or loved one may recommend something, we have to trust our intuition and select a path that really connects with what our soul needs most at the time. The most essential thing is to be willing to respect our unique stage of development and to be patient with ourselves since any thoughts or issues that arise are simply part of the process of healing. Just remembering that a retreat is an intense period of time where serious soul searching takes place can help us allow whatever may happen to us to fully unfold. Going on retreat may sound like a vacation, but most retreat experiences ask you to look deep inside of yourself, and sometimes this can be uncomfortable or stir the pot of our soul.

Putting our trust in the retreat process will make space for the necessary work we have to do, making it easier for our hearts and minds to explore wholly the innermost reaches of our soul. By paying attention to these messages, we pave the way for greater healing and transformation, since spending time in contemplation at a retreat will give us the gift of insight and understanding that we can use in all aspects of our daily lives.

~Madisyn Taylor, www.dailyom.com

