

# The BurnNet News

April 2018, Volume 37, No. 4



## BURNNET SURVIVORS MEETING

Thursday, **April 5**, 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

## WRITING AS HEALING

Whether you're a patient, family member, friend, caregiver or health-care provider, you have a story to share. This group is a supportive place for you to express yourself through writing. During group meetings, participants write and respond to each other's creative work. Writing with others is inspirational, fun and healing. Expressive Writing has been proven to reduce stress, decrease symptoms, strengthen immune systems, shorten recovery periods, and improve family relationships. No experience in creative writing is required. The intention of the workshop is to create a sense of freedom and excitement about writing. We are all writers. Discover and share with us your way and your voice.



### Classes:

- Sessions meet weekly.
- Please check our [community calendar](#) for the current class schedule.
- There is no cost to participate.
- You may join at any time.

Writing sessions are facilitated by John Crandall, a trained workshop leader. John currently teaches expressive writing classes for the UC Davis Extension, as well as facilitating writing workshops for Sutterwriters/Amherst Writers and Artists (AWA). John is the author of "Poet Healed", published by LAMP in 2005.

Come join with us as we write together and share our voices. For more information or to register: Call **916-708-9708** or [e-mail](#).



## 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](mailto:debjones@ucdavis.edu). You can also find The BurnNet News at our website: [www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html](http://www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html)

## UPCOMING EVENTS



### MARCH 22<sup>ND</sup> TOUGH MUDDER PAINT NIGHT

Sactown Union Brewery, 1210 66th Street #B, Sacramento

Artist, Kyle Lawson will be there to provide assistance, techniques & tips. \$50 per person. Price includes all art supplies including your unique artwork you each take home and a complimentary drink. Painting starts at 6:00pm and ends at 9:00pm. There will be a food truck available out front, or bring your own dinner.

All tickets must be purchased on Eventbrite. <https://www.eventbrite.com/e/paint-night-tickets-42473785235?aff=es2> For more info contact Lauren Spink at [lauren@ffburn.org](mailto:lauren@ffburn.org)



### APRIL 21<sup>ST</sup> TOUGH CRAWL

Save the Date! 2<sup>nd</sup> Annual Pub Crawl hosted by the nurses and firefighters of the Tough Mudder Team FFBI. Tickets available soon. For more info contact Lauren Spink at

[lauren@ffburn.org](mailto:lauren@ffburn.org)



### JUNE 23<sup>RD</sup> 7<sup>TH</sup> ANNUAL FIREFIGHTER'S A TROPICAL AFFAIR

The best tropical event of the year is returning! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will include live music, Hawaiian hula dancers, local celebrity MCs, and a variety of foods and beverages provided by generous local business sponsors. Early Bird Special \$40/pp available exclusively on Eventbrite until **April 30<sup>th</sup>**. Don't wait until prices go up!

<https://www.eventbrite.com/e/7th-annual-firefighters-a-tropical-affair-tickets-43001010179> Contact Lisa Watanabe at [lisa@ffburn.org](mailto:lisa@ffburn.org) or 916-739-8525



## QUOTE

People who soar are those who refuse to sit back, sigh and wish things would change. They neither complain of their lot nor passively dream of some distant ship coming in. Rather, they visualize in their minds that they are not quitters. They will not allow life's circumstances to push them down and hold them under.

~Charles R. Swindoll

## OTHER SUPPORT OPTIONS

### Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.

- **[Peer Support Chat](#)**: This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **[Online Learning](#)**: These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **[Resource Library](#)**: Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **[Blog](#)**: Stories and tips by the burn community, for the burn community.



*Phoenix Society*  
for burn survivors

## PHOENIX EDUCATION GRANT FOR BURN SURVIVOR STUDENTS – PHOENIX SOCIETY

The Gift of Knowledge for Burn Survivors

The Phoenix Education Grant is the first national scholarship endowment fund created for burn survivor students pursuing their education dreams.

The grant is available for burn survivor students pursuing their post-secondary education who have applied and been accepted to a:

- 2-year College
- 4-year College (University)
- Technical or Vocational School
- Graduate Program

Applications for the Phoenix Education Grant are now open!

Apply for a 2018-2019 PEG Scholarship by **May 31, 2018.**

[www.phoenix-society.org/our-programs/education-grant](http://www.phoenix-society.org/our-programs/education-grant)



### MINDFUL WALKING

Walking meditation is a simple way to connect with your spirit and mother earth in a very grounded way.

Many of us take the benefits of walking for granted. Each day we limit the steps we take by driving or sitting for long periods of time. But walking even a few blocks a day has unlimited benefits – not only for our health, but our spirit as well, for as we walk, we connect with the earth.

Even when walking on concrete, the earth is still beneath us, supporting us. Walking lets our body remember simpler times, when life was less complicated. This helps us slow down to the speed of our body and take the time to integrate the natural flow of life into our cellular tissue. Instead of running from place to place or thinking about how much more we can fit into our day, walking allows us to exist in the moment.

Each step we take can lead us to becoming more mindful of ourselves and our feelings. Walking slows us down enough not only to pay attention to where we are in our body, but also to our breath. Taking time to simply notice our breath while we walk, through the length of our inhales and exhales, and becoming attuned to the way in which we breathe is taking a step towards mindfulness. When we become more mindful, we gradually increase our awareness of the environment around us and start to recognize that the normal flow of our thoughts and feelings are not always related to where we are in the present moment. Gradually we realize that the connection we have with the earth and the ground beneath our feet is all that is. By walking and practicing breathing mindfully we gain a sense of calm and tranquility -- the problems and troubles of the day slowly fade away because we are in the 'now'.

The simplicity and ease of a walking practice allows us to create time, space and awareness of our surroundings and of the wonders that lie within. Taking a few moments to walk each day and become more aware of our breath will in turn open the door for the beauty of the world around us to filter in.

~Madison Taylor, [www.dailyom.com](http://www.dailyom.com)

### CLIFF HASKELL PERPETUAL SCHOLARSHIP

FFBI believes in helping burn survivors continue their educational journey and achieving their goals. Up to four \$2,000 scholarships will be awarded each year, to local burn survivors. Applicant must be pre-enrolled and accepted for full-time attendance to a college, university, trade school, or technical school before any money is distributed. Request an application from the Firefighters Burn Institute (916) 739-8525 or [marcos@ffburn.org](mailto:marcos@ffburn.org). Applications must be postmarked by **July 1st, 2018.**



## QUESTION...

Insomnia! It's so bad I'm thinking about taking my leftover Percocets.  
What's your opinion? ~Dave



## AND ANSWER...

Step away from the Percocet! You obviously experienced the side effect of sleepiness when you were taking your pain medication, but it is an opiate that is best reserved for the treatment of severe pain only. Throw those leftovers away.

Unfortunately, as you have discovered, insomnia is a common issue for recently discharged burn patients. Lack of sleep puts stress on the body and mind of a burn survivor- negatively affecting your physical and mental health. But even before taking a prescription sedative or OTC (over-the-counter) sleep aid, consider changing your nighttime sleeping habits and other behaviors first.

- Establish a regular bedtime. Get into bed only when you are really tired and on the verge of falling asleep.
- Keep it dark. We associate light with daytime and being active. If you find that light is disturbing your sleep, use heavy curtains to keep your room dark or perhaps you could try using an eye mask.
- Traffic and background noise can be a disturbance. Dampen the sound with heavy blinds or curtains. Try wearing earplugs or playing low-volume relaxing music. White noise, such as a fan, may help you to sleep.
- Avoid emotional upset or stressful situations before bedtime.
- Avoid caffeine for at least 8 hours before bedtime. Give up smoking because nicotine is a stimulant.
- Eat a light snack before bedtime. Warm milk or turkey contains a natural sleep inducer called L-tryptophan.
- Exercise regularly, but not in the last 2 hours before going to bed. Exercise, especially aerobic exercise, has been shown to make people fall asleep faster and get deeper and more restful sleep. Sex can be a natural sleep inducer for some people.
- Relax by reading, taking a bath, or listening to soothing music before going to bed.
- Take your TV, tablet and cellphone out of your bedroom. These technologies emit "blue light" which triggers our brains to stop producing melatonin: a hormone made in the brain that control sleep and wake cycles.
- Get the right mattress. An uncomfortable mattress or pillow can lead to back pain and a bad night's sleep. Replace them once the support is gone.
- Fresh air. Even in winter, fresh air is essential for a sound night's sleep. Stuffiness or smells can remind you of your day or unsettle you, preventing your mind from clearing itself and switching off. Consider opening a window or using a ceiling or oscillating fan.
- Aromatherapy. People suffering chronic insomnia often respond well to aromatherapy. The trick is finding exactly which essential oil your body likes best. Consider...
  - Lavender
  - Chamomile
  - Ylang Ylang
  - Bergamot
  - Vetiver
  - Sandalwood
  - Clary sage
  - Marjoram
  - Boswellia

Contact your doctor if:

- Your sleeping problem becomes persistent and unbearable despite home treatment
- Your sleeping problem occurs more than 3 nights per week for more than a month
- You have other worrisome symptoms, such as chest pain or shortness of breath

~Deb Jones RN