

The BurnNet News

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BURNNET SURVIVORS MEETING

Thursday, **July 12**, 7:30-9:30pm ***Note date change due to July 4 Holiday!**

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

THE RIGHT ATTITUDE

Being severely burned is a very tough situation to be in and may take some time to get your smile back, but you just need to hang in there and do your best to not give up. Look deep inside of yourself and remember who you are. Your body may have gone through some minor or major changes, but that doesn't mean that your heart and your personality, which define the person you really are have to change too. I've always been the kind of person that would try to find the humor or positive side of something. Laughed at the stupid things that I've done or that have happened to me. I've always found this a much better way to get through life rather than sulking about something and just feeling down about myself. Keeping that smile upright as much as possible. This kind of attitude was one of the best weapons I had to get me through the beginning of my tragedy and the shocked state I was in. I admit that it took me about a month to really remember how to wield this weapon again, but when I did it was a whole different experience in the Burn ICU from that day forward.

One day I just woke up and realized that this is not me, this attitude is not mine. So I started to rethink my situation and put it into perspective. Then each morning I started telling myself. 'From here on out it's only going to get harder. Right now you must realize you're only at mile one of a marathon and everyone's going to tell you how to feel. The doctors might tell you to stay positive, your family might tell you not to feel sorry for yourself, and maybe your therapist will say not to be angry. Maybe you'll walk again, which I hope you do, or maybe you won't, but your ability to get through it as this gets harder, that is a hundred times more powerful than slapping a smile on your face and pretending everything is just fine. No one can give you your life back; you have to take it back.'

My name is Robert Bickford, I'm 51 and going on 26 (again). Back in July of 2013 I was caught in shop explosion/fire while restoring an '87 Camaro. With over 90% of my body burned, I spent 9 months in the Burn ICU and 2 more months in Rehab at UC Davis Medical Center. At the time of my discharge I still had problems with being able to care for myself and needed help, but with hard work and never giving up I've become fully independent other than being able to drive, but hopefully that won't be far off to crossing off the list. Since the accident my left foot has been fused in a downward position so I'm walking on my toes. I recently decided to have my right foot/lower leg amputated due to too many problems with it. Through it all, my smile and my will have remained strong. My recovery may be a long journey, but every day is another day closer to the end of it.



~Robert Bickford

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



JUNE 23RD 7TH 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. Tickets are \$60/ ticket or \$100/ 2 tickets. Contact Lisa Watanabe at lisa@ffburn.org or 916-739-8525



JULY 13-29 CAMP SMOKEY AT THE CALIFORNIA STATE FAIR

While attending the California State Fair at Cal Expo, be sure to visit Camp Smokey. This fun and interactive fire prevention program teaches fire safety at home and in the forest at 6 different stations. Complete them all to earn your Camp Smokey bandana! CA State Fair admission- adults: \$14 seniors: \$12 kids under 12: \$10 ages 4 and under: free



JULY 21 ULTIMATE RIDEZ CAR SHOW

10:00am – 2:00pm 3600 Madison Avenue, North Highlands. All makes and models welcome! Trophies and prizes. Music. Beer & Wine. Food. \$20 Registration. To register, contact KeySmart at (916) 444-3644 or info@keysmartinc.com



AUGUST 17 BOGLE VINEYARDS FRIDAY ALFRESCO

5:00pm-7:30pm Bogle Vineyards, 37783 County Road144, Clarksburg, CA
Music by Salvage Covers. Food Vendors are Masa Guiseria & Slider Nation.
NO RESERVATIONS NECESSARY. NO PETS. NO BYOB. Thank you!
Net proceeds to benefit the Firefighters Burn Institute
\$15 per person/\$10 bandwagon members/\$5 per kid



NOVEMBER 2-4 LITTLE HEROES PRESCHOOL BURN CAMP

A burn recovery program designed for preschool burn survivors, ages 3-6 years old and their families to gain understanding to cope with the physical and emotional challenges of burn recovery, and meet other families who are overcoming similar challenges. Taylor Foundation Camp Arroyo, Livermore. Applications being accepted now! To attend, contact Marcos Reyes at (916) 739-8525 or marcos@ffburn.org

PHOENIX WORLD BURN CONGRESS®

The Annual Phoenix World Burn Congress is coming to Grand Rapids, Michigan September 12-15, 2018!
The Phoenix World Burn Congress offers a unique atmosphere of burn survivors, families, healthcare providers and firefighters who come together as one caring community of support. Online Registration is now open! Save \$100 when you register by August 15, 2018.
www.phoenix-society.org/wbc/location-registration



Check out "Phoenix WBC Slideshow 2017" from Phoenix Society on Vimeo. <https://vimeo.com/239376209>
If you like this video, make sure you share it, too!



QUOTE

Our lives are not determined by what happens to us but how we react to what happens; not by what life brings us but the attitude we bring to life. ~Wade Boggs

THE DO'S, THE DON'TS, THE FACTS, THE FIX... OF FIREWORKS

Remember, Fireworks Cause Life Changing Injuries...There are NO Safe Fireworks!

DO

- Consider safer choices such as glow sticks, confetti poppers or colored streamers
- Observe your local & state laws
- Have a designated sober adult light all legal fireworks
- Light one firework at a time & move away quickly
- Keep children and other observers at a safe distance – behind a protective barrier
- Store fireworks out of children's reach
- Keep a bucket of water close for disposal of fireworks

DON'T

- Allow children to handle fireworks -- including sparklers
- Attempt to alter, modify or relight fireworks
- Point or throw lit fireworks at anyone
- Allow children to pick up the spent fireworks - some may still be active
- Ever hold lit fireworks in your hand
- Consume alcohol or drugs when lighting fireworks
- Forget you can be held responsible for injuries caused by using fireworks

THE FACTS

- Sparklers can reach 2,000° F, hotter than a blow torch
- Thousands of fireworks injuries are treated in U.S. hospital emergency departments each year, often leaving permanent damage to eyes, hands & face.
- Over 50% of fireworks injuries occur with people under the age of 20 years

THE FIX

If a burn injury does happen...

1. Cool the burn with COOL (not cold/no ice) water to stop the burning process
2. Remove all clothing and jewelry from the injured area
3. Cover the area with a dry clean sheet or loose bandages
4. Seek medical attention



Wishing you a Safe and Sane Independence Day!

QUESTION...

Since large parts of my body don't sweat anymore, what are some ideas for staying cool this summer?
~burned May, 2016

...AND ANSWER

So this is your first full summer not in the hospital. Congratulations!

- Drink lots of water, to help keep you well-hydrated. This makes it easier for your body to regulate its temperature.
- Hate "plain" water? Flavored water and other no-caffeine or non-alcoholic beverages are best.
- If possible, have the air-conditioner on while indoors.
- No air-conditioning? A fan can work as well.
- That does not mean to stay at home! Consider:
 - Taking a drive/car ride with the windows rolled down or the air conditioner on
 - Visiting friends (with air conditioning)
 - Window shopping inside the nearest mall
 - Going to the movie theater
- Cool off your affected body parts by placing a cool wet towel on them
- Use an inexpensive spray bottle, or spray bottle with attached fan, filled with water. Misters and lawn sprinklers also give similar results.
- Swimming is a great activity that can keep you moving and cool at the same time.
 - However, if you still have open wounds, the burn team recommends that you do not go swimming in any public water. This includes oceans, lakes and rivers; as well as hot tubs and pools.



~Deb Jones RN

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.



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BURN INSTITUTE**



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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 purchases to [Firefighters Burn Institute](#) when you shop at SmileAmazon. Painless...and no cost to you! For more details, please visit www.smile.amazon.com or ask for a handy guide from FFBI peri@ffburn.org