

# The BurnNet News

August 2018, Volume 37, No. 8

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## BURNNET SURVIVORS MEETING

Thursday, **August 2**, 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

## SHOULD YOU KNIT?

I keep hearing about busy people taking up knitting. It's meditative and you have a sweater at the end. Think beyond the Martha Stewart stress on perfection. Remember using your hands to mold dough or bread? In a world where so much of our work is intangible, making things with your palms and fingers gives us a feeling of control and mastery and is a way of creating order and beauty.



My guess is that one reason we're all so into our electronic gadgets today is because it's a way of playing with our hands. But knitting can be much better for you than too much texting or web searching or electronic games. Knitters across the world say it's simply the best therapy, but why? Betsan Corkhill, a British physiotherapist, founded an organization called [www.stitchlinks.com](http://www.stitchlinks.com) to answer that question and promote knitting as a therapeutic practice.

For those of us who are ill, unemployed or bored for various reasons, staying occupied is clearly good for our health, especially when a hobby is connected to a social circle. Knitting has particular benefits. The rhythmic repetitive movements seem to put us in the present moment, distracting us from mulling over the past or fear of the future. The relaxation response is known to bring down blood pressure and heart rate and help to prevent stress-related illnesses.

Research by Dr. Barry Jacobs of Princeton University has found that repetitive movements in animals enhance the release of serotonin, associated with calm good spirits. And it's common sense: we rock babies in cradles and sit in rocking chairs because rocking has a powerful calming effect.

The motion of moving your eyes from side to side may also be helpful in itself, as therapists who use Eye Movement Desensitization and Reprocessing (EMDR) have found working with trauma victims around the world. Moving your eyes from side to side or rolling them around is a powerful yoga technique. According to Corkhill, some early research has shown that moving your eyes from side to side for 30 seconds every day can boost memory by 10%.

Corkhill sees knitting as a "constructive addiction" that replaces other habits like smoking and binge eating or obsessive checking. One blessing is that you can take your relaxation tool with you and do it in public. And while knitting does not require artistic talent or expensive equipment, it produces objects that people enjoy. Knitters will tell you that just stroking their yarn cheers them up. In fact, Corkhill reports that many chronically ill,

or disabled people who aren't working or those looking for work can overcome a feeling of aimlessness simply by taking up knitting. Planning a sweater gives them impetus to plan other activities. Knitting also appears to be a pain-reliever. Pain doesn't originate in the spot where you feel it, but actually in your brain, when it interprets signals from other parts of your body. But your brain can't concentrate on two compelling activities at the same time. "Knitting can quite literally take your mind off pain," Corkhill writes.

Finally, if you can learn to relax while knitting, you can remember again what it feels like not to be tense and recall that feeling in stressful situations. It won't cost you much and it could do wonders. Why not?

~Temma Ehrenfeld

## UPCOMING EVENTS



### 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



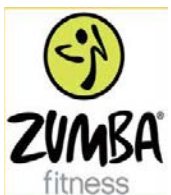
### JULY 21 ULTIMATE RIDEZ CAR SHOW

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](mailto:info@keysmartinc.com)



### AUGUST 17 BOGLE VINEYARDS FRIDAY ALFRESCO

5:00pm-7:30pm Bogle Vineyards, 37783 County Road 144, 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



### AUGUST 26 BEAT THE HEAT ZUMBATHON

10:00-12:00PM Orangevale Community Center, 6826 Hazel Ave, Orangevale  
Join us as we "Beat the Heat" while exercising with some of Sacramento's best Zumba® Instructors and Sacramento's heroic Firefighters!  
Tickets: \$25 each or 2/\$45 Event T-shirts and tanks will be sold on site or online.  
Register online through Eventbrite: [www.ffbi-zumbathon2018.eventbrite.com](http://www.ffbi-zumbathon2018.eventbrite.com)



### SEPTEMBER 23 BURN COMMUNITY PICNIC

11:00AM – 2:00PM North Natomas Regional Park, 2501 New Market Drive, Sacramento  
Please join us for free food, fun and fellowship. Make new friends and reunite with old ones. This picnic is open to all burn survivors and family members, firefighters, nurses and volunteers for Firefighters Burn Institute and staff. **Please RSVP by September 18<sup>th</sup>** for all attending guests to: Peri Henderson – [peri@ffburn.org](mailto:peri@ffburn.org) or call the office – (916) 739-8525 Hope to see you there!



### 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](mailto:marcos@ffburn.org)

## 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)



## DISTINGUISHING BETWEEN ASD AND PTSD

Studies show that about 20 percent of fire fighters and paramedics will experience post-traumatic stress disorder (PTSD) at some point in their career, compared to 3.5 percent of the general population. However, acute stress disorder (ASD) is lesser known. You may not recognize the signs of this specific mental health disorder.

ASD can occur in the month following a trauma. The symptoms associated with ASD overlap with those of PTSD. A notable difference is that a PTSD diagnosis cannot be given until symptoms have lasted for at least one month.

Daily exposure to trauma can take a toll and cause cumulative stress. Sometimes, a particular incident pierces your emotional defenses. Both ASD and PTSD are very personal responses to these sorts of traumatic events. Following a potentially traumatic incident, an entire department might appear to be coping adequately on the surface, but some maybe could be experiencing ASD symptoms.

### Symptoms of ASD



Symptoms of ASD may include intrusive thoughts about that one call, nightmares, dreams, negative mood-swings, difficulty experiencing happiness or feeling disconnected from others. If you're suffering from ASD, you may avoid talking about the traumatic call or driving by the location of the call. You may be unable to remember some or all of the traumatic incident, which can also be accompanied by problems concentrating, irritability or difficulty sleeping. Symptoms of ASD can also interfere with work, relationships and even with the desire and ability to seek help.

### Does ASD Predict PTSD?

If you experience ASD, it's more likely you'll develop PTSD. One study has found that 80 percent of people with ASD develop PTSD. However, not everyone who experiences ASD will develop PTSD. Conversely, you may not experience ASD but still develop PTSD later. Studies indicate that a small percentage (4-13 percent) of people who do not develop ASD in the first month after a traumatic experience will experience PTSD in the months or even years after the incident.

### Getting Help

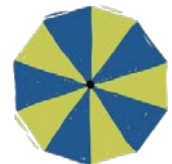
You may have your own support system through family or fellow fire fighters, and may be able to work through your symptoms with those people. But if the symptoms are severe, these support systems may not be enough. It's vital to get help before ASD gets worse. The IAFF Center of Excellence offers a variety of programs to help treat any mental health disorder, including: cognitive behavioral health (CBT), group and family therapy, pharmaceutical therapy, and aftercare planning.



It's important to know the warning signs and talk to someone. You don't have to battle mental health issues alone. Call the IAFF Center of Excellence to learn more about treatment options and support. Telephones are staffed around the clock with professionals who understand these issues and can help you get into a program that works best for you. <https://www.iaffrecoverycenter.com/distinguishing-between-asd-and-ptsd/>

~Jennifer Kopf

### BEFORE YOU GO OUTSIDE



Wear clothes. Plan around the sun. Don't get burned. Wear sunglasses. Find shade. Bring shade.

For more information, click on the T-shirt icon or [www.ewg.org](http://www.ewg.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](http://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

Don't compromise yourself.  
You are all you've got!  
~Janis Joplin

## 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.



## DO YOU SHOP ON AMAZON?



**FIREFIGHTERS  
BURN INSTITUTE**



Would you like to help AMAZON donate to the Firefighters Burn Institute? It's as easy as 1, 2, 3!

1. Log onto [www.smile.amazon.com](http://www.smile.amazon.com) with your own amazon account information.
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](http://www.smile.amazon.com) or ask for a handy guide from FFBI [peri@ffburn.org](mailto:peri@ffburn.org)