

The BurnNet News

October 2018, Volume 37, No. 10

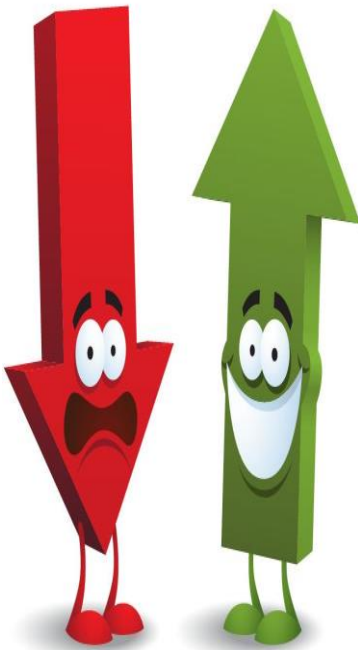
BURNNET SURVIVORS MEETING

Thursday, **October 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.

In preparation of the opening of the new North Extension Building and demolition of the current North South-Wing, **the BurnNet Survivors meetings will now be held on the 7th floor of the Davis Tower, Room 7705.** *See map on last page of this BurnNet News.

They will continue to be held on the first Thursday of every month (unless it lands on a holiday) from 7:30 PM-9:30 PM. For more information, call (916) 734-5596.



PRETTY UGLY

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I really as ugly as people say?

(Now read from bottom up!)

~Abdullah Shoaib

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



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 18th** for all attending guests to: Peri Henderson – 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 Kara Garrett at (916) 739-8525 or kara@ffburn.org



OCTOBER 20 5th ALARM CHILI COOK-OFF

6:00 - 10:00PM California Auto Museum, 2200 Front Street, Sacramento
Chili tasting, beer tasting, raffle, silent auction, live music and much more! Adults \$30, Child (under 12) \$15, Reserved table for ten \$300. Tickets through [Eventbrite](https://www.eventbrite.com) or FFBI 916-739-8525

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.



QUOTE



"The most important thing to realize is that we have no power over other people, events or even outcomes. But we absolutely have power over how we treat and talk to ourselves – which includes what we allow into our space." – Megyn Blanchard

LOOK. LISTEN. LEARN.

Be aware.
Fire can happen anywhere.™

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018
firepreventionweek.org



2018 FIRE PREVENTION WEEK OCTOBER 7-13

Look. Listen. Learn. Be aware. Fire can happen anywhere!

This year's FPW campaign, "Look. Listen. Learn. Be aware. Fire can happen anywhere," works to educate people about three basic but essential steps to take to reduce the likelihood of having a fire—and how to escape safely in the event of one:

"LOOK" for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

"LISTEN" for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

"LEARN" two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.



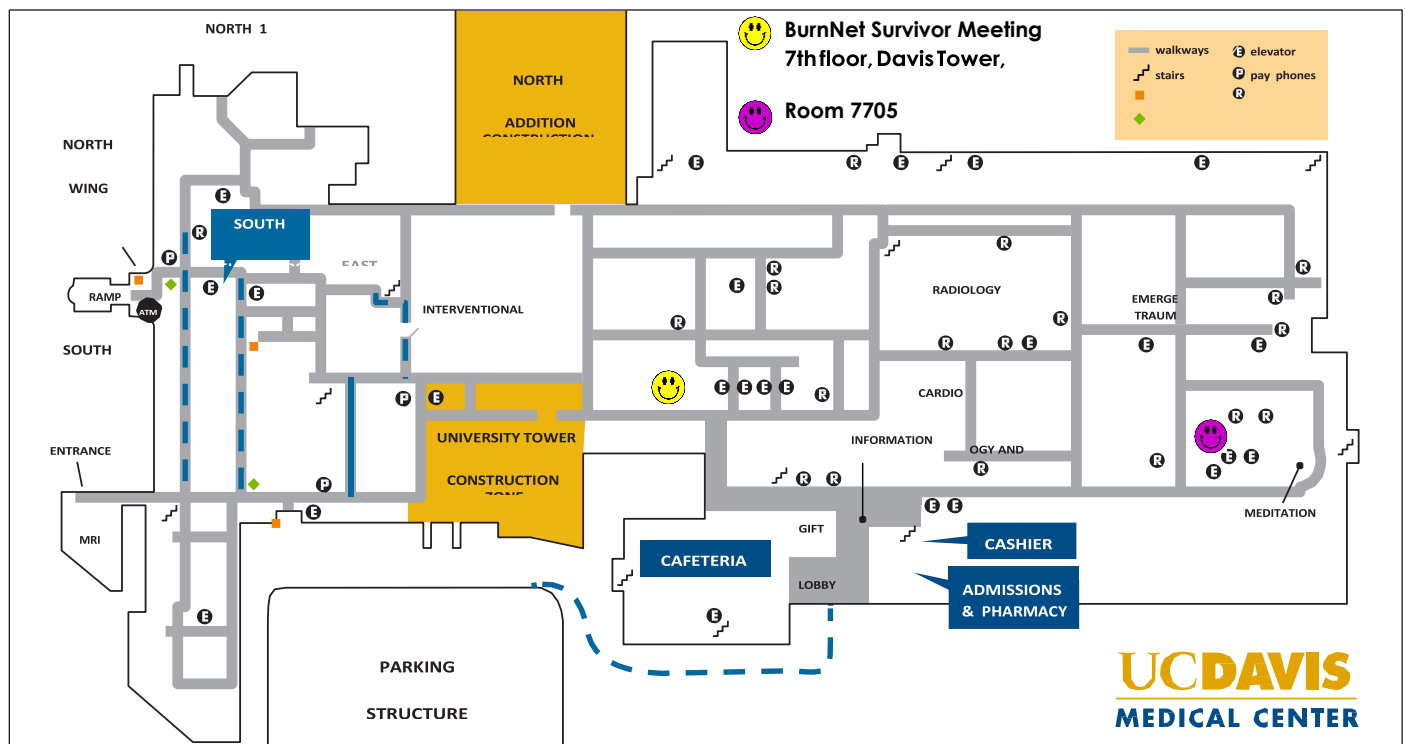
ABOUT FIRE PREVENTION WEEK

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

View this video for more information on the Great Chicago Fire: <https://youtu.be/VZhvbmQYniA>

~ www.nfpa.org/fpw



UC DAVIS MEDICAL CENTER

Directions to the BurnNet Survivors Meeting

Parking

Parking Structure 3 is located at the corner of Stockton Blvd. and X Street. The main entrance to Parking Structure 3 is accessible from X Street near the front of the hospital. Patient/Visitor parking is located on the Lower Level, Level 1 and Level 2 with disabled parking on the Lower Level and Level 1.

To locate the Davis Tower, Room 7705

Enter the lobby through the main entrance to the hospital. Staff at the information desk can help provide directions to the Davis Tower Elevators. From elevators on the 7th floor, go south (opposite nursing stations), then take right towards Main Hospital (University Tower). 7705 will be found to your right.

To request wheelchair or mobility assistance

- 1) Visit the pavilion lobby information desk inside the hospital's main entrance, or
- 2) Visit the cashier's station on Level 1 of Parking Structure 3, or
- 3) Call 916-703-4309 to contact a Patient Transport dispatcher.