

The BurnNet News

December 2018, Volume 37, No. 12

BURNNET SURVIVORS MEETING

Thursday, **December 6**, 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. The BurnNet Survivors meetings are held on the 7th floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596.



UPCOMING EVENTS



SATURDAY, DECEMBER 15 UGLY SWEATER HOLIDAY PARTY

SacYard Community Tap House, 1725 33rd St, Sacramento 4:00-9:00PM
Grab the ugliest holiday sweater out of your closet and get ready to wear it for a very good cause. The Firefighter Burn Institute's Tough Mudder team is throwing a fundraising party! \$1 of every beer purchased from an attendee wearing an ugly sweater will go to the FFBI.



TUESDAY, DECEMBER 25 FFBI REGIONAL BURN CENTER HOLIDAY PROJECT

For the 30th year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols and deliver gifts to the patients in the Burn ICU on Christmas morning. Meet us in the Burn ICU Waiting Room (Pavilion, 2nd Floor) by 9:00AM. We are currently looking for a volunteer that can play acoustic guitar Christmas carols. Want more information? Contact Deb Jones RN (916) 734-5596 or debjones@ucdavis.edu or FFBI (916) 739-8525 *We cannot have you enter the Burn ICU if you are sick or under 14 years old.



JANUARY 12 GUNS & HOSES ANNUAL CRAB & SHRIMP FEED

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento
5 PM no-host bar. 6 PM all-you-can-eat dinner. Live music by Moonshine Crazy. Raffle. Auction. Dancing. \$60 per person (PRESALE ONLY) www.pigbowl.org



JANUARY 26 45th ANNUAL GUINS & HOSES FOOTBALL GAME

Presented by Pig Bowl, held at CSU Sacramento Hornet Field, Sacramento
Sacramento Area Firefighters DOGS vs. Sacramento Law Enforcement HOGS. This annual charity game will honor fallen officers and pay tribute to all firefighters who battled the California wildfires this past year. 10:00AM Kids Safety Fair 1:00PM Kick-Off www.pigbowl.org



FEBRUARY 7-10 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!

Dinner all-you-can-eat fresh green salad, Cajun Boil, bread, and of course... Dungeness crab! No Host Cocktails. Raffle and Silent Auctions. Music & Dancing. Call FFBI at 916-739-8525 for tickets!



MAY 3-5 FFBI ADULT BURN SURVIVOR WEEKEND RETREAT – SAVE THE DATE AND SIGN UP NOW!

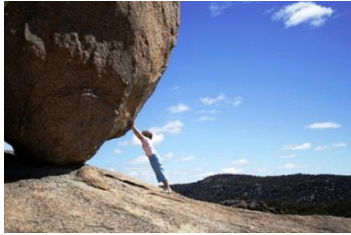
Returning to Granlibakken Resort, Tahoe City. Thanks to generous donations, the Firefighters Burn Institute is able to offer this retreat free of charge to burn survivors (a refundable deposit is required). For information or to apply, please visit <https://ffburn.org/adult-retreat> or call (916) 739-8525. Application Deadline: March 1, 2019

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



MOVE MOUNTAINS



Whatever you do in life, do not settle. Do not settle for anything that dulls your spark, find your passion and pursue what sets your soul on fire. Do not settle for someone who only wants to love parts of you - there is no such thing as part-time love. Do not settle for a star when you deserve the galaxy. Do not settle for a wave when you deserve the sea. Do not settle for anything less. Trust yourself, know your worth - don't just climb mountains, move them.

~Bryan Anthony

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



MARCH 27 FIREFIGHTERS BURN INSTITUTE COMMUNITY CONNECTIONS AMBASSADOR (CCA) TRAINING

Consider expanding your opportunity to give your time and talents to a great cause, and have fun in the process. Whether your interest is in helping at fun events, attending educational tabling events or leader roles, FFBI has a place for you on their team. You must pre-register to attend the training! 10-11:00AM or 6:30-7:30PM (You choose which class) Parking is free and refreshments will be provided. If you have questions or to register for this training, email Peri at peri@ffburn.org.

HAVE YOU STARTED YOUR HOLIDAY SHOPPING? DO YOU SHOP ON AMAZON?



**FIREFIGHTERS
BURN INSTITUTE**

Would you like to help AMAZON donate to the FFBI?
IT'S AS EASY AS 1, 2, 3!

1. Log onto 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 purchases automatically to the FFBI at no cost to you!

QUESTION: What's up with oatmeal for my burn scars? Does it really help? ~Scott

ANSWER:

Oats have been used for skin care as far back as ancient Roman times. Oatmeal is derived from oat grains that are ground, crushed, rolled or steel-cut. The most commonly found oat is *Avena sativa*. You might notice the name similarity to a common brand-name oatmeal skin care product.

Oatmeal has a number of biological properties that can be beneficial in skin and scar care. Colloidal oatmeal is a specially-prepared form of oatmeal that mixes better with creams, lotions and water (e.g. bathing). It is commonly used in the management of dry skin, dermatitis, chicken pox, or reactions to insect bites or plants like poison oak.

Studies have shown that colloidal oatmeal binds to the skin and provides a protective barrier against irritants. It contains water-binding polysaccharides and hydrocolloids that hold moisture against the skin allowing it to act as an emollient. The fats contained in oatmeal also add to its emollient activity, which can decrease the itch of dry skin.

Oatmeal has a range of other components that show anti-oxidant and anti-inflammatory activity as well as ultraviolet light absorption. These actions help protect against sun damage and the inflammation of various skin conditions. It is also thought to help protect against photo-aging.

Colloidal oatmeal is a finely ground form of oatmeal that readily absorbs water. People commonly use 2.5-3 ounces of colloidal oatmeal for a standard bathtub. The amount used may vary depending on bathtub size.

Commercially-packaged oatmeal bathing products are commonly available and easy to use, but you may find making your own is pretty easy and much less expensive to prepare yourself:

1. Buy dry, rolled oats: any brand, plain, no added flavors (usually \$3-\$5 for 42 ounces)
2. Place 1 cup of dry rolled oats into a food processor, blender or other grinding device. Grind it until it has become a fine powder. You'll be left with about 2.8 ounces of powdered (colloidal) oatmeal. You can test the resulting powder by adding it to a glass of water and it should quickly turn to a milky white liquid.
3. Fill the tub with tepid water (98-100°F). No shivering- but not too hot.
4. As the tub is filling, add the colloidal oatmeal by pouring it slowly into the stream of water from the faucet.
5. Carefully lower yourself into the tub, as it can be slippery from the oatmeal. Soak in the tub for 15-20 minutes. Prolonged soaking in water can dry out the skin and aggravate itch.
6. Pat yourself dry. Rubbing can irritate skin and will remove any moisturizing benefits from the oatmeal bath.
7. Massage skin with your favorite moisturizer or emollient.



~Deb Jones RN

DEB JONES' HOLIDAY RECIPE

All my life, food has been an expression of love in my family. And nothing expresses that love more than home-baked chocolate chip cookies.

Honestly, I must have at least a dozen chocolate chip cookie recipes. The one printed on the back of Guittard® Milk Chocolate Chips is wonderful. But if I want to up the richness factor, brown butter is my secret ingredient... Or is it the espresso powder? All I can say is, LOVE these cookies! Enjoy for your holidays, or anytime!

BROWN BUTTER MILK CHOCOLATE CHIP COOKIES

INGREDIENTS

1 cup bread flour
¾ cup all-purpose flour
1½ teaspoon salt
1 teaspoon baking soda
1 cup (2 sticks) unsalted butter
2-3 tablespoons cold water
1 cup firmly packed dark brown sugar
½ cup white sugar
2 teaspoons vanilla extract
1 teaspoon espresso powder
2 large eggs
8 ounces milk chocolate chips
¾ cup chopped walnuts, chopped *optional



PREPARATION

Preheat the oven to 350°F.

- In a medium bowl, sift together the flours, salt, and baking soda. Set aside.
 - In a medium saucepan, add the butter and stir constantly so the butter browns evenly. Once the butter has turned a nice nutty brown, remove from the heat and pour into a liquid measuring cup to stop the cooking. Add cold water to the butter to bring it back up to 1 cup of liquid. Set aside to cool to room temperature.
 - In a large bowl, add the sugars, vanilla, espresso powder, and cooled brown butter. Cream together with an electric hand mixer until light and fluffy, 1-2 minutes.
 - Beat in eggs.
 - Add the dry ingredients next.
 - Using a wooden spoon, fold the chocolate chips and walnuts into the dough
 - Scoop the cookies onto a parchment paper or silicone-lined baking sheet.
- *BTW- you can freeze them for baking later at this point.*
- Bake in a preheated oven for 12-14 minutes.
 - Let the cookies cool on the baking sheet for 2-3 minutes before transferring to a cooling rack to cool completely.

Happy Holidays!