

The BurnNet News

January 2019, Volume 38, No. 1

BURNNET SURVIVORS MEETING

Thursday, **January 3**, 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 or debjones@ucdavis.edu



HOW WILL YOU START YOUR NEW YEAR? A COLLECTION OF ADVICE FROM FOUR EXPERTS

- Start where you are. This is very important. Meditation practice is not about later, when you get it all together and you're this person you really respect. You may be the most violent person in the world—that's a fine place to start. That's a very rich place to start—juicy, smelly. You might be the most depressed person in the world, the most addicted person in the world, the most jealous person in the world. You might think that there are no others on the planet who hate themselves as much as you do. All of that is a good place to start.

~Pema Chödrön, American Tibetan Buddhist and author of [This Sacred Journey](#).

- Develop an attitude of gratitude. From both a psychological and physiological point of view, being grateful is good for your health. Counting blessings not only reduces depression and stress and lowers blood pressure, but also can slow down some of the effects of aging.

~Robert A. Emmons PhD, psychology professor at University of California, Davis and author of several books on gratitude including, [Thanks! How the New Science of Gratitude Can Make You Happier](#)

- Practice the one-a-day principle. You can't delight everybody all the time but you can do something extraordinary for someone each day. Find a customer, colleague, relative or a friend each day and do something remarkable. Using the one-a-day principle will make your business and life remarkable.

~Mark Sanborn, leadership development speaker and author of [The Encore Effect](#)

- Buy a houseplant. Houseplants are good for your health — and not just for their visual beauty. Why? They essentially do the opposite of what we do when we breathe: release oxygen and absorb carbon dioxide. This not only freshens up the air, but also eliminates harmful toxins. Extensive research by NASA has revealed that houseplants can remove up to 87% of air toxin in 24 hours. Studies have also proven that indoor plants improve concentration and productivity (by up to 15%!), reduce stress levels and boost your mood. Top the list with plants such as orchids, succulents, snake plants and bromeliads that emit oxygen day and night.

~Sophie Lee, owner of Geo-Fleur, and author of the book [Living With Plants](#)



UPCOMING EVENTS



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 2 ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED – SAVE THE DATE!

Hosted by the Firefighters Burn Institute in partnership with the Sacramento Fire Reserves Association! We're bringing Mardi Gras to you with festive decorations, all you can eat Cajun boil and crab dinner, live DJ and dancing. Tickets will be available SOON. Make sure to take advantage of our EARLY BIRD SPECIAL and get your event tickets for only \$55/ person. After February 1: \$65/ person. Contact Lisa@ffburn.org or 916-739-8525 for details!



MAY 3-5 FFBI ADULT BURN SURVIVOR WEEKEND RETREAT –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

QUOTE

The world is on a bumpy journey to a new destination and the New Normal.
-Mohamed El-Erian



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

PAST FUTURE

QUESTION:

I was burned nearly a year ago. Now I'm starting the New Year without someone I used to love dearly- namely, myself. ~Anonymous burn victim

ANSWER:

While other people are planning parties or making resolutions to lose weight for the start of the new year, it sounds like you are looking for a way to find your old self. Maybe you were looking forward to leaving behind 2018 with all the memories of pain and scars and loss? But you have also realized a date change will not magically make everything "all better". Surviving a burn injury is not just a physical hurt. The recovery is also emotional; and it is difficult.

There is no straight path and there is no precise timeline for burn recovery. Grief is unpredictable, with good days and bad days. Look at the actual physical, mental, and emotional reactions you are experiencing and know **these feelings are normal**. Burn survivors don't "get over" the losses they see or perceive any more than someone who has lost a loved one to death, but they can learn to embrace their "new normal". And even that will change! You may go through a period of time when you feel at peace and then return to sadness. All of this is normal. Be sure to be gentle with yourself and try these resolutions for the coming year:

- Do not compare your recovery journey with others or where you think you "ought" to be. Each journey is unique. Accept you are where you are supposed to be right now.
- Give yourself permission to not be your old self. It is okay to think or do things differently.
- Get plenty of rest and exercise gently; go for walks, stretch, try yoga, deep breathing or meditation.
- Surround yourself with those who are supportive of your recovery and do not try to "hurry" you through it.
- Find someone to talk to, whether a friend, family member, mental health professional, or burn support group.

The beginning of the New Year is so often attached with great expectations; and when you are facing it without the presence of that "old self" you loved so dearly, it can seem overwhelming; but I hope you discover that the changes become normal- a good normal. Spiritual author Deepak Chopra says, "Every great change is preceded by chaos." And while this is true, unexpected change can leave us grieving our losses. But change is the one constant in each of our lives, whether a burn survivor or not. Take a deep breath, step forward and embrace your new normal. This may, in fact, be the best resolution you can make.

~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.

