

The BurnNet News

February 2019, Volume 38, No. 2

BURNNET SURVIVORS MEETING

Thursday, **February 7**, 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



NATIONAL BURN AWARENESS WEEK

The first full week of February, is a window of opportunity for burn care organizations, burn survivor support groups, public safety professionals and injury prevention activists to increase awareness among the general population of the frequency and causes of burn injury in America, and the advances in and sources of burn care available today. The focus this year is scald prevention. Check out these websites for more information: www.flashsplash.org/
www.ameriburn.org/prevention/burn-awareness-week/

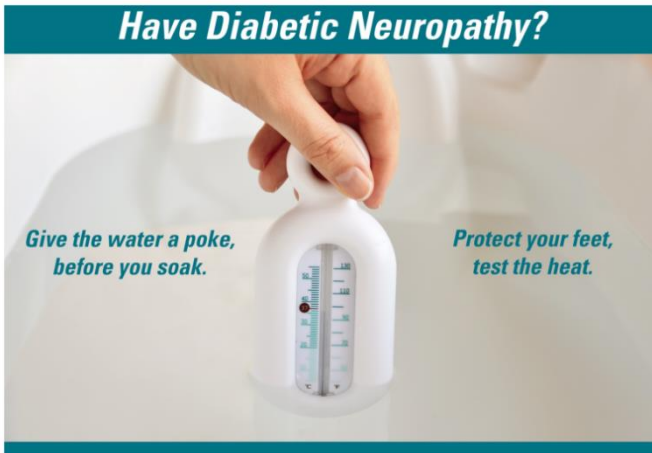
THE EPIDEMIC OF LIQUID AND STEAM BURNS

- Children and Older Adults Most At-Risk
- Over 450,000 burn injuries occur in the United States that are serious enough to require medical treatment.
- Between 2007 and 2013, the proportion of burn center admissions due to scald burns increased from 29.8% to 33.7%.

Tips to Stay Safe

- Set your water heater at 120 degrees F/48 degrees C or just below the medium setting.
- Use a thermometer to test the water coming out of your bath water tap.
- Run your hand through bath water to test for hot spots.
- Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Use oven mitts when cooking or handling hot food and drinks.
- Stir and test food cooked in the microwave before serving. Open heated containers away from you from back to front.
- Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot "no-kid zone" for older children.
- Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.
- Use a "travel mug" with a tight-fitting lid for all hot drinks.
- Never hold or carry a child while you have a hot drink in your hand.

Join us in the fight to prevent severe burn and scald injuries!



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.

Phoenix Society
for burn survivors

- **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.



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



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

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 on sale NOW! 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

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.



QUOTE

Instead of saying, "I'm damaged. I'm broken. I have trust issues."
Say, "I'm healing. I'm rediscovering myself. I'm starting over."
Positive self-talk.

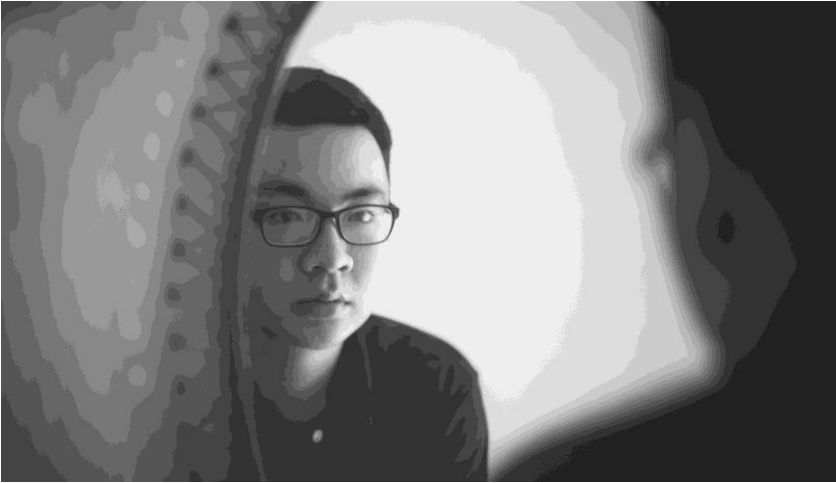
~Horacio Jones

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THE POWER OF POSITIVE SELF-TALK

Working to overwrite the negative voice with positive truths.



Each of us has a set of messages that play over and over in our minds. This internal dialogue, or personal commentary, frames our reactions to life and its circumstances. One of the ways to recognize, promote, and sustain optimism, hope, and joy is to intentionally fill our thoughts with positive self-talk.

Too often, the pattern of self-talk we've developed is negative. We remember the negative things we were told as children by our parents, siblings, or teachers. We remember the negative reactions from other

children that diminished how we felt about ourselves. Throughout the years, these messages have played over and over in our minds, fueling our feelings of anger, fear, guilt, and hopelessness.

One of the most critical avenues we use in therapy with those suffering from depression is to identify the source of these messages and then work with the person to intentionally "overwrite" them. If a person learned as a child he was worthless, we show him how truly special he is. If while growing up a person learned to expect crises and destructive events, we show her a better way to anticipate the future.

Try the following exercise. Write down some of the negative messages inside your mind that undermine your ability to overcome your depression. Be specific, whenever possible, and include anyone you remember who contributed to that message.

Now, take a moment to intentionally counteract those negative messages with positive truths in your life. Don't give up if you don't find them quickly. For every negative message there is a positive truth that will override the weight of despair. These truths always exist; keep looking until you find them.

You may have a negative message that replays in your head every time you make a mistake. As a child you have been told, "You'll never amount to anything" or "You can't do anything right." When you make a mistake—and you will because we all do—you can choose to overwrite that message with a positive one, such as "I choose to accept and grow from my mistake" or "As I learn from my mistakes, I am becoming a better person." During this exercise, mistakes become opportunities to replace negative views of who you are with positive options for personal enhancement.

Positive self-talk is not self-deception. It is not mentally looking at circumstances with eyes that see only what you want to see. Rather, positive self-talk is about recognizing the truth, in situations and in yourself. One of the fundamental truths is that you will make mistakes. To expect perfection in yourself or anyone else is unrealistic. To expect no difficulties in life, whether through your own actions or sheer circumstances, is also unrealistic.

When negative events or mistakes happen, positive self-talk seeks to bring the positive out of the negative to help you do better, go further, or just keep moving forward. The practice of positive self-talk is often the process that allows you to discover the obscured optimism, hope, and joy in any given situation.

~Dr. Gregory Jantz, founder of The Center • A Place of HOPE and author of 30 books.