

The BurnNet News

June 2019, Volume 38, No. 6

BURNNET SURVIVORS MEETING

Thursday, **June 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 or debjones@ucdavis.edu



SACRAMENTO MUSEUMS



Summer can be particularly hard for burn survivors in the Sacramento area. The heat can go from nearly unbearable to downright life-threatening; and the cost of electricity to keep a home cool can run into the hundreds of dollars per month.

It has been suggested that going to your local mall is a great way to staying comfortably cool at the expense of the mall. Great idea! Personally, however, I can find the temptation of the malls' boutiques and restaurants on a daily basis too much for my wallet and waistline. For those that want to escape the heat and enjoy fine art or historical facts, Sacramento offers some wonderful museums. In fact, there are over 20 indoor museums in our area to check out during the heat of the day. Check out www.sacmuseums.org/findamuseum.html to find out hours and fees.

Still want to get outside? If you can hold off your walk until dusk as the sun just begins to set, consider heading for the art galleries of Sacramento. On the Second Saturday of every month, various art galleries keep their doors open late (6-10pm) and invite the public to participate in the Second Saturday Art Walk. Visitors can grab a bite to eat, walk from gallery to gallery viewing brand new art works, hear live music and explore the region's vibrant art districts. Check out www.2nd-sat.com for more information.

Would you like 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



JUNE 22 8TH ANNUAL FIREFIGHTER'S A TROPICAL AFFAIR

The best tropical event of the year is returning! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will include live music, Hawaiian hula dancers, local celebrity MCs, and a variety of foods and beverages provided by generous local business sponsors. Tickets are on sale on Eventbrite tickets \$60/pp or 2 for \$100. <https://8thtropicalaffair.eventbrite.com>



JULY 20 TOUGH MUDDER PUB CRAWL 2019

Meander through downtown Sacramento from noon to 6:00pm. Raise a pint or two 'Zum Wohl' (to your health) at Der Biergarten, The Cabin, Streets of London, Big Stump Brewery and ending at deVere's Irish Pub. Proceeds benefit the Firefighters Burn Institute. Contact lisa@ffburn.org for details Sláinte!



SEPTEMBER 5 TOUGH MUDDER ALL-YOU-CAN-EAT DINNER

The Brickhouse, Elk Grove All-you-can-eat tri-tip dinner with all the fixin's! Proceeds benefit the Firefighters Burn Institute Contact lisa@ffburn.org for details



SEPTEMBER 22 20TH ANNUAL BURN COMMUNITY REUNION PICNIC

Natomas Park, Sacramento 11:00am – 2:00pm

Music – Picnic Lunch – And so much more! Join us for a fun, relaxing, outdoor event with burn survivors of all ages and their families, firefighters, and burn unit staff! Hosted by the Firefighters Burn Institute. Fun and free family event. SAVE THE DATE!



NOVEMBER 1-3 LITTLE HEROES PRESCHOOL BURN CAMP

Camp Arroyo, Livermore, CA

A burn recovery program designed for preschool burn survivors, ages three to six years old and their families. This unique, three-day program helps families understand and cope with physical and emotional challenges associated with burn recovery. In a supportive camp environment, families have the opportunity to meet other families who are overcoming similar challenges. Applications being accepted soon for families and volunteer staff!

WORLD BURN CONGRESS SCHOLARSHIP PROGRAM

2019 World Burn Congress is being held October 2-5, 2019 in Anaheim, CA

The Firefighters Burn Institute is honored to provide a limited number of scholarships for burn survivors and the medical professionals that care for them to attend the [Phoenix Society's World Burn Congress](#) . Application Deadline: [July 1, 2019](#)



2019 BURN ICU ANNUAL TOUGH MUDDER FUNDRAISER

Buy a shirt (or 3) today to help support our team of Nurses and Firefighters! Help us meet our goal of raising \$10k for the FFBI recovery programs. ~Asa Hager RN

https://www.customink.com/fundraising/ffbi-2019?ref=copy-link_social_desktop-campaign-page-share-top-v3&utm_campaign=desktop-campaign-page-share-top-v3&utm_content=ffbi-2019&utm_medium=social&utm_source=copy-link&side=front&type=2&zoom=

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.
- [Burn Support Magazine](#): Also, join their mailing list for updates and other Phoenix Society resources!

QUOTE

She believed she could, but she was tired... so she rested, and you know what? The world went on and it was okay. She knew she would try again tomorrow.

~ Julianne Bentler DeShayes



- *Stand tall and proud*
- *Go out on a limb*
- *Remember your roots*
- *Drink plenty of water*
- *Be content with your natural beauty*
- *Enjoy the view*

ADVICE FROM A TREE

For the average American, more than 90% of our time on Earth is spent indoors. But research has shown that going outdoors can be a way of relaxing and enhancing your well-being. Nature can help facilitate self-awareness and promote healing. For many the outdoors is a source of inspiration and regeneration; for others, it is simply "their therapy".

According to Howard Clinebell, who wrote a 1996 book on the topic, "ecotherapy" refers to healing and growth nurtured by healthy interaction with the earth. He also called it "green therapy" and "earth-centered therapy." This doesn't mean you must move "off the grid"; rather, take a weekend camping trip or simply a walk in the park with a close up view of a tree or two. Pulitzer-winning author Alice Walker points out, "In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."

I think this can be said about us (humans) as well.

On camping trips of northern California, I began collecting photos of some of the imperfect/perfect trees I met. Many are burn survivors. Check them out. Take note of their textures. Enjoy their beauty! How do they make you feel?

~Deb Jones RN

