

The BurnNet News

July 2019, Volume 38, No. 7

BURNNET SURVIVORS MEETING



Thursday, **July 11**, 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

CLOTHING DONATIONS WELCOME

Rehab and Acute Therapies maintain a clothing and shoe closet to assist with patient care and hospital discharge. Currently we could use:

- T-shirts: sizes large through 4XL
 - Pull-on shorts (basketball type shorts): sizes large through 3XL
 - Sneakers/ athletic shoes, new or gently used (easily washable): sizes 9 or larger
- Please share with colleagues. Let us know if you have any questions. Thank you for your consideration! To donate, please contact Kurt Steen MSPT at (916) 734-3415



BEFORE YOU GO OUTSIDE



Wear clothes. Plan around the sun. Don't get burned. Wear sunglasses. Find shade. Bring shade. For more information, click on the T-shirt icon or www.ewg.org



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

WORLD BURN CONGRESS SCHOLARSHIP PROGRAM

DEADLINE: JULY 1, 2019

2019 World Burn Congress is October 2-5, 2019 in Anaheim, CA this year.

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. For more info, click this link: <https://ffburn.org/world-burn-congress>



JULY 12-28 CAMP SMOKEY at the CALIFORNIA STATE FAIR

Be sure to stop by Camp Smokey, Cal Expo, 1600 Exposition Blvd, Sacramento, to see Smokey Bear and his firefighter friends. Learn Smokey's 5 rules on fire safety and burn prevention in the home and care for our land. Includes a puppet show and other fun activities. Admission to the State Fair is required. <https://www.castatefair.org/>



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!

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!

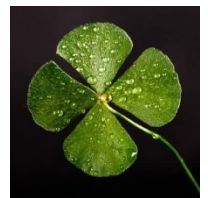
THE RESTORATIVE POWERS OF NATURE

During the most recent Beyond Surviving Adult Burn Retreat, we learned about various restorative practices. Restorative practices? It's the ability to re-establish our health, vitality, or a feeling of well-being. It's knowing how to take care of ourselves when we're feeling low, out-of-sorts or perhaps just plain old tired.

- There is a restorative power in focused breathing.
- There is a restorative power in taking long walks in Nature.
- There is a restorative power in collecting found objects from Nature.

While we explored Nature along the shores of Lake Tahoe, we slowed down to pay attention to the color and sounds, the shapes and patterns, the leaves and grass, the rocks and acorns. You get the idea. We each picked up something that appealed to us while we were walking. By gathering something from Nature to hold close to us, to remember, to treasure, we used the restorative powers of Nature!

When we returned to our gathering room, we then designed individual amulets. The creation of amulets can have the power to lead us into a quiet and thoughtful space for healing. Amulets are simply physical objects that are believed to have powers to cause good things to happen- not unlike a four-leaf clover. When we create these, we can begin to slow down into the moment. Engaging all our senses allows us to experience our inner lives in a rich, deeper way- allowing us to let go of things we no longer need and begin renewal and healing.



Everyone received the gift of a Fire Agate bead to add to their amulet. As we created our amulets, we reflected and shared a stressor, a gratitude, a feeling, or a thought. Everyone just went where their found object took them. All these treasures held a different energy, a different meaning to each of us.

THE FIRE AGATE



Fire Agate is from the quartz family. Its translucent reddish-brown base, with flashes and crackles of orange, red, or gold appear as living flames within the gem.

Historically, Fire Agate was used in alchemy because it was believed to contain the essence of fire. Its warm, protective properties were thought to build

a shield around the body against illness or depression; and encourage security and self-confidence, and embolden the timid or shy to speak up and not be ignored or bullied.

It is said to promote self-acceptance, confidence and strength in the holder of the stone- overcoming negativity by healing anger, fostering love, and lending the courage to start over in difficult times.

~Deb Jones RN



QUOTE

Place your hands into soil to feel grounded. Wade in water to feel emotionally healed. Fill your lungs with fresh air to feel mentally clear. Raise your face to the heat of the sun and connect with that fire to feel your own immense power.

~Victoria Erickson

H.R.806 AND S.B.1640: PORTABLE FUEL CONTAINER SAFETY ACT OF 2019

Flammable or combustible liquids that ignite within their containers cause more than 160,000 fires, \$1.5 Billion in direct property damage, injure nearly 4,000 people, and kill 450 people each year. (Statistics from the National Fire Protection Agency)

Margrett Lewis' initially grassroots effort to prevent these kind of burns, which are the same as those suffered by her daughters in a 2014 accident at their home in Sonoma, may result in change during this 116th Congress (2019-2020). Lewis believes, and science research demonstrates, that if flammable liquid manufacturers added a simple screen to every product they sold, hundreds of men, women and children would be saved from massive burn accidents each year. The website, www.notyourturntoburn.com describes this issue in detail.

H.R.806 - The Portable Fuel Container Safety Act of 2019 bill was introduced January 28, 2019 in the House by Congressmen Mike Thompson (D-CA) and David Joyce (R-OH). This bill would require compliant flame mitigation devices to be used on portable fuel containers for flammable liquid fuels holding 5 gallons or less. To date, there are 47 bi-partisan cosponsors of the House bill. It was referred to the House Committee on Energy and Commerce and then the Subcommittee on Consumer Protection and Commerce, where it is up for discussion as we speak. www.congress.gov/bill/116th-congress/house-bill/806/text

During the National Leadership Conference in Washington DC, the American Burn Association (ABA) asked Congress to sign on to this bill as well as asked for support in the Senate for a bill to be introduced there and passed. The link, www.ameriburn.org/prevention/advocacy/nlc-materials/ contains more detail on this meeting. On May 23, 2019, Senators Amy Klobuchar (D-MN) and Jerry Moran (R-KS) introduced S.B.1640: Portable Fuel Container Safety Act of 2019 in the Senate; it was then referred to the Committee on Commerce, Science, and Transportation. www.congress.gov/bill/116th-congress/senate-bill/1640/text

The ABA believes the introduction of this Senate bill represents significant progress, but there are more steps before being sent to the President for signature into law. This national consumer safety issue is too important to leave to 'somebody else'. As a burn survivor or family member of a survivor, firefighter or healthcare staff, your personal story and opinion is critical to this legislative issue. Nothing compares in value to a personalized letter. Be sure to contact the legislator who represents you- they prefer to work with their own constituents.

Don't know who they are? Check these websites:

www.house.gov/representatives/find-your-representative

www.senate.gov/senators/index.htm

Let's make this happen! ~Deb Jones RN