

# The BurnNet News

August 2019, Volume 38, No. 8

## BURNNET SURVIVORS MEETING



Thursday, **August 1**, 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 7<sup>th</sup> floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## NATIONAL PET FIRE SAFETY DAY IS JULY 15

Cal Fire is encouraging pet owners to observe National Pet Fire Safety Day by putting together a disaster preparedness kit for their pet(s).

For animals that are elderly or reliant on medications, planning ahead becomes especially important.

Ask your vet for advice if you have concerns, or if your animal needs special assistance.

For more information, click on:

[www.readyforwildfire.org/prepare-for-wildfire/go-evacuation-guide/animal-evacuation/](http://www.readyforwildfire.org/prepare-for-wildfire/go-evacuation-guide/animal-evacuation/)



**GIVE YOUR PET  
A FIGHTING CHANCE.**

**PUT TOGETHER YOUR PET'S  
DISASTER PREPAREDNESS KIT TODAY.**



CAT LITTER BOX & LITTER



PET CARRIER FOR EACH PET





TOYS & TREATS



TWO WEEK SUPPLY OF FOOD & WATER



PLASTIC BAGS FOR WASTE DISPOSAL



MEDICATIONS & DOSING INSTRUCTIONS



**#PetFireSafetyDay**

## IS CRYING GOOD FOR YOU? IT DEPENDS

Some people cry frequently, but not fully. They're good at crying but never seem to heal from what's hurting them. Crying is supposed to be good for you. Tears contain toxins, after all. And feel-good chemicals are released in the body whenever we cry tears of sadness. So if crying is so good for you, why do some people cry all the time and not feel better?



### Self-Criticism Cancels Healing

I remember spending an entire day in bed, crying over a breakup with a young man whose name and face I've forgotten. By the time that day of crying was done, so was I. I had successfully cried that heartbreak out of my system. Mind you, this wasn't somebody I'd had in my life for long. It was a short-lived romance that ended as quickly as it had begun. If the relationship had lasted longer, it would probably have taken multiple crying sessions to process all the heartache. What I didn't do while crying was to criticize myself. Instead of saying, "If I weren't such a loser, I wouldn't be lying here crying," or "What's the big deal? I barely knew him," I just wallowed in my loss all day. The feelings I experienced seemed bigger than that particular loss. But that didn't mean I was overdoing it or making a mountain out of a molehill. What it meant was that I was processing older feelings at the same time as new ones. The breakup had provided an opportunity for me to revisit earlier losses in my life. This was a good thing. Better out than in.

### Make Those Tears Count

Never judge your feelings while you're having them; there's always a reason something's a big deal to you. Follow these tips for a genuinely good cry...

1. Cry for your own pain, not just for others'. Crying in movies and when listening to sad songs is a good way to let off some built-up emotion. But you may not be dealing directly with your own hurts when that happens. Remember it's okay to cry for yourself.
2. Let yourself cry over spilt milk. You don't have to wait till somebody dies. You can cry about anything that triggers you, no matter how seemingly trivial.
3. Don't set a time limit on tears. Your heart will decide when enough is enough. If you connect with the true source of your pain, you'll find it's finite. But you don't get to dictate a time limit for your sorrow. Be patient.
4. Pick up where you left off. If you have to keep a stiff upper lip, perhaps because you're at work, check in with yourself later and see how you feel. Reflect on the incident in private if you feel it's unresolved. Don't stress out if you can't recapture the pain. Tears are like cats: You can't lead them on a leash.
5. Speak only kind words to yourself. When you cry, watch for self-critical and invalidating self-talk like this:
  - It's not that big a deal
  - I'm too sensitive
  - Big boys/girls don't cry

Instead, say, "I'm sorry" and "I'm with you" and "I love you." Don't say these things in order to make yourself stop crying. Say them in order to be compassionate to yourself.

6. Cry in public. If you've never cried in public before, you may be surprised to find that many people will be drawn to you. Your tears make you vulnerable, and therefore no threat to others. Kindness is a frequent response to public tears.

If you remember just one thing from this post, let it be self-compassion.

~reprinted from Psychology Today 201406 with permission by the author: Tina Gilbertson LPC, BC-TMH  
psychotherapist and author of the book, [Constructive Wallowing: How to Beat Bad Feelings By Letting Yourself Have Them](#)



## QUOTE

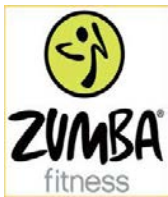
Oh rain giving life  
For an instant I tasted your tears  
Oh gods of the sky  
Wash away our dust and all of these fears  
~ Ayla Nereo, lyrics from Rain

## UPCOMING EVENTS



### 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](mailto:lisa@ffburn.org) for details Sláinte!



### AUGUST 17 6<sup>TH</sup> ANNUAL ZUMBATHON®

Orangevale community Center, 6826 Hazel Ave., Orangevale Join us as we "BEAT THE HEAT" with some of Sacramento's best ZUMBA® instructors and heroic firefighters! Proceeds benefit the FFBI Youth Firesetters Program. \$30 or 2/\$50: Entry + drink ticket + raffle ticket; or 2/\$40: Entry only.

[www.ffbizumbathon19.eventbrite.com](http://www.ffbizumbathon19.eventbrite.com) More info at [www.ffburn.org](http://www.ffburn.org)



### AUGUST 30 BOGLE FRIDAY ALFRESCO – FFBI NIGHT

Bogle Winery, 37783 Co Rd 144, Clarksburg, CA 5:00-7:30PM. Join us for live music by the Salvage Covers band. Enjoy purchased meals from Gyro King and Tuscan Sun Pizza Co. food trucks, and Bogle wines at this family-run winery amid the vines. Tickets available at the door: \$15 General Admission/ \$10 Club Members. Proceeds from entry ticket sales for this event will go to FFBI.



### 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](mailto:lisa@ffburn.org) for details



### SEPTEMBER 22 20<sup>th</sup> 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. Please RSVP to [kristen@ffburn.org](mailto:kristen@ffburn.org) by September 9th.



### OCTOBER 12 HEROES, HOPS & HOT RODS

Featuring local breweries, food trucks, classic cars, games, raffle and more! Save the Date! More ticket information to come.

## CLOTHING DONATIONS WELCOME

Rehab & Acute Therapies maintain a clothing and shoe closet to assist patients in need. 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

Let us know if you have any questions. To donate, please contact Kurt Steen MSPT at (916) 734-3415





## 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!

## SUMMER GRILLING SAFETY

Summer is the time to enjoy vacations, camping, and picnics; however, summertime also brings fires and burn injuries due to outdoor cooking. Know how to prevent a burn while you enjoy outdoor activity this summer.

- Only use your grill outside. Keep it at least 3 feet from siding, deck, rails and eaves.
- Keep a 3-foot safe zone around grills, fire pits and campfires. This will keep kids and pets safe.
- Wear short sleeves or roll them up when cooking on the grill.
- Stay sober while cooking. "Hold my drink and watch this", almost always ends badly.
- Open your gas grill before lighting
- Use a long match or long-handled lighter to light your grill, fire pit and campfire.
- Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.
- Use long-handled barbecue tools.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.

### First aid for burns:

- Place the burn in cool water for three to five minutes.
- Cover the burn with a clean, dry cloth.
- See your doctor if the burn is larger than the palm of your hand.

For more information and free fire-safety resources, visit [www.usfa.fema.gov](http://www.usfa.fema.gov)

