

# The BurnNet News

November 2019, Volume 38, No. 11

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## BURNNET SURVIVORS MEETING



Thursday, **November 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 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)

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## NOT MY LIFE STORY, JUST MY BURN STORY

I was 12 when it happened. I was at my neighbor's home with my mom for a BBQ. My neighbor started up the grill by using wood and gasoline, and then left it alone for a little while. About 10 minutes after starting the grill he thought the fire had gone out and decided to throw a medium-size McDonald's cup full of gas onto the wood. The flames shot out at me. My T-shirt and arms and face and hair started on fire. I started to run away from the BBQ, but then remembered to STOP, DROP and ROLL. I don't remember much of the rest of the day. Mom says that she tried to put out the fire with a beach towel and the neighbor called 9-1-1. I was taken to the hospital across the street, but they didn't know how to take care of burned people. They did give me pain medicine before I went from there to a burn hospital, but I don't remember it working. I don't think I've hurt so much in my entire life. The doctors say I had 35% second and third degree burns. The nurses shaved my burned hair off because I had blisters on my head and face. My face hurt the worst but I didn't have to have an operation on it. I had to have surgery to cover the burns. I was in the hospital for nearly two months.

But I'm better now. My hair grew back. My face almost looks normal- too pink though. I still have scars all over my arms, chest and belly. Sorta looks like pink waffle skin now. I had to wear a special shirt called a compression garment under my regular clothes to make my scars flatter. My doctor said they would never go away completely though- he was right.

I went back to school as soon as I could. At first, some of the kids wouldn't treat me like normal. They would stare at me. They wouldn't talk to me. Worse were the ones that called me names like "ugly", "monster" or "burn boy." One girl thought I was contagious so she wouldn't sit next to me. She told people I had burn slime that you could catch if you touched me. Stupid! It was just lotion to keep my skin from drying out. Finally, my best friend was able to get through to them. I've had more surgeries since that first year, mostly releases so my arm pits or fingers move better. But like the doctor told me way back then, "the scars will change how they look, but they'll always be there."

So what did I learn? First, don't be stupid like my neighbor and put gasoline on your BBQ. Second, if your shirt catches on fire, STOP, DROP and ROLL. Three, if you ever meet me or someone else that has been burned- treat them nice. Not super nice- just ordinary nice. If you want to know what happened, just ask.

I'm a Burn Survivor.

## UPCOMING EVENTS



### OCTOBER 26 HEROES, HOPS & HOT RODS

33<sup>rd</sup> Street and Stockton Blvd. (1725 33<sup>rd</sup> Street), Sacramento. 2:00PM – 7:00PM Featuring local breweries, food trucks, classic cars, games, raffle and more!



### OCTOBER 30 Sacramento Kings: First Responder Night

Come out and support the Firefighters Burn Institute at the Sacramento Kings Annual First Responder Night on **Wednesday October 30th @ 7pm!** Be sure to use the link below to ensure that you support the Firefighters Burn Institute with your purchase! **CLICK HERE to buy tickets!**



### November 2 Rock The Bank for Charity

The Bank Food Hall, 629 J Street, Sacramento, Rock The Bank is a FREE Firefighter Band Event to benefit the Firefighters Burn Institute! 5 bands from local Fire Departments including Sacramento, San Ramon, UC Davis, and Modesto Fire are playing for a great cause! The Bank Food Hall will have their bar and all 5 kitchens open and available! Music starts at 5:00PM



### November 16th Alarm Chili Cook Off

Sacramento Regional Fire Museum: 3650 Industrial Blvd, West Sacramento, 6-10:00PM

Join us for the chili cooking competition featuring firefighter and civilian teams. Unlimited beer and chili tasting, live music, dancing, silent auction, raffle, photo booth and more ... all for one low ticket price! Adults: \$30, Children (Under 12): \$15, Table for 10: \$400 Call 916-739-8525



### February 6 – 9 “Fill the Boots for Burns” Boot Drive

FFBI hosts its Firefighters “Fill the Boot for Burns” Boot Drive annually in conjunction with National Burn Awareness Week in Citrus Heights at the corner of Sunrise and Greenback at the Sunrise Mall in the Sunrise MarketPlace, 6041 Sunrise Mall, Citrus Heights. Donations are used to improve burn treatment and to fund life-altering burn recovery programs



## QUOTE OF THE MONTH

And if this isn't a day when your universe has tilted and something precious you take for granted has not been suddenly irrevocably lost, bow before the mystery and let gratitude wash over you for the miracle of life, health, and this brief walk on our fragile planet.

~Carolyn Moore

## GRATITUDE JOURNAL

So, you want to live gratefully? One way of cultivating gratefulness is to establish a daily practice of writing down the moments, encounters, or everyday things that enrich our lives. Regularly bringing to mind the myriad ways that life supports us makes it easier to live each day with greater awareness of life's gifts.

### *Tips for Keeping A Gratitude Journal*

Robert Emmons, arguably the world's leading expert on the science of gratitude, and an author of some of the seminal studies of gratitude journals, shared these research-based tips for reaping the greatest psychological rewards from keeping a gratitude journal:

- Don't just go through the motions. Research by psychologist Sonja Lyubomirsky and others suggests that journaling is more effective if you first make the conscious decision to become happier and more grateful. "Motivation to become happier plays a role in the efficacy of journaling," says Emmons.
- Go for depth over breadth. Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- Get personal. Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- Try subtraction, not just addition. One effective way of stimulating gratitude is to reflect on what your life would be like without certain blessings, rather than just tallying up all those good things.
- Savor surprises. Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- Don't overdo it. Writing occasionally (once or twice per week) is more beneficial than daily journaling. In fact, one study by Lyubomirsky and her colleagues found that people who wrote in their gratitude journals once a week for six weeks reported boosts in happiness afterward; people who wrote three times per week didn't. "We adapt to positive events quickly, especially if we constantly focus on them," says Emmons. "It seems counterintuitive, but it is how the mind works."

Learn more at "Tips for Keeping a Gratitude Journal," by Jason Marsh, at the Greater Good Science Center. This excerpt is from an article which originally appeared on Greater Good, the online magazine of the Greater Good Science Center at UC Berkeley. For more, visit [www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu)

~[www.gratefulness.org](http://www.gratefulness.org)



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You can also find The BurnNet News at our website:

[www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html](http://www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html)



## DO YOU SHOP ON AMAZON? AMAZON UPDATE

Would you like to help AMAZON donate to the FFBI?



**FIREFIGHTERS  
BURN INSTITUTE**

IT'S AS EASY AS 1, 2, 3!

1. Log onto [smile.amazon.com](https://www.smile.amazon.com) with your own amazon account.
2. Choose **Firefighters Burn Institute** as your charity of choice.
3. Start shopping!

## OTHER SUPPORT OPTIONS



*Phoenix Society*  
for burn survivors

### 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!

A graphic with a blue background. On the left, a yellow generator on a green lawn is connected by a red cord to a house. The house is yellow with a brown door and a window. The scene is framed in a circular shape. To the right of the house, the text reads: "Generators should always be used outside the home. Carbon monoxide poisoning can occur when a generator is not working or vented properly." At the bottom, there are logos for FEMA, U.S. Fire Administration, and The U.S. Fire Department's logo.

**Generators should  
always be used outside  
the home.**

Carbon monoxide poisoning can occur when a generator is not working or vented properly.

FEMA | U.S. Fire Administration | The U.S. Fire Department's logo