

# The BurnNet News

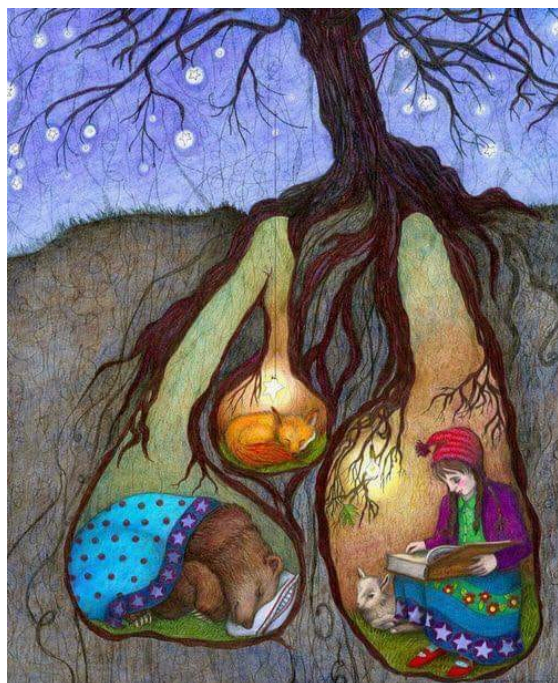
January 2020, Volume 39, No. 1

## BURNNET SURVIVORS MEETING

Thursday, **January 9**, 7:30-9:30pm

*\*Second Thursday of the month due to holiday!*

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)



## WINTER SOLSTICE

The winter solstice time is no longer celebrated as it once was, with the understanding that this is a period of descent and rest, of going within our homes, within ourselves and taking in all that we have been through, all that has passed in this full year which is coming to a close... like nature and the animal kingdom around us, this time of hibernation is so necessary for our tired limbs, our burdened minds.

Our modern culture teaches avoidance at a max at this time; alcohol, lights, shopping, overworking, over spending, comfort food and consumerism.

...and yet the natural tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind, she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection, embracing the darkness and forgiving, accepting and loving embracing goodbye the past year.

"Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire & light to our hearth".

.. and then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight

-Brigit Anna McNeill, Art: Jessica Boehman

Would you like to receive **The BurnNet News** every month?

Email Deb Jones RN at [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

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)



## UPCOMING EVENTS



### December 25 Christmas Morning Caroling

For the 31<sup>st</sup> year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols to all the patients in the Burn Unit on Christmas morning (9:00AM!). Would you like to join us Christmas morning? Call if you have questions: 916-739-8525



### January 11 Guns & Hoses Annual Crab & Shrimp Feed

Presented by Pig Bowl, held at the Scottish Rite Center, 6151 H Street, Sacramento  
5 PM no-host bar. 6 PM all-you-can-eat dinner. Tickets \$65 each. Purchase early, these always sell out fast! (PRESALE ONLY) [www.pigbowl.org](http://www.pigbowl.org)

### January 25 46<sup>th</sup> Annual Guns & Hoses Football Game

Presented by Pig Bowl, held at CSU Sacramento Hornet Field, Sacramento  
Sacramento Area Firefighters DOGS vs. Sacramento Law Enforcement HOGS.  
Kids Safety Fair 11 AM to 1 pm / Pregame Show 12 pm / Kick Off 1 pm  
Tickets \$10 each. 10:00AM Kids Safety Fair 1:00PM Kick-Off [www.pigbowl.org](http://www.pigbowl.org)



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

MARK YOUR CALENDAR! 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. We are looking for volunteers to help man the FFBI Regional Burn Center Booth on Saturday, February 8 during the Safety Fair. Call (916) 734-5596 or (916) 739-8525 for more information or to sign up!



### May 1-3 Adult Burn Survivor Recovery Retreat

Lake Tahoe Resort Hotel

The Firefighters Burn Institute offers adults who have been affected by the emotional and physical pain of a serious burn injury a unique opportunity to meet others who have gone through similar experiences and build a network of support. Thanks to generous donations, the FFBI is able to offer this retreat free of charge to burn survivors (a refundable deposit is required). Apply Today! Application Deadline is February 28. Download Applications at [www.ffburn.org](http://www.ffburn.org) Questions? Contact Valorie Smart at (916) 739-8525 or [Valorie@ffburn.org](mailto:Valorie@ffburn.org)



### June 17-22 ANGEL FACES Head Up, Wings Out! Annual Retreat

Wolfeboro, New Hampshire

Now Accepting Applications for our 2020 Retreat **Apply Today** Angel Faces is planning its 17th annual retreat for adolescent girls and young women with severe burn and trauma injuries. These retreats focus on overcoming low self-esteem, social anxiety and other psychosocial challenges to reach their optimum potential. Recommended for Ages 14 - 18 and 19 – 29. [www.angelfaces.com](http://www.angelfaces.com) or call (760) 846-6280

## OTHER SUPPORT OPTIONS



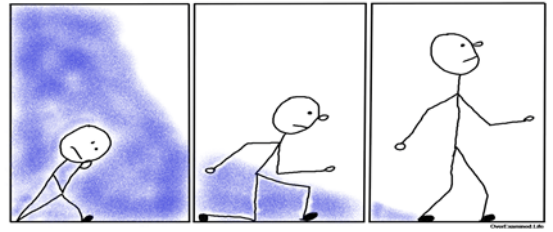
### Phoenix Society for Burn Survivors

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 OF THE MONTH

Your hardest times often lead to greatest moments of your life.  
Keep the faith. It will all be worth it in the end.  
~Roy Bennett



## 5 WAYS TO START FRESH



Defeat. Boredom. Lack of meaning in your life. All these symptoms, and many others, of course, are a sign that you need to start fresh. To run again. To leave the old behind and embrace the new. To ignite a new spark that will light a new life, with a deeper meaning, broader experience and much more fulfillment that you had so far. A rebirth.

I started fresh for many times in my life, and, hopefully, I'll start fresh again. Because, like it or not, change is the only permanent thing in this Universe. Here are 5 proven (and I'm not kidding you) ways to start fresh.

### 1. Accept Change

Sometimes starting over means accepting that you're no longer the person you used to be. You're no longer attracted by the same things or persons, you're no longer driven by the same goals. It's ok. Don't blame yourself for it and don't try to resist. Start over. As hard as it may seem in the beginning. You'll be surprised how fast things will fall into places again.

### 2 Just Leave

Quit the boring job, the abusive relationship, the past. Embrace the unknown. Make the first step. Every trip starts with just one step. You're resisting to this impulse because leaving is associated with letting someone else down. Well, you won't let nobody down if you'll step out of an abusive relationship. But if you won't leave, you will let down somebody very important: you.

### 3. Accept To Meet Someone New

Too often we're unconsciously rejecting other people by habit. Well, make a fracture in that habit. Don't put a label on every person you meet, assuming you know beforehand who they are, what they do and how they can interact with you. Open up, let yourself flow and look for the signs. Many times my life was truly changed when I just accepted to meet someone new.

### 4. Accept Defeat

And move on. Yes it hurts. Yes, you lost something, or somebody. Yes, your hopes are broken down and maybe so is the heart. Accept it. Close the battle and move on. There is this very simple thing which many people are just blindly ignoring: you can't have a new victory until you close your current battle (by accepting defeat, if that's what just happened).

### 5. Talk to somebody

It doesn't have to be a friend. Anybody willing to listen will do it. Just take it out of our chest. Transform your experiences in words and let them out, transfer your story to somebody else. Not only you'll feel a little better, but you may also find a new idea, a surprising solution or just the courage you lack to start fresh. Let the others be the triggers of your change.

~Dragos Roua, [www.dragosroua.com](http://www.dragosroua.com) › [50-ways-to-start-fresh](#)

## DID YOU KNOW...

THE FIRST BURNNET NEWSLETTER WAS PUBLISHED AND MAILED OUT IN JANUARY 1981? INITIALLY, IT WAS A SIMPLE POSTCARD TO REMIND BURN SURVIVORS WHERE AND WHEN THE FIRST FORMAL BURN SUPPORT GROUP MEETING WOULD BE HELD.

...AND NOW YOU KNOW!



# Cooking Safety for All



## WATCH WHAT YOU HEAT

**Cooking is the number one cause of home fires**

### PLAN A: PRIMARY PREVENTION

- The best time to cook is when you are wide awake, and not drowsy from medications or alcohol.
- Always wipe clean the stove, oven, exhaust fan to prevent grease buildup.
- Wear short or close-fitting sleeves when cooking.
- Keep a pan lid and dry potholders or oven mitts near you EVERY time you cook.
- Turn pot or pan handles toward the back of the stove.
- When heating food in the microwave, use microwave-safe cookware that allows steam to escape.
- Allow food to rest before removing from the microwave.
- When frying, use a pan lid or splash guard to prevent grease splatter.
- Stay in the kitchen while you are frying, grilling, or broiling food. If you leave, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you to check on your cooking.
- After cooking, check the kitchen to make sure all burners and other appliances are turned off.

### PLAN B: SECONDARY PREVENTION

*If your food does catch on fire...*

1. Cover the pan with its lid. A cookie sheet works too. Leave covered until the pan is cool. NEVER move the pot or carry it outside - the pot is too hot to handle and the contents may splash, causing a severe burn.
2. Turn the heat off. With the lid on and the heat off, the fire should quickly put itself out. NEVER use water to put out a kitchen fire. Water will cause the oil to splatter and spread the fire, or scald you as it vaporizes.
3. If the fire is inside the oven or microwave, keep the door shut and turn it off. Keep closed until the oven is cool.
4. If the fire gets out of control- get out, stay out and call 9-1-1. Don't return inside for any reason.

### STATS

- 47% of all home fires are caused by cooking
- Preventing a burn injury is always better than the pain and trauma of medical treatment afterward.



**BURN  
PREVENTION**

American Burn Association  
312-642-9260  
[www.ameriburn.org](http://www.ameriburn.org)

Improving the lives of those  
affected by burn injuries