

## S-T-E-P-S

Barbara Kammerer Quayle is a burn survivor who was facing social challenges. She came up with these STEPS to help her get back to socializing comfortably.

**S-T-E-P-S** reminded her that **S**elf-talk, **T**one of voice, **E**ye contact, **P**osture, and a **S**mile could help her appear confident and comfortable with herself even when she was scared.

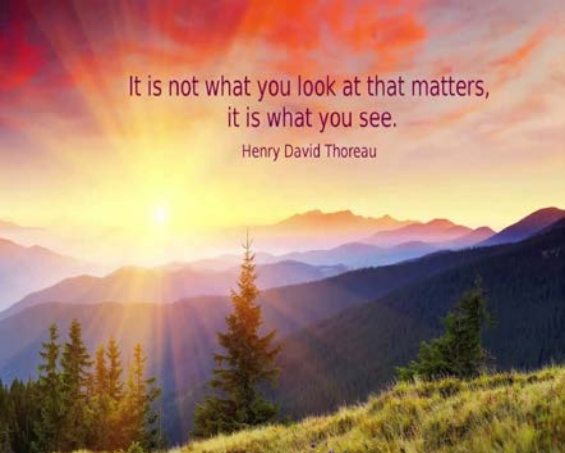
The next tool used was to help with pushy questions from folks. The **Rehearse Your Response (RYR)** tool was just what she needed. She created and memorized three short sentences regarding her burn injury. Whenever a stranger asked a question, she would use one of the responses. First, she would briefly explain how or when she was burned. Second, she would describe how she is doing now. Finally, she would politely end the conversation. For example: "I was burned in a car crash. I'm doing better with my recovery. Thanks for your concern."

She realized she could stop the continuous questioning by using boundary-setting sentences, such as "That's all I care to discuss today." or "I'm sure you understand." Then she would smile and walk on.

Barbara felt empathy for those who would stare at her, but it made her feel uncomfortable. Due to those who would stare at her, she created the **Staring Tool**. Burn survivors react in many ways when people stare. A glance out of curiosity may be a normal reaction, but a stare makes most of us feel like an object. Some of us ignore it and see the inside, others boldly stare back, and a few become aggressive and confrontational.

These reactions can make you angry or upset for hours or leave you feeling like socializing isn't worth it. One day she decided that she would no longer be a victim when people stared. She decided to take social control. She found that when faced with a stare, she could use the STEPS she developed, look the person directly in the eye, and say something like, "How are you doing?" or "How is your day going?" Often, people responded with conversation. That conversation allowed them to relate to her as a person and not see her as an object.

[Tools for Redeveloping Social Skills as a Burn Survivor \(phoenix-society.org\)](http://phoenix-society.org)



It is not what you look at that matters,  
it is what you see.  
Henry David Thoreau

- **BurnNet Survivors meeting November 4<sup>th</sup>, 7:00-8:30pm**
- **Walk & Talk Wed. November 17<sup>th</sup>, 10:00-11:30am**
- **BurnNet Survivors meeting November 18<sup>th</sup>, 11:30am-12:30pm**

# Support Groups

**BurnNet Survivors Group Virtual Meeting**  
**Thursday, November 4<sup>th</sup>, 7:00 pm-8:30 pm**  
**and November 18<sup>th</sup>, 11:30 am-12:30 pm**

The BurnNet Survivors are holding our twice-monthly meetings to discuss issues and share questions and answers related to burn injuries and recovery. This month will be **we will be virtual through Zoom only**, thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please register at <https://forms.gle/oj9HxyJ9zYrMEBJe9>

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**Walk & Talk Wednesday**  
**November 17<sup>th</sup> @ 10am**  
**Capitol Park- Corner of 15<sup>th</sup> and L**  
**(across from Cafeteria 15L)**

This group is to socialize and get to know the burn community. Bring your family and friends for donuts and coffee. Wear comfy clothes for an easy walk around the capitol.

**For more information**  
**call 916-739-8525**

**Or email [lhspink@ucdavis.edu](mailto:lhspink@ucdavis.edu), you do not need to RSVP to this event.**

\*\*The walk may be cancelled due rain



**Did you miss last month's Lunch Bunch with the Burn ICU's Registered Dietician, Jessica La Force?  
That's okay, you can watch it [here](https://youtu.be/CDI2l4vGIN4):  
<https://youtu.be/CDI2l4vGIN4>**

We will take a short break from our Lunch Bunch group and be back after the holidays in January!

**Here are some tips from our dietician for the holiday times.**

1. Choose seasonal produce
  - Apples, citrus, pears, pomegranates
  - Beets, broccoli, brussels sprouts, winter squash
2. Enjoy your favorite holiday foods but watch portions
3. Eat a small meal/snack before holiday parties
4. Put leftovers away
  - Freeze portions or share with friends/neighbors



**Make sure to get your Vitamin D even during the Wintertime.**

Vitamin D sources

- Sunlight is main source
- 15-30 minutes between 10am-4pm
  - Daily or several times a week
  - Face, arms, and legs



Food sources of Vitamin D

- Fatty fish
- Cheese
- Egg yolks
- Fortified foods: milk, milk alternatives, yogurt, cereals, margarine, orange juice
- Mushrooms
- Supplements: vitamin D2 or D3

**Jessica's favorite winter recipe:**

This is a great cold-weather soup that checks all the boxes – vegetables, protein, fiber – it's creamy and delicious with crispy chickpeas for a nice contrast. It can be served as a starter for thanksgiving or prepped as a freezer meal for a quick slow cooker or instant pot meal. I would suggest substituting the water with low sodium vegetable stock for a richer flavor.

<https://pinchofyum.com/golden-soup>

**UC DAVIS  
HEALTH**

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