

# The BurnNet

May 2016, Volume 35, No. 5

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## OUR GROUP MEETING

Thursday, **May 5**, 7:30-9:00pm  
Directors Conference Room  
First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.

## OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco  
4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm  
Call 800-755-2876 for details and directions
- Santa Clara Burn Support Group, San Jose  
1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm  
Call 408-885-6670 for details and directions
- Phoenix Society – Live Online Support at [www.phoenix-society.org](http://www.phoenix-society.org)
  - **Peer Support**  
Every Wednesday 6:00 – 7:30PM PST
  - **Facilitated Parent Support**  
2<sup>nd</sup> Monday of each month 6:00-7:30PM PST



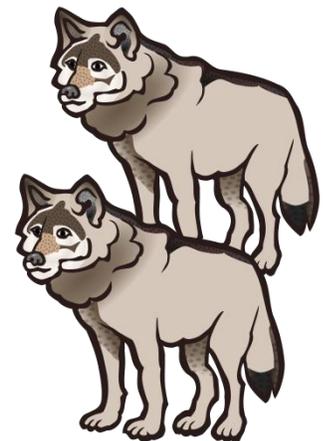
**Calvin Coolidge signed a Proclamation in 1915 that the second Saturday of May would be devoted to honoring Native Americans and their contribution to the nation.**

## TALE OF TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two 'wolves' inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good. It is joy, peace love, hope serenity, humility, kindness, benevolence, empathy, generosity, truth, faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?" The old Cherokee simply replied, "The one that you feed."



## ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?  
Email Deb Jones RN at [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## UPCOMING EVENTS



### MAY 3-6 AMERICAN BURN ASSOCIATION 48<sup>TH</sup> ANNUAL MEETING

Caesars Palace, Las Vegas With more than 75 sessions and 2,000 attendees, this meeting is the best opportunity to enhance knowledge on the latest scientific and practice advances in burn care. Virtually every aspect of the field is explored in this educational meeting: prevention, research, rehabilitation, treatment, administration and more. See [www.ameriburn.org](http://www.ameriburn.org) for details or to register.



### MAY 7 UCDAVIS FIRE 12<sup>TH</sup> ANNUAL PANCAKE BREAKFAST FUNDRAISER

UCD Fire Station 34, 625 Kleiber Hall Drive, Davis. Prepared by the UC Davis Student Resident Fire Fighters of Station 34. All proceeds go directly to the Firefighters Burn Institute. \$5 Pre-sale, \$7 at the door. Email [ucdfire@gmail.com](mailto:ucdfire@gmail.com) or come by Station 34 for tickets.



### JUNE 5 EL DORADO SALOON 6<sup>TH</sup> ANNUAL CHARITY GOLF TOURNAMENT

Empire Ranch Golf Club, 1620 East Natoma Street, Folsom. Shotgun start 8:00 AM. Includes cart and lunch on the deck. Raffle, drink specials and live music. Individual \$95, foursome \$380 (preferred). For more information, call (916) 941-3600 or (310) 344-4603 or email [acatcumings@gmail.com](mailto:acatcumings@gmail.com)



### JUNE 11 TOUGH MUDDER TAHOE 2016

South Lake Tahoe. Firefighters Burn Institute is proud to be an official charity partner. Are you tough enough? Would you like to be a donor or spectator? For any questions, please contact Lisa at [lisa@ffburn.org](mailto:lisa@ffburn.org) or (916) 739-8525. To donate now, click here:

<https://www.crowdrise.com/FirefightersBurnInstituteToughMudderTahoe/fundraiser/firefightersburninstitute>



### JUNE 11 FAMILY HEALTH & SAFETY FAIR

Safetyville USA Safety Center, 3909 Bradshaw Road, Sacramento  
10:00 AM – 3:00 PM Free event! Families attending will enjoy Over 80 booths of community resources, Live Entertainment, Safety Demonstrations, Raffles, Free Giveaways & much more. Deb is looking for volunteers to man the booth with her.



### JUNE 25 5<sup>TH</sup> ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will be held in Sacramento, include live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by generous local business sponsors. Early Bird Special ticket price of \$40 is available now through March 31st. Get your tickets [here](#).





## LEARN ABOUT PAIN MANAGEMENT

Pain is considered chronic when it lasts longer than 3-6 months or longer than would be expected for normal healing from an injury. Chronic pain can interfere with the ability to do home activities, work related tasks, social, and recreational.

Chronic pain also has an impact on the ability to maintain healthy habits such as:

- Getting a restful night's sleep
- Regular exercise
- To allow our mind and body to feel completely relaxed.

The good news is that it is possible to improve daily functioning and continue healthy habits by learning strategies to help reduce the amount of control chronic pain has on these activities. These are called self-management strategies that, combined with your ongoing medical treatments, can help you live a more healthy life.

If you would like to learn more about the strategies, please consider attending our [Living Healthy with Chronic Pain class](#) to explore the many ways you can maintain a healthy lifestyle while also managing chronic pain.

Phone: 916-734-0718 Toll free: 866-683-2154 Email: [healtheducationclass@ucdmc.ucdavis.edu](mailto:healtheducationclass@ucdmc.ucdavis.edu)

## THE SPRING BEAUTY – A CHIPPEWA LEGEND

An old man was sitting in his lodge, by the side of a frozen stream. It was the end of Winter, the air was not so cold, and his fire was nearly out. He was old and alone. His locks were white with age, and he trembled in every joint. Day after day passed and he heard nothing but the sound of the storm sweeping before it the new-fallen snow.

One day while his fire was dying, a handsome young man entered the lodge. His cheeks were red, his eyes sparkled. He walked with a quick, light step. His forehead was bound with sweet-grass, and he carried a bunch of fragrant flowers in his hand. "Ah, my Son," said the old man, "I am happy to see you. Come in. Tell me your adventures, and what strange lands you have seen. I will tell you my wonderful deeds, and what I can perform. You shall do the same, and we will amuse each other."

"I am Peboan, the Spirit of Winter," said the old man. "I blow my breath, and the streams stand still. The water becomes stiff and hard as clear stone. I shake my locks," said the old man, "and the snow covers the land. The leaves fall from the trees, and my breath blows them away. The birds fly to the distant land, and the animals hide themselves from the cold."

"I am Seegwun, the Spirit of Spring," answered the youth. "I breathe, and flowers spring up in the meadows and woods. I shake my ringlets," said the young man, "and the warm showers of soft rain fall upon the Earth. The flowers lift their heads from the ground, and the grass grows thick and green. My voice recalls the birds, and they come flying joyfully from the South-land. The warmth of my breath unbinds the streams, and they sing the songs of Summer. Music fills the groves wherever I walk, and all Nature rejoices."

And while they were thus talking, a wonderful change took place. The Sun began to rise. A gentle warmth stole over the place. Peboan, the Spirit of Winter, became silent. His head drooped, and the snow outside the lodge melted away. Seegwun, the Spirit of Spring, grew more radiant, and rose joyfully to his feet. The Robin and the Bluebird began to sing on the top of the lodge. The stream murmured past the door, and the fragrance of opening flowers came softly on the breeze.

The lodge faded away, and Peboan sank down and dissolved into tiny streams of water, that vanished under the brown leaves of the forest. Thus the Spirit of Winter departed, and where he melted away the Indian children gathered the first blossoms, fragrant and delicately pink, - the modest Spring Beauty.

*And just as the winter relinquishes its place to the new spring, so too as a burn survivor, you leave your old ways to rejoice in your new life journey.*





## PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! In partnership with Target Solutions, Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

[www.phoenix-society.org/community/stayconnected/online-learning-community/](http://www.phoenix-society.org/community/stayconnected/online-learning-community/)

## PHOENIX SOCIETY OPPORTUNITIES

We are excited to offer two separate leadership and learning opportunities we would like to share with you! Please read on to learn more about our Peer Mentor role at Phoenix World Burn Congress, and Young Adult Support Programming Internship.

1. Young Adult Support Programming Intern: This internship opportunity will provide concrete professional development in the area of therapeutic programming and service to burn survivors and family members. (Applicants do not need to be a burn survivor or family member to apply). Includes 4-8 hours of work per week, July-November. A small stipend and covered expenses for transportation, lodging, and attendance at Phoenix World Burn Congress will be offered to the Intern.

- Click here for more information about the Internship and to apply:  
<https://www.phoenix-society.org/wbc/phoenix-ubelong/ubelong-young-adults>
- Deadline: May 6, 2016

2. Young Adult Peer Mentors (lead participants, similar to camp CIT programs) for Young Adult Workshop at Phoenix World Burn Congress (open to burn survivors 18 to ~25 years old). Mature young adult burn survivors wishing to serve as leaders are encouraged to apply. Scholarship to assist with transportation, lodging, and attendance at Phoenix World Burn Congress is possible.

- Click here for more information about these Peer Mentor positions and to apply:  
<https://www.phoenix-society.org/wbc/phoenix-ubelong/ubelong-young-adults>
- Deadline: May 6, 2016

## PHOENIX EDUCATION GRANT (PEG) SCHOLARSHIP

Are you a high school burn survivor going on to college? How about young adult burn survivor continuing your education, or adult burn survivor going back to school? Consider applying for a Phoenix Education Grant (PEG) Scholarship. They are now accepting applications for the 2016-2017 academic year! Applicants must be a burn survivor and attending a college, university, vocational or graduate school. Feel free to learn more at the Phoenix Society website for more information, <http://www.phoenix-society.org/our-programs/education-grant>. This year you can fill out the form electronically or download it to complete by hand. Prior PEG Scholarship Award recipients are welcome to apply. **ALL applications MUST be postmarked no later than June 30, 2016 and MUST be complete in order to be considered.**



## QUOTE

Whatever you are physically...male or female, strong or weak, ill or healthy—  
all those things matter less than what your heart contains.  
If you have the soul of a warrior - you are a warrior!