

August 2021

Wildfire Safety *Are you prepared?*

The Dixie Fire, the largest wildfire in Northern California so far in 2021, has burned nearly 200,000 acres and is already one of the top 15 largest wildfires in the state's history. "While we always hope for no wildfire injuries, we recognize we have a lot of weeks ahead in this year's wildfire season. We are entering August, which has traditionally been a very hot, dry month for us," said Len Sterling, nurse manager of the burn center.

Below is the rest of the article highlighting one of our courageous burn survivors sharing her story during a wildfire.


<https://health.ucdavis.edu/health-news/newsroom/hold-on-to-your-loved-ones-wildfire-survivor-who-lost-children-in-wildfire-offers-advice/2021/07>

Are you prepared for a wildfire?

- Clear leaves and other debris from gutters, eaves, porches and decks. This prevents embers from igniting your home. Remove dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- Screen or box-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Remove flammable materials (firewood stacks, propane tanks) within 30 feet of your home's foundation and outbuildings, including garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- Wildfire can spread to tree tops. Prune trees so the lowest branches are 6 to 10 feet from the ground.
- Keep your lawn hydrated and maintained. If it is brown, cut it down to reduce fire intensity. Dry grass and shrubs are fuel for wildfire. Don't let debris and lawn cuttings linger. Dispose of these items quickly to reduce fuel for fire.

Creating an emergency plan

- Assemble an emergency supply kit and place it in a safe spot. Remember to include important documents, medications and personal identification.
- Develop an emergency evacuation plan and practice it with everyone in your home. Plan two ways out of your neighborhood and designate a meeting place.
- Leave as early as possible, before you're told to evacuate. Do not linger once evacuation orders have been given. Promptly leaving your home and neighborhood clears roads for firefighters to get equipment in place to fight the fire, and helps ensure residents' safety.



All things are difficult
before they are easy.

• **BurnNet Survivor meeting on August 5th, 7:00-8:30pm****

• **Lunch Bunch with Liz Phelan August 12th, 12:00-12:30pm**

• **Young Adult Group August 19th, 3:00 pm-4:00 pm**

• **BurnNet Survivor meeting August 19th, 11:30am-12:30pm**

• **Walk & Talk Wed August 18th, 10:00 am-11:30 am**

****Hybrid meeting- in-person and virtual**

Support Every Thursday

BurnNet Survivors Group Hybrid Meeting Thursday, August 5th, 7:00 pm-8:30 pm* * and August 19th, 11:30 am-12:30pm

The BurnNet Survivors are now holding our weekly meetings to discuss issues and share questions and answers related to burn injuries and recovery. This month will be our second **hybrid** meeting, **we will be in person and virtual through Zoom**, 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>

Lunch Bunch with Liz Phelan, Burn ICU Social Worker Thursday, August 12th, 12:00-12:30pm

Have lunch with our guest speaker on Zoom. At the end of her talk, there will be a Question & Answer session. You are encouraged to bring your questions.

Please sign up at
<https://forms.gle/BpiyzexMRj35bVsg9>

Young Adult Support Group Thursday, August 19th, 3:00-4:00pm

Join a group of your peers to discuss questions related to the physical and mental aspects of burn recovery. In this group, we process information and learn coping strategies together.

Sign up through our
[Google form](#)



Walk & Talk Wednesday August 18th @ 10am Capitol Park- Corner of 15th 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, you do not need to RSVP to this event.

As things open back up, we want to make sure we continue to support you. We know its important for you to feel comfortable in our support groups, so we have decided to start doing hybrid meetings. What this means is that we will have the option to be in person but also continue doing them on Zoom. For August we will do our August 5th support group at the North Addition room 1115. When you register for the groups, we will send exact instructions. Masks are REQUIRED inside the hospital at all times.



Up Coming Events

HEROES, HOPS & HOT RODS

SATURDAY, SEPTEMBER 18 @ 33RD STREET
(BETWEEN STOCKTON & P STREET)

LOCAL BEER/WINE GAMES

CLASSIC CARS

FOOD TRUCKS

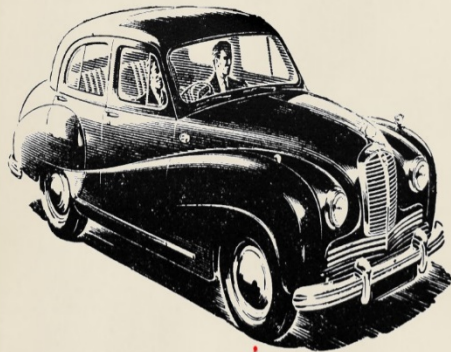
LIVE MUSIC RAFFLE

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21 AND OVER ONLY



2 PM
-TO-
7 PM

Bertolucci's



Proceeds to benefit:

FIREFIGHTERS
BURN INSTITUTE

UC DAVIS
HEALTH

For more information,
Burn Outreach Coordinator Lauren Spink:
(925) 550-3369
lspink@ucdavis.edu

Little Heroes Family Burn Camp

"Come Play & Grow Together!"

November 5-7, 2021

Little Heroes Family Burn Camp is a burn recovery program designed for young burn survivors, ages one to six years old and their families. This unique, three-day program helps families understand and cope with physical and emotional challenges associated with burn recovery. In a supportive camp environment, families have the opportunity to meet other families who are overcoming similar challenges.

Three parallel programs make up a unique camp where families are able to play, laugh, and learn.

The Preschool Program focuses on healthy emotional and physical recovery through therapy play and socialization with other burn survivors.

The Sibling Program provides therapeutic recreational activities for older children and a daycare for infants and toddlers. Siblings are recognized as important and unique supporters to their burn survivor brother or sister. The Adult Program assists parents and caregivers by providing the support and education necessary to nurture a child who has suffered a severe burn injury. Infant care is provided while adults are in their sessions.

For more information, please contact [Valorie Smart](#) at (916) 739-8525.

[Staff Application \(ffburn.org\)](http://ffburn.org)

The Firefighters Burn Institute would like to recognize The Taylor Family Foundation for hosting Little Heroes Family Burn Camp which is usually held at The Taylor Family Foundation at Camp Arroyo each year. The Taylor Family Foundation's mission is to preserve the wellness and enhance the quality of life for children in Northern California with life-threatening and chronic illnesses, disabilities and youth at-risk through unique therapeutic experiences and support. For more information, please visit www.tfff.org.