

September 2021

Meet Our Rising Phoenix Guleenna Bakshi

Learning to share your story can take time and effort.

UC Davis and the Firefighters Burn Institute would like to offer a 4-week free virtual workshop series for the burn community led by Sacramento area burn survivor Guleenna Bakshi. In this workshop series, Guleenna will share tools she has learned from Toastmasters on how to elegantly speak to personal experiences.

Guleenna is a burn survivor of 35 years. She was five years old, visiting India, when she got burned in a fire accident. She has no recollection from 6 to 12 years old. Eventually, Guleenna became involved in local burn survivor services, "I never had a voice until I joined the Firefighters Burn Institute Peer Support group."

Guleenna has spoken to audiences of all ages both in person and online. Her messages have reached people in India, China, the Philippines, and around the United States. She is passionate about using the power of words to inspire others to reach their greatest potential. She has been a Toastmaster for just over two years. In 2021, she reached region-finals of the World Championship of Public Speaking through Toastmasters. By profession, she is an IT project manager and manages portfolios worth \$100 - \$300 million. Her goal is to help everyone she comes in contact to become the best version of themselves.

Speech workshop days and times will be Fridays October 1-29 with a break on October 22 for World Burn Congress; session will run from 12-1p.



- **BurnNet Survivor meeting on September 2nd, 7:00-8:30 pm**
- **Lunch Bunch with Lauren Spink Burn Outreach Coordinator September 9th, 12:00-12:30pm**
- **Young Adult Group September 9th, 3:00-4:00pm**
- **Walk & Talk Wed. September 15th, 10:00-11:30am**
- **BurnNet Survivor meeting September 16th, 11:30-12:30**
- **Caregiver Support Group September 30th, 6:00-7:00 pm**

Support Every Thursday

BurnNet Survivors Group Virtual Meeting
Thursday, September 2nd, 7:00 pm-8:30 pm
and September 16th, 11:30 am-12:30 pm

The BurnNet Survivors are holding our weekly 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>

Lunch Bunch with Lauren Spink,
Burn Outreach Coordinator
Thursday, September 9th,
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, September 9th,
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
September 15th @ 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.

**Will be cancelled if air quality is bad from smoke

For more information
call 916-739-8525
Or email lhspink@ucdavis.edu, you do not need to RSVP to this event.

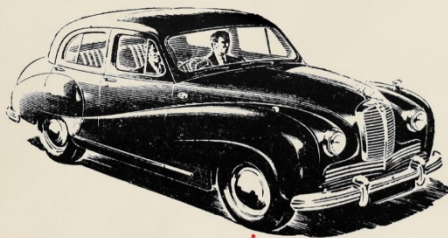


Upcoming Events

HEROES, HOPS & HOT RODS

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

LOCAL BEER/WINE GAMES
CLASSIC CARS
FOOD TRUCKS
LIVE MUSIC RAFFLE



Tickets:



21 AND OVER ONLY

2 PM
-TO-
7 PM

Proceeds to Benefit:



FIREFIGHTERS
BURN INSTITUTE



BURN COMMUNITY PICNIC

SUNDAY, SEPTEMBER 26
11AM - 2PM
HAGAN PARK IN
RANCHO CORDOVA

RSVP link in bio

Call FFBI at 916-739-8525
for more info



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 \(ffburn.org\)](#)

Sign up here:

<https://forms.gle/seVSPUwjKghKx6Wi8>

**UCDAVIS
HEALTH**

For more information,
Burn Outreach Coordinator

Lauren Spink:
(925) 550-3369

lspink@ucdavis.edu