

2014 World Burn Congress

We are excited that the Phoenix Society's World Burn Congress will be held locally this year in Anaheim, October 22-25, 2014! World Burn Congress is an international conference for burn survivors, their families or caregivers, burn care professionals and firefighters. If you are a burn survivor, a family member or a caregiver this conference is one you won't want to miss.

World Burn Congress includes support groups, discussion groups, keynote speakers, youth and young adult programs, breakout sessions and closing ceremonies, among other great events. UBelong...Family, Teens & Kids Together in Burn Recovery is held annually at World Burn Congress, and includes programming specific to 7-17 year olds and young adults, ages 18-25. Also included are workshops for parents, designed to support and educate on the topics needed to raise and support a happy, well-adjusted child.

The conference will be hosted at the Hilton Anaheim. Registration for the conference is not yet available but we will put the information on our website, our Facebook page and the Camp Facebook page when registration opens for the event. The cost is \$250 per person, and includes all three days. Limited scholarships are available through the Phoenix Foundation, and information for those scholarships can be found at <http://www.phoenix-society.org/programs/worldburncongress/scholarshipfund/>.

For questions or more information please feel free to contact Kylie at (951) 901-8293 or kapodaca@fireandburn.org. Or you can visit the Phoenix Society's website at <http://www.phoenix-society.org>.

CONFERENCE DATES
October 22-25, 2014

CONFERENCE LOCATION
Hilton Anaheim
777 W. Convention Way
Anaheim, CA 92802

REGISTRATION
\$250
(Scholarships Available)

Youth and Young Adult Support & Pizza Party

Date: Tuesday, June 24, 2014

Time: 6:00 PM

Location: ARMC - Edward G. Hirschman Burn Center Garden Area
400 N. Pepper Ave, 2 North
Colton, CA 92324

Call or eMail Kylie Apodaca to reserve your space or for more information.
951-901-8293 or kapodaca@fireandburn.org.

2014 Summer Camp

Camp applications for the summer session at *Camp Beyond the Scars* in San Diego have mailed. If you did not receive yours, please contact the office at 909-580-6339.

Camp endorsed by:



Sharing Our Experiences

On March 22, 2014 the Cherry Hills Club, hosted their first annual Cherry Hills Club Chili Challenge benefitting the Fire & Burn Foundation. We'd like to thank Chris and Amirah for taking time out of their day to come down and share a little bit about how the Fire & Burn Foundation has helped them and why supporting this cause is so important.

Thank you Chris and Amirah! You truly embody the spirit of our Leaders In Training Program!

Burn Survivor Summer Sun Safety!

Summer is right around the corner and that means BBQ's, beach days, the river and outdoor fun! Burn survivors need to be aware of their "New Skin" and be careful of sun exposure. Sunburns can occur from direct sunlight, on cloudy days, from water or snow glare, or even in what appears to be a shaded area. Sunlight contains UVA and UVB rays. UVA rays do not cause painful damage, but damage over time, UVB rays cause damage to the skin. Skin that has been burned or grafted will damage more easily, this is also true of donor sites. Burn survivors need to be cautious of sun exposure at all times, but especially until their new skin has "matured," which can take up to two years.

UV light can cause discoloration of your new skin and can increase scarring, which not only effects the appearance of skin but also how it functions

- ☀️ Unprotected skin can get a slight sunburn in as little as 12 minutes in the summer sun
- ☀️ Grafted or old burned areas will be "tanned" long after the rest of a body's tan has faded

The good news is, with a little TLC a burn survivor can enjoy the sun just like you did before your burn injuries! Follow these guidelines to help prevent sunburn or damaging your "New Skin!"

- ☀️ Wear a wide brimmed hat to shade your face from the sun.
- ☀️ Use clothing to shield arms and legs from sun exposure, long sleeves and long pants will cover burned skin.
- ☀️ Keep in mind, pressure garments do not do a good job of shielding skin from UV rays.
- ☀️ Sunscreen is a must! Choose a sunscreen with SPF of at least 30!
- ☀️ Avoid sunscreens with alcohol as they will dry and irritate skin.
- ☀️ Infants and children under 6 should use sunscreens that are PABA free.
- ☀️ Apply sunscreen 30-60 minutes before going outside and don't forget to reapply if you'll be in the sun for an extended length of time.

We Want to Stay In Touch

Have you changed addresses?
Phone numbers?
eMail addresses?

If so, please contact the Fire & Burn Foundation today at 909-580-6339 so we can update our records!

Smoke Alarms Save Lives

- You should have a smoke alarm on each floor of the house and in each bedroom.
- Smoke alarms should be tested monthly with the batteries changed every six months.
- Use this early warning system along with an evacuation plan to keep your family safe!