

2015 Embers of Hope Camp

On February 13, 2015 over 50 burn survivors traveled to Big Bear Lake, CA to experience the *Embers of Hope Camp*, a camp for burn survivors ages 5-17. Campers from Riverside and San Bernardino Counties were joined by campers from Las Vegas, Orange County, San Diego, Sacramento and Alameda. Campers were joined by firefighters, nurses, EMS professionals, mental health professionals and adult burn survivors who volunteer their time to be camp counselors or staff. Camp is an opportunity for these kids to learn that they are not alone, coming together with others who have similar experiences in an environment offering unconditional acceptance and support.

Campers enjoyed a packed schedule of activities, centered on building self-confidence and enhancing self-esteem. They had the opportunity to create a patch with artists from The Dial Collective, learning that each person expresses themselves differently, but that everyone's differences make them unique, just like every patch that was created. Campers also worked diligently through the weekend designing, carving and decorating a pine car, that they were later given the opportunity to race. Three campers were recognized with trophies for fastest car, best design and most original. Everyone enjoyed a concert featuring Cento, a local band that later gave a few interested campers some mini music lessons. Sunday culminated with a carnival that was second to none, featuring a life-sized foosball court and a life-sized Angry Birds launcher which were a huge hit. Campers earned tickets at each game and entered to win some great prizes such as gift cards, games, and more!



Embers of Hope Camp also offers burn survivors an opportunity to gain much needed support that they may not have access to outside of camp. During this year's support session our younger campers were given the opportunity to create a shield of protection with positive messages to help them deflect the negative feelings or comments they may hear during day-to-day life. They had the opportunity to take negative feelings or words and block them with their shields during support. The kids said they loved the activity and thought it would really help them at home. One parent let us know that the activity has opened up discussions in their home about how they are coping with the injury and has given their son some tools to use if and when he needs them.

As always, camp is free of charge to burn survivors in our service area and every effort is made to find sponsorships for those outside our service area. If you would like to attend or want more information contact us at 909-580-6339 for more information.



IT'S BROOKDALE CHERRY HILLS' 2nd ANNUAL CHILI CHALLENGE!

Saturday, March 28, 2015

11:00 a.m. – 3:00 p.m.

28333 Valley Boulevard

Sun City, CA 92586



The Chili Challenge is a fun event for the whole family! Come out and cheer on your favorite team as they battle it out to claim their bragging rights to be the BEST chili in Southwest Riverside County! There is no entry fee, donations of any size are welcome to participate in the chili tasting.

We look forward to seeing you on ~~Saturday, March 28!~~ **This has been changed to Saturday, May 16!**

Burn Awareness Week

The focus for this year's Burn Awareness Week (February 1-7) was on Scald Prevention. A scald injury can happen at any age, but most at risk are children, older adults and people with disabilities. Hot liquids from everyday life including bath water, hot coffee and microwaved soup can cause severe and devastating injuries. We encourage you to use these safety tips as a guide to help prevent scald injuries.

Kitchen Safety

- Designate a "no enter zone" for children of at least 3 feet around the stove and areas where hot food and drink is prepared or carried
- Place hot liquids and food in the center of a table or towards the back of a counter
- Do not let children carry hot food or drinks
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids
- Open microwaved food slowly, away from the face and allow microwaved food to cool before eating

Bathroom Safety

- Install anti-scald devices on tub faucets and shower heads
- Always supervise a child in or near a bathtub or shower
- Test the water by moving your hand, then wrist, then forearm through the water. The water should feel warm, not hot, to the touch

For more burn and fire prevention tips, visit our website at www.fireandburn.org and click on the Prevention tab.

Have you changed addresses?
Phone numbers?
eMail address?

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

Attention Summer Campers: This summer, we will be sponsoring children to attend Summer Camp in Livermore, CA at the Firefighters Kids' Camp. A brochure about this camp is enclosed. Watch for an application coming soon!