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# BSTTW COMMUNITY NEWS

Volume 3 Issue 2

April 2003

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## BSTTW REBUILDING LIVES

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### Self-Esteem Can Affect Your Health

By: Michael Appleman, M.S.

**T**hinking healthy is a very important part of a burn survivor's recovery. It is easy to say your health depends on your positive and negative thoughts. When first becoming a burn survivor or family member of one, you go through a hard and unexpected time in your life. It is not easy to control the negative thoughts and make the positive changes in your life. For a burn survivor, you depend on your doctors, nurses, family members and others to help you recover. Much of your thoughts can be negative, which has much to do with your self-esteem. Thinking negative will cause you to feel like you are not worth much. The visual change can cause you to feel ugly and a bad person. You will then behave in that way.

Anger and depression has a lot to do with self-esteem. Anger and depression has a direct affect on your health. Your body may become exhausted after defending against your negative and stressful thoughts. All of us need to view ourselves an individual who is not a 'bad' or inadequate person. Do not live your life with a feeling of failure. You can achieve a sense of high self-esteem.

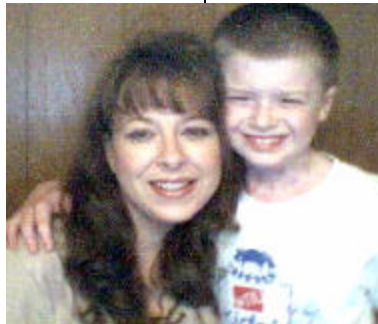
#### Born To Be A Healthy Individual

When you are born, with your parents help, you have positive feelings about yourself. You do not even know

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### One Mothers Story Of A Burned Child

By: Kimberly Carter



#### **A FAMILY AROUND THE**

Have you ever watched the news, read an article, or heard a story and thanked God that wasn't you or someone you loved? Life takes its many turns, and has many balances and sometimes things are not always as we hoped.

On June 10th 2002 our lives changed forever. The morning was uneventful, like the many others that came before. Then I heard a noise outside, nothing loud, just a noise of something falling. A few seconds later I heard the scream of a child. I walked through the house to the front door and was horrified to see one of my children coming through the door with the red, black and gold flames of their head, covering their face. The little one, was in a fast run as I turned and fell over the coffee table. I hit the floor, stood back up and lunged one more time to tackle the child to the floor in the kitchen. Not knowing which child it was, I reached for the child and smothered the

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about low self-esteem. You learn low self-esteem from your experiences in life.

Studies have shown that most children under the age of one year, are joyful individuals. As we all mature and go through failures, we are required to learn and see the good in those encounters. That will result in tolerating your mistakes, learning from them and moving forward. It is very important to understand and accept that you are not born ‘bad’. Once that is accepted, you will understand that you can do something about your negative feeling. Realize that type of feelings, are not built-in and unchangeable.

Your Subconscious Mind

Your feelings occur from your subconscious mind. They are reactions to what you feel and accomplish. You have no conscious control over these reactions. If you think unconstructive thoughts, or think you are a terrible human being, your subconscious mind is going to respond to those beliefs. When you look upon what happens as harmful, you will react with fear, guilt, distress or anger regardless of the real situation. When you think positive thoughts about yourself or see the good in what happens, your subconscious will react with feeling of admiration, satisfaction, pleasure, happiness, love, and other positive feelings. This does not mean that destructive things will not occur. It does mean you can be in charge of how your respond to them and how they will influence you. When a destructive incident is finished, for example, you can either continue to feel anguish or you can see it as something you dealt with and feel good about yourself. Learn to see the good in each event in your life.

Negative Stress Hurts

When your self-esteem is low, you feel bad about yourself over 50% of the time. You see things mostly from a negative viewpoint and thus you experience negative emotions. This results in ongoing negative stress, which is often felt as fear, anger, worry, and dissatisfaction about most of what you are experiencing or thinking. This constant distress can severely strain your body and may lead to many

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types of distress-related health problems as your body tries unsuccessfully to compensate for this constant negative stress.

Normal Stress & Incorrect Timing

If you experience fear or anger when something physically threatens you, this is the mind's normal survival response. An example is when you see a fire. You feel fear, your adrenaline would run at a rapid pace and you would either go to a safe area or run away if possible. These reactions are caused by terror, fight or flight syndrome. In today's culture your mind may generate the same psychological manifestation as a result of the fire's attack on the human body when you experience stress from other people or things. These feelings may be hatred, fright, anger, or a multitude of other harmful emotions and may be felt when there is no physical risk. They are basically in your mind and you may not react negatively. Thoughts combined with feelings creates emotional makeup. When this occurs unconstructively, you may have a timing issue. Your body and emotions respond to a threat. If the functioning you develop in reply to the risk remains after the “confrontation” is over, the outcome is a timing difficulty. Over time this unrelieved stress may cause many health problems. This is what occurs to individuals who have low self-esteem. They continually experience fear when it has stopped. Their ideas generate negative makeup in their bodies.

Changes That Create High Self-Esteem

First you must have an apparent awareness that that you are truly an excellent individual. Then look at all the negative thoughts that disturb you. Look at all the injuries you have received from other people and all those you have caused other people. It is very important to look at all of these issues.

The following steps can help you achieve a high self-esteem:

- A. Pardon others for any hurt they might have caused you.
- B. Offer them permission to excuse you for any destruction you may have caused them.
- C. Pardon yourself for any damage that you may

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flame.

When he was on the floor and I was over him, I realized it was my son. I used what I had to smother the flames, my hands.

Have you ever seen a fish that was out of water flop around? That is what my son was doing, flopping around, screaming. I grabbed the phone and tried to keep Justin down on the floor. As I dialed 911, Justin was overpowering to me, a strength I had never seen in anyone, let alone an 8 year old child. He ran for the living room and as I reached out to get him I realized. My God there is now where for me to touch him. As I screamed on the phone for help I seen that what was left of the backside of his shirt was still smoking, so I pulled it off and seen that my son's skin was literally hanging off him. He kept yelling that he needed water, but all I could do was think that I shouldn't let him get water. I had no way to stop him physically because I couldn't touch him. I blocked him by standing in door ways. All happening within minutes, yet to me still seems like a lifetime.

Ambulances, fire trucks, rescue squads and police all showed up around the same time. One lone fireman was at my door before anyone else. He had a white sheet and without hesitating wrapped my son in the sheet and took off with him down the driveway with me following. The had put Justin in the back of the ambulance and put me in the front, and all I kept hearing from my son was a little voice that said over and over, "I am cold." Hysterical is the least of the words I can come up with as to how I felt. And a little part of me just couldn't believe what I was seeing and hearing and all the sudden feeling. Not realizing I had burned my hands, I was being given ice packs for them. The sirens on bound for the hospital, I had never been so mad in my life. Cars go by, cars move at the slowest pace possible and some take their time getting out of the way. I remember thinking, what heartless people with no regard for the life of my son. We finally arrive at the local hospital, were doctors and nurses are waiting in the ambulance bay. When Justin is hurried to the E.R. the staff doctor comes in and pulls the sheet off Justin and says, " Be right back, I'm going to call LifeLine." Nurses and doctors rush around Justin and

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still all he says is, "I am cold." His jeans, shorts and underwear are cut of and the smell of gasoline is very strong in the room. While Justin is being tended to nurses try to occupy me and bandage my hands. The waiting room fills with family within minutes and the LifeLine team arrives to fly my son to another city to a Children Hospital. He is put to sleep and put on a breathing machine incase his air way swells and closes of in flight. What takes a 15 minute flight, takes us a 2 hour drive.

I suppose I could go on for days about Justin's accident. But the just of his story is he survived. What was grim, what was a living nightmare, what was accomplished after many surgeries and many prayers, what we were given back..... our son.

Gasoline and matches is what caused the fire. Justin received 3rd degree burns over 34% of his body. The burns were from his belt line up to his chin, around the right flank of his back, his right arm and the upper part of his left arm. Adults put gasoline in cars, and lawn equipment and never second guess an accident. So through the eyes of a child gasoline has no harmful effects. Sure we can tell them that gas is nothing to play with and be careful. But children learn best by what they see, and in their eyes nothing bad has ever happened to the adults around them with gas.

\*Have you ever watched the news, read an article, or heard a story and thanked God that wasn't you or someone you loved?\*

I used too....Now I thank God we are survivors  
Justin's mom: Kimberly

### Tragedy at a Night Club

By Delores Gempel Lekowski  
Author of The Hurting Angels

One burn casualty is one too many. When a tragedy of the magnitude of the recent Rhode Island nightclub fire happens, it reaches the very depths of our vulnerability. As a burn survivor, I feel an overwhelming grief for the tragic loss and injuries that the State of Rhode Island has suffered. As a

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crusader for fire safety and burn prevention, I am questioning how this could have happened in spite of the efforts of so many of us to educate and bring awareness to fire prevention.

There are no simple answers, but there are lots of questions -- and they all revolve around the issue of people taking responsibility. Were the owners of The Station nightclub aware of the dangerous flammability of the foam put on their walls for sound acoustics (firefighters call it solid gasoline)? And, if they were, would they still have used it? Would the band have used pyrotechnics if they had known of the hazard? If little hallways and rooms hadn't obscured the exits, would more lives have been saved? The news reports indicate that the nightclub had passed a fire inspection just two months before the fatal incident, but had no permit for pyrotechnics and was not required to have sprinklers because it was built before 1976. Were the code inspectors as diligent as they could have been? How could a building code have permitted such conditions to persist in a place of public assembly?

Many of these questions will no doubt be addressed by the legal system in the weeks and months to come. The National Association of State Fire Marshals has encouraged the US Congress to make a formal inquiry into the adequacy of the building codes as a result of the Rhode Island incident. Meanwhile, we are right to wonder: Where else are such tragedies waiting to happen?

Just because the law does not mandate a sprinkler system, should the nightclub owners have taken extra caution and installed one anyway? It seems to me that if you are enjoying the monetary reward of a successful business, you owe it to your customers to ensure their personal safety. As an owner, you should want to do this -- law or no law.

What about our responsibility for our own safety and that of our families? As citizens, we can no longer casually assume that if things go wrong, others will be responsible for our safety. We have to be aware of our surroundings, and we have to mentally map out our escape routes and defense mechanisms. Take note of where the exits are. Look around: how

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many tables and other barriers stand between you and your escape route? If you don't feel comfortable with the layout, move; position yourself with your personal safety in mind. Remember that most people will try to exit the way they entered; can you leave by an exit that might be less crowded in an emergency? Also, remember that you won't be able to see in a smoke-filled room; public fire educators teach people to crawl below smoke to safety.

The events of last week have forced us to realize how vulnerable we all are and how quickly things can - and do -- get out of control. We practice fire escape routes in our homes, and these are familiar surroundings. It only makes sense, then, to do the same thing when we are in unfamiliar surroundings. We must take control of our own well-being and make adjustments to our surroundings for the sake of our own safety.

Life is a learning process. The reality of that fateful Thursday night in Rhode Island is a lesson we never want to repeat. Many ordinary objects can become sources of ignition, and we will never live in a 100% fireproof world. As fire and life safety advocates, we need to push for manufacturers, building owners, retailers, fire inspectors and code-making officials to do the right thing to create a safer world. But, in the end, we also need to encourage everyone to continually practice and be aware of their own personal safety. Lives may depend on it.

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have caused yourself.

Those steps must be completed in order to help your self. You can even ask for forgiveness from an individual that is no longer alive. The experiences you recall are alive in your own mind. Concealed feelings are never forgotten and sooner or later it will bring about pain and sorrow. Forgiveness is the means to correcting experiences in life. Keep in mind, you are chained slave to someone you hate.

They may be completely happy, while you become ill living with negative feelings. You must vigorously deal with the causes of your negative thoughts. Once that is completed, you can begin the procedure of  
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changing your practice of thinking negatively about yourself and others. You can intentionally see the “good” in events and people instead of the bad. You can learn from any negative actions and have a chance to better yourself and grow. By seeing the “good” in every happening in your life, you will be on the road to building higher self-esteem and regaining your good health.

Self Perception Makes The Difference

When you feel good about yourself and have a high self-esteem, the distress of negative thoughts disappears. Is that a simple thing to do? Not always, but that does not mean you should give up. You must begin to take the steps in order to repair any damage that has been done to your mind and body. Get the help you need in order to do so. With the help from you doctor, you can reach the natural balance that you had when you were born. By adjusting your diet, which can help your body achieve natural health, your self-esteem should continue to get higher. In time you will reach your goals of good health and happiness. That will result from the power that results from a healthy mind and body.

**Self Worth**

By: Shirin Juwaley

I spent a glorious year and a half in the USA. It was truly a very amazing experience for me. For the first time after being burned I felt carefree. I could go about anywhere not caring about my looks. It was so easy to be accepted in the USA.

After being so pampered, the thought of coming back to India was a fearful one. Before I left for the USA I would wear a *burqha* (a cloak and a veil) to hide my face, which was badly disfigured with the acid. It would be extremely hot inside the *burqha* and I always had to strain my eyes through the veil to see things clearly. Despite such pain the *burqha* was a blessing in disguise. It gave me the privacy from stares and the freedom to move about. Now that I had learnt to live without it, the thought of wearing it back was troubling me. I did not want to hide behind my clothes anymore I wanted to feel the air on my face, I wanted to wear good clothes and I wanted

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people to see them. So with a determined mind and a brave heart I took the flight home (India). I was filled with apprehensions and at the airport itself I saw the transition of behavior and attitude towards a burnt, ugly face. People squirmed and did not even spare a smile. It was like walking against the crowd. But my mind was made up & I wasn't going to compromise anymore. It took me exactly four days to muster enough guts to get out of the house. Once out, there was no stopping me. People stared and walked away; some people did not even notice me, as they were too busy running to work. Oh! boy! It was wonderful. I actually went nearly unnoticed! It was a sheer high for me. I ventured out the next day again and this time I went a little further by boarding a bus. Nobody threw me out and the conductor even gave me a ticket and spared a smile. I even had a passenger sitting next to me. This was truly exciting. Of course people stared, but they weren't offensive stares just curious stares, sympathetic ones and sometimes even empathetic.

So, all my fears, my accusations on others not accepting me, were they all baseless? Or was it me that had all those needless fears or was it me that was not accepting me? My questions were my answers. I had changed as a person. People only reflect what one projects. Was I projecting self worth? I think I was. It was so easy to be accepted. My smile often led people to warm towards me and even had them share a friendship with me. This was wonderful. Strangers were praying for me giving me their blessings. Just through a smile I opened up doors to educating people about burns. My scars were not offensive to them anymore as they knew they were burns and not something infectious. It was simply a scar, which carried greater emotional pains. People understood. I understood. It was my attitude that changed people's attitudes towards me. Life was a cakewalk once again.

## Burn Injuries In The Workplace

By: Larry Buckfire

Many burn survivors received their injuries during the course and scope of their employment. These injuries could be the result of the nature of the work itself, such as a welder, or due to some accident incidental to employment, such as an individual who is in a car fire while driving in the course of employment. These burn injuries can be disabling and require significant medical care and related expenses. Individuals who suffer work related burn injuries may be entitled to worker's compensation benefits.

Workers' Compensation laws are designed to ensure that employees who are injured or disabled on the job are provided with fixed monetary awards, eliminating the need for litigation. These laws also provide benefits for dependents of those workers who are killed because of work-related accidents or illnesses. Some laws also protect employers and fellow workers by limiting the amount an injured employee can recover from an employer and by eliminating the liability of co-workers in most accidents.

Typically, an injured worker is only entitled to worker's compensation benefits for work-related injuries. These benefits do not provide compensation for pain and suffering, loss of enjoyment of life, fright and shock, and disfigurement. In most states, a claim for these types of damages are asserted against a negligent party in limited situations. Most of these situations involve injuries which occurred due to the negligent act of a third party, such as a contractor or a manufacturer of a product. The injured worker is still entitled to worker's compensation benefits in these scenarios but may also be able to pursue remedies against the additional negligent parties.

Worker's Compensation laws vary from state to state and the applicable law depends on the laws of the state where the injury occurred and the employer-employee relationship. State Workers Compensation statutes establish this framework for most employment. Federal statutes are limited to federal employees or those workers employed in some significant aspect of interstate commerce.

The Federal Employment Compensation Act provides workers compensation for non-military, federal employees. Many of its provisions are typical of most worker compensation laws. Awards are limited to "disability or death" sustained while in the performance of the employee's duties but not caused willfully by the employee or by intoxication. The act covers medical expenses due to the disability and may require the employee to undergo job retraining. A disabled employee receives two thirds of his or her normal monthly salary during the disability and may receive more for permanent physical injuries, or if he or she has dependents. The act provides compensation for survivors of employees who are killed. The act is administered by the Office of Workers' Compensation Programs.

Lawrence J. Buckfire is an attorney with Buckfire & Buckfire, P.C. specializing in the representation of injured individuals.

### Our True Belief

By: Michael Appleman

**God and Jesus Christ is with us 24 hours a day  
Jesus Christ knows that we love and truly believe in Him  
God has angels that are there to protect us  
Remember Jesus Christ will always be our savior.**

**Satan and his devils are out there.  
Do not fear them we are guided and looked after no matter what happens in our life.  
We should keep true love inside for God and His son Jesus Christ.  
Remember true human love and beauty is internal not external.**

**So by loving and believing in God, Jesus Christ, your self, the one you love and truly loves you, family, your true friends and finally helping others when you can.  
We will find people who will love and be there or us.  
Because our hearts, minds and souls are caring.  
We know there will be ups and downs.  
But never forget, most of our life on this earth will turn out to be positive and fun.**

**The True Believer**

Michael Appleman

## Managing Your Emotions Care Giving

By: Debra Moore, Ph.D.

Effective care giving is an emotional undertaking even under the best of circumstances. There will be times when you feel overwhelmed by many different feelings, and there will be times when you feel numb, washed out, or totally drained of feeling.

Your thinking will be clouded, you will be oversensitive and trigger arguments, and you will feel hopeless and like you can't do anything right.

You may feel You may experience physical anger and rage sleeplessness or excessive sleeping apathy and withdrawal stomach problems, or decreased or increased appetite anxiety skin rashes depression or sadness headaches, backaches, muscle problems embarrassment rapid or pounding heartbeat helplessness and hopelessness chest pains or tightness feelings of failure and inadequacy sweaty palms feelings of worthlessness difficulty concentrating frustration teeth-grinding or jaw-clenching grief and despair guilt and shame and panic.

There are several ways to manage your emotions.

Many people find that a daily inventory, where they literally check off their feelings from a list and then go back and write a few sentences about each feeling checked helps enormously. It takes only minutes but can be an effective relief valve. It clarifies your feelings so you are better prepared and they don't catch you off guard. This also reduces a sense of confusion and helps you get back on track.

Some caregivers keep a diary or journal where they document this time with their parents. This also serves as a way of anticipating tasks and developing future plans. It can later be a priceless reminder of your parent. And on the days when you are feeling guilty and that you didn't do enough, it can ease your pain by reminding you of how much you did do.

Recognizing negative emotions about our parents is important before we can be effective caregivers.

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It's not always possible to reconcile relationships. Your negative feelings about your parents are real and may be unresolvable.

You have 3 options: -ignore your parent's needs, find someone else to help them, or accept your emotions and do what must be done while keeping some emotional distance.

If you are inclined to not be involved in any care giving, it is a decision you might want to think about discussing with close friends, other family members, clergy, or a counselor. Anger is a powerful emotion, but guilt can haunt you later.

If you do choose to be involved with caring for a parent, but have had a troubled relationship in the past, it is especially important that you recognize and manage your feelings.

If you have been angry or resentful, aging parents can be an opportunity for revenge, for settling the score. You may become passive-aggressive -for ex, making commitments you do not keep, even though you have 'a good excuse'.

If you have felt rejected by your parents, you can either reject them as well, or sometimes the rejected child ends up going to great lengths to care for a parent to compensate for years of unspoken anger and subsequent guilt as their old, hateful wishes for the parent's demise are coming true.

## BSTTW CONTACT INFORMATION

### Emergency Contact

We have an Emergency Email Form on the Internet. Go to: [www.burnsurvivorstw.org/emergemail.html](http://www.burnsurvivorstw.org/emergemail.html)

You, your family and friends can also reach us by phone at 941-364-8457 or 1-800-503-8058. If we are not in the office or it is after hours, leave a message in the emergency mailbox. A support team member will respond to you within 24 hours. **BSTTW** has at

least one individual on call 24 hours day/7 days a week.

### **BSTTW Directors**

Michael Appleman: **Executive Director**  
[michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org)

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, all donations, big or small are tax deductible to the extent of the law. **BSTTW** accepts donations for our general fund, the “Dwight Lunkley Racing To Victory” fund, USA & Asian Burn Camp funds, Burned Children fund, Vietnamese Burned Children Fund, BSTTW Healing Weekend Fund and the World Burn Congress 2003 fund. Donations from Companies, Churches, Organizations, Communities and individuals will help **BSTTW** to do the work that is needed for all Burn Survivors, family members and the public around the world. Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

#### **Mail your donations to:**

Burn Survivors Throughout The World, Inc.  
 650 N Beneva Road #305  
 Sarasota, Florida 34232

#### **To Donate on line go to:**

[www.burnsurvivorsttw.org/donations.html](http://www.burnsurvivorsttw.org/donations.html)

If you have any questions call us at 941-364-8457, 800-503-8058 or email **BSTTW** at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

### **Volunteering your time to BSTTW**

We always can use your help. There are many children, adults and families around the world that need support and other help. You can take part in rebuilding the lives and helping people reenter their

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community. Go to [www.burnsurvivorsttw.org/volunteer.html](http://www.burnsurvivorsttw.org/volunteer.html) in order to learn more about volunteering with **BSTTW**. Feel free to contact **BSTTW** by telephone at 941-364-8457, 800-503-8058 or email us at [volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org)

### **Purchases**

**BSTTW** has an online store were you can purchase Skin Care Products, Books and Video Tapes. Got to: [www.burnsurvivorsttw.org/sales.html](http://www.burnsurvivorsttw.org/sales.html)

You can also purchase Skin Care Products by telephone at 800-503-8058.

### **BSTTW ADDRESS & PHONE NUMBERS:**

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Feel free to email us if you have any questions and/or comments at: [info@burnsurvivorsttw.org](mailto:info@burnsurvivorsttw.org)