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# BSTTW COMMUNITY NEWS

Volume 10 Issue 2

April 2010

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## BSTTW REBUILDING LIVES

### Alexis Chapman Resigns From The BSTTW Board of Directors

By: Michael Appleman, CEO

**B**STTW is sorry to announce that Alexis Chapman who held the Member at Large **BSTTW Board of Directors (BBD)** since December 2009, has resigned due to her personal and medical issues Ms. Chapman was unable to continue as a member of the **BBD**.

The **BBD** is currently interviewing new prospects to replace Ms. Chapman. If you are interested in applying for the **BBD's** you should go to the **BSTTW Volunteer E-Form (BVE)** that can be found at [www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html), fill out the **BVE** and submit it electronically to **BSTTW**. After receiving the **BVE**, Michael Appleman, CEO of **BSTTW** will contact you to have an interview for the **BBD's** position.

If you have any questions feel free to contact Michael Appleman, CEO by email at [michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org) or by telephone at 936-647-2256. Join the **BSTTW Board of Directors Team** and take part in rebuilding lives and increasing fire safety education.

### BSTTW Offers A Live Video/Voice Internet Support Group

By: Michael Appleman, CEO

**BSTTW** is proud to announce that we use the **FREE DELL Video Chat Software** as for our support group. **SightSpeed** has donated the Business Service to **BSTTW**. The **BSTTW Support Team** is now able to offer support groups to anywhere in the world. To learn more about the software, what the requirements are and how you can set up a **Support Group Meeting** for your area go to the **BSTTW** internet site at [www.burnsurvivorsttw.org/dellchat/dellchat.html](http://www.burnsurvivorsttw.org/dellchat/dellchat.html). If you have any questions you should fill out and submit the **BSTTW Support Team E-Form** at [www.burnsurvivorsttw.org/eforms/supportemail.html](http://www.burnsurvivorsttw.org/eforms/supportemail.html).



*NEVER GIVE UP, NEVER GIVE IN,  
NEVER QUIT... life is too  
precious!*

*BURN SURVIVORS HELPING BURN  
SURVIVORS...this is what it is  
all about!  
"Dwight Lunkley"*

**A FAMILY AROUND THE WORLD**



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## Inside This Issue

- |   |  |
|---|--|
| 1 | Sleep Issues Due To A Burn Injury            |
| 2 | Effects On The Family                        |
| 3 | The Power Angels & The Hurting Angels eBooks |
| 4 | The Fear of Loneliness                       |
| 5 | Poem: Because of You                         |
-

## Sleep Issues Due To A Burn Injury

By: Michael Appleman, CEO

After a great deal of studying it has been concluded that difficulties sleeping come about in more than 50% of individuals who suffer a burn injury. Many burn survivors during their recovery period and for years after have trouble sleeping. This is not unusual due to the fact that many burn survivors suffer from emotional trauma that can cause us to have trouble sleeping for many different reasons.

According to the National Center for Post Traumatic Stress Disorder (PTSD) common reactions after a traumatic event are as follows:

- Feelings of despair
- Trouble remaining focused
- Having distressing dreams
- Suffering from pain
- Withdrawal
- Feeling Rejected
- Outbursts of Anger
- Loss of Intimacy
- Hormone levels and other chemicals in the body can change due to the burn injury
- Side effects from medications
- Itching
- Poor Sleep Quality
- Dreams



**authorPOINT**

## BSTTW COMMUNITY NEWS

### Causes of Poor Sleep

It is essential for any burn survivor who is suffering from poor sleep to receive treatment for his/her poor sleep disorder. This is due to the fact that the poor sleep disorder can be extremely distressing and debilitating, and actually interfere with your recovery from the burn injury. Poor sleep can cause:

- Increase your pain levels
- Cause agitation changes in your behavior and you to have a bad temper
- Slow down the wound curing method
- It has found to cause the following issues during the day:
  - A. Low levels of energy
  - B. Greater risk of accidents
  - C. Low frame of mind or an increase thoughts of hopelessness
  - D. Difficulty handling stressful situations.

### Treatment Options:

There are many diverse approaches to solving a sleep disorder. The choice of treatment depends on the cause, type and severity of the sleep disorder as well as your level of improvement from the burn injury. Your doctor, mental health counselor and medical team will usually meet with you and discuss your past sleep habits and other factors that have affected you in the past or is currently affecting your sleep issues in the present. If necessary, your doctors may refer you to a sleep specialist.



**SRFAX**

### Types of Treatments:

#### First Treatments The Do Not Involve Medications:

**1. Relaxation Training:** Relaxation training can help to reduce anxiety and tension at or around bedtime. This can help you to fall asleep. They can also be used to help you fall back asleep if you have awakened during the night. Below are several techniques:

- Biofeedback
- Meditation
- Muscle relaxation training
- Yoga
- Imagery training
- Hypnosis training

**2. Good Sleep Hygiene:** To perform good sleep hygiene you should apply the following sensible guidelines in order to increase the possibility of having regular, relaxing and high-quality sleep.

- Do not go to sleep hungry
- Avoid smoking before going to bed
- Daytime naps have been found to disrupt your sleeping habits
- Avoid caffeine before sleep
- Do not exercise before bedtime
- Avoid alcohol before bedtime

**3. Motivation To Sleep:** If you have difficulty going to sleep that extends for more than a few days can cause you to emotionally feel that this will happen every night and you will never fall asleep. Having these types of thoughts can cause you to stay awake. Motivation to sleep, also known as *stimulus control*, can help a burn survivor to reprogram bedtime with calm and pleasant sleep.



#### **Strategies for Motivation To Sleep:**

- A. Set up a regular wake-up time. Even if you go to sleep late one night you should still awake at the same time.
- B. Go to bed when you are tired.
- C. Do not take a snooze during the daytime.
- D. If you wake up in the middle of the night and remain awake for 15 to 20 minutes it would be best that you get out of bed for a period of time and then try to sleep again.
- E. Avoid watching TV, eating, reading or worrying during bedtime.

#### **Cognitive Behavioral Therapy (CBT):**

Cognitive Behavioral Therapy, also known as CBT, teaches sleep hygiene, employs incentive power techniques and teaches burn survivors how to use relaxation methods.

CBT can also help burn survivors who suffer from sleep problems. It can help a burn survivor increase feelings and attitudes about sleep that allows them to fall asleep. A cognitive behavior therapist can work with a burn survivor to help him/her deal with and remove the thoughts that may be causing him/her from being able to fall asleep at night.

**Light Therapy:** A burn survivor's body has chemicals and hormones that vary in a natural 24 hour cycle. This promotes you to fall asleep or awake at certain times during the day or night. If this natural cycle, which is called "*circadian rhythm*", becomes troubled for any reason, a burn survivor begins to have a sleep disorder. Light therapy uses exposure to daylight or light boxes that that mimic daylight. This is completed in order to reorganize the circadian rhythms that a burn survivor's body has for going to sleep and waking up. At times light therapy has been used along with sleep hygiene in order to get the best results. A burn survivor may also try to take daytime

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walks outside or if needed her/she may need to use light machines that are called "dawn stimulators" that are used to imitate a steady sunrise.

**Medical Treatment**

There are effective medications that can help a burn survivor fall asleep. These may include sleep aids, antidepressants, and/or anxiety medications. They can be used alone or in addition to one of the above mentioned medications in order to improve your sleep. As with any medications, it is extremely important that you take your medications for sleep on as your doctor has prescribed and you should discuss any effects you feel that you have due to the medication. This also includes over the counter sleep medications that may be taking.

**Effects On The Family**

By: Keith Barker

Sometimes there is a bit more to a burn survivor's story than just being a burn survivor going through life, with physical and emotional scars.



At the age of 9 going through an ordeal like that, is unimaginable for most. Now 55, I grew up in Campbell River, BC. When my burn occurred,

**DELL VIDEO CHAT**

Powered By: *SightSpeed*



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there were 3 of us at the start; one was 10 and his brother was my age 9 who decided to play down closer to small swamp behind my friend's house. My friend had gotten a quart jar of gasoline from his Dad's basement, which was about 3/4 full. Finding some sticks we used them as spears, by dipping them in the gas trying to light old stumps on fire. When the flame on the end of the spear went out we would dip them in the gas and light them up again.

At one point another friend had come down to see what we were doing, he was 8 and decided he was going to tell his parents, as he knew that we weren't suppose to be playing with the gas. He left the 3 of us and started walking towards his house. At that time we continued to dip our sticks in the gas. The 10 year old boy was holding the jar of gas when we went to dip our sticks in it. As we stood there you could see his brother's stick was still on fire, which ignited the jar of gas.

As we turned to run the boy holding the gas I guess just panicked as a 10 year old would, and just tried to get rid of the jar, and I was immediately burned on my back from trying to run from the ignited jar. The boy that was on his way to tell his parents was also burned on his back. Even until this day I do not know how he got burned because he was actually half way up a small hill towards his house probably 30 feet away from us.

One of the other boys had a small burn on his stomach and the one that lit the jar didn't have any burns. I remember I had to roll around where the swamp was a bit muddy to put the fire out. After the fire was out we went up the bank towards our houses I had come went up the bank towards our houses I had come around the corner of the house. Just then my

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Mom came running down to see what was happening, for by that time the whole neighborhood had heard us screaming. I will never forget the look on her face as she saw me standing there with my skin and clothes hanging from me. Soon everyone was around cutting our clothes and burnt skin off that was just hanging there as we got into a car and drove to the hospital. After being patched up in the Campbell River Hospital, having to decide whether they were going to have to amputate

### **The Power Angels & The Hurting Angels eBooks**

By: Delores Lekowski

Burn Survivors Throughout The World, Inc. (BSTTW) and Delores Lekowski is proud to announce that the books *The Power Angels* and *The Hurting Angels* are being released and sold by BSTTW in eBook format.

The eBook *The Hurting Angels* is currently being translated into many languages by BSTTW Volunteers. Soon it will be available for burn survivors, families, parents, children, schools, Universities, hospitals, burn units and organizations around the world.

A MUST FOR EVERY BURN SURVIVOR, CO-SURVIVORS, PARENTS, TEACHERS, HEALTH CARE PROFESSIONALS and SUPPORT GROUPS TO READ.



## **BSTTW COMMUNITY NEWS**

KNOWLEDGE AND UNDERSTANDING IS VITAL TO RECOVERY!

*EMPOWER YOURSELF BY READING*

*"THE POWER ANGELS" AND  
"THE HURTING ANGELS!"*

Shiners Hospitals and many Burn Units have used both of these books.

Information about the eBook

*"The Hurting Angels"*

This book is designed to give children a positive outlook, and help reinforce their self-esteem. Whether your child is having a sad day, or is recovering from a major trauma, anything that makes a child feel different hurts. This is a very special book for your very special angel.

I wrote this book as a way to address some very difficult issues that a child and his or her parents face when their child is going through trauma, or illness, or a rough time. I was such a child, and this book was created from the feelings and issues that I and my parents were forced to face. This book and its illustrations are in a lighthearted format and is geared to hold your child's attention.

Information about the eBook

*"The Power Angels"*

I wrote this book to validate the burn survivor's survival.

"The Power Angels" book is a collection of stories from other survivors and what they have accomplished in their lives. Besides these uplifting stories from survivors this book also contains important chapters on subjects that are important to every survivor.

This book is full of good and needed information!

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Below are a few examples:

- (1) Co-survivors and their importance to our recovery.
- (2) A "do and do not" list for the non-burn community (example: never feel sorry for a burn survivor.)
- (3) Handling employment issues
- (4) Aging with burns

This book will offer you the hope and vision of a new, rewarding and happy life. All of the stories are about burn survivors and how their burns have changed their lives--and the lives of others---in a positive way. The survivors are not only living life; they are building a better life. In their quest to build new lives as survivors, they have discovered many opportunities they otherwise may not have chosen. Some survivors found a hidden talent they never knew they had. All of the survivors are happy, if not happier than they were before they were burned. They have met obstacles and challenges head-on, without flinching. Why? Because they are survivors they already have conquered the greatest obstacle and won the biggest challenge of their lives. Everything else is small potatoes.

We have conquered the burns and now we are conquering life.

A note from the author of the "*The Hurting Angels*" & "*The Power Angels*" Delores Lekowski:

Becoming a burn survivor at the young age of ten (I was burned on 85% of my little body) has given me the unique ability to help others through every phase of a burn injury and an unique knowledge of it effects in every faze of one's life.

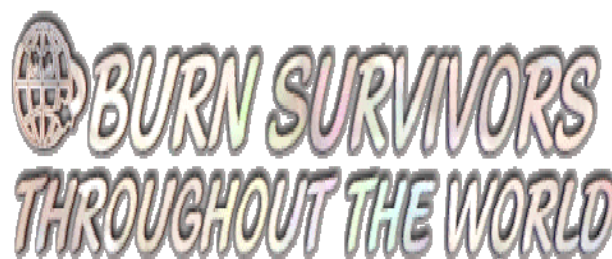
As a child: I lost my childhood and was forced to face the loneliness, the name calling, the stares and the misunderstanding, because of

**BSTTW COMMUNITY NEWS**

the lack of knowledge, from teachers and other adults who didn't understand this injury. At the same time I acquired a strength and courage that has gotten me through many difficult times in my life. This acquired strength and courage has served me well.

As a teen: Being a teenager is a difficult time even if you're perfect (which no one is.) As a teen who was still recovering from a burn injury, it was very challenging and I believe the most difficult phase in my life as a burn survivor. Much later in life I attended one of my class reunions and while being surrounded by previous class mates, as if I was some kind of celebrity, the most repeated comment I heard from them was how much they had admired me and how they continue to reflect on my courage and my ability to handle adversity with pride, courage and grace. My favorite comment, " I was a role model in their life. Who knew? Who would have guessed?"

As an adult: This time in my life has been the least challenging. The way I see it, I fought hard to be a survivor and I refuse to let this injury take any more from me then it already has. I am proud of who I am and I am very proud to be a survivor. To not enjoy my life to the fullest would make me a burn victim and not a survivor and I refuse to let that happen. Please live your life to the fullest, you have earned the right to be happy and arrogant in your survivor hood!



## **My husband, eight year old son and I went to Managing The Fear Of Loneliness**

By Stanley Popovich

Sometime or another we will experience a time when we are alone. Some people fear of being alone for various reasons. The first step is to become comfortable with yourself and having the self-confidence that you will be able to manage being alone. There is nothing wrong with being alone. If being alone bothers you then seeing a counselor can help you with these issues.

In the meantime, here is a short list of techniques that a person can use so that the fear of being alone doesn't become a major issue in their lives.

The first step is to find an activity that you enjoy and where you can meet a lot of people. For instance, joining a group activity such as a volleyball group, women's club, or making crafts can be a great way to meet people. Doing something that you like to do will make you happy and will increase your chances of making friends.

Spending time with animals can be a great source of companionship. Whether you have a dog or you go to your local shelter, spending time with an animal or pet can help us to feel better. Animals can be of good company to all of us whether we are alone or not.

Helping others through community service can be of some help. There are many people out there who could benefit from your time and



## **BSTTW COMMUNITY NEWS**

talents. Helping others can give you a source of pride and accomplishment and also can lead to friendships.

It isn't fun being alone, but sometimes there are worse things. For instance, imagine that

you are married or stuck in a relationship that you can't get out of and also makes you miserable. Not only do you have to live with this person, it would be difficult to get out of the relationship because of various financial or personal reasons. As a result, you are stuck living with someone that you can't stand and makes you depressed every single day of your life. With this viewpoint, being alone doesn't sound that bad.

For those of you who believe in God, spending time with God and praying to Him can help us in our lonely situation. Spending time with God and asking God for help in our time of loneliness can be of great comfort. You never know how God will work in one's life. Ask Him for help and trust that He will help you.

The important thing is to do something constructive. Sitting around and doing nothing will not make things any better whether it is dealing with the fear of being alone or something else. Take it one day at a time and stay committed in trying to solve your problem.

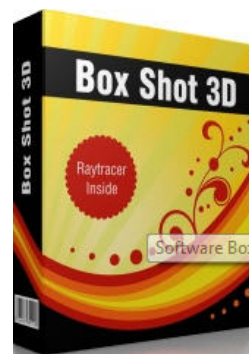




Proud participant in the Combined Federal Campaign



**BSTTW COMMUNITY NEWS**



*Donate To BSTTW*



**TAKE PART IN REBUILDING LIVES**

<http://www.burnsurvivorsttw.org/donations/donations.html>



**Burned Children Need Our  
Help**

**Donate to the  
BSTTW Bishop Peter Nguyen  
Van Nho World Wide Burned  
Children's Fund**

**At**

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



### BSTTW POEMS

I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time and continue moving forward in your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at [poems@burnsurvivorsttw.org](mailto:poems@burnsurvivorsttw.org) or [stories@burnsurvivorsttw.org](mailto:stories@burnsurvivorsttw.org). **BSTTW** also has a program on our internet site that allows you to submit your stories and poems electronically. You can submit the full story at [www.burnsurvivorsttw.org/stories/storymaker.html](http://www.burnsurvivorsttw.org/stories/storymaker.html) and your full poem at [www.burnsurvivorsttw.org/poems/poemmaker.html](http://www.burnsurvivorsttw.org/poems/poemmaker.html)

*Michael Appleman, CEO*

### **Because of You**

By: Delores Lekowski

Because of you,  
We have the Freedom  
To practice our religion  
Of choice, to have a voice,  
For this we rejoice!

Because of you,  
Our Country is safe  
We can be assured  
You are fighting to keep  
Our freedoms secure!

Because of you  
We can achieve what we want  
While you put your life on hold  
We live in your protected fold!

Because of you  
Our life is free  
And our freedom is guaranteed.  
We can only imagine the dangers you face  
Know that you are in our embrace!  
From afar we admire and honor you,  
Our thank you is sincere and long over do!  
You are our freedom hero  
And for your bravery, we thank you!

*Delores Lekowski*

You can contact **BSTTW Support Team** by using our internet site at <http://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-647-2256 or toll free at 866-712-6164

## BSTTW CONTACT INFORMATION

### EMERGENCY CONTACTS

**BSTTW** has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at [www.burnsurvivorsttw.org/eforms/emergemail.html](http://www.burnsurvivorsttw.org/eforms/emergemail.html) or the **BSTTW Support Team E-Form** at [www.burnsurvivorsttw.org/eforms/supportemail.html](http://www.burnsurvivorsttw.org/eforms/supportemail.html)

To contact **BSTTW** by telephone by dialing 936-647-2256 or toll free at 866-712-6164. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

#### **BSTTW Directors**

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

Hung Huynh: **Director- Việt Nam**  
[hung@burnsurvivorsttw.org](mailto:hung@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto:ariel@burnsurvivorsttw.org)

Julie Olinger: **Assistant Director – Colorado**  
[julie@burnsurvivorsttw.org](mailto:julie@burnsurvivorsttw.org)

#### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW** general fund, the **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" Fund**, **USA & Asian Burn Camp funds**, **BSTTW Healing Weekend**

## **BSTTW COMMUNITY NEWS**

### ***Fund, The Viet Nam Fund and the World Burn Congress Fund.***

Your donations will help **BSTTW** to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the community can help a burn survivor reenter their community.

**BSTTW** also offers people that donate \$25.00 or higher to a free copy of the **BSTTW Music CD**. To learn more about this you should go to [www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

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**.

#### **MAKE DONATIONS PAYABLE TO & MAIL TO:**

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302

#### **DONATE ON LINE**

To learn more about donating on line go to:  
[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

If you have any questions call us at 936-647-2256, toll free at 866-712-6164 or by email at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

#### **VOLUNTEERING YOUR TIME**

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW Member** and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at:

[www.burnsurvivorsttw.org/membership/memform.html](http://www.burnsurvivorsttw.org/membership/memform.html),

Next fill out the **BSTTW Volunteer E-Form** at:  
[www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html)

If you are not a burn survivor or family member you can skip the **BSTTW Membership & Profile Registration E-Form** and go directly to the **BSTTW Volunteer E-Form**.

By volunteering with **BSTTW**, you will be taking part in rebuilding lives and helping burn survivors reenter their community.

If you have any questions, you should first review the **BSTTW Volunteer E-Form**, after that if your questions have not been answered, you can contact **BSTTW** by email at [volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org), and by telephone at 936-647-2256 or toll free at 866-712-6164.

### **PURCHASES**

**BSTTW** has an online store where you can purchase Skin Care Products, Books, eBooks and Video Tapes. To learn more go to:  
[www.burnsurvivorsttw.org/sales/sales.html](http://www.burnsurvivorsttw.org/sales/sales.html)

**BSTTW** also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to

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

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

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

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302  
(936) 647-2256  
Toll Free: 866-712-6164  
Fax: (936) 570-1179

Feel free to contact **BSTTW** if you have any questions and/or comments by using the **BSTTW Comment & Question E-Form** at:  
[www.burnsurvivorsttw.org/eforms/emailform.html](http://www.burnsurvivorsttw.org/eforms/emailform.html)