
BSTTW COMMUNITY NEWS

Volume 11 Issue 2

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BSTTW REBUILDING LIVES

BSTTW Online Community & BSTTW Online Conferences

By: Michael Appleman, CEO

Bsttw, is proud to have the **BSTTW Online Community (BOC)** and the **live BSTTW Online Audio Video Chat** and the **live BSTTW Online Conferences**.

The **BOC** offers burn survivors, caregivers, doctors, family members, friends, firefighters, nurses, volunteers and others who take part in helping a burn survivor rebuild his/her life a place to chat, create articles, upload pictures & music, create blogs, forums, groups & more. There is a membership charge to join the **BOC**. The funds raised from the membership dues are used by **BSTTW** to help burn survivors rebuild their lives and offer fire safety education. All burn survivors and family members who cannot afford the membership fee can request the dues to be waived and receive a lifetime membership. Their name will remain private. So join the **BOC** and take part in a fantastic online community for burn survivors, family members and others who take part in the burn survivor community. To learn more about the **BOC** you should go to the following URL

<http://www.burnsurvivorsttw.org/community>

BSTTW is also proud to announce the **live** internet based **BSTTW Online Audio Video Chats**

(**BOAVC**) and the **live BSTTW Online Conferences (BOC)**. You do not have to download anything to take part in the chats or the conferences. Anyone who has *telephone, DSL or Cable* internet can register and sign into the **Monday Night Support Chat**, the **Saturday Morning Support Chat** and the **BSTTW Online Conferences**. All you need is a computer, internet service and a valid email address. If you have a microphone and web camera you can also take part in talking to others and having others see you. To learn more about the **BSTTW Online Audio Video Chat** go to <http://www.burnsurvivorsttw.org/list/chatlist.html>. To learn more about the **BSTTW Online Conferences** go to <http://www.burnsurvivorsttw.org/list/conferences.html>.



A FAMILY AROUND THE WORLD

BSTTW is also offering the **BSTTW Support Team (BST)**.

The is available **BST** 24 hours a day 7 days a week. Members of the **BST** speak many languages and offer face to face, email and online support. To learn contact the **BSTTW Support Team Chat** go to the **BST E-Form** at the following URL:

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http://www.burnsurvivorsttw.org/eforms/support_email.html. Fill out and submit the **BSA E-Form** electronically to the **BST** and you will receive a response within 24 hours or less.

The burn survivor community is looking to learn from doctors, rehab specialists, fire fighters, other burn survivors and more to speak in upcoming **BSTTW Online Conferences (BOC)**. If are interested in taking part in upcoming **BOC's**, would like to start a **BSTTW Online Audio Video Chat** for you and other burn survivors or family members or have any questions do not hesitate to contact Michael Appleman, CEO at by telephone at 936-647-2256 or by email at michael@burnsurvivorsttw.org

Yoga and Tai Chi

By: Michael Appleman

For so many burn survivors it is hard for them to walk and exercise during and after recovery. If possible practicing Yoga and/or Tai Chi could help you both physically and emotionally during your recovery period and for the remainder of your life.

Yoga and Tai Chi are both ancient Chinese exercises that have been used by the Chinese people for thousands of years. Both exercises have helped individuals to find medical and emotional well being and to live a longer and happier life by experiencing the positive results of both Yoga and Tai Chi.

By practicing the slow and gentle movements related with both Yoga and Tai Chi people have



authorPOINT

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found that it is the best way to progress and balance their flexibility and posture. This is according to the Centers for Disease Control & Prevention.

If you strengthen your muscles, tendons and ligaments that surround your joints this type of exercise can help you to prevent falling down and reinjure yourself, break bones and cause you to go two steps back on your recovery.

Along with using Yoga and Tai Chi you should eat a healthful diet, make sure it includes the adequate amounts of Calcium and Vitamin D. Stop or cut back your smoking, limit your caffeine and alcohol intake and last but not least exercise at least 3-5 days a week.

Corrective Camouflage Makeup

By: Lei Lani

There are countless Skin Care and Cosmetic products on the market that simply beautify, but what if it could do more? What if there was a Skin Care Cosmetic Line that could conceal medical conditions. What if these Cosmetics could aid in pre and postoperative care or compliment your surgical and dermatological procedure? What if they were unisex cosmetics that provided coverage for all genders, ages and all ethnic skin tones? Sweet LeiLani Colour Cosmeceuticals does; www.sweetleilani.com.

LeiLani Founder of these products formulated this line for the therapeutic aid for people with facial and body scarring. These specially formulated products were created as a better solution for sensitive and special skin care needs.



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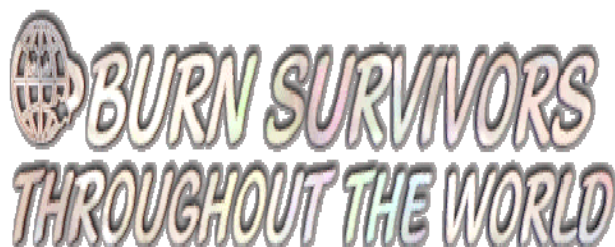
Referred to as Corrective Camouflage Makeup, Skin Care Cover Foundation and Corrective Powder is used to conceal severe post surgical bruising, scarring, birthmarks, burns and conceals virtually any type of skin condition.

Corrective Camouflage Makeup is a non-invasive technique in the application of a temporary product that washes off daily, it is an effective alternative for those that may not choose other options such as Laser do to the fact that there is no guarantee of these treatments or that these procedures scare them, along with the fact that 4-8 treatments may be needed and that this could interfere with medications or not work with 3rd or 4th degree burns because of the depth of the burn.

A Burn survivor may simply choose corrective makeup because they have been through enough medical care and do not want to receive any other medical treatments if they have a choice. With Corrective Camouflage Makeup being a temporary option that washes off daily, you can feel at ease knowing that there will not be any hyper-pigmentation if you have dark skin.

When LeiLani first started volunteering in the Burn Community 18 years ago, the corrective makeup industry was non-existent, burn survivors were using heavy mask like products that were used in Film and T.V. that left them looking like they had a thick layer of cakey makeup on. LeiLani's background being in Film she had used them all and knew that she could never send a man out wearing this daily.

In the developing stages of Skin Care Cover LeiLani knew that this formula had to be so natural that a man could feel confident enough to wear it every day; a foundation that was



unisex.

The fact that Skin Care Cover and Corrective Powder was formulated using real skin pigments rather than fake skin bases made it so a man could just wear it in the areas needed and not have to wear it on the entire face unless they chose to. LeiLani had a male client come to her for help, he was getting married and wanted his scarring covered for his wedding, he was so thrilled with how it felt and looked he now wears it daily. It's also made to match any skin tone that by sending a picture through e-mail to LeiLani she can successfully match anybody. With 5 shades for the Foundation and 5 shades for the Corrective Powder in the product line there is no mixing unlike many other lines out there who will sell 2-3 in a compact for you to mix, trying to figure that out on your own is very hard to do. The generous amount will allow for hundreds of applications; less is more, a little goes a long way.

Along with performing and feeling like a second skin, the Skin Care Cover is applied with ease with a sponge or a foundation brush. The opaque formula conceals all types of skin discoloration and scarring with complete coverage and creates results like no other. When set with the Corrective Powder it becomes sweat-proof and waterproof, this also means in salt water or chlorine pools.

Corrective Camouflage makeup helps with the symmetry of facial features, evens out skin tone and can create the illusion of features that may be missing such as eyebrows and lips. For both men and women it allows you to resume work and activities by boosting your self-esteem and giving you confidence to go out



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in public without having people stare.

Sweet LeiLani Cosmeceuticals are medically tested and approved and because they have anti-inflammatory properties it also makes the duration of healing a positive one as they have been worn as soon as 2 weeks post operative. **Although always check with your Doctor before any application of products while undergoing treatment or care.**

Sweet LeiLani Cosmeceuticals contain no fragrance, mineral oil, petroleum, are gluten free, vegan and not tested on animals. The formula contains a candula wax base to help build up uneven skin surfaces and contains Dermatologist recommended Titanium Dioxide which physically helps screen out the sun's harmful rays.

The Corrective Powder used to set Skin Care Cover Foundation and make it waterproof contains no talc, which can be irritating. Mica a mineral found in the earth is used and crushed so fine it is dust like so there is no cakey buildup. Products are ideal for both face and body.

Corrective Camouflage Makeup is an excellent option in aiding Burn survivors with their daily routines.

Good Sleep Restores Your Body

By: Michael Appleman, M.S.

So many individuals who suffer a burn injury, their family members and others have trouble falling asleep at night. In the United States alone there are sixty to seventy million people who suffer from insomnia. Researchers have



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found that insomnia is getting worse not better. Insomnia is a complex problem. Your lifestyle, which includes stress, emotional and physical trauma, can increase the condition. When an individual shows up at work and have not slept enough during the night, they drink coffee, tea or one of those new energy drinks in order to stay awake, do their job and not have trouble with their boss.

Getting adequate sleep helps to improve many conditions that can interfere with you sleeping. Studies have shown that people who suffer from insomnia and depression have been able to find relief from their depression after being treated effectively for insomnia.

Many burn survivors and others who suffer from a traumatic injury that suffer from pain have trouble sleeping. It has been found that when an individual has been able to resolve their insomnia problems, the pain level they are suffering from does go down.

Below is a list of reasons who a person may be suffering from insomnia:

- Stress or Anxiety
- Smoking
- Depression
- Being Overweight
- Pain from an illness, injury and/or arthritis
- Drinking alcohol
- Not enough exercise
- Medical problems
- Digestive problems

Suffering from a deficient amount of sleep can damage your performance, memory and alertness. This can lead to mistakes that can result in accidents at home, work and on the road. An individual who suffers from only a few



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sleepless nights during a month should not be alarmed. They might want to speak to their doctor about it.

Insomnia that comes and goes is called transient insomnia. Transient insomnia is common and typically resolves itself without medical treatment. If the problem persists for more than one month you might want to speak to your doctor about the issue, what you feel is causing it and how it can be treated.

Disrupted Sleep:

Another common sleep disorder is called sleep apnea. Individuals suffering from apnea have trouble getting rest because their sleep is constantly disrupted due to breathing problems. Sufferers literally stop breathing periodically during their sleeping period. This causes them to wake up for a short time. The most common cause of sleep apnea is due to the upper airway constricting and blocking the flow of oxygen. When this occurs loud snoring is usual symptom of sleep apnea.

To diagnose and offer treatment for sleep apnea is to have specialists monitor you while you are sleeping and measuring the oxygen levels and the number of times breathing becomes difficult or stops. Individuals who suffer from sleep apnea and stop breathing for more than ten times a night are considered to have a serious sleep apnea problem.

People who regularly stop breathing during the night can experience a whole array of harmful effects, but the cardiovascular system and brain may suffer the most. Sleep apnea contributes to high blood pressure, stroke, sexual dysfunction, heart attack and more.

Feeling extremely sleepy during the day can be a sign of sleep apnea. Anyone experiencing this symptom should speak with their doctor.



Receiving Treatment:

Physicians offer a range of treatments and suggestions for sleep disorders. For some people, essential measures like weight loss and dietary changes can alleviate or remove their sleep problems. In other cases, prescription sleep aids, such as a sleeping pill, for insomnia, or a nighttime breathing machine, for sleep apnea, may be recommended.

To overcome a sleep disorder, it is important to seek medical treatment. It is also critical that you adopt better sleeping habits and possibly dietary changes. Good sleeping habits can also help those who only suffer from infrequent bouts of insomnia.

Many of us need to rethink our attitude toward rest. Many of us need to find counseling in order to help relieve the emotional issues that came about in our lives due to suffering from a burn injury or having a loved one suffer from a burn injury. Do not look at going to counseling as something negative. The hard work you will put into your counseling will help you to rebuild your life, reenter your community and find happiness.

Auto Accidents Can Cause More Than Physical Injuries

By: Dr. Debra Moore, PhD.

**You May Have More Than Physical Injuries-
Top 10 Signs To Look For**

Car accidents happen every day. They rank as the number one most common trauma for American men and the number two trauma for American women. Perhaps because they are so common, we usually minimize or overlook the very real emotional consequences of these accidents.



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A new study by two New York psychologists has found that up to 45% of accident survivors developed significant emotional symptoms within a year after their accidents. The great majority of these survivors never attend to the emotional part of their trauma. Due to this neglect, symptoms never go away, or even become worse. Make sure you aren't neglecting important emotional after effects of your accident.

Do any of these signs apply to you?

- You've begun to limit your driving or have found yourself avoiding driving.
- You cannot bear to go by the site of your accident.
- You have developed sleep problems.
- You have recurrent, intrusive images of the accident or flashbacks.
- You have developed nervousness or feelings of panic.
- You have felt increasingly "shut down" or numb emotionally.
- You have felt increasingly irritable or had outbursts of anger.
- You have difficulty concentrating or focusing.
- You feel hopeless, depressed, apathetic, or frequently fatigued.
- In children, repetitive play may occur in which parts of the accident are replayed over and over.

If you recognize yourself in any of these, you may be needlessly suffering from your accident in ways that you haven't paid enough attention to. Having these symptoms doesn't mean you are abnormal.

They are very typical responses to trauma.

Help is available. Psychologists are used to treating survivors of accidents and other traumas. They have tools to help you cope and to get you back to your "pre-accident" level of functioning. In fact, you may find that getting help results in an even better-than-before new you!



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Donate To BSTTW

**TAKE PART IN REBUILDING
LIVES**

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



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**Burned Children Need Our
Help**
Donate to the
**BSTTW World Wide Burned
Children's Fund**
At
[http://www.burnsurvivorsttw.org/
donations/donationschild.html](http://www.burnsurvivorsttw.org/donations/donationschild.html)

Donate On Line Using Any of the Following:

In 2007 17,675 burn injuries occurred. Fourteen thousand of those injuries occurred at residential fires. Worldwide every thirty seconds a burn injury occurs in every country around the world. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and need so many of them contact **Burn Survivors Throughout The World, Inc.**, known from this point on as **BSTTW**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

In order to continue our work that is needed to rebuild the lives of the current and future burn survivor and offer assistance to their family members, **BSTTW** is in need of finances, medications, medical supplies, automobiles, furniture, televisions, homes, land, clothes, stereo equipment and more.

If **Burn Survivors Throughout The Word, Inc.** can receive a new or an excellent working used automobile and automobile insurance to our Texas Office the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehab appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-647-2256.

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You can mail your checks and other donations to **Burn Survivors Throughout the World, Inc.** at:

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

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"

<http://www.burnsurvivorsttw.org/list/donations.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 in order to continue moving forward and rebuilding your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at poems@burnsurvivorsttw.org or 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 and your full poem at www.burnsurvivorsttw.org/poems/poemmaker.html

Michael Appleman, CEO

Feeling Alone

By: Michael Appleman

So many burn survivors do not obtain support
They are left to fight the emotions of some sort

Friends and loved ones find a reason to run away
This does not help the survivors' strength to stay

If the money is not won the list of divorce is high
Even God asks people the question why?

Commitment is for life not matter if it is good or bad
Understanding the survivor is a must for the lad

When you reenter the community and all of the
people stare
Without support how can we find the love, friendship
and care?

Would you like to go through the rough times of life
alone?
If the answer is no then just call the BSTTW Support
Team, by E-Form or even by phone

Do not wait until something in life happens to you
Make sure your commitment to God and remain
true.

Michael Appleman

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.

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 or the **BSTTW Support Team E-Form** at www.burnsurvivorsttw.org/eforms/supportemail.html

To contact **BSTTW** by telephone by dialing 936-647-2256. 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

Jeremiah Thurston: **Assistant Director – Colorado**
jeremiah@burnsurvivorsttw.org

DONATIONS

As a 501 (c)(3) Non Profit Organization, **BSTTW** depends on donations from corporations, families, foundations, governments, individuals and organizations. 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**, **BSTTW Asia Fund**, **the BSTTTW World Burned Children’s Fund**, **the “Dwight Lunkley Racing To Victory” Fund**, **the BSTTW Healing Weekend Fund and the BSTTW USA & Asian Burn Camp Funds**.

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

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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 or 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

If you have any questions call us at 936-647-2256 or by email at: 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 Online Community Membership & Profile Registration E-Form** at:

www.burnsurvivorsttw.org/membership/memform.html,

Next fill out the **BSTTW Volunteer E-Form** at: www.burnsurvivorsttw.org/volunteer/volunteer.html

If you are not a burn survivor or family member you can skip the **BSTTW Online Community 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, and by telephone at 936-647-2256.

PURCHASES

BSTTW has an online store where you can purchase the **BSTTW CD**, Books, eBooks, Skin Care Products and Video Tapes. To learn more go to:

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

or

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
 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

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BSTTW Online Shop

Donate to **BSTTW** by purchasing the **BSTTW E-Books**, **BSTTW Music CD** and Donate to **BSTTW** by going to the **BSTTW Online Shop** at

www.burnsurvivorsttw.org/bsttwshop/index.php

