

BSTTW COMMUNITY NEWS

Volume 15 Issue 1

January 2018

BSTTW REBUILDING LIVES

Service Dog Training The Beginning

By: Michael Appleman, M.S.

When you need a service dog it is very important to find a breed and dog that will work for you. The top dog breeds that are used as a service dog are as follows: Border Collie crosses, Chihuahuas, German Shepard , Golden Retriever, Labrador Retriever, Mastiffs, Samoyed crosses, Choosing a dog to have as your service dog is extremely important. You should look for a dog that will meet your physical requirements and has the ability to meet your medical and/or emotional needs. A dog that is one year old or older will have a personality and obedience that was already setup by his/her previous owners. You can attempt to retrain a dog that is one year old or older. Making any changes could be difficult. The dog's response depends on the his or her personality, nurture and the previous owners personality.

As a service dog owner and trainer I suggest that you get a puppy. I found that if you offer your puppy commitment, respect, love, patience and time puppies are willing to learn, get and give love, are happy to understand you. physical and emotional issues and are prepared to do things for you. The love that you build between you and your puppy will help your future with the dog, the

dogs loyalty towards you, offering and supporting you with the assistance that you need.

During the first six months of the dog's life it is important to train him/her like any other puppy. You need to train the dog to go to the bathroom outside, understand right from wrong and respond to your commands. The basic commands that a puppy needs to learn is come, down, heel, no, sit, stay and yes. It is important to teach the dog to understand that he/she must stop at the curbs, doors and gates. The dog also needs to understand that he/she must not run into the street and beware of automobiles. You should also train the puppy to sit and lie down when you command the dog verbally and/or with hand signals. In the future your service dog will be in the public and will have to realize that he/she must sit, stay and lie down around people.

Controlling a dog's behavior relates to understanding your place as the "pack leader".

CONTINUED On Page 2 "Service Dog"



A BURN SURVIVOR'S LIFE DOES NOT END....

Inside This Issue

- | | |
|----------|--|
| 1 | Headaches & Prevention |
| 2 | Beating Stress with Tai Chi |
| 3 | United States 2015 Home Fire Statistics |
| 4 | Self Inflicted Wounds |
| 5 | Poem: Life and Burns |

CONTINUED From Page 1 "SERVICE DOG"

Proper communication of commands is a very important part of your dog listening to you. The owner must know how to assert himself/herself as the dominant force in the dog's life and to properly communicate desired behaviors to him or her. This includes giving praise and rewards for good behavior and proper correction when needed.

When your dog is between six months and one year old you should begin taking the dog out for long walks daily around the area you live in. You can teach the dog to obey commands, stay with you, do not pull you towards others and want to speak with our sniff other dogs.

During the first one to two years your puppy will be extremely active. He/She might want to play a lot with you, family, friends and with his/her toys. The dog might also go through excessive chewing since he/she is losing teeth and new ones are growing in. It is a good idea to let the dog know that it is wrong to chew on your furniture, clothes, shoes, furniture and other items. You should get the dog toys to play with and bones to chew. If you would like or need the dog to bark when there is noise, someone is at the door, an item falls, etc. you should let the dog know he/she is doing the correct thing when barking. If barking is a problem then you will have to tell the dog no and let him/her know that you are upset. Many dogs will want to please you and become upset when you are upset. If you work with the dog he/she will eventually stop barking. If the puppy urinates or drops stools in the home you need to take the dog to the place he/she did wrong and let him/her know that you are angry. You might want to put the dog in a kennel for a short period of time when you are cleaning up the mess. Let the dog know you are finished cleaning up and that you are upset. After thirty minutes to an hour let the dog out and take him/her to the area that the mistake was made. Let him/her know that it was bad and not to let

that happen again. Several other issues that may occur during the first two years is the dog biting and nipping, becoming aggressive and digging holes.

After the dog reaches eight to ten months old you should purchase a service dog vest. You can get tags that say In Training, Service Dog, Do Not Pet, Medical Alert, PTSD, Emotional Support and others. The vests can be found on Amazon at www.amazon.com, Ebay at www.ebay.com, Working Service Dog at www.workingservicedog.com and others. You might want to register your service dog at US Service Dog Registry at www.usaservicedogs.org. The laws in the United States do not state that you have to legally register your service dog. It might be a good idea to carry a letter from your doctor stating your need for a service dog just in case anything happens.

Once you feel comfortable relating to your dog responding to all of your commands you should think about taking him/her out in public. The first time you take the dog out it might be a good idea to see how the dog responds in the store parking lot. If he/she listens to you when you are around cars, children, individuals and families you should think about taking him/her inside the store or mall.

If you are having trouble training and communicating with your dog, it might be a good idea to take your dog to a basic training class. The class will help you and your pet.

CONTINUED On Page 3 "SERVICE DOG"



PowerVPS

CONTINUED From Page 2 "SERVICE DOG"

There are many dog training classes around the United States. There is a fee for most of the classes. There are several non profit organizations and groups that either discount their fees or offer free services. You can also contact **BSTTW**. We are available to answer your questions and if needed help you train your dog. If you have any questions do not hesitate to contact BSTTW by telephone at 936-483-9014 or fill out the BSTTW Support Team Eform at http://www.burnsurvivorsttw.org/eforms/support_email.html.

Headaches & Prevention

By: Michael Appleman, CEO

Many **burn survivors** suffer from headaches during recovery, for years after and for some for the remainder of their lives. **Burn survivors** suffer from throbbing pain above their eyes and/or their temples. Headache pain can stop a burn survivor from having a productive day and for some a productive life. Some people state that headaches occur without warning and others have informed **BSTTW** that they have felt the headache coming before the pain takes control.

It is very important to speak with your doctor in order to not only receive the medication that can help gain control of the headaches but to also find out what triggers the headache and how it can be caught before it takes control of your life.

Types of Headaches:

SINUS HEADACHES:

Signs of a **Sinus Headache** approaching are when you feel pressure and fullness in your head or ears. This is followed by pain in your cheekbones and pain across the bridge of your nose.

If you have a **Sinus Headache** the deep and continuous pain often occurs with symptoms like facial swelling and/or a runny or stuffy nose. Individuals who have seasonal allergies, suffer from head colds, or upper respiratory infections are most prone to suffer from **Sinus Headaches**.

The best way to escape **Sinus Headaches** is by handling the allergy and cold symptoms with over-the-counter decongestants, antihistamines, or nasal sprays. You should always talk to your doctor about the medical problems you are suffering from and ask your doctor to request what you should do in order to treat **Sinus Headaches**.

TENSION HEADACHES:

A **Tension Headache**, or tension-type headache, is usually a long winded headache that causes mild to moderate pain around your forehead or the back of your head. The **Tension Headache** is the most common type of headache that can last a few minutes to several days. The causes of this a **Tension Headache** are still not completely understood. **Tension Headaches** are thought to be caused by muscle contractions around the skull.

Anything that can increase stress can bring on **Tension Headache**. We all should try to avoid stress but people who suffer from **Tension Headaches** should avoid high-stress situations and should practice stress relaxation exercises that can be used when life is under a hectic situation.

Everyone should be aware that the more frequent a **Tension Headache** occurs the more severe the **Tension Headache** can become. When a chronic **Tension Headache** arises and can remain for an extended period of time. The pain from a chronic **Tension Headache** is usually aching and affects the front, top, or sides of the head. Although the pain may differ in intensity throughout the day, the pain is almost always present. Chronic

CONTINUED On Page 4 "HEADACHE"

CONTINUED From Page 3 "HEADACHE"

Tension Headache does not affect vision, balance, or strength.

MIGRAINE HEADACHES:

Investigators have found that **Migraine Headache** is linked to blood-vessel enlargement in the brain. Light sensitivity, vomiting, nausea and blurred or reduced eyesight frequently accompany the throbbing, devastating pain of a **Migraine Headache**. Pain is often restricted to one side of the head and is concentrated around the eyes and temples. A **Migraine Headache** can last from four to seventy-two hours.

Migraine Headaches can be activated by irregular lights, food such as cheese or wine, not eating or not resting properly, eating chocolate and processed meats. Occasionally mood changes, fatigue, unusual scents or tastes can happen up to a day before the individual agonizes from a **Migraine Headache**.

Migraine Headache treated is individualized per person. Everyone must be evaluated for medications, current and past medical issues, and limitations. Many individual who suffer from **Migraine Headache** may see a dietitian in order to make changes in their diet. They may also see a rehabilitation specialist in order to start an exercise regiment. Their sleep habits may need to be corrected. Many individuals who suffer from **Migraine Headache** are given medications that if caught early enough the **Migraine Headache** can be controlled.

It is very important that you see your primary doctor who can help to decide what medications or specialist you should be seeing in order to hopefully get control of the **Headache** you are suffering from.



Beating Stress with Tai Chi

By: Michael Appleman, CEO

What Is Tai Chi?

Tai Chi is an ancient Chinese tradition. It is currently practiced as a elegant form of exercise. It relates to a series of movements performed in a slow, focused style that is accompanied by deep breathing.

Tai Chi, which is also called Rai Chi Chuan, is an uncompetitive, self-paced method of gentle physical exercises and stretching. Each position flows into the next without a pause. This assure that your body is in continual movement.

Tai Chi has many different styles. Each style may subtly accentuate assorted Tai Chi values and methods. There are variations within each style. Some styles may center on health maintenance, while others focus on the martial arts aspect of Tai Chi.

Tai Chi is different from yoga, another type of meditative motion. Yoga includes assorted physical postures and breathing techniques, along with meditation.

Who Can Use Tai Chi?

Tai Chi is low striking and puts minimal stress on our muscles and joints. This makes Tai Chi generally safe for all ages and fitness levels. Because Tai Chi is a low impact exercise, it may be especially suited if you're a burn survivor or an older adult who does not exercise.

You may also find Tai Chi attractive because it is inexpensive and requires no special equipment. You can do Tai Chi anywhere, including indoors or outside. And you can do Tai Chi alone, with a DVD or in a group class.

Although Tai Chi is most like safe for most people, burn survivor's, pregnant women or individuals with back pain, fractures, joint problems, muscle problems, severe osteoporosis, suffering or had a hernia or on medications should consult their health
CONTINUED On Page 5 "Tai Chi"

CONTINUED From Page 4 "Tai Chi"

care provider before trying Tai Chi. If needed adjustments or avoidance of certain postures may be needed.

Why Should I Try Tai Chi?

When learned correctly and performed on a regular basis, Tai Chi can be a affirmative part of an general plan of attack to improving your health. The benefits of Tai Chi may include:

- Decreased anxiety, depression and/or stress
- Improved aerobic capacity
- Improved agility, equilibrium and flexibility
- Increased energy, power and strength
- Improved mood
- Improved muscle strength and definition

To determine the health benefits from Tai Chi it would be best to have more research. Some grounds shows that Tai Chi also may help:

- Help lower blood pressure
- Help lower your joint pain
- Improve overall well-being
- Lower symptoms of congestive heart failure
- Lower your risk of falls in older adults
- Raise your quality of sleep
- Raise your immune system

How To Get Started:

Although you can rent or buy videos and books relating Tai Chi, you might want to think about seeking counseling from a well-qualified Tai Chi educator to gain the full benefits and learn the best techniques.

You can find Tai Chi classes in your community. To find a class near you, contact local fitness centers, health clubs and senior centers. Tai Chi instructors do not have to be licensed or attend a training program. It is a good idea to ask the instructor about his/her training and experience, and get recommendations if possible.

A Tai Chi instructor can teach you specific positions and breathing techniques. An instructor can also teach you how to practice Tai Chi safely, especially if you have injuries, chronic conditions, balance or coordination problems or on medications. Although Tai Chi is slow and gentle, and does not usually have negative side effects, it may be possible to get injured if you do not use the proper methods.

After learning Tai Chi, you may feel positive enough to perform Tai Chi on your own.

Maintaining The Positive Results

While you may gain benefits from using a Tai Chi class that lasts 12 weeks or less, to maintain and possibly increase the benefits you should continue Tai Chi for the long term.

In order to create a routine you might want to find it positive practice to perform Tai Chi and do it at the same time every daily in order to create a routine. If your unable to do Tai Chi on a schedule you might still like to try it whenever you have a few minutes. You might want to try using the calming mind-body concepts of Tai Chi when you are in a stressful situation.

Think about giving Tai Chi a try and live with the benefits you can gain from the ancient Chinese tradition.

United States 2015 Home Fire Facts

Home Fire Deaths

- Facts have shown that half of all home fire deaths result from fires reported between 11 p.m. and 7 a.m.. Also it has been found that only one in five home fires were reported during these hours. - An important fact is that one-quarter of all home fire deaths were caused by fires that started in the bedroom.
- Another quarter of all fire deaths resulted from fires that were started in the living room, family room or den.
- Three out of five home fire deaths happen from fires in homes with no smoke alarms or

CONTINUED On Page 6 "SMOKE ALARM"

CONTINUED From Page 5 "SMOKE ALARM"

- smoke alarms that were not working.
- In 2015, U.S. fire departments responded to an estimated 365,500 home structure fires. These fires caused 2,560 deaths, 11,075 civilian injuries, and \$7 billion in direct damage.
 - On the average, seven people die in U.S. home fires per day.
 - The leading cause of home fire injuries is cooking equipment. The second cause of home fire injuries are heating equipment.
 - Smoking materials have been found to be the leading cause of home fire deaths.
 - Fatal fires kill one or two people.
 - Between 2010--2014, approximately, one of every 338 households reported a home fire per year.

Fire Escape Planning

- Unfortunately according to an National Fire Protection Association (NFPA) survey, only one-third of Americans have both developed and practiced a home fire escape plan. - Almost three-quarters of Americans do have an escape plan; unexpectedly less than half practice it.
- One-third of the NFPA survey respondents who have an estimate plan believe that they would have at least 6 minutes before a fire in their home would become life threatening.
- Facts show that the time available is frequently less. Only 8% said their first thought on hearing a smoke alarm they would have to get out of the house!

Smoke Alarms

- Three out of five home fire deaths between 2010-2014 were caused by fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms are very important. It has been found that the working smoke alarms decrease the risk of fire deaths, in reported home fires, in half.
- In fires considered large enough to activate the smoke alarm, 94% of the time hardwired alarms functioned, while battery powered alarms only functioned 80% of the time.

- It has been found that when smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.
- Importantly an ionization smoke alarm is more often than not more responsive to flaming fires. A photoelectric smoke alarm is in general more responsive to smoldering fires. For the best protection, or where extra time is needed to wake or/assist others, both types of smoke alarms, or the combination ionization/photoelectric alarms are recommended.

Cooking

- Between 2010-2014 U.S. fire departments responded to an estimated annual average of 166,100 home cooking-related fires that resulted in 480 civilian deaths, 5,540 civilian injuries and \$1.1 billion in direct damage.
- Two of every five (43%) home fires started in the kitchen.
- Unattended cooking is very dangerous. They have been seen as a factor in one-third of reported home cooking fires.
- Two-thirds of all home cooking fires have been started due to the ignition of food or other cooking materials.
- Ranges caused three of every five (62%) home cooking fire incidents. Ovens accounted for 13%.
- Children under the age of five years old face a higher risk of non-fire burns associated with cooking and hot food and drinks than being hurt in a cooking fire.
- During 2014 children under the age of five accounted for 30% of the 4,300 microwave oven scald burns seen in hospital emergency rooms.
- Clothing was the item first ignited in less than 1% of home cooking fires. Surprisingly these incidents accounted for 18% of the cooking fire deaths.
- Over half of people injured in home fires involving cooking equipment were found to be hurt while attempting to fight the fire themselves.
- The leading activity associate with cooking fires is frying.

CONTINUED On Page 7 "SMOKE ALARM"

CONTINUED From Page 6 "SMOKE ALARM"

Heating

- Failure to clean the heating equipment has been found to be the leading factor contributing to a fire. It has been found that this usually involved creosote build-up in chimneys.
- Portable or fixed space heaters, including wood stoves, were involved in two of every five (40%) of home heating fires and accounted for 84% of the home heating deaths.
- Over half (56%) of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.
- In most years, heating equipment is the second leading cause of home fires, fire deaths, and fire injuries.

Home Fire Sprinklers

- If you have a reported fire and sprinklers in your home, the risk of dying decreases by about 80 percent.
- It has been found that sprinklers reduce direct property damage by about 70 percent per fire.
- Research shows that when sprinklers were present during a fire, the fire is kept to the room of origin 97 percent of the time.
- Approximately 85 percent of the time, just one sprinkler operates during a fire.
- Each individual sprinkler is designed and calibrated to go off only when it senses a significant heat change.
- During a fire only the sprinkler closest to the fire will activate. It will spray water directly on the fire.

Self-Inflicted Wounds

By: Teena Houston

Self-inflicted wounds crying out for help but to who..? So much hurt and anger and pain and resentment towards My 3 Angels for leaving me?

I want to scream out to them and ask them ? don't you see what you've done to me? Don't you care that you've left me alone?? Steady crying out for help but to who..?

Growing up I always had lots of friends and family! Surrounded by **Everyone** all the time was the greatest feeling ever. But I was envious of the Love everyone shared with one another. I always felt like an outcast. Alone. Filled with so much pain and darkness but in my heart I always knew I would be an inspiration to people...

I didn't know I would have to literally go thru HELL to do it...

For a long time All I had was Gina, and my best friend Drena... For Thanksgiving 2004 we cooked and visited family...

On November 27th, 2004... We went out. I didn't want to go and neither did Unique, Drena's girlfriend. But Gina and Drena did. So we drove to Greensboro to a new club. It's only like 1 hour 30 minutes away...

Everything was going wrong and I wanted to go home. Drena and Gina were drinking and **Everyone** who knows me knows I hate how some people get, **Mean n Crazy**, when they drink so I was upset with the both of them and ready to leave!

I asked Unique if she wanted **Me** to drive because she had drove up the highway and I told her if she was tired i would drive but she said no and she wasn't tired so she would drive.. .

I guess I should have just said give me the keys instead of asking but there's a lot you'll think of changing once you look back on things.. .if only I had known then what I know now...

So we left the club at 1:15 am...

We stopped at McDonalds then got on the
CONTINUED On Page 8 "SELF-INFLICTED"

CONTINUED From Page 7 "SELF-INFLICTED"
highway. Unique was driving. I asked her if she wanted me to drive home since she drove to the club. Unique said no....

We were 20 minutes from home when I woke up trapped in a burning car. I was confused. I really thought I was dreaming. I looked at Unique. She was literally black and blue and stiff. Unique was sitting straight up still clenching the steering wheel. Dead...

Drena was dead... Somehow in the spot where I was sitting before the accident... I couldn't understand how I ended up in the passenger seat and how my **BEST FRIEND** ended up in the back... sitting where I once was.

Something had come thru the window and she was pinned down. Her dreads, that were once long, were now gone. They looked so short.... She was so Lifeless.. . I wanted her to get up, smile and say it's ok Teena Bug... But she was **Dead**...

I don't remember the crash... I don't even remember falling asleep...I just remember hearing a soft yet **EXTREMELY LOUD WHISPER FROM WITHIN** calling my name and that woke me up to my own personal Hell on Earth... Pure Torture...

Gina looked like she was sleeping. Her head was leaning on the burning window... A smell I'll Never forget... And a sound I'll **Never Forget**...

I punched the windshield til I finally got it to crack then I kicked a hole in it. I was scared to get out. Didn't want to leave them. I begged them to get up. I **repeatedly** yelled at them to please wake up or we're going to burn to Death! A part of Me kept saying this **can't** be happening for real! How? Why? What happened? What is going on? But I kept yelling; Y'all please! I made a way for **us** to get out! Please y'all... We're going to burn to **Death** and I said God please I can't get out by myself then suddenly... Gina jumped up and told me to go. She **Never** opened her eyes...

Like she was up yelling at **Me** telling me I had to go but she **Never** opened her eyes... She kept saying... Teena you have to go! Get out! You have to go Teena!? I was confused as to how she was up but her eyes gone... I told her to come on and go get help with **Me**... She kept insisting that I had to leave...

So i climbed thru the broken windshield... It was the most awful feeling ever... Hot, melted, sharp, sticky glass cutting against my skin... I climbed through and jumped out tho! I was running thru the woods screaming for help.

Gina didn't follow me tho. She walked directly into the fire... Once I saw her apart of the blaze I was **Emotionally Dead**. I dropped to the ground... The fire was taking over my body. A woman I had been begging to help us was just watching... I was giving up... **This was so Surreal!**

I tried to save them but I couldn't. I can **Never** express in words how badly I tried to save them... I didn't care about myself I kept praying for them n screaming for help but people were just looking at **Me** burning... **Nobody** would help **Me**... **Nobody** would help them... I was burning... Burning and watching them burn to death...

A few men ran down and as I reached my hand out to them they ran away! I was raised to always help people so i couldn't understand why these people were watching us burn to death and wouldn't even help us. Standing there watching us. Again, I couldn't cry! I was looking at **My Bones** and the fire taking over my body and I was giving up. As soon as I laid back and said **LORD** I can't fight anymore so please just Take me now, I heard a voice yelling for **Me** to roll uphill to him!

My **ANGEL** Mr. Williams ran down and saved **Me**... He tried to get them but he couldn't so he held me... I sat there looking at my bones and watching the car explode with them exploding with it... I couldn't cry... I just kept reaching for them...

CONTINUED On Page 9 "SELF-INFLICTED"

CONTINUED From Page 8 "SELF-INFLICTED"

I suffer with 53% Third Degree Burns. I spent months in the hospital. Then I was in rehab learning to walk, talk and eat again...

Later I found out Unique was drunk... I didn't know... They have us down as statistics... We were more than that... She made an awful choice.. A deadly choice that changed her life as well as 2 others. Also it killed so many parts of **Me**.

DRINKING N DRIVING IS DEADLY!!!

I later learned from Unique's **BEST FRIEND** that they **Often** got drunk, drove to different clubs and fell asleep trying to drive home... That **Hurt** and **Infuriated Me** so badly...

If only **We** hadn't gone out...

Why **Me** when I hate alcohol? Why make the choice to **Drink 'n Drive**? Why **Not** give **Me** a choice because I wasn't around her to know that Unique 'n her friends did this regularly. Why did I have to **Hurt** and **Lose** so much? Why the **One** time I decide to go with her did we end up crashing 'n burning? Soooo Many questions! Soooo much **Pain and Suffering!**

I **Now** advocate against drunk driving as well as advocating for folks who feel less than **Beautiful!** Everyone needs to **KNOW** that **YOU DEFINE BEAUTY!!!**

There is **No** such thing as **Normal**. People can be cruel when others don't look how they **Think** people should look but I hold my head high and flaunt every scar because I **DEFINE BEAUTY** and I fought hard to **Survive!!!**

I'll **Never** hide!!
Love Yourself!!!
Love the LORD!!!

Please **Do NOT DRINK AND DRIVE!!!**

PLEASE DO NOT RIDE WITH A DRUNK DRIVER!!!

BE AWARE OF THE PERSON DRIVING YOU!!!

PRAISE and GIVE THANKS KNOWING OUR LORD WILL NEVER LEAVE NOR FORSAKE YOU!!!

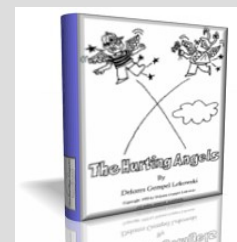
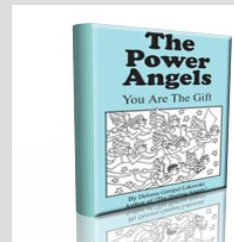
GRACE and MERCY and FAVOR!!!

Getting through is tough but I'm a Fighter...A Survivor..

I like to think that **My Scars** are the most **Beautiful** work of **Art ever Created!**

Love,
TeenaRie ߒ￀

Qoppa Software
Unleash the Power of PDF



**BURN SURVIVORS
THROUGHOUT THE WORLD**



Burned Children Need Your Help

**Donate to the
BSTTW World Wide Burned
Children's Fund
At**

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



Take Part in Rebuilding Lives

Donate To BSTTW:

- All types of Services
 - Automobiles
- Credit Card Donations Online or by Phone
 - Furniture
- Finances by Cash, Check or Credit Card
 - Homes
 - Medical Supplies
 - Medical Treatment
 - Medications
- Permanent Cosmetics
 - Rehabilitation
 - Tattoos
- Using A Credit Card

Donate To BSTTW

Donate On Line Using Any of the Following:



In 2016 12,775 burn injuries occurred. Ten thousand seven hundred and fifty of those injuries occurred at residential fires. Worldwide every thirty seconds a burn injury occurs. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and so many of them contact **Burn Survivors Throughout The World, Inc. (BSTTW)**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

To continue our work rebuilding lives, **BSTTW** is in need of automobiles, clothes, finances, food, furniture, homes, kitchen supplies, land, medications, medical supplies, music, televisions, stereo equipment and more.

If **Burn Survivors Throughout The Word, Inc.** can receive a new or an excellent working automobile and automobile insurance the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehabilitation appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-483-9014.

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

<http://www.burnsurvivorsttw.org/list/donations.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"

BSTTW POEMS

to 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 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

Life and Burns

Living with burns are not the best
Many cannot find a way to rest

People look at us so often
We feel emotional pain from within

Looking up and praying to God
Asking him to take away Satan's rod

Other burn survivors understand
How I lost the use of my hand

My life is so different
They can see and smell the scent

Life was ok a second before
The burn injury got the highest score

Michael Appleman

You can contact the **BSTTW Support Team** by filling out the **BSTTW Support Team Eform** at http://www.burnsurvivorsttw.org/eforms/support_email.html or by telephone 936-483-9014

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 **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds, and The Asian 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 \$30.00 or higher 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 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 936-483-9014 or by email at: donations@burnsurvivorsttw.org

BSTTW Online Shop

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

www.burnsurvivorsttw.org/bsttwshop/index.php
or you can learn more by going to www.burnsurvivorsttw.org/sales/sales.html

VOLUNTEERING YOUR TIME

There are many children, adults and families around the world who need support and other assistance. 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 to become a **BSTTW Member**, fill out the **BSTTW 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 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 936-483-9014.

BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

BSTTW has a support team that is on call 24 hours a day 7 days a week to assist a burn survivor, family member, firefighter or friend deal with a burn injury and fire related issues. You can contact **BSTTW** on the internet at 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

Contact **BSTTW** by telephone at 936-483-9014. If we are not in the office or it is after hours, you can leave us an emergency message and a support team member will respond to you within 24 hours.

BSTTW Directors

Michael Appleman: **Executive Director**
michael@burnsurvivorsttw.org

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
16193 Lone Star Ranch Drive #102
Conroe, Texas 77302
(936) 483-9014
Fax: (936) 570-1179

Feel free to ask any questions or submit your comments by using the **BSTTW Comment & Question E-Form** at:
www.burnsurvivorsttw.org/eforms/emailform.html

