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# BSTTW COMMUNITY NEWS

Volume 14 Issue 2

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## BSTTW REBUILDING LIVES

### Service Dogs Important Partners

By: Michael Appleman, M.S.

Physical assistance dogs are often an overlooked, and sometimes, under-appreciated part of society. For those with physical or mental disabilities, the independence provided by having a service dog is unsurpassed. So many service dogs have been trained to perform with a lot of strength. They have been seen pulling their owner, pulling a wheelchair, bracing their owner when he/she is about to fall, barking and finding help, closing and opening doors. They can also be trained for dexterity acts, such as, getting a telephone, picking up small objects, opening up the refrigerator door and more. Some are trained as hearing and seeing companions. They have alerted their owner to sounds, individuals and dangerous items that they can see.

For many people who are living with a physical disability, prior to their disability they were used to a typical way of life, school, and activities before an illness or injury caused them to live with a disability. Much of their usual daily living that had been easy became difficult or impossible. Thankfully for many, with the love and help from a service dog their quality of life can also change positively.

With the help from a service dog your quality of life increases. A

loving and well trained service will not leave your side and will always keep looking out for their companion. With a service dog, many individuals have stated that are able to take walks and maneuver in crowds.



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

**IT IS A NEW BEGINNING....**

**NEVER GIVE UP HOPE.....**

**SUPPORT BSTTW...**

**A FAMILY AROUND THE WORLD**

Service dogs have been found to be able to detect an odor coming out of the human body. That has been found to help individuals who suffer from cancer, diabetes, head injuries, seizures and a sudden drop in blood pressure. The individual who was suffering and others around him/her are able to realize he/she needs medical attention, needs to call for help, take needed medication and even find a safe place to sit or lie down. This has helped to save lives and also help individuals to not fear going outside of their homes.

Service dogs should not be overlooked by those who do not rely on them. The public should respect and offer their assistance if a service dog calls out and asks for their assistance.

If you need help getting or training a service  
**CONTINUED On Page 2 "SERVICE DOG"**

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## Inside This Issue

- |          |  |
|----------|--|
| <b>1</b> | BSTTW Burn Survivor Family Support & Education |
| <b>2</b> | Qualifying for Disability Benefits with Burns  |
| <b>3</b> | Burn Survivor & the Holiday Blues              |
| <b>4</b> | Bonsai Trees Can Help You Relax                |
| <b>5</b> | Poem: The Sound of Happiness                   |
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CONTINUED From Page 1 "SERVICE DOG"  
dog do not hesitate to contact **BSTTW** at 936-483-9014.

## **BSTTW Family Support & Education Can Help Rebuild Family Members & Burn Survivors**

By: Michael Appleman, M.S.

Most of the time family members do not suffer external burn injuries. But they do suffer emotional trauma and confusion about how they can deal with their emotions, the trauma their loved one is suffering from, how their loved one life has changed, how they can help their loved one recover, how to prepare for their loved one coming home, what to do when their love one comes home, rebuild their lives and reenter the community.

So many family members suffer emotionally because their loved one is suffering from a burn injury. It can also be confusing why this happened to a family member. They are lost and do not know what to do or where to go. That is why so many family members reach out to the **BSTTW Support Team (BST)**. The **BST** helps family members and burn survivors to open up, deal with their emotions and learn how they can handle the anger and the emotional and physical pain that a loved one can go through during the recovery process. Some burn survivors may suffer for weeks, months and years.

The **BST** is available to speak with a burn survivor, family members or friends by telephone, email, **BSTTW Internet Audio Video Conference Service (BIAVCS)** using Skype and other internet services. If you have internet service, a microphone and web camera you can talk to and see the **BST**



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**Member** and the **BST Member** can hear and see you. This allows you to feel at home no matter if you live in a different part of the world.

The **BST Member** is willing to answer your questions, offer you referrals, educational information, support to work through your personal emotions about your loved ones burn injury and how you can not only help your loved one recover but you can work through the anger, anxiety, depression, Post Traumatic Stress Disorder (PTSD) and other emotions that you and your loved one who suffered the burn injury might be suffering from.

The **BST Member** can also refer you to doctors and lawyers who may help you and your loved one. It is worth speaking to the **BST Team**. Learn more by contacting **BSTTW** by telephone at 936-483-9014 or by filling out and sending the **BST Eform** at [http://www.burnsurvivorsttw.org/eforms/support\\_email.html](http://www.burnsurvivorsttw.org/eforms/support_email.html). You will receive a response from a **BST Member** who will be interested in learning more about you, meeting with you and offering you the help needed to rebuild your life and the life of your loved one who suffered a burn injury.

## **Qualifying for Disability Benefits With Burns**

By: Deanna Power

If you or someone you love has severe burns, you may find that returning to work during your recovery is too challenging. Fortunately, there are resources available. The Social Security Administration (SSA) offers monthly disability benefits for people who will be out of work for 12 months or more. If your burns will take over a year to heal to the point at which you could return to work, you could qualify for disability benefits.

## **Medically Qualifying with Burns**

The SSA uses its own medical guide known as the Blue Book to determine whether or not an  
CONTINUED On Page 4 "DISABILITY"

CONTINUED From Page 3 "DISABILITY"  
 applicant is ill enough to receive Social Security benefits. There is a listing for burns in [Section 8.00](#) of the Blue Book at [https://www.ssa.gov/disability/professionals/bluebook/8.00-Skin-Adult.htm#8\\_08](https://www.ssa.gov/disability/professionals/bluebook/8.00-Skin-Adult.htm#8_08). Under this listing, you will qualify if:

- Your burns have extensive skin lesions that have lasted, or can be expected to last for a continuous period of at least 12 months.

What counts as an "extensive skin lesion"? The SSA is looking for burns of any type (electrical, chemical, or from fire) that affect other body systems. Some examples include your musculoskeletal system, your special senses like eyesight and hearing, your ability to speak, your respiratory or cardiovascular system, or even your mental well being.

For example, if your burns are bad enough to keep you from walking without a wheelchair, you could qualify under [Section 1.00](#), <https://www.ssa.gov/disability/professionals/bluebook/1.00-Musculoskeletal-Adult.htm>, of the Blue Book. You could also qualify under Section 1.00 if your burns keep you from sitting in the same position for two hours or more.

You might be able to qualify under [Section 3.00](#), <https://www.ssa.gov/disability/professionals/bluebook/3.00-Respiratory-Adult.htm>, (respiratory) if your burns damaged your lungs to the extent where you need to be hospitalized at least three times per year, at least 30 days apart.

The entire Blue Book is available online at <https://www.ssa.gov/disability/professionals/bluebook/AdultListings.htm>, so you can review specific medical listings with your doctor to determine if you might be able to qualify.

### Qualifying Without the Blue Book

If you can't seem to meet a Blue Book listing due to your burns, you might still qualify for

## BSTTW COMMUNITY NEWS

disability benefits. This can be done by submitting a [Residual Functional Capacity \(RFC\)](#), <http://www.disabilitybenefitscenter.org/how-to/how-to-file-the-residual-functional-capacity-rfc-form>, evaluation along with your initial application. An RFC form goes over exactly what types of physical activity you can do, such as walking, sitting, standing, lifting weight, and more.

For example, a cashier with severe burns on her hands might qualify for disability benefits if she is no longer able to count money and hand out change. While this may not necessarily be listed in the Blue Book, if you can prove that you're unable to work for at least 12 months at any job that you're qualified for, you could be approved for disability benefits with the help of an RFC.

You can download an RFC at <https://secure.ssa.gov/apps10/poms/images/SA4/G-SSA-4734-U8-1.pdf>, for your doctor to fill out on your behalf online.

### Starting Your Application

If you'd like to apply for disability benefits, you can start your application online on the SSA's website at <https://secure.ssa.gov/iClaim/dib>. This is the easiest way to apply, as you'll be able to save the application as you go and continue when you have the time. If you are unable to type due to your burn injuries, a friend or family member can fill out the application on your behalf. If you prefer to speak with a person, you can apply at your [local Social Security office](#) by calling the SSA toll-free at 1-800-772-1213.

It takes around five months to hear back from the SSA. Be sure to fill out the application as carefully as possible, as you will be denied if the SSA is unable to gather your medical records or confirm your tax records or employment history. Once approved, you can focus on your health and recovery.

## Burn Survivor and the Holiday Blues

By: Michael Appleman, CEO

Many individuals suffer from negative feelings during the holiday seasons. Some burn survivors suffer from anxiety, depression, headaches, insomnia, intestinal problems, sadness, restlessness and needless conflict with family and friends and Post Traumatic Stress Disorder (PTSD). Due to these issues we might not want to get together with others during the holidays. In order to successfully repair and gain control of the holiday blues we need to understand what might be causing them. Everyone is an individual who may suffer from similar issues but the causes and the way to rebuild your life from them might be different.

In order to understand if you are suffering from the holiday blues you might want to pay attention to your specific issues and situation(s). How and what you pay attention to is very important. The holiday blues are recognizable. So many people dwell on how bad they are feeling, or they put their attention on escaping their undesirable feelings. It has been found that for most people neither process will resolve your issues. There is a chance that you may cause your feelings and/or situations to become worse.

It is very important to understand that the negative feelings you suffer from may not be the definite problem. The negative feelings may be an indication or indications of a problem that needs to be resolved. If the problem(s) are not resolved it may become worse and you may increase your suffering. Also the recovery time may be longer and more intense because you did not deal with the issues earlier.

You could be suffering from something that



## BSTTW COMMUNITY NEWS

has happened when you were a child, a teenager or is presently happening to you. You may need to deal with your actions, beliefs and thoughts. The issues may be what someone else did or did not do to or for you. With the help of a counselor, family member, or support group you should try to look beyond the negative feelings and let yourself understand what you are reacting to and how it can be dealt with. The answer to many of the problems may be apparent once the matters or actual difficulties are understood. Try not to oversee potential underlying medical problems like the burn injury or any other type of injury. If you are on prescription medications, other drugs or alcohol you may be suffering from side effects. Finally you might want to look into Seasonal Affective Disorder.

### Common Causes of Holiday Blues

So many people see the holidays as a time for a family get together, happiness, parties and even presents. During the holiday get together or just the holidays themselves you may be reminded of unresolved issues. Some samples of these type of issues are:

- Contrast between then and now
- Difference between image of holiday joy and reality of your life
- Displeasure about your current situation
- Expecting a significant loss
- Feelings of increased loneliness and separation
- Previous losses of loved ones or friends
- Unresolved grief

During the holiday season we usually become busier. That may cause stress both emotionally and financially. Many of us have more things that must be completed prior to the holidays. We must go shopping and prepare food for the holiday get together. By not waiting until the last minute to prepare for the upcoming holiday you may be able to make the upcoming holiday a more enjoyable time for you.

Remember that what might work for one burn  
CONTINUED On Page 5 "HOLIDAY BLUES"



CONTINUED From Page 3 "HOLIDAY BLUES"  
 survivor may not work for another burn survivor. We all have our own personal issues that were with us before we suffered a burn injury and issues that came about due to the trauma we suffered from.

## Bonsai Trees Can Help You Relax

By: Michael Appleman, CEO

Has anyone told you that you should find a hobby that will keep you busy and help you relax? Have you ever seen television shows about Bonsai Trees and wondered if that would help you relax and enjoy? So many people have found that Bonsai plants actually help to create bonsai relaxation that help an individual to remain relaxed and peaceful.

Bonsai trees have been said to be those funny looking green trees that some people sell and others just have in their home or at work. Bonsai Trees are not as easy to grow as some people say. You must learn how to take care of the Bonsai tree and which type of Bonsai tree would be best for you. The idea of bonsai relaxation is to use them to create a relaxing atmosphere in your home, at work, a business, doctors or rehabilitation offices. To make the Bonsai tree relaxing you must learn how to prune them in special ways, when you should water the trees and what types of vitamins and minerals you should give to the Bonsai tree.

You can find these plants in many different places. You can buy them in stores and on the internet. Often when you purchase more than one Bonsai tree you can receive a discount. Working with several Bonsai trees can generate that special Bonsai tree relaxation.

Below is a list of many benefits relating to Bonsai tree relaxation:

1. You cannot rush
2. Taking care of these trees automatically puts you into a meditative state because you are not rushing through them

## BSTTW COMMUNITY NEWS

3. You are careful because Bonsai trees are delicate
4. Working on a Bonsai tree is an art form
5. By taking your time, you will develop an enjoyable and relaxing hobby
6. You can generate your artistic abilities to shine through

All meditation related to working on and looking at the Bonsai tree will help you discover new things about yourself. You may find relaxed areas within yourself that you never found before you were working on the Bonsai tree. This can possibly help you to increase your emotional and physical recovery from the burn injury.

You might want to start your Bonsai relaxation with one tree. But if you are like many people you may find that one Bonsai trees in not enough and you will start buying more Bonsai trees. Remember that you need to investigate the type of Bonsai trees you purchase. When you start off it might be best to start with Bonsai trees that are easier to take care of and does not need that much work in order to keep alive. As you get use to and better taking care of Bonsai trees you can increase the type of plants and home many you own.



# BURN SURVIVORS THROUGHOUT THE WORLD



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**Burned Children Need Your  
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)**



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## 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 2007 17,675 burn injuries occurred. Fourteen thousand of those injuries occurred at residential fires. Worldwide every thirty

## BSTTW COMMUNITY NEWS

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.

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

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](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*

### **The Sound of Happiness**

By: Tri Tran

Listen to the hum of your little heart,  
Woe or joy, she tries to tell.

Breathe the first breath of tranquility,  
The buzz of silence ever tuneful.

Black as coal, you are alive,  
Dark as midnight, you are a cyan moon.

Listen to the hum of your little heart  
And breathe peace into your winding veins.

Lick your first light of the morning sky  
And soar on top of the Earth to catch the  
wrens.

*Tri Tran*

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

### 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 COMMUNITY NEWS**

**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 936-483-9014 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 936-483-9014.

**PURCHASES**

**BSTTW** has an online store where you can purchase Skin Care Products, Books 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) 483-9014  
 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)

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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](http://www.burnsurvivorsttw.org/bsttwshop/index.php)

