

BSTTW COMMUNITY NEWS

Volume 16 Issue 2

June 2019

BSTTW REBUILDING LIVES

Kroger Community Rewards

By: Michael Appleman, CEO

I wanted to let you know that **Burn Survivors Throughout The World, Inc.** is now listed on **Kroger Community Rewards**. Kroger has 2,764 grocery stores around the United States. The company also has 253 jewelry stores, including Fred Meyer Jewelers and Littman Jewelers. Kroger also operates 1,537 supermarket fuel centers and 2,270 pharmacies. Kroger is located in 44 different states.

Anyone who lives close to and shops at a **Kroger Grocery Store** can request that Kroger donates to **Burn Survivors Throughout The World, Inc.**, Kroger organization number SP096 every time you purchase at their grocery stores. If you live near a Kroger and have not shopped there you might want to try the Kroger Grocery store. Kroger offers good food and other items are respectable and sale prices.

In order to begin donating to **Burn Survivors Throughout The World, Inc.** all you need to do is first sign into your Kroger account on the internet. Next go to Kroger Community

Rewards, click the word Save on the top of the left side of the page and then click **Kroger Community Rewards**, that is the last option. Then you should click I'm a Customer, Want to enroll in **Kroger Community Rewards** (View



Details). Or you can go <https://www.kroger.com/account/communityrewards/>. Sign in to your **Kroger** account. You should be given the option to choose an Organization. As for **Burn Survivors Throughout The World, Inc.** Every time from Kroger **BSTTW** will receive a donation from you.

Please let others know about doing the same. This is a great way to help **BSTTW** and the burn survivor community.

If you need any help do not hesitate to contact **BSTTW**.

A BURN SURVIVORS
LIFE
DOES NOT END....

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Alignment of the Stars

By: Adam Boas

All over the world people are getting burned, not only in developed countries like Australia but in underdeveloped nations, tiny atolls and most certainly in countries in the midst of armed struggle. It's something probably not often considered by us in the burns ward at the Alfred, and in my experience almost never considered in the broader community. Perhaps then it is worthwhile for me to tell a little of my story, a tale of a very lucky person burnt in one such place.

I boarded my flight to Indonesia at Sydney airport on the afternoon of September 17th. I briefly noticed a sign advertising travel insurance and felt cause for a small, self-satisfied smile. My girlfriend had blown what I knew to be a good few months living money by SE Asian standards on insurance I figured was virtually impossible to collect on anyway. I wouldn't fall for such propaganda. When the money was running short, I'd have the extra cash to see us through (and undoubtedly some smart remark about the wisdom of the seasoned traveler).

A few months later we found ourselves on a tiny island off the east coast of Thailand. Basically I wanted to get my dive-master's license and everyone we had met said this was the cheapest place to do it. Perhaps there's another moral in here about being a cheapskate. The details of small island living are hardly germane so I will skip to the main event.

The weather had deteriorated to such a degree that, although this was a common tourist destination, no boats could come in or leave. Unable to dive many looked for other ways to entertain themselves and

although many staples were running low, there was plenty of beer. One night, unable to make it home, I crashed on the floor of a friend's bungalow. From stories I was later told I understand she lit a candle and it was blown into the mosquito net during the night.

I was dragged from the fire by a neighbor. Suffering severe burns to 60% of my body on an island with virtually no medical facilities, pretty well as far from the Thai mainland as I could be, with no hope of getting transport back due to the weather, you could say at this stage things weren't looking good. It seems harsh to say it but had I been a Thai native they would have said a few mantras and buried my body. In fact, had I been a dumb white boy, without insurance and no one to help the story would be quite similar. I want to be clear that what followed was just blind luck, a perfect alignment of the stars if you believe such things.

Firstly, the other girl who was burned was insured to the eyeballs. Still this did neither of us any good because there was simply no way to get transport off the island at any price. But secondly, a group of very eager divers had chartered a helicopter to fly them to the island that morning. The girl's insurance company agreed to foot the bill for our inclusion on the return trip and someone up there was definitely on our side.

This got us as far as a small town called Surat Thani, chiefly known for being the jumping off point for the islands in the region. There was a small hospital there and blessed morphine but no burns



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facilities. My partner was frantically phoning everyone she could think of who might be able to help us. A simple thing which, on its own, would be out of reach of the average Thai person.

Luck smiled again and it turned out that Bangkok of all the cities in SE Asia had a specialized burns unit. The Australian and English embassies were able to organize a light plane to take us to Bangkok and eventually we were admitted to the Siriraj burns unit.

I hate to labor the point but my survival was based largely on blind luck, the experience of a medical insurance company that didn't want anything to do with me, and the tenacity of my partner who was not about to watch any transport leave without us on it no matter what. This is Thailand, a developing nation, and like many developing countries life, and labor, is cheap. Just ask Nike.

Money talks and bullshit walks and the average Thai persons yearly wage is far less than the monthly wage of a badly paid office worker in Australia. On the burns ward, each day they calculate the medication and dressings you are likely to need and a family member must go to the cashier to pay for it. What you cannot pay for will not be issued, though usually a nurse will help you to decide what you can most do without. After my family bought special medication for my badly infected burns the nurses christened me 'The million Bhat boy' the disparity between what I, and the Thai people on the ward could afford was quite marked, even should you desperately need the medication there is no exception. No easy 12 month, interest free plan is offered.

But like the villagers I met in my travels, though the system that they live and work under may be harsh, the people are incredibly generous. One of the nurses would always go through the medication list with my mum and cross off anything that they already had in stock. Blood was incredibly expensive and sometimes simply impossible to get and I needed a lot so the head nurse made a deal with the blood bank that if people donated in my name then I could have it for free. Not only did the nurses and the doctors on the ward all donate but they herded their boyfriends and brothers down as well. After that I could have had a complete changeover and then some. When I was at my worst they pitched together to pay a monk to come up and bless my room. In fact I thought my hallucinations were getting worse when he piled in wearing his orange robes, spraying the room with holy water.

It seems unfair to me, perhaps because I've had more than my fair share of luck. That by the simple fact of your birth, instead of an accident summoning ambulances, rescue teams and highly trained medical assistance, it will summon close family and a priest. I'm not saying I have the answers or that I would reject the luck of birth that saved my life, but in those quiet times when you sit back and count your blessings, don't you wish it could be like that for everybody?

How To Find A Mental Health Counselor

By: Stan Popovich

Many people have a difficult time in finding an effective mental health counselor. Just like everything in life, you have your good counselors and you have your not so great counselors. The key is to find one that will

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CONTINUED From Page 3 "COUNSELOR" help you solve your current mental health problems. If you do not know what you are looking for or where to start, then here are a few ideas in how to find a good mental health counselor.

1. Talk To Your Doctor Or Primary Care Physician

Your medical or family doctor is a great source in finding a good counselor. Explain to your doctor your problems and he or she can put you in the right direction in seeking the proper help.

2. Go To Your Local Hospital

Your local hospital is another source you can use to find a good counselor. A hospital is also a good source of finding many different mental health programs in your area. Hospitals know a lot of good counselors and programs in your area and they can lead you in the right direction.

3. Ask Your Friends And Relatives

Use your network of friends and relatives to see if any of them know of any good counselors in your area. This can be effective if it does not bother you that other people know that you are seeking a counselor. Many churches and nonprofit mental health agencies have a variety of mental health programs and asking the people who run these programs could also lead you in the right direction.

When asking for a counselor or finding a mental health program, always ask for someone who has a good reputation. Remember that finding a counselor to help

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you depends on how you interact with the counselor and how they interact with you. It may take a couple of times to find the right person, but do not give up. Finding a good counselor will pay off for you in the long run, so be persistent in finding the right person for you.

Burn Therapy

By: Michael Appleman, CEO

Proper Burn therapy is a very important part a burn survivors recovery. Burn therapy is defined as the care of a patient who is burned by flames, a hot liquid, explosives, chemicals, or electric current. Burns are rated according to how many layers of the skin are damaged.

Degree of Burns

- Partial-thickness burns may be diagnosed first or second degree.
- First-degree burns involve only the top skin layer (epidermis).
- Second-degree burns involve the epidermis and the second layer of skin (corium). Second-degree burns cover more than 30% of the body.
- Full-thickness or third-degree burns involve all skin layers. Third-degree burns are critical. This type of burn is found on the face, arms and legs, or more than 10% of the body surface.

Problems Due to a Burn Injury

In the first 48 hours of a severe burn, fluid from the vessels, salt (sodium chloride), and protein quietly pass into the burned area. This causes swelling, blisters, low blood pressure, and very low urine output. The body loses fluids, proteins, and salt,

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Your potassium level is raised. The first low fluid levels are followed by a shift of fluid in the opposite direction resulting in excess urine, high blood volume, and low blood electrolytes.

Other possible problems due to serious burns include collapse of the circulation, kidney damage, shutdown of the stomach and bowel system, infections, shock, pneumonia. You can also suffer from a stress ulcer that is characterized by vomiting blood, and stomach and bowel swelling.

Treatment Methods

Common treatment methods given to a patient who suffered severe burns are fluids and electrolytes, antibiotics, tetanus vaccination, and pain drugs. Often a urinary tube (catheter) and a tube through the nose to the stomach are inserted.

Treatment of the burn may be by either the closed or open method. In the open method, the injured area is cleaned and exposed to air, and the patient is kept warm by a blanket or linen over a bed cradle or by a heater or lamp. In the closed method, a cream, ointment, or solution is placed on the burn, and the wound is covered with a medicated dressing.

A temporary skin graft may be used to cover the wound. This prevents loss of fluid and reduces the risk of infection. The negative end to this is that the graft usually dries in 1 or 2 days and may pull and cause a great deal of pain. Newly developed artificial skin holds great promise for treating severe burns. If fluids by mouth are allowed, juices and carbonated drinks are offered, but not plain water and ice chips. Fluid intake and output are measured hourly. Blood transfusions, steroid therapy,

and drugs to reduce fever may be ordered, but aspirin is not given. Excess chilling and exposure to upper lung infections and wound infections are carefully avoided.

Burned arms and legs are raised, and using firm supports to keep affected areas in line prevents cramps. This can be done by using a foot board to keep the feet at a 90 degree angle to the ankles in burns of the legs, or by having the patient grasp a ball when the back of the hand is burned. After the first important period, a high-calorie, high-protein diet is given, and the patient is offered many small meals that are high in potassium. Vitamins may be an important part of the recovery plan. Even though it may be painful the patient is helped to stand for a few minutes every hour or every second hour and is generally able to walk in 7 to 10 days. Recovery may take a long time.

There may be years of plastic surgery and repeated skin grafts in order to restore function and the physical appearance of burn patients.

Final Outcome

The final outcome for the severely burned patient depends greatly on the detailed, near-constant care needed during the first phase of treatment. Scarring may cause some temporary problems, but physical therapy helps restore movement.

Mark's Experiences

By: Mark Story

My accident happened on the 18th June 1965, I was 12yrs and 11 months old, I just

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happened to be in the wrong place at the wrong time. I was trapped in a room with exploding 5 gallon drums of highly inflammable chemical, then the bulk of the stored chemical exploded as one, blew me clear out of the roof and I landed in the field behind, not a good landing, broke both my ankles. The ambulance and the fire brigade did not find me; it was a police officer checking the perimeter an hour later. I was taken to the local hospital, they did not have the facilities to deal with me and arrange for me to be transferred to a hospital 70 miles away, I was not expected to last the trip. My dad, he was in the Royal Navy and was at sea. The Navy flew him down from Scotland by helicopter and he went with me; he only visited me a few times after that.

I spent 4 weeks in intensive care, had 2 nurses looking after me 24x7, died once and came back, no one could explain that to me, my surgeon, sometime later said, it just wasn't my time to go. My mother moved into the hospital for that month, I couldn't speak to her or even see her, my eyes had been damaged and I had burnt the inside of my mouth, throat and lungs. Losing my legs does not come close to losing my sight. That first month is a bit vague because of all the drugs, I can remember lying in bed and touching my legs and having chunks of flesh coming away in my hands.

The hospital is in Wiltshire just outside Salisbury and was called Odstock. 1942 it was built on a hill to the north of Odstock Village there was an Emergency Medical Services hospital built. In 1943 the US 5th Army Medical Corps took over to provide



support for the Normandy landings. The wards were brick and concrete and all single story, they were spread out over a vast area and connected by covered (roof only) walkways.

The day I moved from that room, the room where I had fought the devil in the fires of hell for what seemed an eternity for the right to be here. It was the smell of fresh air, it almost knocked me out and is etched in my memory. I also had had enough morphine to knock an elephant out to help cope with the transfer.

I spent every school and college holiday in hospital; it was Christmas 1970, gone in to have work done on my legs. I was in a new ward, purpose built for burns patients single or double rooms with on suite bathrooms and televisions and floor to ceiling one-way windows overlooking the countryside. I was getting changed and caught my reflection in the window it was the first time I had seen myself naked. I had seen most of myself but only in sections this was the first time I had seen the whole picture, all I saw looking back at me was this grotesque thing if it wasn't for the timely intervention of a nurse doing her rounds I would have done myself in. I still have dark days, mainly when the infections take over and I'm laid in bed glowing bright red. My wife and kids have put meaning into my life and that's what keeps me going.

After I came out of hospital in 1970/71, my GP arranged for a social services panel to assess me. I turned up and sat in front of seven people, a mixture of doctors and social workers. I was interviewed but I drew the line at stripping off so they could see for themselves, they proclaimed me to be severely disabled, didn't offer any sort of advice or support and in so many

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words told me I was good for nothing. I exploded, I hadn't gone thru 4yrs of physio hell getting my body straight and walking without a limp just to be told I wasn't good for anything. I walked out; I have never gone back to them.

I went out and proved to myself that I could do anything I wanted and I did, I have always found solutions to every obstacle. I know how short life can be, and that has changed my perspective on life.

In 2005 I started to go down with continuous infections in the legs followed by ulcers, it became unmanageable and I had to stop work. Christmas 2005 was probably the worst days of my life, I really don't remember any of it.

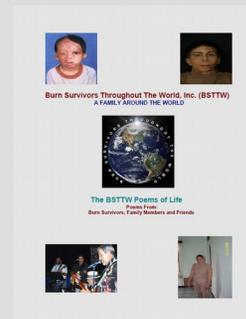
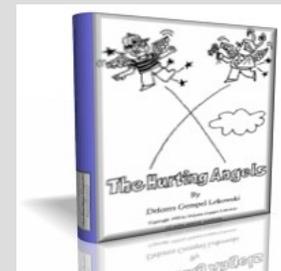
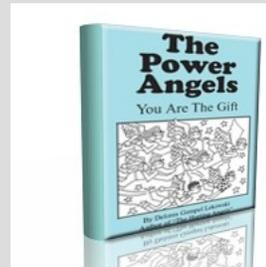
The surgeon explained that my blood had stopped going into my legs and they were now rotting on the inside, because of all the burn damage/ previous repairs they could not be repaired again. He wasn't sure how much of my legs were damaged and they would start below the knees and work up the legs. Fortunately, it was a bilateral below knee amputation. For the first time in years I feel fit and healthy, I went back to full time work 3months later.

Because of the burn damage to my legs, my nice (very basic NHS) shiny new legs cut my stumps to ribbons. I was wheelchair bound for 6 months while my stumps healed. I went back to wearing my prosthetic limbs.

I wasn't sure if adding the following added anything. I have decided it is my story/journey and have updated.

I can no long wear prosthetics as they were causing a lot of damage to my limbs I'm now a permanent wheelchair user.

BSTTW eBooks



Burned Children Need Your Help

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



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

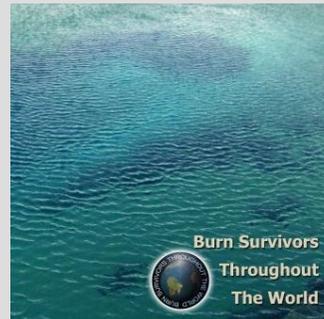
<https://www.burnsurvivorsttw.org/list/donations.html>

*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 Music CD



BSTTW eBooks Package



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 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



Psychological

A burn can cause emotional scars
Inside and outside are our wars

Life after a burn hurts not just
physically
It also hurts emotionally

Who can help heal this pain
Before everyone becomes insane

Can everyone see my scars inside?
Will they think I am lost and hide?

Will anyone want to think I am ok?
Who wants to be my friend everyday?

Others who understand will know me
Maybe they can help me become free

Michael Appleman

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

**BSTTW
Weekly Chat**

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:



DONATE TO BSTTW

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 ONLINE

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

