
BSTTW COMMUNITY NEWS

Volume 17 Issue 2

June 2020

BSTTW REBUILDING LIVES

BSTTW Needs You

By: Michael Appleman, CEO

Burn Survivors Throughout The World, Inc.

is always looking for

volunteers and **Board of Director Members**. BSTTW needs burn survivors, family member, doctor, lawyer and corporate professional to volunteer their service.

In order to become a **BSTTW Volunteer** or **BSTTW Board of Director** you must fill out the BSTTW Membership form at:

[https://](https://www.burnsurvivorsttw.org/membership/membership.html)

[www.burnsurvivorsttw.org/membership/](https://www.burnsurvivorsttw.org/membership/membership.html)

[membership.html](https://www.burnsurvivorsttw.org/membership/membership.html). Next a BSTTW Board of Director needs to fill out the **BSTTW Board of Directors E-Form** and submit it at

<https://www.burnsurvivorsttw.org/eforms/boardofdirectorsemailform.html>.

In order to become a **BSTTW Volunteer** you should also fill out the fill out and submit the

BSTTW Volunteer E-Form at

<https://www.burnsurvivorsttw.org/volunteer/volunteer.html>.

Once your information is received a BSTTW Board Member will contact you in order to set up a day and time for you to meet with him/her.

If you have any questions do not hesitate to contact Michael Appleman, CEO by email at michael@burnsurvivorsttw.org or by telephone at 936-483-9014.



A BURN SURVIVORS
LIFE
DOES NOT END....



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Exercise & Rebuild Your Life

By: Michael Appleman, CEO

Exercising may be an excellent tool while you are rebuilding your life and for years to come. Keeping in shape is an important part of moving forward. Instead of watching television, eating or just hanging you it is important for you to start working out. After suffering a burn injury you could be suffering from cardiovascular disease, diabetes, pain and more.

You should try to exercise either before or after you eat. See which one works for you. Many of us did not exercise before we suffered a burn injury. That is ok. We all need to get started at the beginning. Our lives are too important not to begin an exercise plan. You might like to start off by walking your dog. Most dogs love to go out and move around. Your dog would love to help you out and be part of your program. If you do not have a dog you might want to begin by walking on your own or with a friend.

Strive for a healthy mix of cardio and strength training. Start off by exercising 10 to 15 minutes three times a day. Each week you should add 5 minutes to your exercise plan. You should aim for 30 minutes three times a week in order to increase your cardio. Strength training should be done twice a week. So you will be exercising five times a week for 30 minutes a day. If you are new to exercising or you are still in pain and recovering from a burn injury, you should start off less and build up to your goal.

A healthier and faster metabolism can help your burn calories all day long. You may become hungry. Take a snack or do not eat in order to loose weight. One thing you can count on is that you will become less likely to gain weight.

WHEN SOMEONE YOU KNOW STRUGGLES WITH FEAR, ANXIETY AND STRESS

By: Stan Popovich

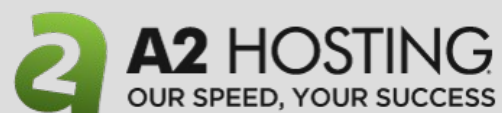
What do you do when someone you know has to deal with persistent fears, anxieties, or even depression? Well the first thing you need to do is to get the person to seek the services of a professional who can lead them in the right direction and give them the help they need. In addition, here are some other techniques you can use to help the person cope.

Learn as much as you can in managing anxiety and depression. There are many books and information that will educate you on how to deal with fear and anxiety.

Be understanding and patient with the person struggling with their fears. Dealing with depression and anxiety can be difficult for the person so do not add more problems than what is already there.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties.

When your fears and anxieties have the best of you, seek help from a professional. The key is to be patient, take it slow, and not to give up. In time, you will be able to find those resources that will help you with your problems.



A Beautiful Little Girl

By: Zoe Pelletier

On August 28, 1977, I was a beautiful little girl in a small town of Timmins, Ontario. My older brother, Evan and I were playing in the bunk beds of his room. My other older brother, Patrick was also in the room with us. My brother Patrick was playing with a FLARE GUN. My parents didn't know it was even in the house since they didn't own any guns.

I was told by others Patrick may have stolen it from a local sporting goods store. While I was playing with Evan on the bottom bunk Patrick pointed the flare gun at me and pulled the trigger. He assumed it was not loaded.

The flare entered my forehead than exited through the top of my head. The bed caught on for also. However Evan and Patrick were not burned.

I was burned on the following areas; face, top of head, hands, arms, legs, chest and abdomen. I was air lifted to Toronto Sick Children's Hospital and remained there for almost a year.

As a result of my injuries my fingers melted together. I had no nose or lips and my eye lids and brows were melted. My left optical nerve was severed wich left me blind in that eye. Till this day I still have real bad problems with it. I may have to have it amputated this year due to the severity of the problems.

I've had pretty close to 50 surgeries now. This year I started having cosmetic surgery to improve my facial appearance. It's not that I don't like the way I look after all I've only known myself to look this way. I want to look as beautiful outside as I feel inside.

Pets for Therapy

By: Nancy M. Gerhardt, DVM

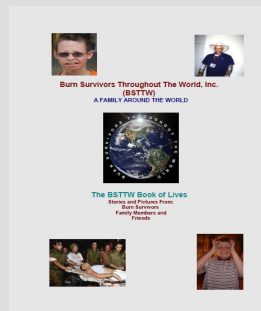
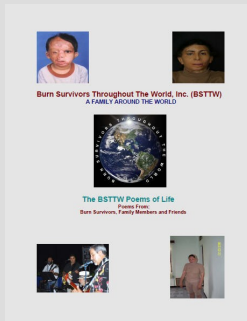
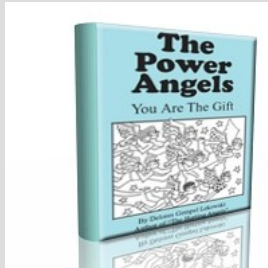
Pets are increasingly popular for use in therapy for the elderly, for children, for people with emotional or physical difficulties and for those of us who have experienced the common problems of shyness or loneliness. It has been said that "Animals are such agreeable friends-they ask no questions and "they pass no criticisms. "Having once been a shy child whose next best friend besides her many pets was the shelter of books and poetry, I know how much an animal friend can mean to someone living alone or who is shy.

There are new companion dogs trained not only to assist the visually or hearing impaired but also for people who are otherwise physically challenged. These working dogs are an active help to their masters, helping them to lead fuller and happier lives. For those who do not qualify to be assigned a trained working dog and are unable to handle one less thoroughly trained, small dogs, cats, birds or small caged pets provide companionship, a sense of belonging, and a boost to self-esteem in times of discouragement.

There is nothing comparable to coming home to that cheerful tail-wag, meow, or even the happy squeal of a guinea pig or the chatter of a parakeet. Indeed, whether coming home or staying home, no matter what stressors each of us may face as we go about our day, pets can make the whole day worthwhile! Thank God for our animal friends!



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

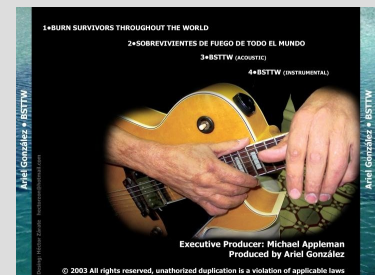
<https://www.burnsurvivorsttw.org/list/donations.html>

*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



A Family Around The World

Living Together

Living with each other
Helps us to enjoy our lives

Our lives are different
Together we stand

God watches over us all
He teaches us to live our lives

Tomorrow we will be free
Everyone believes we cannot see

Burn Survivors need to live
To the best of their ability

So do not stop looking for your life
Together we can be alive

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 lose 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

