
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

Burn Survivors Throughout The World, Inc. Board of Directors

By: Michael Appleman, CEO

Burn Survivors Throughout The World, Inc., is proud to announce that the nonprofit organization has two new members on their board of directors. Keith Barker has accepted and is the new **Member at Large** position in the **BSTTW board of directors**. At the age of nine years old Keith suffered a burn injury while playing with his friends. One of Keith's friends got a quart jar that was $\frac{3}{4}$ filled with gasoline. They poured the gas on stumps of wood and lit it on fire. Both Keith and several of his friends accidentally suffered a burn injury.

At that time he and his family were living in Canada. He has learned from life and being a burn survivor how important it is to offer support, raise funding, take part in rebuilding the lives of burn survivors and family members and increase fire safety education in order to lower the number of fires, deaths, injuries and property damage.

Today Keith is currently in his 50's and still living in Canada. He is very interested and willing to take share his knowledge as a burn survivor and his love for others to take part with **BSTTW** and help the nonprofit organization rebuild the lives of the current and future burn survivors, their family

members and to help increase fire safety education.

Rhoda Perez has accepted the **BSTTW board of directors Secretary** position. Rhoda was born in the Philippines. She is highly educated, has traveled and worked in different areas around the world and is currently living and working in Montreal, Canada. For many years Rhoda worked in a nursing home in Thailand helping individuals who suffered a burn injury and individuals who suffered other medical issues. Rhoda is very happy to have the opportunity take part with **Burn Survivors Throughout The World, Inc.** to rebuild the lives of individuals who have suffered a burn injury and their family members.



*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"

A FAMILY AROUND THE WORLD

Both Keith and Rhoda are looking forward to taking part as members of the **BSTTW board of directors**



Inside This Issue

- | | |
|---|---|
| 1 | Nutrition and Skin Recovery For A Burn Injury |
| 2 | Managing Your Everyday Stress & Anxieties |
| 3 | Relationship After A Burn Injury |
| 4 | Try Yoga In A Gentle Way |
| 5 | Poem: Healing Our Lives |
-
-

Nutrition and Skin Recovery For A Burn Injury

A very high percentage of individuals who suffer a burn injury receive help from dietary specialists. The burn injury causes their body to have dietary that bodies require extra nutrients in order to help their body rebuild the damaged tissues, deal with the emotional trauma and fight infections that so many burn survivors suffer from during their recovery period. It has also been seen that many burn survivors lose a considerable amount of weight during the early stages of treatment. Depending on the individuals body reaction during the recovery period and the medications that have been prescribed some doctors allow the burn survivor to vitamins and herbal supplements in order to also help increase the burn survivor's body and as a result it has been found to speed up the recovery process.

High Protein Diet

It has been found that it benefits the burn survivor to consume a diet that is high in protein. Again a nutrition specialist can help make this happen. The diet specialist will discuss his/her suggestions with the doctors in charge and make sure the dietary changes are accepted by the specialist. Offering the burn survivors body with additional amounts of protein can play a major role in helping to rebuild the body's muscles and skin tissues. It has been seen that some of the best sources that can help to increase the protein intake are seafood, diary, lean meats and beans.

During the recovery period a burn survivor can intake over three thousand calories a coverage. This is done by offering the burn survivor who is awake and can eat an increase of one or two meals per day that have a higher amount of protein. When a burn survivor has trouble eating solid foods many of them are told to take food replacement drinks like Ensure and/or

authorPOINT

BSTTW COMMUNITY NEWS

Boost. If the burn survivor is in a coma the doctor will require an increase in the types of fluids that are prescribed for the body.

Higher Calorie Intake

It has been found that some nutrition specialists and health care professionals suggest that a burn survivor should eat an increased diet in both calories and proteins. This can be an important of the recovery process for a burn survivor who has lost a large amount of weight due to his/her internal and external injuries. The burn survivor who has suffered in this way requires an increase in carbohydrates, nutrients and fats. This has been found to help restore the burn survivor's body so it will have appropriate functioning and in time it will return to a normal weight. When these requirements are met, a burn survivor can usually return to their standard dietary habits. Their regular dietary habits should be a well-balanced nutritional plan.

Vitamins and Minerals

The majority of burn injury specialists concur that their patients require an increased intake of vitamins and minerals. It has been found that most individuals who suffer a burn injury require an increase in Vitamin E, Vitamin C and Zinc. It has been found that Vitamins C and E and Zinc reduces the oxidative injury and help to promote the wounds to heal. Burn Unit specialists have also been found to recommend their burn patients L-glutamine that helps gastrointestinal issues, Coenzyme Q10 to help the immunity system and Probiotic



CONTINUED On Page 3 "RECOVERY"

CONTINUED From Page 2 "RECOVERY"

supplements. The combination of these three supplements have been found to help restore the gastrointestinal balance that is often upset by antibiotics administered to fight the wound infections that so many burn survivors suffer from during their recovery period.

Herbal Supplements

So many burn survivors have been found to use herbal supplements in order to help to treat the side effects of the deep burn s. Many burn survivors have also been found to use herbal burn healing ointments in order to speed up the healing of the burn wounds. It is suggested that you should speak to your doctors before you use any herbal supplements and/or herbal burn healing ointments. A lot of burn survivors have also used Aloe Vera supplements and Aloe Vera creams to heal the burn injury. You doctor will inform you of the pros and cons of using the herbal and Aloe Vera supplements and ointments you mention to him/her. The final decision is yours.

Skin Moisturizing Creams

Burn Survivors during and for years after the recovery of the burn injury have complained about suffering from dry and itchy skin. Moisturizers are used to limit moisture loss from our skin, particularly from the epidermis. Burn Survivors have tried so many different types of moisturizers that have helped them to increase the moisture needed in our skin and to help control the itchy skin. Whether chemical or natural, moisturizers work by promoting hydration of the skin and locking the moisture onto the skin surface. Each burn survivor should try out the moisturizing and itchy skin creams and see which one works for them. Some commercial moisturizers include detergent and detergent-like agents that may remove the protective lining of the skin, thus making it at risk to infections. There are also those ingredients that can alter the natural flora of the skin, ruining the natural antibacterial

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property and making use prone to bacterial skin diseases later on.

Below is a list of products that burn survivors have tried and found positive final results from:

- Prosanol, produced by Swedish Skin Care
- Miracle Cracked Skin, produced by Miracle of Aloe
- All Day Moisturizer, produced by Miracle of Aloe
- Biological Skin Cream, produced by Bio Skin Moisturizer

Women who have had laser surgery need about an average of about 10 to 14 days of healing before makeup should be applied. For burn survivors it is always important to make sure that you are not applying makeup to any area that has not completely healed. That means no makeup on a scabbed area!

Makeup misdirection is another way you can hold with your talents. What I mean by misdirection's is, for example, looking at a face that does not have a normal mouth because of scarring from burns. Instead of directing attention to the mouth, misdirection draws attention to the eyes by making them a little bolder with colour or false lashes. This method can be used in reverse.

Always make sure that anything that you do on the person you work on can be done with a little practice by them also. If you make it too complicated they will give up and all is lost.

For anyone who has any type of skin discoloration, learning to apply makeup that will help them look more natural will allow them to



CONTINUED On Page 4 "RECOVERY"

CONTINUED From Page 3 "RECOVERY"

better fit into society. There will be fewer scars from the world at large. They can then focus on Always remember we as makeup artists are there with the proper training and product to take over where the medical industry leaves off.

Managing Your Every Day Stresses and Anxieties

By: Stanley Popovich

Everybody deals with fear and anxiety, however sometimes our anxieties can get the best of us. As a result, here is a list of techniques that a person can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

In dealing with your anxieties, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the



future, but all it takes is for that one percent to make a world of difference.

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Sometimes, we can get depressed over a stressful situation. When this happens, a person should take a few minutes to write down all of the things that he is thankful for in his life. This list could include past accomplishments and all the things that that we take for granted. The next time you feel depressed, review your list and think about the good things that you have in your life.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

As a Layman, I know that our anxieties and stresses can be difficult to manage, however, there are many helpful resources available to us. Managing our stresses takes some practice and eventually you will improve in time. Your doctor or medical team may talk to the burn survivor and/or family members about the patients past sleep habits and other factors that have an effect on the individuals sleep. This should help the doctors have a better understanding of their patients sleeping

DELL VIDEO CHAT

Powered By: *SightSpeed*



CONTINUED On Page 5 "STRESS"

CONTINUED From Page 4 "STRESS"

problems. If necessary, your doctor may refer you to a sleep specialist.

Behavioral or Non Pharmacological Treatments:

Good Sleep Hygiene:

Sleep hygiene is the usual practice of subsequent reasonable procedures for promoting standard, exceptional and restful sleep.

Types of practice for Sleep Hygiene:

- If naps are required they should be at the same time each and every day and last no more than one hour at a time.
- Stay clear of stimulating activities late in the evening. These activities can cause to arouse your body and cause you to have trouble sleeping.
- Daytime naps can interrupt your typical sleeping patterns. Naps may be required during the early stages of the recovery process, but you should slowly reduce your naps as your health improves.
- Continue a usual time that you go to bed and you wake up. If you have difficulties falling asleep after 15 minutes you should get out of bed and do something until you become sleepy again.
- Mild exercise should be completed at least four hours prior to bedtime. And energetic exercise should be completed at least six hours prior to bedtime.
- Nicotine is a stimulant. Avoid it when it is getting close to bedtime.
- Avoid eating several hours prior to bedtime.
- Alcohol can cause you to have trouble sleeping. It would be best to avoid alcohol close to bedtime.



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Cognitive Behavioral Therapy (CBT):

Cognitive Behavioral Therapy (CBT) can help to teach individual sleep hygiene, relaxation methods and CBT can employ stimulus control techniques.

When people have problems falling asleep feelings, thoughts, attitudes and beliefs about troubles sleeping can keep the individual from falling asleep. Examples of such thoughts, feelings, attitudes and beliefs are as follows:

- "I will never be able to fall asleep"
- "I will not be able to function tomorrow since I cannot fall asleep"
- "I cannot sleep well without alcohol."

CBT can help you to confront and remove the thoughts that may be causing you from being able to fall asleep.

Stimulus Control:

If you have trouble falling asleep for a long period of time, you need to stop yourself from beginning to think that you cannot fall asleep. This can cause you to remain awake. Stimulus Control can assist you to relate the bedroom and bedtime with only peaceful and pleasurable behaviors that can help promote you to fall asleep.

Guidelines For Simultaneous Control:

- Go to bed only when sleepy
- Avoid eating, watching television, or reading when it is time to sleep.
- Do not take a snooze during the day.
- If you do not fall asleep within 15-20 minutes you should get out of bed, do something and then try again.

Light Therapy:

Our body's hormones and chemicals vary in a natural 24-hour cycle. This can encourage sleep or remaining awake. If this natural cycle, called Circadian Rhythm (CR), becomes disturbed for any reason, you can have trouble falling asleep.

CONTINUED On Page 6 "STRESS"

CONTINUED From Page 5 "STRESS"

Light Therapy (LT) uses exposure to daylight (or light boxes that mimic daylight) in order to reset the CR for sleeping and waking up.

Relaxation Training:

Relaxation techniques can be used to decrease anxiety and tension at bedtime in order to help you fall asleep. These techniques can also be used to help you fall asleep if you awake during the night.

List of Relaxation Techniques:

- Imagery Training
- Yoga
- Progressive Muscle Relaxation Training
- Hypnosis
- Mediation Training
- Biofeedback

Medication Treatment:

There are many successful medications that can help you fall asleep and have a better sleep. The medications may include antidepressants, sleep aids, or anti-anxiety. These medications can be used unaccompanied or in addition to one of the above approaches to improve your sleep.

As with any medications it is extremely important that you speak to your doctor about all other medications you are currently taking and that you keep aware of any side effects. It is best that you only take the medications your doctor has prescribed. This includes over-the-counter medications. This is due to the fact that a mixture of different medications can be harmful to your body and your doctor should be aware of everything that you are taking in order to make the best decision for your medical condition



Relationships After A Burn Injury

By: Michael Appleman, M.S.

Relationship & Intimacy Issues:

When an individual who suffers a burn injury is immediately taken to the emergency room and admitted into the hospital and/or burn unit, the burn survivors' focus and the focal point of their family is on their physical condition and what the doctors will do in order to help this individual become a burn survivor.

Once the burn survivor begins to heal many other concerns begin to arise. Both the burn survivor and their family members begin to question How normal can life be?, How will others deal with my scars, the pain I suffer and the new me?, How will the burn survivor deal with others?.

Self-Esteem:

One of the hardest emotional issue to deal with after suffering a burn injury for both the burn survivor and his/her family members is their perception of the burn survivor's body changes. If the family members do not work through that during their loved ones recovery process in the hospital it will be more difficult for them if not impossible to offer unemotional support and love to the burn survivor.

Without the support of a psychiatrist, social worker or mental health counselor it will be very difficult for the burn survivor and even their loved ones to work through the emotional trauma. There are pamphlets, online and face to face support groups that both family members and burn survivors can attend. This will allow them to address their potential and approach related to sexuality. Sexuality is an integral part of a human beings life. It is indivisible from your body image and your self-



CONTINUED On Page 7 "RELATIONSHIPS"

CONTINUED From Page 6 "RELATIONSHIPS"
esteem.

Sexual Relationship:

If your genitals or surrounding areas are not involved with the burn injury, there should be no reason why a burn survivor could not restart his/her sexual relationship after recovery. If his/her genitals or surrounding areas were involved in the burn injury, this area will be sensitive for an extended period of time after the injury. If that area suffered a major burn to it you may not be able to use that section of your body again. If that is the case you with the help of your loved one and mental health counseling, you can find other ways of having sexual relationship.

No matter what the case is you should restart your sexual relationship slowly and set your own level of tolerance. Along with the support of your loved one, this will get better as time goes on. You should keep in mind that it is not unusual for your sex drive to be decreased following an extended illness. As you return to a more normal state of health, your sex drive should return. If this becomes an area of major concern as stated above you might want to speak to a mental health counselor.

For both the burn survivor and his/her loved one, it takes patience, understanding, and lots of work between the two individuals in order to adjust, rebuild and accept their life-changes.

As human beings we may need to take a reality check. You might have to look at yourself and your loved one. Ask yourself if both individuals are working together in order to rebuild their sexual experiences? At times you might need to allow your partner's needs and wishes to take priority.



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What is a Normal Sex Life?:

Do you have a question relating to a normal sex life? If your answer is no you should continue reading on and also research the question in order to find other answers. Our answer is not the only answer to this question. A normal sex life is one that both you and your partner decide together it is comfortable and gives you both of you pleasure. It can be gentle and healing. It can be holding a hand, a caress, or gentle and loving words.

How can we stay Sexually Healthy?:

First you need to gather as much information as you can about the effects of a burn injury and sexuality. You might want to talk to other burn survivors, read some books and look things up on the internet. It is practical to expect your grafts to take eight to twelve weeks to heal before you can have sexual relationship. After your first few sexual activities you should check your skin grafts in order to make sure everything is ok and there are no signs of irritation or separation. If you are suffering a high level of pain after the sexual intercourse in your skin grafts areas you might want to speak with your doctor in order to verify that everything is ok.

Next due to the fact that your past usual sexual routine before the burn injury has been disrupted. This does not mean that love and sexual contact is over. You and your partner can express your love, caring and feelings by using cuddling or just a gentle massage. This may be a good starting point for the two of you. In order to rebuild your sexual relationship with your loved one both you and him/her must establish good communications. You need to both agree on what works or what does not work and why. Honestly talking about this can lead to the best results. It has been found that the worst enemy for sexual health is not being open, honest and talking about it.



CONTINUED On Page 7 "RELATIONSHIPS"

CONTINUED From Page 8 "RELATIONSHIPS"
Effects of burns on sexuality: Possible

Solutions:

Decreased Energy Level:

A common complaint that can hinder with closeness is a reduction of energy level. This might happen for a short time after recovering from the burn injury. If it continues for months after you have been released from the hospital you might want to talk to your doctor about it.

You might want to try to have sexual relations with your loved one when your pain level is low. This can help to increase your sexual actions and how long you are able to maintain.

Loss of Skin Sensitivity:

As you might already know our skin is your most fundamental sexual organ. When the skin is disrupted, it can change how we experience giving and receiving sexual or any other touch. There must be a shared understanding of what feels good for each person. One exercise is for partners to slowly explore each other's bodies with touch to learn what causes pain or gives pleasure. (During this exercise sexual climax and the genital areas should be avoided.) The goal of this exercise is learning what feels good to each of you.

Decreased mobility and pain:

Decreased mobility and the resulting discomfort can affect what is usually comfortable for you sexually. It may require both you and your loved one to be resourceful and tolerant

Slow down and take small steps. Have fun with each other. Use some humor and give each other time. If at first you don't succeed, try, try again. You came this far by becoming a burn survivor why give up now?

Injectable collagen, a natural animal protein, or hyaluronic acid also can be used to elevate indented, soft scars and while improvement is



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immediate, it is not permanent. Injections typically need to be repeated every three to six months.

Hypertrophic Scars and Keloids

Dermatologists also use several different treatments to improve raised scars. Lasers are particularly effective in treating keloids, which occur when a raised scar becomes excessively large and extends beyond the size of the original wound. These scars are more common among patients with darker skin types with an incidence of 4.5 percent to 16 percent in the African American and Hispanic American populations.

One such laser, the pulsed dye laser, has been shown to be effective in removing redness, flattening and improving the itching and burning sensations that can occur in raised scars. Two or more treatments every few months may be required to completely revise these scars.

Another option for treating keloids is the use of Immune Response Modifiers (IRMs) following surgical treatment to remove these scars. These topical agents enhance the skin's ability to identify, control or destroy infections, bacteria and other foreign objects in the body responsible for illness. Following surgery, the application of IRMs induce the production of interferon in the skin, which is an anti-inflammatory agent. The interferon can normalize the skin's wound-healing function, thereby preventing a keloid from returning following treatment.

"Keloids can be disfiguring and tender with pain and burning, and can be psychologically challenging for the individuals affected by them," said Dr. Alster. "Both lasers and IRMs offer hope to those individuals who struggle with these scars."



CONTINUED On Page 9 "RELATIONSHIPS"

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"Patients should seek help early if they are concerned about their appearance or have a skin condition that is making them self-conscious," stated Dr. Alster. "A dermatologist can assess a scar, review treatment options with the patient and select the most effective therapy that will maximize results."

Headquartered in Schaumburg, Ill., the American Academy of Dermatology (Academy), founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 14,000 physicians worldwide, the Academy is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, contact the Academy at 1-888-462-DERM (3376) or: www.aad.org

Try Yoga In A Gentle Way

By: Michael Appleman, M.S.

For over five thousand years Yoga has been in existence and helping people from all different areas of life, emotionally, physically and in all different medical conditions. Yoga originated in India and was first used to help individuals who were suffering from chronic diseases. Back during that time Yoga was found to help these individuals feel better and help them to function successfully.

Yoga helps to harmonize a variety of postures (asanas) and breathing methods (pranayama) to help the individual relieve tension and create a state of physical and mental peace of mind. Yoga's other benefits can help an individual recovering from a burn injury and for years after find pain control and emotional flare-ups. It can also help you to decrease body inflammations and lower your blood pressure.

Below are five different Yoga positions that you can use in order to possibly help you relieve your pain, emotional flare-ups, body inflammations and lower your blood pressure:

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A. **Forward Bend:**

GOAL: To release tension in the back of your legs and lower back.

- From a seated position, on the floor, extend your legs with your feet flexed
- Inhale as you raise your arms to shoulder level
- Exhale as you bend forward from your hips; remember to keep your spine straight up. Place your hands on your legs
- Keep your neck extended and in line with your spine
- Inhale and exhale, releasing tension from your body

B. **Shoulder Stretch:**

GOAL: To enhance the movement and let go of the pressure in your shoulders.

- Stand with your feet slightly apart in order to help maintain your balance.
- As you inhale, bring your left arm up to your shoulder level.
- As you breathe out bring your arm across your body towards the right. Make sure your palm is facing away from you.
- Fix your gaze over your right shoulder.
- Inhale and exhale several times while you are in this position.
- Do the same to the opposite side.
- Repeat several times.

C. **Side Warrior:**

GOAL: To build power and fortitude in your legs and arms. This can also help you to tone your abdomen.

- Stand with your feet 3-4 feet apart.
- Have your toes pointed forward.
- Turn your right foot 90 degrees to the right, so that your right heel is associated with the instep of your left foot.
- Your toes should be pointed slightly towards the right.
- It is important to keep your hips and

CONTINUED On Page 10 "YOGA"

CONTINUED From Page 9 "YOGA"

- shoulders in alignment.
- As you inhale, raise your arms slightly above your shoulder level.
 - Keep your palms facing down.
 - Bend your right knee. Keep it directly above your ankle.
 - Your arms should remain strong but relaxed at the same time.
 - Your shoulder blades should draw toward each other as you center your look down the length of your right arm.
 - As you inhale and exhale you should straighten your right leg and release your posture.
 - Return to a standing position.
 - Do the same to the opposite side of your body.
 - Repeat this several times.

D. Balasana (Child's Position):

GOAL: To reduce lower back pain.

- Sit back on your heels with your forehead forward and your arms extended forward.
- Inhale and exhale
- Release the tension in your lower back.
- Rest for a few seconds between each breath.
- Repeat this several times.

E. Lateral Neck Stretch:

GOAL: To release the tension and to increase circulation in your neck.

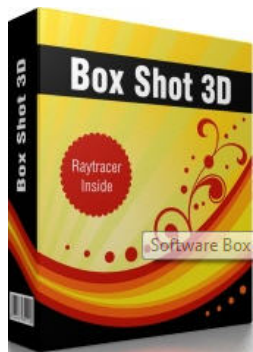
- Stand with your feet hip-width apart from each other.
- Put your arms at your side
- Keep your chin facing forward and level
- As you inhale you should bring your right arm up and over your head.
- Gently grip the left side of your head.
- Move your head toward the right side of your body and gently stretch the left side of your neck.
- Return to the starting position.
- Repeat this several times.

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- Do the same using the opposite side of your body.



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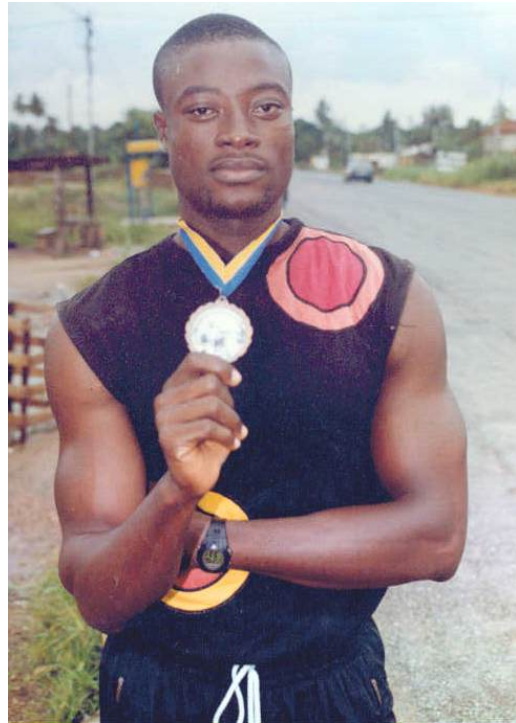


**Burned Children Need Our
Help**

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Van Nho World Wide Burned
Children's Fund**

At

[http://www.burnsurvivorsttw.org/
donations/donationschild.html](http://www.burnsurvivorsttw.org/donations/donationschild.html)



BSTTW POEMS

I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time 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/poemaker.html

Michael Appleman, CEO

Healing Our Lives

By: Michael Appleman

Healing Our Lives

Suffering a burn injury is tough
The pain is extremely rough

The time it takes to recovery and roar
Is until you are able to again soar

Ups and downs come during this difficult time
Never allow it to stop a dream of a happy sign

Why was I burned I ask so many days?
How could it happen in such terrible ways?

Will I reenter the community and become part of the
team?
That is if the community helps you reach your dream

With the support of your family and friends
The burns will heal and the immediate torture ends

Never give up on life
Live your life and do not strife

Time will tell how your recovery will be
So look for the happiness you will see

Michael Appleman

You can contact **BSTTW Support Team** by using our internet site at <http://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-647-2256 or toll free at 866-712-6164

BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

BSTTW has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at www.burnsurvivorsttw.org/eforms/emergemail.html or the **BSTTW Support Team E-Form** at www.burnsurvivorsttw.org/eforms/supportemail.html

To contact **BSTTW** by telephone by dialing 936-647-2256 or toll free at 866-712-6164. 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**
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Ariel Gonzalez: **Director- Mexico**
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Rhoda Perez: **Director – Philippines**
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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 **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" Fund**, **USA & Asian Burn Camp Funds**, **BSTTW Healing Weekend Fund**, and the **The Southeast Asia Fund**.

BSTTW COMMUNITY NEWS

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 \$25.00 or higher to a free copy of the **BSTTW Music CD**. To learn more about this you should go to www.burnsurvivorsttw.org/donations/donatecd.html or www.burnsurvivorsttw.org/donations/donations.html

Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

MAKE DONATIONS PAYABLE TO & MAIL TO:

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

DONATE ON LINE

To learn more about donating on line go to: www.burnsurvivorsttw.org/donations/donations.html

If you have any questions call us at 936-647-2256, toll free at 866-712-6164 or by email at: donations@burnsurvivorsttw.org

VOLUNTEERING YOUR TIME

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW Member** and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW 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 936-647-2256 or toll free at 866-712-6164.

PURCHASES

BSTTW has an online store where you can purchase Skin Care Products, Books, eBooks and Video Tapes. To learn more go to: www.burnsurvivorsttw.org/sales/sales.html

BSTTW also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to

www.burnsurvivorsttw.org/donations/donatecd.html

or

www.burnsurvivorsttw.org/donations/donations.html

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
16193 Lone Star Ranch Drive #102
Conroe, Texas 77302
(936) 647-2256
Toll Free: 866-712-6164
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