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# BSTTW COMMUNITY NEWS

Volume 9 Issue 2

April 2009

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## BSTTW REBUILDING LIVES

### BSTTW Board of Directors Secretary

By: Michael Appleman, CEO

**B**STTW is proud to announce that Julie Olinger has been offered and accepted the **BSTTW Board of Directors Secretary** position. Ms. Olinger is a burn survivor and has been the **BSTTW**



**Colorado Assistant Director** since 2005.



### A FAMILY AROUND THE WORLD

Ms. Olinger is the type of individual who has been offering her love, friendship and support to the burn survivor community for years after she recovered from suffering a burn injury. To learn more about Julie I suggest that you read the article Dryers and Diabetes Don't Mix in the **April 2009 BSTTW Community News**.

After a long discussion, the **BSTTW Board of Directors** felt that it would be best for **BSTTW** if Nguyen Cong Thien was replaced. Mr. Cong Thien was given a **BSTTW** laptop computer to use at our office in Viet Nam. Mr. Cong Thien was told that he would be

responsible for repairing the laptop since it was running in perfect order when it was given to him. Mr. Cong Thien did not do that. He again destroyed a **BSTTW** laptop and refused to repair it. Mr. Cong Thien told the **BSTTW** board of directors that they could pay to repair it and also pay to ship the laptop back to the USA but he will not take care of repairing the laptop. We also found out that Mr. Cong Thien was not doing what was needed for **BSTTW** and the burn survivor community in Viet Nam.

Mr. Appleman explained to Mr. Cong Thien his responsibility relating to the laptop and as a **BSTTW** representative in Viet Nam. It was also explained that **BSTTW** would have no choice



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but to inform his cousin Nguyen Thi Dieu Tran, the **BSTTW Vice President** that she would be responsible to either repair laptop or donate \$250 to BSTTW in order to cover the destroyed laptop. Ms. Dieu Tran respectfully donated the \$250 to **BSTTW**.

**BSTTW** is currently looking for a volunteer who would like to be a board of director. If you are interested contact Michael Appleman, CEO at 936-647-2256 or by email at [michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org).

### **Anxiety: A Relaxation Response**

By: Dr. Debra Moore

The Relaxation Response is a simple practice that once learned takes 10 to 20 minutes a day and can relieve the stress and tension that stands between you and a richer and healthier life. The technique was developed by Herbert Benson, M.D. at Harvard Medical School, tested extensively and written up in his book entitled, of all things, "the Relaxation Response".

I encourage you to set aside 10 or 20 minutes today and try it. The following is the technique taken word for word from his book. It is estimated that most Americans take in about 200 mg of caffeine daily.

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "ONE", silently to yourself. For example, breathe IN ... OUT, "ONE", - IN .. OUT, "ONE", etc. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm.

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When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened.

Do not stand up for a few minutes..

6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "ONE." With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

### **When Your Fears and Depression Have The Best Of You**

By: Stanley Popovich

What do you do when your fears and depression are stronger than what you can handle? There are times that no matter what you do, your fears have the best of you. Here is a list of techniques and suggestions on what to do when this happens.

The first step is to learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. 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.

When a person is feeling depressed, he or she 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 they take for granted. The next time you feel depressed, review your list

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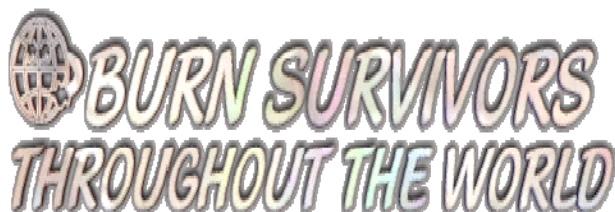
and think about the good things that you have in your life.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location. Changing your thinking can help you manage your fears.

Remember that there is one power that is stronger than your fears and depression and that is the power of God. Be persistent and be open in the avenues that God may provide to you in solving your problem. It is not always easy, however God is in control and he will help you if you ask him.

If you decide to use the services of a professional, get into the habit of reviewing with your counselor what techniques work for you and which ones don't. Dealing with your fears takes practice so use this situation as a learning experience in improving your skill sets. In every anxiety-related situation you experience, begin to learn what works and what doesn't work in managing your fears and anxieties.

It is not easy to deal with all of our fears, however there are all kinds of help available. The key is to be patient and not to give up. In time, you will be able to find those resources

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that will help you with your problems.

### **With Absolute Perfection Pigments, The Switch Is Simple!**

By: Susan Church

Changing to a new line of permanent cosmetic pigments can be an uncertain process. After all, you already know how your current brand blends, applies and heals. However, what if the product you've been using isn't the best one out there?

As an acclaimed pioneer in the permanent cosmetics industry for over 18 years, the International Institute of Permanent Cosmetics presents a revolutionary alternative in permanent cosmetic pigments: Absolute Perfection Pigment. Absolute Perfection's top-class formula produces a pigment that is rich and creamy not watery like most other brands allowing you to use less of the product in each application while obtaining better results and keeping money in your pocket!

Its higher viscosity also creates a better quality, longer lasting look, which translates into happy and satisfied customers. Other brands carry pigments that claim to be twice as thick as traditional ones, but they also charge twice as much for their oz bottles. With Absolute Perfection's 1 oz bottles, you'll be getting more volume of a creamier, high-quality product for the same cost as the other brands runny, watery pigments.

Each bottle of IIPC's Absolute Perfection Pigment :

- Clearly displays an accurate lot number and expiration date on its label.
- Is strictly for professional use only.
- Is hermetically sealed for increased safety assurance.
- Has an available Material Safety Data Sheet gladly provided upon request.
- Is produced from oxides or FDC colors, glycerine, alcohol and distilled water.
- Is visibly coded C for cool undertone or W for warm undertone, taking the guesswork out of which color to use for optimum results.
- Contains a mixing pellet to properly blend the ingredients upon shaking prior to use.

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Still apprehensive about switching? The International Institute of Permanent Cosmetics wants to ease your fears once and for all. For a limited time, the Absolute Perfection 21 Color Kit is being offered in a special combination package with a comprehensive Skin Undertone Chart. The Undertone Chart includes a color sheet complete with a laminated sample of each of Absolute Perfections 21 pigment colors and four different skin undertone sleeves.

Determine your clients skin undertone, then slide the color sheet or your custom blended color into the appropriate undertone sleeve pink, yellow, blue or olive to see how each of the pigments may appear once inserted into their skin. After the Undertone Chart is used to determine the appropriate pigment color, make sure to perform a color patch test on your client before their requested procedure you can learn more about the process by clicking [here](#). IIPC also provides a 25-page downloadable Pigment Colour Guide, complete with suggested color combinations, tips on pigment correction, detailed descriptions of Absolute Perfection pigments, and much more

In addition to the reassurance and accuracy provided by the Skin Undertone Chart and Pigment Colour Guide, the International Institute of Permanent Cosmetics has industry-leading customer service representatives on hand to answer any questions you may have about the blending, application or outcome of Absolute Perfection. For over 18 years, IIPC's pigments have consistently exceeded the safety directives of any industry-recognized organization and continue to set the bar for other brands. The certainty provided by a tried and true quality product backed by over 18 years of safety excellence sets Absolute

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Perfection far above the rest.

This unbelievable offer includes IIPC's Absolute Perfection 21 Color Kit, complete with 21 - oz bottles of each color and the comprehensive Skin Undertone Chart. The normal retail price for both of these high-end products is \$161.98. However, make the switch today and the International Institute of Permanent Cosmetics will give you the special price of just \$89.99 that's over 44% in savings! This fabulous deal ends soon, so buy with confidence and call 800.282.0557 or visit our website. When ordering online, make sure to you receive your discount by entering the product code 21NEW. Why not switch to Absolute Perfection? After all, isn't that the ultimate goal?

**Dryers and Diabetes Don't Mix**

By: Julie Olinger

On August 11, 2003, I became a burn survivor. In 1962, at the age of 7, I was diagnosed with type 1 diabetes. As a diabetic I had to make sure I ate properly and made sure all of my wounds were looked at and taken care of properly in order to lower the risk of infection.

My burn story starts when I had a hypoglycemic (low blood sugar) reaction while blow drying my hair. I passed out for at least a half hour and awoke to the sound of the blow dryer still blowing. Why the blow dryer didn't overheat and turn off we have no clue, but I am so thankful that no fire began from the heat of the blow dryer on the carpet. Because I rolled in front of and on the dryer I had 3rd degree burns on my right and left shoulder, neck, back of my ear, arm, chest and some of my back. When I came to I pulled the cord from the wall and went in to my bedroom knowing I didn't feel good so I ate some glucose tabs to bring my sugar level up. I went back to the bathroom and saw how I looked in the mirror (huge blisters covered all the burned areas) so I called my son to see. I packed a bag and my son took me to his father's office. My husband drove me to the hospital where I went into shock. I was transferred from Lutheran

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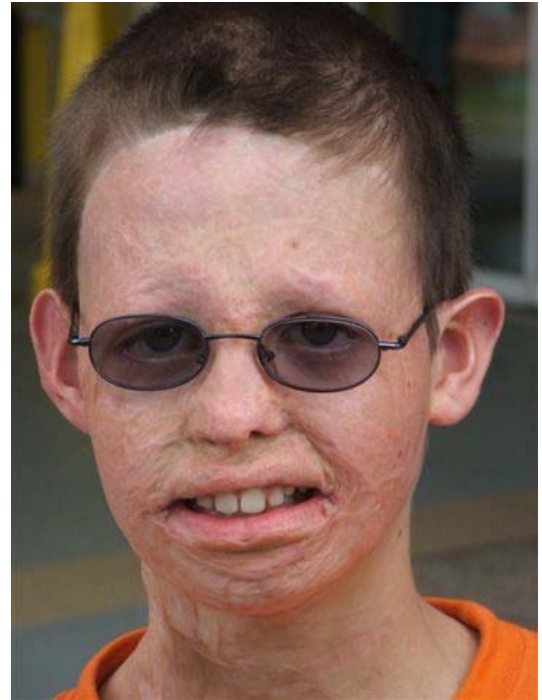
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Hospital emergency room via ambulance to the University of Colorado Hospital Burn Unit. I had grafts done using skin from both thighs 4 days after I burned myself. It is common for grafts on patients with diabetes to heal at half the rate of people without diabetes, but because my sugars were well controlled I was able to heal much better than the doctor expected. I wore pressure garments for 2 years and am a firm believer that these garments are well worth the discomfort to be able to heal more smoothly.

My husband has been a huge support for me even though he is busy running his business. My son left for his first year at college and my daughter was also in college at the time so they were not available to help out. My mother in law moved in with us to provide transport and help around the house right after I got home from the hospital. It was very important for me to learn to do things for myself to get my life back. All burn survivors learn early on that it is very frustrating and a slow process. After a burn, it is one day at a time, one step at a time with God's and our families and friends help to feel good about life. I know my burn made me a much better person in this world, and has provided the opportunity to meet people from the burn survivor community.

I am the Colorado representative for **Burn Survivors Throughout the World**. I have also been honored to be asked to take on the job of secretary with **Burn Survivors Throughout the World**, which I accepted. I also am very involved in my community with the University of Colorado burn unit. In January 2009 I talked to the press about being a burn survivor. I also served on a panel of burn survivors for University of Colorado psychology students to learn about taking care of burn survivor patients. Our local burn support group meets monthly at the University of Colorado Hospital to support all burn survivors as well as their families.





Proud participant in the  
Combined Federal Campaign



### 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](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*

### **Burn Survivor Stories**

By: Michael Appleman

So many of us suffered a burn  
All our lives took a rough turn

We never expected it to happen to us  
Life became a painful fuss

The ups and downs for all to see  
We felt that we would never be free

The family stood by us with love and pain  
They all prayed for the burn victim to remain

The surgeries and medications they gave  
Soon I became the drugs slave

Rehab was not an easy job  
Our rehab specialist pushed like the mob

The recovery is a long process for all  
Everyone suffered from at least one hard fall

*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](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 936-647-2256 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 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)

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto:ariel@burnsurvivorsttw.org)

Julie Olinger: **Assistant Director – Colorado**  
[julie@burnsurvivorsttw.org](mailto:julie@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 **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" fund**, **USA & Asian Burn**

## **BSTTW COMMUNITY NEWS**

**Camp funds, BSTTW Healing Weekend Fund, and the World Burn Congress 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 \$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 936-647-2256, toll free at 866-712-6164 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 936-647-2256 or toll free at 866-712-6164.

### **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) 647-2256  
Toll Free: 866-712-6164  
Fax: (319) 856-5359

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)