
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

Service Dogs

By: Michael Appleman, CEO

Service dogs can help individuals who suffered a burn injury. Many burn survivors suffer from physical and/or emotional trauma. The aid of a service dog can allow the individual to find the assistance they needed to rebuild their lives. There have been many different breeds and sizes of dogs that have been trained to offer the support needed to individuals.



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

IT IS A NEW BEGINNING....

NEVER GIVE UP HOPE.....

SUPPORT BSTTW...

A FAMILY AROUND THE WORLD

using or having body parts, musculoskeletal issues, neurological issues, reproductive issues, respiratory issues, skin issues, special sense organs issues, unable to speak and unable to hear.

Examples of Physical Impairment

Service dogs have been used to help people in a variety of ways. Below are examples of physical impairments that service dogs have been trained to offer assistance to individuals:

- AIDS
- Alcoholism
- Asthma
- Anxiety
- Blindness/Visual Impairments
- Cancer
- Cerebral Palsy
- Depression
- Diabetes

Qualifying For a Service Dog

In order to use a service dog in public you must legally qualify. It is essential that an individual suffers from medical issues, physical impairment or severe psychiatric problems. These issues must considerably limit the individual ability to perform at least one major activity without aid. There are no limits with respect to the kind of impairments/disabilities to qualify for a service dog.

Physical Impairments

Types of physical impairments that people suffer from and use service dogs are: cardiovascular issues, circulatory issues, digestive issues, disfigurements, endocrine issues, genitourinary issues, hemic issues, immune issues, lymphatic issues, loss of affecting a body system, loss of

- Epilepsy
- Hearing
- Heart Disease
- Migraine Headaches
- Multiple Sclerosis

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- Muscular Dystrophy
- Orthopedic
- Paralysis
- Pregnancy Complications
- Thyroid Gland Disorders
- Loss of body parts
- Speech

What is Not an Impairment?

Certain non-chronic impairments that last for a short duration or no residual effects usually are not looked at as a disability. Environmental conditions and alternative lifestyles are not protected. An individual who is using illegal drugs is not considered as an individual with a disability.

Examples of Not Impairment Issues

- Bisexuality
- Broken Bone that will heal
- Common Cold
- Compulsive Gambling
- Flu
- Homosexuality
- Lack of Education
- Minor Non-Chronic Gastrointestinal Disorders
- Old Age
- Poor Judgement
- Pregnancy
- Sprained Joint
- Transvestite

You do not need a doctor's letter in order to qualify for a service dog. If you are challenged by the authorities, individual, company or the police you will have to show proof that you are disabled need a service dog and the dog is trained to help you.



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Training A Service Dog

Most service dogs are trained professionally by either nonprofit organizations or private companies. A possible service dog usually lives with the trainer for up to 2 years before it is offered to the individual who the dog will offer its love and services to. Some nonprofit organizations offer free dogs and others request that the individual purchases the dog that will be trained.

Flying With A Service Dog

If you have a service dog, you are allowed to travel, in the USA, with you service dog. The dog is allowed to travel in the cabin. You should not be charged. The dog must be able to control itself emotionally and physically on the plane. Your service dog must be able to remain quiet on the floor in between your feet. If your service dog is too large, the dog does not remain quiet and calm or the plane is overcrowded, the airline has the right to request that the dog travels in a crate.

Housing and your Service Dog

You have the right to keep your service dog with you in all apartments, condominiums, homes, hotels, town homes and other communities in the USA. If the community you live in or are moving to has a size limit or the type of dog that is allowed to live in the community, you have the right to inform them that a service dog no matter what size or type of dog is allowed to live there legally.

Areas Service Dogs Are Allowed

Service dogs are legally allowed in all public places. An individual with a service dog is legally protected to travel with his/he service dog in the following places.

- **Food or Drink Establishments:** Bars, Restaurants, Fast Food, etc.

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- **Places of Education:** An Elementary, Secondary, Undergraduate, Postgraduate Public or Private Schools, Nursery or Pre-School.
- **Places of Establishment:** A Concert Hall, Movie House, Theater or a Stadium.
- **Places of Exercise or Recreation:** Bowling alleys, Golf course, Gyms, Health Spas, etc.
- **Places of Lodging:** A Hotel, Inn and Motel.
- **Places of Public Display:** A Gallery, Library and a Museum.
- **Places of Recreation:** Amusement or Public Park and a Zoo.
- **Sales or Rental Establishments:** A Bakery, Book Store, Car Rentals, Clothing Store, Grocery Store, Hardware Store, Jewelry Store, Pet Store, Shopping Center and Video Store.
- **Service Establishments:** A Bank, Barber Shop, Doctors or Lawyers Office, Dry-Cleaner or Laundromat, Funeral, Gas Station, Hospital, Nail Spa or Travel Service,
- **Social Service Center:** Adoption Agency, Day Care Center and a Homeless Shelter.
- **Stations for Public Transportation:** An Airport, Bus Station, a Depot, A Terminal or a Train Station.

All service dogs are trained to offer help in many different tasks. They have been taught to remember the routine, walk in a straight line, go around obstacles and then continue in a straight line, never turn a corner unless commanded to, judge height and width of doors and openings, always stop at each curb, take traffic into consideration and only continue after being commanded, pay attention to the owner's medical and emotional issues. Service dogs have also been seen to keep track of the owners scent. Many times our bodies offer a different scent with we do not feel well both emotionally and medically.

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How to React to a Service Dog

Many service dogs are able to respond to people and others are only allowed to pay attention to their owner. It is best to either continue what you were doing or ask the owner if it is ok to pet and/or speak to the dog. Never command the service dog, unless there is a medical or emotional problem with the owner and you need to offer assistance. Try not to walk along side the owner and service dog. This can distract the service dog. Never offer the service dog a snack. Always ask the owner, if the owner says yes, offer the snack to the owner.

Should I Register My Service Dog?

Registering your service dog is voluntary. As of January 31, 2017 there are no current State or Federal Laws in the USA relating to registering a service dog. It has been suggested that by registering your service dog you are not only making the dog look official. You are also eliminating all aggravations and conflicts you may encounter in public. You can register your service dog with the National Service Animal Registry (NSAR), <http://www.nsarco.com>. Many of the NSAR Staff are disabled and have service dogs. They understand your situation and can help you with any questions or problems you have registering your service dog.

Fight the Cold and Flu

By: Michael Appleman, CEO

Preventing a cold and the flu can give you the jump on catching it. During recovery and for several years after a burn survivor can be susceptible to catching both the cold and the flu. During recovery when a



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burn survivor suffers from either the cold or the flu a burn survivor is weaker and can find it harder to fight both. Below are different ways you can protect yourself.

Increase your immune system can help prevent and fight a cold and the flu. Remember to wash your hands often in order to control the germs we are around daily. Next try to stay away from individuals who seem to be sick. You should avoid touching your eyes, mouth and nose. That can help stop germs from spreading.

Treat any cold or flu symptoms as soon as possible. It is very important that you not to disregard the symptoms. By doing so you have a good chance to lessen the length or severity of a cold or the flu.

If you eat all meals you will allow your body to have the strength to combat the bug. Drink fruit juice, eat a piece of fruit if you do not have the time or ability to sit down and eat a meal.

You should see your doctor if the flu lasts for more than one week, your symptoms become worse, you have a fever higher than 101 degrees, you have been vomiting or you have had diarrhea for more than six hours.

Exercise and Relax Using Tai Chi

By: Michael Appleman, CEO

The more you use Tai Chi the better you will get. You will need to do Tai Chi two or three times a week for at least six months in order to receive the complete health benefits. It has been suggested that on the days you do not have a class you should exercise at home for 15 to 20 minutes a day.

Prepare to exercise and relax using Tai Chi by using proper breathing and centering of your body parts. A large part of preparing and using Tai Chi is to have a firm grip on your mind. You need to clear your thoughts and feelings, focus

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your chi and tap into your potential. You will need to start with correct breathing.

Next you should put your feet apart. They should remain no further than width between your shoulders. Place your hand on your lower abdomen. It should be approximately 2 inches below your navel. Now you can push in lightly. Breathe in and out slowly through your nose. Keep your lips loosely together. Remember to breathe from your abdomen. If you cannot feel your abdomen moving, push in with your hand a little more.

Focus on all parts of your body at a time. When you are comfortable and your breathing feels normal begin to concentrate on one part of your body at a time. An important concept of tai chi is "Rooting." Try to imagine that you have roots growing from the bottom of your feet. You are becoming part of the ground. Learning how to not misplace your balance, focus or you're centering. Try to feel your limbs swaying like divisions in the wind. Do not hesitate for fear or apprehension. You are now rooted.

During the beginning of your Tai Chi practice you might be sore and find that you can feel awkward. Each posture that you are taught needs to be practiced. Every time you practice the new Tai Chi postures you will become more flexible and increase agility.

Tai Chi has a few forms that your stations can take. Each style supports to a specific form. There is a medium frame style. This style is in between the two that will be discussed below. The 2 basic tai chi forms:



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- *Small frame style:* In this style (usually Wu or Hao versions) aren't very expansive. The actions in this style are smaller and there's less flexibility in general. The focus is on accurate inner energy to form precise actions and changes.
- *Large frame style:* The large frame style (Chen and Yang) contains low and high distances, more affected positions, and swinging arms. It emphasizes precise positioning of the body and alignment to channel energy.

Before you try the different Tai Chi styles you should become good at the basics. Once you become strong mentally and physically in Tai Chi you can try one of the 4 styles. Below is the basic information on the different Tai Chi styles:

- *The Chen Style:* The Chen style was started back in the 13th century by Chen Wangting. This style mixes up the tempo, going very slow and then being explosive. Chen involves health, external/internal martial art skills, aesthetics, meditation or as an athletic/competition sport (sometimes called "wushu tai chi"). It can be difficult for beginners.
- *The Yang Style:* Lang Lu'ch'an is the founder of The Yang Style. This is (solo) Form, as well as the energetic jumping, stamping, and other movements in order to emphasize the *Da jia* but retained them in the Weapons (sword, saber, staff and spear) forms. The Yang Style has slow, steady, expansive and soft movements suitable for general practitioners.
- *The Wu (Hao) Style:* Wu Chien-ch'uan was the co-founder of The Wu. In Wu, the actions are almost microscopic. This makes each movement easy to do. It does make it tough to master. The Wu

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focuses on powerful flows of energy and inner, pressured movements. The movements are very slow and deliberate.

- *The Sun Style:* Sun Lu T'ang founded The Sun. Sun was a master in the two martial arts: xingyiquan and banuazhang before he began to teach The Sun Style. The Sun-style ranks fourth in popularity and fifth in terms of seniority among the five styles. The Sun-style is considered to be part of the umbrella of the Sun style internal martial arts development by Sun Lu T'ang.
- *The Woo Style:* Woo style is not very widely used. It will be difficult to find a teacher that practices the Woo Style.

Listening to your body is a very important part of Tai Chi. If the movements feel uncomfortable and/or painful you might want to ease up. Also if you feel dizzy, short of breath or suffer from headaches you should stop and speak to your doctor.

Tai Chi is a safe exercise for almost anyone. As a burn survivor if you are suffering from limited mobility or suffer from medical conditions you will have to speak to the master instructor about making adjustments. You will be able to modify positions that will work balance limitations, chronic pain, injuries and joint swelling.

If you try out Tai Chi let us know how it works for you.



Fire Safety Statistics

By: Michael Appleman

The United States Fire Administration (USFA) accumulates statistics from a variety of bases to deliver material and studies on the position and scope of the fire problem in the United States. Armed with this data, the fire service can use it to:

- Increase awareness
- Create the baseline needed in order to evaluate programs.
- Set urgencies
- Inspire corrective actions.
- Aim at starting public education programs.

In 2014 the number of fires, deaths and injuries in the United States dropped. We had 1,298,000 fires. That was 22.7% lower than in 2005. There were 3,275 deaths. That is 11.7% lower than in 2005. We had 15,775 injuries in 2005. That was 7.9% lower than in 2005. The financial loss in 2015 was 11.6 billion dollars. That was 21.0% lower than the financial loss in 2005.

Every day, at least one child dies due to a home fire and 293 children suffer a burn injury. Statistics show that ninety percent of all fire-related deaths are due to home fires. Home fires usually spread quickly. Families usually have up to two minutes to escape their home, after an alarm sounds.

According to the National Fire Protection Association (NFPA), on the average two of every five home fires start in the kitchen. Residential home fires average between 5:00pm and 7:00pm. That time is usually when the family member is preparing dinner. Though fire occurrences drop when people are asleep, deaths are at their maximum late at night and in the early morning hours. Over half of

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residential fire deaths happen in fires that start between 11:00pm and 7:00am. The peak night hours are between 2:00am to 5:00am. Most people are in a deep sleep. Sixty-two percent of reported home fire deaths result from fires in a home with no smoke alarms or their smoke alarms are not working.

Burn Survivors Emotional Pain

By: Michael Appleman

It has been seen that most burn survivors who suffer 2nd, 3rd and 4th degree burns suffer from emotional issues. Many burn survivors go through anger, anxiety, concentration issues, depression, difficulty sleeping, helplessness, hopelessness and irritability, low energy and problems relaxing your mind and body. For anyone it can be difficult to deal with a major burn injury, the pain, major life changes and having to depend on others to do things for you. A burn survivor can also feel alone since everyone around them did not suffer a burn injury.

During the recovery period in a burn unit, hospital and at home a burn survivor must live with pain, medical treatment, medications, surgeries and having to listen to the doctors and nurses. This can create a great deal of anger and emotional pain. A family member or the burn survivor should contact **BSTTW** and request our support. A **BSTTW** representative would be very happy to speak with both the burn survivor and family members, if possible meet with them face to face and offer advice and friendship.

While in the burn unit and at home a burn survivor can suffer from loss of individuality, loss of family and friends, intimate relationship issues, pain, physical and limitations, Post-Traumatic Stress Disorder (PTSD), physical discomfort, their physical appearance and worries about the future.

Emotional distress can interfere with the way your mind works and the ways your body functions. You can suffer from poor memory

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and short term attention span. Psychological issues can cause us difficulties during our recovery. Some of those difficulties can be sleep issues, problems with your daily interests and pleasures, not wanting to go to rehabilitation therapy and wound care, increase pain and itching and having difficulties communicating with family members, friends and burn survivors.

Treatment

The first step in recovering from the emotional stress is to speak with your doctor about the issues you are going through. You might be given medication(s) that can help some but not all of your issues. Next it would help to meet with a psychiatrist, psychologist, mental health counselor or social worker. You might want to contact a nonprofit organization for the burn survivor community like **BSTTW**, take part in the **BSTTW Weekly Chat**, <http://www.burnsurvivorsttw.org/list/chatlist.html>, contact and meet with a **BSTTW Support Team Member**, http://www.burnsurvivorsttw.org/eforms/support_email.html online, by telephone and/or face to face. You should try to exercise, be active, eat properly and get sufficient sleep.

When you feel down it is very important to speak with a family member, the therapist or a burn survivor. Many burn survivors can not only understand what you are going through. He/she can offer you suggestions and talk to you about he/she worked through the same or similar emotional issues.

It is important for you to keep a positive attitude and get involved in the burn survivor community. You can become a **BSTTW Volunteer** by filling out and submitting the **BSTTW Volunteer Eform** at <http://www.burnsurvivorsttw.org/volunteer/volunteer.html>.





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Burned Children Need Your Help

Donate to the
BSTTW World Wide Burned
Children's Fund

At

<http://www.burnsurvivorsttw.org/donations/donationschild.html>





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 Services
- Tattoo Services
- Using A Credit Card

Donate To BSTTW

Donate On Line Using Any of the Following:



In 2014 1,298,000 burn injuries occurred in the United States. Worldwide every thirty seconds a burn injury occurs in every country around the world. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and need so many of them contact **Burn Survivors Throughout The World, Inc.**, known from this point on as **BSTTW**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

In order to continue our work that is needed to rebuild the lives of the current and future burn survivor and offer assistance to their family members, **BSTTW** is in need of finances, medications, medical supplies, automobiles, furniture, televisions, homes, land, clothes, stereo equipment and more.

If **Burn Survivors Throughout The World, Inc.** can receive a new or an excellent working used automobile and automobile insurance to our Texas Office the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehab appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-483-9014.

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

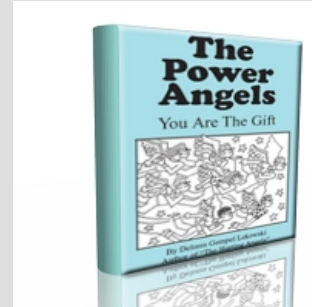
*NEVER GIVE UP, NEVER GIVE IN, NEVER
QUIT...life IS TOO PRECIOUS*

*BURN SURVIVORS HELPING BURN
SURVIVORS...THIS IS WHAT IT IS
ALL ABOUT!*

"Dwight Lunkley"

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

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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

Love and Life

By: Michael Appleman

Life is given to us the day we are born
Our family teaches us to be strong

Living after a burn injury is hard
So many of us reach out to God

Feeling alone is rough
Needing others is not enough

Looking for love is the way
Will the individual see me and stay?

Michael Appleman

You can contact **BSTTW Support Team** by using our internet site at http://www.burnsurvivorsttw.org/eforms/support_email.html or by telephone 936-483-9014

BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

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

To contact **BSTTW** by telephone by dialing 936-483-9014. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

BSTTW Directors

Michael Appleman: **Executive Director**
michael@burnsurvivorsttw.org

Pham Ngoc Tuyen: **Director – Viet Nam**
tuyen@burnsurvivorsttw.org

DONATIONS

As a 501 (c)(3) Non-Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW General Fund**, the **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds**, and **The Asian Fund**.

Your donations will help **BSTTW** to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the

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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 936-483-9014 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 936-483-9014.

PURCHASES

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

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/donatedcd.html
or

www.burnsurvivorsttw.org/donations/donations.html

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
16193 Lone Star Ranch Drive #102
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(936) 483-9014
Fax: (936) 570-1179

Feel free to contact **BSTTW** if you have any questions and/or comments by using the **BSTTW Comment & Question E-Form** at: www.burnsurvivorsttw.org/eforms/emailform.html

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BSTTW Online Shop

Donate to **BSTTW** by purchasing the **BSTTW E-Books**, **BSTTW Music CD** and Donate to **BSTTW** by going to the **BSTTW Online Shop** at

www.burnsurvivorsttw.org/bsttwshop/index.php

