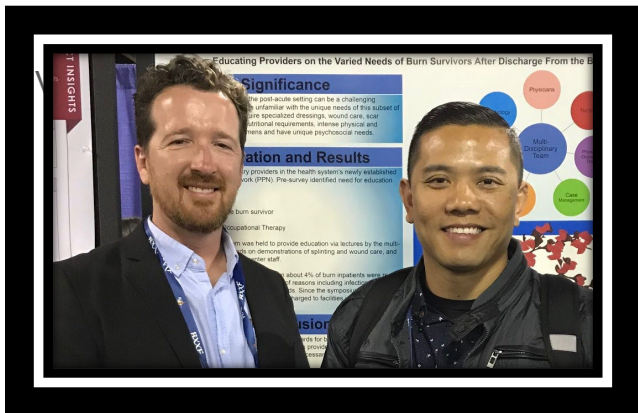


UC SAN DIEGO REGIONAL BURN CENTER

UC San Diego Health

MEET THE BURN CENTER STAFF

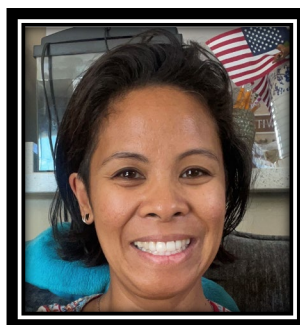
The UC San Diego Regional Burn Center team of experts include specialists in plastic and reconstructive surgery, nutrition, social work, psychology, pain management, child life care, and physical and occupational therapy.

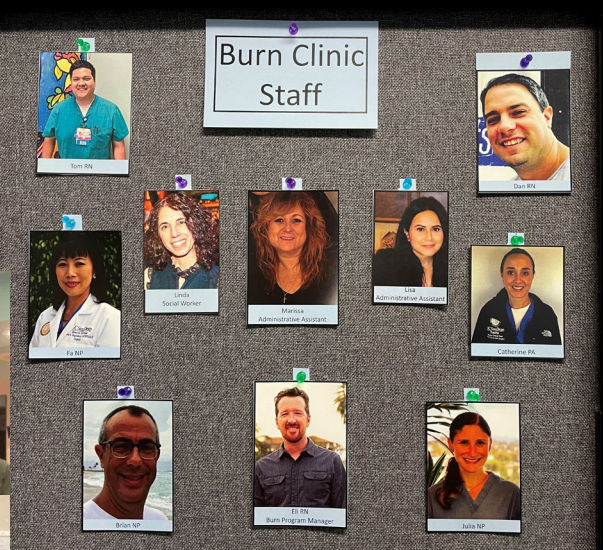


Above: Eli Strait, Burn Program Manager, Jeremy Cabrera, Nurse Manager

Middle: Emily Beckwith, Burn Assistant Manager, Ann Malo, Assistant Nurse Manager

Right: Psychologist, Dr. Arpi Minassian





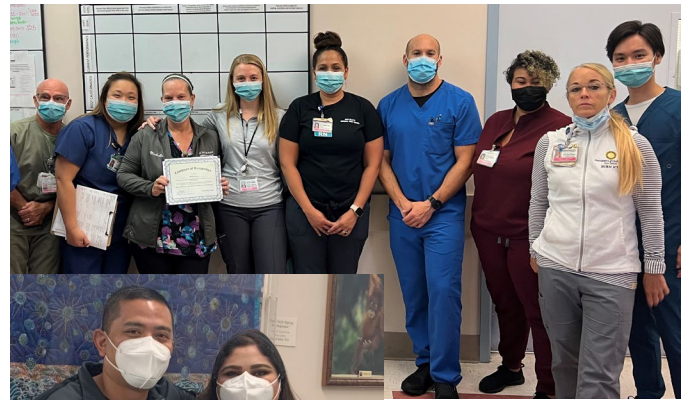
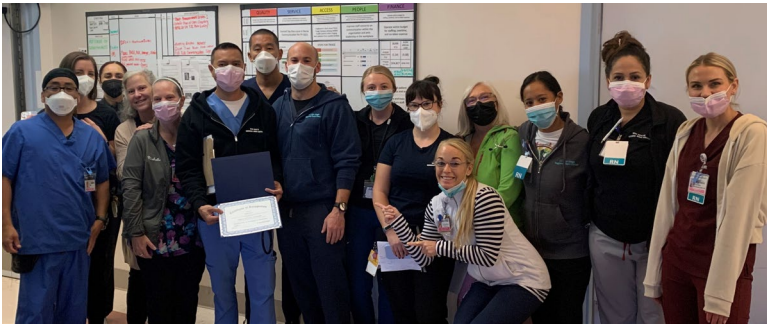


Recognizing Our Amazing Staff!

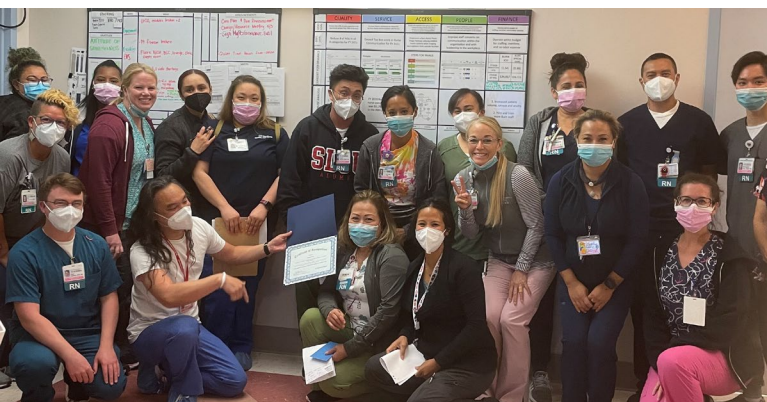
Left: Vu Nguyen, recipient, Excellence In Healthcare Award, at the Burn Institute Spirit of Courage awards ceremony, May 2022

Below left: Dan Brown, Daisy Award Honoree, August 2022

Just a few of our 2021-2022 Employees of the Quarter (clockwise): Karyn Henderson, Derrick Jacinto, Michelle Quiñones, Marissa Johnston, Cindy Ford, Amanda Alarcon, Gemma Sumacourt



Below: The burn unit is UC San Diego Health's 1st recipient of the "Leading the Way In Infection Prevention" award! Presented Oct 2022



Holiday Toy Drive

For UC San Diego Health Burn Center
Child Life Program

The Child Life Program at UC San Diego Health provides psychosocial support to our pediatric burn and trauma patients and their families. We run entirely on donations. Your donation helps us carry out the mission of making the hospital experience a little bit easier for the children and families we serve!

Items that are always in need:

- Boys' toys (action figures, etc)
- Legos for boys and girls
- Developmental learning toys
- Infant/Toddler toys/activities
- Disney themed items of all kinds
- Amazon gift cards

NOTE: All donations must be new and unwrapped. At this time, we are not in need of Barbies, crayons, or Play-Doh.

TO MAKE A MONETARY DONATION, PLEASE CONTACT
KATHRYN HAMELIN
KHAMELIN@HEALTH.UCSD.EDU | (619) 471-9458

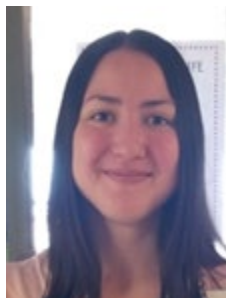


Our Amazon Wishlist!

Child Life Specialist Team:

Left: Alyssa Garcia & Kate Hamelin

Below: Victoria Heredia, Sabrina Suarez



UPCOMING EVENTS

UC San Diego Health:

Holiday Toy Drive

Help our amazing Child-Life program by donating new, unwrapped toys or making a monetary donation- *See flyer (left).

Burn Institute:

Support group meetings

Men's group

Nov 9, 2022 6:30pm
online
Zoom: 858-541-2277
Passcode: 92123

Women's group

Nov 17, 2022 6:30pm
online
Zoom: 844-9782
Passcode: 92123

Holiday All Support Group Meeting

In person
Dec 14, 2022 6:30pm
8825 Aero Drive, #200 SD 92123

Adult Burn Survivor Retreat

San Diego
Nov 12-13, 2022
*See pg 5 of newsletter

BI Holiday Party

San Diego- Dec 3, 2022
Imperial- Dec 10, 2022
*See pg 5 of newsletter

Burn
Institute
Upcoming
Events



Adult Burn Survivor Weekend Getaway



Saturday, November 12

8:30 AM to 7:00 PM

Island Palms Hotel

Retreat Focus:

Emotional & Physical Wellbeing of Burn Survivors

- Building Intimacy as a Survivor
- Eating & Feeling: How it's Related
- Recovery Fatigue
- Laugh Therapy
- Open Mic

Register here

<https://burninstitute.org/event/getaway/>

Also Includes:

- Chair massages
- Art therapy
- Lunch and Dinner

Registration Deadline is October 28, 2022

Learn more online at burninstitute.org
The Burn Institute is a local non-profit serving San Diego for 50 years.

BURN SURVIVOR HOLIDAY PARTY

Saturday, December 3

Fire Station 45

9366 Friars Rd. San Diego 92108

11am - 1pm



RSVP Required

<https://burninstitute.org/event/holiday-party-sd>



The Holidays are coming...



Thanksgiving & Christmas bring lots of joy. They are also the two days of the year with the highest number of home cooking fires...Be careful & celebrate safely!



Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

UC San Diego Health



Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- ! More than **one-third** of home decoration fires are started by candles.
- ! More than **two of every five** decoration fires happen because decorations are placed too close to a heat source.




NATIONAL FIRE PROTECTION ASSOCIATION
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UC San Diego Health

Stay tuned for our next burn center newsletter coming January 2023!