

Aftercare News

The Newsletter of the Aftercare Programs at the NC Jaycee Burn Center



UNC
NORTH CAROLINA
JAYCEE BURN CENTER

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Welcome to the newest edition of the North Carolina Jaycee Burn Center Aftercare Newsletter! Aftercare Programs are available to anyone who has suffered a burn injury. We wanted to put together a newsletter to help keep you informed about upcoming events and relevant issues for the burn community.

Survivors of burn trauma need to know there is hope; they are not alone. The North Carolina Jaycee Burn Center is here to provide professional aftercare programs that offer support for patients, families, friends and community members throughout the recovery process. Whether through information, individual interaction, camps, reunions, retreats, regional events, or conferences, the Burn Team continues to offer a variety of ways to provide aftercare support to everyone.

Aftercare encompasses meeting the emotional and psychosocial needs of the patients and their families as well as educating them about what to expect along this extensive road of recovery. Most importantly, it offers opportunities and tools necessary to heal and to make the most positive transition from burn victim to burn survivor. In all the reviewed research studies, peer support is rated the most important factor in psychological recovery from burn trauma. Our programs target putting survivors in contact with peers and developing long term social support for recovery.

Camp Celebrate

Camp Celebrate is perhaps the best well known of all the Burn Center's Aftercare Programs. This year we celebrated the 35th Anniversary of Camp Celebrate. The story behind camp began with a vision that resulted in the creation of the first camp for pediatric burn survivors in the United States. In 1982, recreation therapist Deb Rosenstein (dr. deb) attempted to get a few former burn center patients into traditional summer camps. Many camps turned them away, afraid they could not meet their needs. One camp, however, finally offered the burn survivors the opportunity to attend their camp on the condition that Rosenstein accompany them. So she did. And out of that experience, the idea for Camp Celebrate was born. Read the full story here: <https://news.unhealthcare.org/news/2017/june/camp-celebrate-play-with-a-purpose>



This year 63 campers, ages 7-15 were in attendance. Most were treated at the North Carolina Jaycee Burn Center, though the camp is open to all pediatric burn survivors. During the weekend camp, participants take part in regular camp activities and make friends, overcome fears, and gain confidence. Perhaps most importantly, they meet other kids and counselors who truly know what it's like to have survived a burn injury. One teenager after her first year

at Camp Celebrate reported to her grandmother that "she feels totally comfortable and herself when she is there." She said, "it's a kind of a relaxing feel or I am not holding my breath feel, you know what I mean?" Grandma understood, and promptly signed her up for teen camp!



Campers also bonded tightly with the 15 Counselors in Training (CIT's) who joined us, teens ages 16-18 who learn leadership skills and lend support to the younger campers. Most CIT's were former campers, and have dedicated mentors to help them get the most out of their camp experience as they shift from camper to counselor.



Camp Celebrate receives amazing support from the Firefighters' Burned Children Fund, and firefighters across the state. One consistent highlight is the annual Fire Truck Parade, where a line up of over 30 firetrucks help campers arrive at camp in style.

Camp Celebrate happens in May every year, please let us know if you would like to get involved! Save the date: May 18-20, 2018

UPCOMING EVENTS

Teen Adventure Weekend - August 4 - 6th
Lake Junaluska

Family Camp - September 15-17th
Camp Kanata - Wake Forest, NC

Celebration of Life Adult Reunion - November 11th
Friday Center - Chapel Hill, NC

Call (919) 962-8427 for more information!

Adult Burn Survivor Reunion

The reunion is an annual day gathering in the fall for survivors, their family members, NC Fire personnel, community supporters, UNC staff members and other guests from North Carolina and the Southeast region of the country. The day's program is designed to bring inspiration and hope through sharing formal presentations and opportunity for those in attendance to share their stories one on one. Activities throughout the day include adults and their children in events that will allow them to network and connect with the resources available for coping with life after the burn injury. Support group sessions are offered as well as informal support throughout the day. Music, Food, and Fellowship are all part of this structured day program. Please come and "Celebrate" with us on **November 11th!**

Adult Retreat

The adult retreat is an annual week-end event that is hosted at a local retreat center. The retreat offers an opportunity for you to meet other survivors and families to talk together and find out how others are coping with their new life after a burn injury. The retreat is an opportunity to receive resources/ideas from other survivors to re-enter your community, work place and new life.



Adult Retreat 2016

Family Camp

Family camp is open to pediatric burn survivors ages 7-18 and their families. Family camp provides a unique opportunity for families to connect. We know that burn injuries often affect the whole family, not just the child who experienced the burn. This camp provides siblings a chance to enjoy a camp experience, and for parents to be able to connect with other parents who know what it's like to take a child through the journey of burn care. This fun and supportive camp takes place at beautiful Camp Kanata. We would love to see you there! Please contact Michele if you have any questions.

Phoenix World Burn Congress

Phoenix World Burn Congress is an annual, international conference that brings together over 900 burn survivors, their families, caregivers, burn care professionals, and firefighters. This gathering will be taking place October 4-7, in Dallas, Tx. The North Carolina Jaycee Burn Center is happy to announce that we have limited scholarship funds available to help a young adult, between the ages of 13-21, attend this event. Please contact Anita Fields at (919) 962-8427 right away if you are interested in learning more about the scholarship or attending this supportive gathering of burn survivors.

SUN PROTECTION FOR BURN INJURIES

- ☒ Use sun screen lotion to protect your skin from the sun! Lotion is recommended over spray. It should be rated "SPF 50" or higher. "SPF 75" for face.
- ☒ Skin that has been burned must be protected from the sun for 1 year from the date of your injury
- ☒ Sun screen lotion prevents your new and sensitive skin from burning and tanning.
- ☒ If you get any sun on your skin during this year, it will change the color of your skin and forever be darker in those spots.
- ☒ **Use sun screen lotion every day**, regardless of what you will be doing that day. Make this a HABIT. Apply it before you apply your regular lotion.
- ☒ Put the sun screen lotion on all burned areas, including your ears and face if they were burned. The lotion you put on your face should be **"sweatproof" and "waterproof."**
- ☒ Clothing and compression garments DO NOT protect you from the sun's rays. There are companies that make sun protective lines of clothing, sometimes called "SPF clothing." These can protect your whole body from the sun without using sun screen lotion (except for your face).
- ☒ Sun screen lotion choices include these brands: Bull Frog, Native Tan, Hawaiian Tropic, Banana Boat, No Ad, Neutrogena, Coppertone Water Babies and more. Buy SPF 50 or higher (the higher the number, the better it protects).

Provided by Burn Center Occupational Therapy.

Burn Survivor on National TV

Kechi Okwuchi was one of only two survivors in a plane crash in 2005 that killed 107 people and she used music to help her heal. "Lying down in the hospital bed with bandages from head to foot. Music was my escape, that's why it means so much to me." "I was completely covered in burns but I had a pulse ... music was an escape, I sang every single day." See her inspiring performance on America's Got Talent here: <https://www.youtube.com/watch?v=iUP9lehOji0>

Survivor Spotlight

Do you remember where you spent the month of May when you were 5 years old?

For Lucas Moore that is easy, as he spent the month in the North Carolina Jaycee Burn Center ICU after being involved in a kitchen accident. It's been 10 years and over 40 surgeries later and the memories of that event are still with Lucas and his family. Rather than looking at the situation as a hurdle or problem though, Lucas has embraced his life and has found a way to give back to the community that saved his life.



Lucas Moore visits a patient at the NC Jaycee Burn Center in Chapel Hill. Moore was a patient at the center.

Lucas is now 15, and while many of his peers were out on dates or playing video games, Lucas set forth to earn the rank of Eagle Scout in the Boy Scouts of America. It wasn't a hard choice for him to decide where he wanted to focus his service project as he wanted a way to give back to the Burn Center that has given him so much. In talking with the director of the UNC Burn Aftercare program, Anita Fields, he discovered that on average, the center treats 500 pediatric burn patients per year.



Lucas Moore lays in a hospital bed with his mother, Heather, in May 2007 at the NC Jaycee Burn Center in Chapel Hill.

Lucas doesn't remember much of his stay at UNC, but the one thing that has stuck with him the most is the fact that he felt alone in the world. He couldn't imagine that there was anyone else that had ever gone through what he went through, or anyone that would understand what he was feeling. Lucas set out to make sure that any child coming into the burn unit over the next year would know that they were not alone, and there is a support network waiting for them to help them in the next stages of life and recovery.

Read the full story here: www.rockymounttelegram.com/Community/2017/05/15/Eagle-Scout-aids-Burn-Center-patients.html

Thoughts From a First Time Volunteer

While I myself am not a burn survivor, as an RN I have discovered great strength and enjoyment in taking care of burn patients on my respective hospital unit - 7CH. I have observed resilience of these patients but part of me had always postulated what became of my patients, what I knew of these patients after discharge that could aid my patients while still in the hospital setting, and how to better aid these individuals with tools and knowledge for self-image, empowerment, and the evolution of wounds.

Thus, it became a passion to get involved with Camp Celebrate for the first time this year. And what a life changing experience it was! From the Fire Truck Parade that carried the kids off to the campgrounds, to the camp songs and activities, to the rich traditions of the bridging campfire as a 15-year-old camper and opening of time capsules from times past, every little detail was so well-thought of and the magic was truly alive during that weekend. It was a gift to see my young campers, girls ages 7-8, light up when they would notice a fellow counselor's burn. They did not feel alone in their injury - the weekend normalized them.

Camp Celebrate is a place to make connections with fellow burn patients and to become community. Campers do not have to share their story; however, the environment created by counselors who were past burn survivors and staff knowledgeable of burns is conducive for talking it through. The weekend was so jam packed with adventure that these kids were cloaked with invincibility that they forgot about their injuries, their injuries that do not define them.

Camp Celebrate was hands down my favorite experience in 2017. I so look forward to coming back to camp for many years to come!

Contributed by Jacqueline Scott, RN on 7th floor NC Children's Hospital.

Contact Us

We recruit volunteers to assist us in all our programming needs and are always happy to talk with anyone interested in volunteering. If you would like more information about any of our Aftercare programs, or if there are ways that Aftercare can assist you, please contact us!

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