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

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

Child Life Specialist Team:

Left: Alyssa Garcia & Kate Hamelin
Below: Victoria Heredia, Sabrina Suarez
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:
Registration Deadline is October 28, 2022

- Chair massages
- Art therapy
- Lunch and Dinner

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!

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.
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.

**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.

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