

THE CBSC **newsletter**

FALL 2020



Welcome

Welcome to our eighth newsletter. The Canadian Burns Survivors Community (CBSC) is a community of burn survivors, firefighters, burn unit staff member and advisors who have come together to offer support and education to any person or people that have been affected by the trauma of burns. We have been working since 2007 to offer support to burn survivors and family members of

survivors in a variety of ways. Our main work is to ensure that biennial conferences for burn survivors take place across the country; we select the host groups and help with the planning and execution of the conferences. We also maintain a website that is often used by Canadians who have experienced burns to help them get connected in their own communities to local organizations or survivors.

COVID-19

A big thank-you to all our Health Care Workers, First Responders, and essential service workers during this unprecedented time. Please follow the health guide lines to protect yourselves and your families.

Stay home to help flatten the curve of this virus, hopefully this is short term, and this will pass sooner than later.

CORONAVIRUS DISEASE (COVID-19)

YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. All persons entering Canada **MUST self-isolate for 14 days and monitor themselves for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

Compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

PERSONS EXEMPT FROM MANDATORY QUARANTINE (SELF-ISOLATION)

The mandatory isolation order does not apply to certain people who may be returning to or entering Canada for work, and who are not experiencing signs or symptoms consistent with COVID-19 at the time of entry.

You are identified as an individual who is exempted from this Order because you meet the definition of an essential service worker.

As such, you are required to respect the intent of the order to minimize spread of COVID-19 in Canada.

You must continually monitor your health for symptoms of COVID-19 including for 14 days each time you re-enter Canada. You are also reminded to be aware of and respect the public health guidance and instructions of the area where you are located.

This exemption does not apply to anyone who has symptoms of COVID-19.

If you have the symptoms below before or upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

MONITOR YOUR HEALTH

FEVER



COUGH



DIFFICULTY
BREATHING



For 14 days after each time you enter Canada, if you have symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ immediately isolate yourself from others in your living space;
- ▶ contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see back of sheet); and
- ▶ contact your employer for further instructions related to your work.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Public Health Authorities Provinces & Territories Phone Number/Website

Province/Territory	Phone Number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	911	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19



Mamingwey Burn Survivor Society E-Conference – October 24, 2020

JOHN HARTT DON'T EVER GIVE UP

Saturday, October 24 at 1 p.m.
Zoom information in email

Keynote speaker
JOHN HART



John Hart was burned in September of 1994 while working for Manitoba Hydro in Churchill. He was working on a power line and was electrocuted, which resulted in a long hospitalization, many surgeries, and the eventual amputation of his right arm and leg. At

the time, John and his wife and 4 small children were living in Thompson Manitoba, and they were soon relocated to Winnipeg.

John faced his devastating injury with bravery and grace. In the early years of his recovery, he was asked by Burn Unit staff to meet with new burn survivors at the hospital to offer peer support. He started attending the burn conferences held in Winnipeg, the first one taking place in 1998, and he soon joined the planning committee for these annual events. This committee eventually became what is now the Mamingwey Burn Survivor Society, and John has been involved the whole way. Along with meeting burn survivors

individually, he has also spoken at several Mamingwey conferences, as well as at the Canadian conference in 2012 in Calgary, and the World Burn Congress in 2007 in Vancouver.

He is still employed at Manitoba Hydro and gives talks regularly to his fellow employees and has even preached about his recovery in several churches. John is admired by many, many people in the burn survivor community but his strength and determination also impacts the general public.

He recently participated in the 5K event at the Go For the Burn Run in Winnipeg, doing the 5K in his wheelchair to save wear and tear on his stump and prosthetic leg. After the run, some of the serious runners who ran the 10K approached him to tell him how much they admire him and that he inspires them to be their best.

John is the proud dad of his 4 now grown kids and their partners, and is grandfather to 4 little ones, and he and his wife Karen continue to live in Winnipeg.

For further information: Please contact
Ashley Wilson email: ashleyjdwilson@gmail.com
Or Barbara-Anne Hodge email: barb@hodgefamily.ca

JOHN HARTT

DON'T EVER GIVE UP

You are invited to a Zoom webinar

Please see below for the link to the E-conference through Zoom.

When: Oct 24, 2020 01:00 PM Winnipeg Time

Topic: Mamingwey E-Conference with John Hart

Please click the link below to join the webinar:

<https://zoom.us/j/95645930879?pwd=RHh0ZVhRamlrcHVlcEpkMmpQMDBkdz09>

Passcode: 098583

Or iPhone one-tap :

Canada: +14388097799,,95645930879#,,,,,0#,,098583# or +15873281099,,95645930879#,,,,,0#,,098583#

Or Telephone: Dial (for higher quality, dial a number based on your current location):

Canada: +1 438 809 7799 or +1 587 328 1099 or +1 647 374 4685 or +1 647 558 0588 or +1 778 907 2071 or +1 204 272 7920

US: +1 301 715 8592 or +1 312 626 6799 or +1 346 248 7799 or +1 669 900 6833 or +1 929 205 6099 or +1 253 215 8782

Webinar ID: 956 4593 0879

Passcode: 098583

International numbers available:

<https://zoom.us/j/95645930879?pwd=RHh0ZVhRamlrcHVlcEpkMmpQMDBkdz09>



Getting to Know You Interview: Michelle Escamilla CBSC Co-Chair

Briefly describe how you were burnt?

My family and I were in a car accident almost 20 years ago. It was difficult yet we are grateful to have survived something that has radically changed our lives forever. It has opened our eyes to a welcoming community of survivors, related professionals and passionate advocates/lovers of survivors.

Reason for your involvement with CBSC?/ Positive changes to you due to helping others?

My involvement with CBSC began after working with a US non-profit organization that provided social-emotional support to burn survivors and their families. Perhaps because I had never experienced something like that in my personal journey I found it so interesting and wanted to search for similar supports in my area. This led me to recognize that there is plenty of work to be done in my province to provide support for survivors.

I have become more involved with CBSC because I believe that a community can be strong and reach further if we are connected and working towards the same goal. I now understand the value of having a healthy community of people around you. They are there for you to navigate the milestones and unknowns of life. They encourage me and in turn, help me to encourage others.

Giving your time and kindness to others is the greatest gift. It not only helps others but it also changes you from the inside out.



Where you see yourself in 5 years?

The past 5 years have reminded me that life is filled with unexpected turns. From working abroad and speaking/motivating others with my story to becoming engaged and getting married – it has been filled with events!

I hope these next 5 years continue to stretch and grow me in various capacities. I want to be part of an organization that does meaningful work to help people gain confidence and discover self-love. I plan to surround myself with mentors who will help me personally and professionally grow. I hope to mentor and encourage others along their journeys as well.

I intend to work hard in all areas of my life. To invest in my personal relationships and see those around me grow and succeed. The unknown doors and turns have enriched every milestone and moment of my life. I look forward to what the near future holds.

Canadian Burn Survivors Community Bi-weekly Zoom Chats

The CBSC will once again hold a meeting to offer an opportunity to chat and catch up with how folks are doing, the next date is Wednesday evening, October 14th, 2020 at 8:00 pm Central.

We have decided to leave the topic open for this meeting. Please note that the Zoom link is now a recurring meeting link, so you use the same meeting ID and passcode for all of the meeting dates listed below.

CBSC is inviting you to a scheduled Zoom meeting.

Topic:

CBSC Chat

Time:

Oct 14, 2020 08:00 PM Winnipeg

Every 14 days, until Nov 25, 2020,

9 occurrence(s)

Oct 14, 2020 08:00 PM – Guest Speaker –
John Westhaver

Oct 28, 2020 08:00 PM – Guest Speaker -
Heidi Cave

Nov 11, 2020 08:00 PM

Nov 25, 2020 08:00 PM

Please download and import the following
iCalendar (.ics) files to your calendar system.

Daily:

[https://zoom.us/.../](https://zoom.us/.../tJYvdeqrqT8iGNQpUXEIEdgx.../ics...)

[tJYvdeqrqT8iGNQpUXEIEdgx.../ics...](https://zoom.us/j/92223374820...)

Join Zoom Meeting:

<https://zoom.us/j/92223374820...>

Meeting ID:

922 2337 4820

Passcode:

366123

One tap mobile

+12042727920,,92223374820#,,,,,0#,,3661
23# Canada +14388097799,,92223374820#,,
,,,,,0#,,366123# Canada

Dial by your location

+1 204 272 7920 Canada +1 438 809 7799
Canada +1 587 328 1099 Canada +1 647 374
4685 Canada
+1 647 558 0588 Canada +1 778 907 2071
Canada +1 253 215 8782 US (Tacoma)
+1 301 715 8592 US (Germantown) +1 312
626 6799 US (Chicago) +1 346 248 7799 US
(Houston)
+1 669 900 6833 US (San Jose) +1 929 205
6099 US (New York)

Meeting ID:

922 2337 4820

Passcode:

366123

Find your local number:

<https://zoom.us/u/acCcfMuUkU>

Phoenix Society Virtual World Burn Congress – October 24-25, 2020

Phoenix World Burn Congress (WBC) is tailored to support you: burn survivors, loved ones, first responders, and burn support professionals - wherever you are on your journey.

Don't miss the unique magic of Phoenix World Burn Congress (WBC)!

October 23 - 25, 2020: Join the burn community for 2 ½ days of healing, connection, and learning. Both webcam and call-in options will be available.

Flexible Schedule: You'll receive access to live keynotes, Open Mic, learning sessions, support groups, and more - and have access to recorded sessions for 30 days.

Connect from Anywhere: Both webcam and call-in options will be available.

Need to pay by invoice? Please complete this form and we will follow up with your account information. You can also register guests via invoice.

<https://www.phoenix-society.org/phoenix-wbc/registration>

Cost: \$50.00 (US Dollars)

Have questions or need help? Please contact us by emailing: phoenixwbc@phoenix-society.org or calling 800-888-2876



BC Professional Fire Fighters' Burn Fund – Burn Survivor Activities

If you have any questions or suggestions for programming, please don't hesitate to reach out by emailing kirstie@burnfund.org

Kirstie McRae / Executive Manager / BC Professional Fire Fighters' Burn Fund

Vision Board Workshop - Starting Tuesday, September 22

What is a vision board? We're so glad that you asked! A vision board helps bring your vision for yourself, your goals, and your future to life through visualisation and thoughtful reflection. This three-part workshop is led by Terresa McKenzie, social worker and Mom to a teen burn survivor. It will cover an introduction, a creation workshop, and will support each participant in the creation of their own vision board.

Dates: Tuesdays from 6 p.m. to 7 p.m.

- September 22 - Intro to Vision Boards
- October 6 - Creative Working Session
- October 20 - Reflection and Sharing

Sharing Circles - Starting Monday, September 30

The Future Is Mine group offers monthly virtual Sharing Circles for those affected by burn injury to share experiences and to encourage open and honest dialogue. These Sharing Circles are a safe space where you can truly be yourself and be supported by your peers who hold space, without judgment.

Dates: Mondays from 6 p.m. to 7 p.m.

- September 30
- October 28
- November 25

Yoga and Meditation with Tessa - Starting Tuesday, September 15

Create some time for yourself and reconnect to a slower pace by joining Tessa Rowan, yoga teacher, RMT, and burn survivor along with your Future Is Mine friends for 45 minutes of gentle movement and mediation.

Dates: Tuesdays from 6 p.m. to 6:45 p.m.

- September 15
- October 13
- November 10
- December 8

Relaxation and Music Therapy with Carolyn Neapole - Wednesday, October 14

Music therapy can address both situational and chronic stress, and has been shown to help with pain management and anxiety reduction. Music is also able to increase our quality of life, providing aesthetic pleasure, embodying hope and providing a more complete sense of self. Enjoy relaxation and music therapy led by Carolyn Neapole, a resident music therapist at the VGH Burn Unit.

Dates: October 14 from 6:30 p.m. to 7:30 p.m.

Angie's For Us by Us – Virtual Experience

November 14, 2020 – Further details and access times will be sent out via email and or social media. Please mark the date on your calendars.



Angie McKenzie

**ANGIE'S
FOR US
BY US
VIRTUAL
EXPERIENCE**
NOVEMBER 14, 2020

TOPIC'S

Sexuality after a Burn
Self Acceptance/Anxiety
Mental Scars
Caregivers
Child Burn Survivors
Relationships
Cannabis-Uses and Benefits
Firefighter's Responses
Humor Behind the Scars
Sex As A Trauma Response



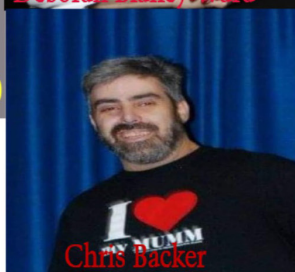
Deborah Blaney Ward



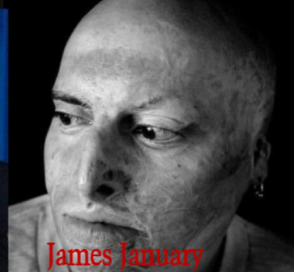
James Smith



Donna Karas



Chris Backer



James January



Jason Brazil

NAVY

VETERAN



Justina Page



James Page



Cindy Rutter

Calendar of Future Events – October 2020 to December 2020

CBSC Zoom Chat – October 14, 28. November 11, 25

Mamingwey Burn Survivor E-Conference – October 24, 2020

Phoenix Society Virtual World Burn Congress – October 24-25, 2020

Angie's – For Us By Us, Virtual Experience – November 24, 2020

Newsletter Submissions

Please submit any submissions for our quarterly newsletter to Michael and Sandy Cook: michaeldcook@shaw.ca