ANNOUNCING THE
SCALD PREVENTION CAMPAIGN

The Burn Foundation is happy to announce a joint project with the Philadelphia Fire Department—The National Scald Prevention Campaign! As one of six chosen sites in the US, we will be collaborating to pilot the program in our region. This program is the result of two years of research, planning and design by the Federation of Burn Foundations, the Prevention Committee of the American Burn Association, the IAFF (International Association of Fire Fighters), the International Association of Fire Chiefs and Safe Kids, Inc. (formerly Home Safety Council). The project begins in early April.

Over 500,000 scald burns occur in the US every year. Of the children in the burn centers across the country, about 65% of them have been scalded or burned by contact with hot objects, not by flames. Scalds are also a high risk for older adults. What most people fail to realize is that hot liquids burn just like fire, and seniors and young children have more complications because of their thinner skin and susceptibility to infection. Our goal will be to raise awareness of the risks and educate people about safe actions.

Here are some suggestions:

- Make sure hot water tanks are set no higher than 120 degrees.
- If you are cooking, turn handles to the back of the stove or use back burners.
- Establish a “safety zone” of 3 feet around the cooking area.
- If you have a kid, use a lid! Don’t drink hot coffee or tea without a lid.
- Microwaved foods can cause serious burns even when they don’t seem hot. Be sure to stir and test them first.
- NEVER leave a young child unattended in the bathroom or tub. Turn the child away from the faucets to prevent them from accidentally turning on the hot water.
- Consider installing anti-scald devices on faucets and shower heads.

Increasing the public’s awareness of how dangerous hot liquids and steam can be will help reduce the number of injuries each year. We will be working closely with the Philadelphia Fire Department to spread the word about how to keep your family safe from scalds, as well as other fire and burn hazards. We look forward to this collaborative effort. Won’t you help us spread the word?
Letter from the President

It would seem that the mild winter might bring a reduction in fires in our area, but that does not appear to be the case. In looking at the statistics in our region, there is at least one fire almost every single day and there were 10 on December 6! Some people think that prevention education is unnecessary or “old news” but when you really think about fires and burns, MOST ARE PREVENTABLE! With a little care and forethought, most incidents can be avoided---being cautious with space heaters, having a 3 foot safety zone around cooking areas, not overloading the electrical outlets, not leaving candles unattended, etc. etc. Some of the most important things you can do for your family and home environment include taking some time to install those smoke detectors, making an escape plan and practicing it, teaching your children about the dangers of matches and lighters, and being attentive when you are cooking. How about recommitting yourself to safety?

Two new initiatives are underway at the Burn Foundation...first, the collaboration with the Philadelphia Fire Department on the National Scald Prevention Campaign (see front page) promises to be very productive. Scalds are one of the most common injuries in our burn centers and the awareness of this danger among most people is low. With the input of burn experts from across the country, a new campaign is being tested to raise awareness of this problem and encourage safer actions.

Our support group, S.T.A.R.T. (Survivors Talking And Recovering Together), is meeting once a month at Crozer-Chester Medical Center. Scott Cohen is co-facilitating the group with Wendy Dargay of CCMC. We know that burn survivors and their families undergo tremendous stress and change. We are encouraged by the first few meetings and hope to get more survivors out for future meetings. Both of these efforts have been in the works for a long time and we are very excited to get them off the ground.

Spring is right around the corner and so is golf season! Please make sure you check out the schedule of our golf outings and sign up for every one you can make! We look forward to seeing you there.

S. T. A. R. T.
Survivors Talking And Recovering Together
a new support group for burn survivors, their families and friends

Since we first started meeting people recovering from a burn injury, the Burn Foundation has been interested in starting a support group for survivors and their families. Even though burn injuries vary in source and severity, there are certain things that many, if not most, survivors experience. Almost all survivors experience some pain recovering from their injuries, but other issues might include, loss of mobility, stress in their relationships, revision of goals or expectations, and anger. Mild depression is not uncommon among burn survivors and this can lead to trouble with medical adherence, low motivation for therapeutic exercises and reluctance to attend to wound care. Our answer to these issues is Survivors Talking And Recovering Together or START, a group for survivors and their families.

START is a collaborative effort between The Burn Foundation and The Nathan Speare Regional Burn Center at Crozer Chester Medical Center. Wendy Dargay, the recreation therapist and Maryann Butler, the socialworker for the Burn Unit, explored the idea of a support group when they recognized the psychosocial needs of survivors and their families. Because the Foundation had already been exploring burn survivor support through its family mentorship program, the Burn Foundation was invited to participate. Together the concept was refined, the proposal submitted and START was born.

START gained momentum with the fortunate return of Paul Jargowsky. Paul was burned many years ago and treated at Crozer soon after the unit opened. He moved back into the area last year and we were fortunate that he reached out to us. Paul has a great deal of experience working with people who have been burned; he understands the process of recovery and is able to answer the questions and fears of family members who are just learning what to expect during their loved-one’s recovery process. After the initial meeting in November, there was consensus that this was a valuable resource for survivors and their families.

Group meetings are casual and comfortable. It’s open to every burn survivor who wishes to attend. Family members are welcome and encouraged to come back as often as they like. According to Scott Cohen, who facilitates the monthly group with Wendy, “START has been a great experience for everyone. People can get so much out of spending quality time with other folks who have been there. It’s also an important part of recovery to be able to provide support to others – that what makes the group a win-win for everybody who attends.” The staff at the burn center are also very excited about this new resource for burn survivors and their families.

2012 Calendar
3rd Wednesday of the month, 6-7:30pm at Crozer-Chester Medical Center Conference Room 1

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*second Wednesday due to holiday

For more information or to RSVP, please contact
Scott Cohen, 215-545-3816, scohen@burnfoundation.org
or Maryann Butler, 610-447-2807, maryann.butler@crozer.org
or visit www.burnfoundation.org/survivors/START_Support_Group.cfm
### 5 Alarm Donors: $750 or greater

Atlantic City Firefighters (Seedorf McMeekin Memorial 5K)
Freehold Twp. Independent Fire Company No. 1 (Can Drive)
Glassboro Fire Department No. 1 (Pizza Hut Night)

### 4 Alarm Donors: $500 to $749

Gloucester County Fire Chiefs’ Assoc. with the Christ Church in Woodbury
South Vineland Fire Company

### 3 Alarm Donors: $250 to $499

Chalfront Chemical Fire Engine Company
   Hartsville Fire Company
Ladies Auxiliary of Haddon Fire Company No. 1
Philadelphia Fire Fighters Union - IAFF Local 22
   Valley Forge Volunteer Fire Company
   Waretown Volunteer Fire Company No. 1

### 2 Alarm Donors: $100 to $249

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<td>W. Atlantic City Fire Department</td>
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<td>Oceanville Volunteer Fire Co. No. 1</td>
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### 1 Alarm Donors: $99 or less

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<td>Elkins Park Fire Co.</td>
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<td>Oaklyn Fire Dept</td>
<td>Wagontown Volunteer Fire Co.</td>
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It’s time to dust off those golf clubs and start thinking about the links! A few practice swings will get you in the mind-set for the Burn Foundation Golf Tour. There are seven outings to choose from, so mark your calendar for as many as you can and come join in the fun!

Jerry Kots is a welcome addition to our Board. After several years without a representative from Philadelphia Fire Department’s IAFF Local #22, we look forward to reengaging with this group. Jerry is a Fire Captain, serving as a Trustee of Local #22. He has been a firefighter since 1974 and has moved up the ranks, gaining on-the-job experience and attending various professional trainings such as U.S. EPA Emergency Response to Hazardous Material Incidents or Amtrak’s Emergency Responder Safety and Security Course. Jerry graduated from Philadelphia College of Textiles and Sciences, studied a Public Safety Curriculum at Holy Family University, and received a Masters Degree in Environmental Protection/ Safety Management from St. Joe’s. As the Chairman of the Local #22 golf outing since 2007, Jerry has been a strong supporter of the Burn Foundation’s mission. We look forward to working with Jerry in the future.

**Wednesday, June 13, 2012**
**JOE RIZZO ANNUAL GOLF CLASSIC**
Torresdale Frankford Country Club (Philadelphia, PA)
Registration contact: Burn Foundation
215-545-3816 pporter@burnfoundation.org

**Monday, June 25, 2012**
**VINELAND FIRE DEPARTMENT**
Centeron Country Club (Pittsgrove, NJ)
Registration contact: Lou Tramontana
609-381-1103 ltramontana@vinelandcity.org

**Friday, August 10, 2012**
**EVERETT MARSHALL GOLF TOURNAMENT**
White Oaks Country Club (Newfield, NJ)
Registration contact: Everett Marshall
609-381-2332 mbroad@aol.com

**Wednesday, September 7, 2012**
**HOSPITAL FIRE MARSHAL’S ASSOCIATION**
Valley Brook Country Club (Blackwood, NJ)
Registration contact: Bob Shewbrooks
215-338-1052 bobshew@aol.com

**Thursday, September 13, 2012**
**CAPE MAY COUNTY FIRE CHIEFS**
5 MILE BEACH FIRE CHIEF’S ASSOCIATION
Avalon Golf Club (Cape May Courthouse, NJ)
Registration contact: Greg Neill
burngolf@comcast.net or cmcfiregolf.com

**Monday, September 24, 2012**
**AMERICAN FIRE SPRINKLER ASSOCIATION**
Old York Road Country Club (Spring House, PA)
Registration contact: Glenn Cooper
215-659-0676 Glenn.cooper@gmcooper.com

**Monday, October 1, 2012**
**PHILADELPHIA FIREFIGHTERS LOCAL 22, IAFF**
Pennsauken Country Club (Pennsauken, NJ)
Registration contact: Local 22
215-440-4400 JKots@iaff22.org
Thoughts About Giving

Financially supporting your favorite non-profits can be a challenge in a tight economy or when all YOUR day-to-day expenses are added up. But, YOU continue to recognize the importance of the services those organizations offer to the community and know donations are crucial to their welfare. With competing priorities, many of us cannot give the full support we’d like to give to the charities that mean the most to us, like the Burn Foundation. So, if not now – how about later?

Have you thought about planned giving and making a bequest to the Burn Foundation in your will or trust? Such a bequest will not only be tremendously helpful to the Burn Foundation, but offers a few extra benefits to you, the donor. Planned gifts allow you to support our work without affecting your current financial situation. Furthermore, planned gifts offer tax benefits to you – a bequest to the Burn Foundation is 100% deductible from your estate and can reduce potential estate taxes.

What better legacy can you leave behind than to support the Burn Foundation and its goals of Prevention, Education, Treatment and Recovery? Your legacy will contribute towards sponsoring a child for burn camp, educating student nurses in burn units, expanding our prevention education programs, underwriting the costs of pressure garments, providing a burn buddy to a pediatric patient and supporting burn survivors.

There are a few ways you can make a bequest to the Burn Foundation.  

A **Specific Bequest** names the Burn Foundation as a beneficiary of a specified amount or asset from your estate.

A **Residual Bequest** comes to the Burn Foundation after all other specific bequests and estate expenses are distributed and paid, leaving the remainder or a percent of the remainder to the Foundation.

A **Contingent Bequest** comes to the Burn Foundation if one or more of your specific bequests cannot be fulfilled, for example, if a named beneficiary has not succeeded you.

You can also name the Burn Foundation as a percentage beneficiary in your **Retirement Plan** or your **Life Insurance**. Both options bring tax deductions and exemptions.

For more information, please talk to your estate advisor, call Patsy Porter, President of the Burn Foundation, at (215) 545-3816, or visit our website for more guidance or sample language for your will or trust:  
www.burnfoundation.org/sponsors/Planned_Giving.cfm

Remember, the Burn Foundation needs your support and this is just one way to help our vital mission now and in the future.

Prevention Tips To Think About

**Junk is more than an eye sore.**

It can block exits and make escape from a fire impossible or the practice of hoarding can actually provide fuel for a fire. Make sure you continue to sort through papers and other accumulating items and throw out what you don’t need. You should have at least two exits from every room in your home.

**The recent trend of deep frying a turkey should not include a frozen turkey!** A frozen turkey can explode when put in hot oil, risking fire or a nasty scald.

**Those easy-to-microwave noodle cups cause some of the worst burns the hospitals see – make sure that you open a microwaved item carefully, away from your face, and let it sit for a minute before uncovering it. Steam burns just like fire.**

**We’re not sure who decided toothpaste is good for burns, but it is not! Use cool water to rinse a burn and then wrap it in a clean dry cloth. Never use butter, oil, toothpaste, ice or anything else. Water is the best thing to cool a burn.**

**Another “dumb” trick is using an aerosol can as a torch. This is extremely dangerous; the volatile contents can cause the flame to backtrack to the can and it might explode.**

**Be sure to clean your chimney and check for animals or birds nesting there. Blocked flues can cause a chimney fire, result in a house fire, or lead to inhalation injuries.**

**It seems like common sense, but NEVER use your grill inside your home. Grills are meant to be used outside and at least 10 feet away from the house.**

**If someone in your home is using oxygen for health reasons, cigarettes and matches should not be used at all! More and more often, emergency responders are reporting people smoking or using matches around portable oxygen tanks. This can be deadly.**
Updates from the Burn Centers

The Nathan Speare Regional Burn Treatment Center at Crozer Chester Medical Center has completed its renovations featuring state-of-the-art patient rooms surrounding a centrally-located nurses’ station and an attractive new wound care center. They have also hired additional staff for the unit and collaborated with us on a survivor support group (see page 2).

Temple University Hospital’s Regional Burn Treatment Center has also completed a significant renovation, providing an inviting waiting area for families and modernized rooms for patients. A new laser is to be used clinically—we look forward to hearing more about this new technology that shows so much promise.

The Burn Care Team at St. Christopher’s Hospital for Children, along with BF personnel, manned an informative lobby display for National Burn Awareness Week and distributed coloring books, scald prevention fliers and other prevention materials to families.

A Thoughtful Thank You Note

Dear Members of the Burn Foundation,

We wanted to send a special thank you from the children and staff of the Children’s Regional Hospital of Cooper University Hospital for your generous donation to our sick and injured boys and girls. The Beanie Babies you donated offer a welcome distraction and bring smiles to the faces of the children here in the hospital. Your contribution has positively impacted the patients and their families and will help create happy memories of their hospital experience.

Thank you again for your thoughtfulness and generosity.

We extend our own thanks to all of our supporters!