

# WELCOME TO CALGARY

WEDNESDAY JUNE 21, 2023

TIME	SESSION	LOCATION
3:00PM	HOTEL CHECK-IN	THE WESTIN HOTEL CALGARY, DOWNTOWN
6:30PM - 10:00PM	REGISTRATION	ENTRY TO FOYER

**JUNE 21, 2023**

**TIME**  
6:30PM  
10:00PM

**LOCATION**  
BONAVISTA



**RIISING TO A REFRESH PERSPECTIVE**

**Illuminating the Path to New Beginnings!**


**Smith+Nephew**

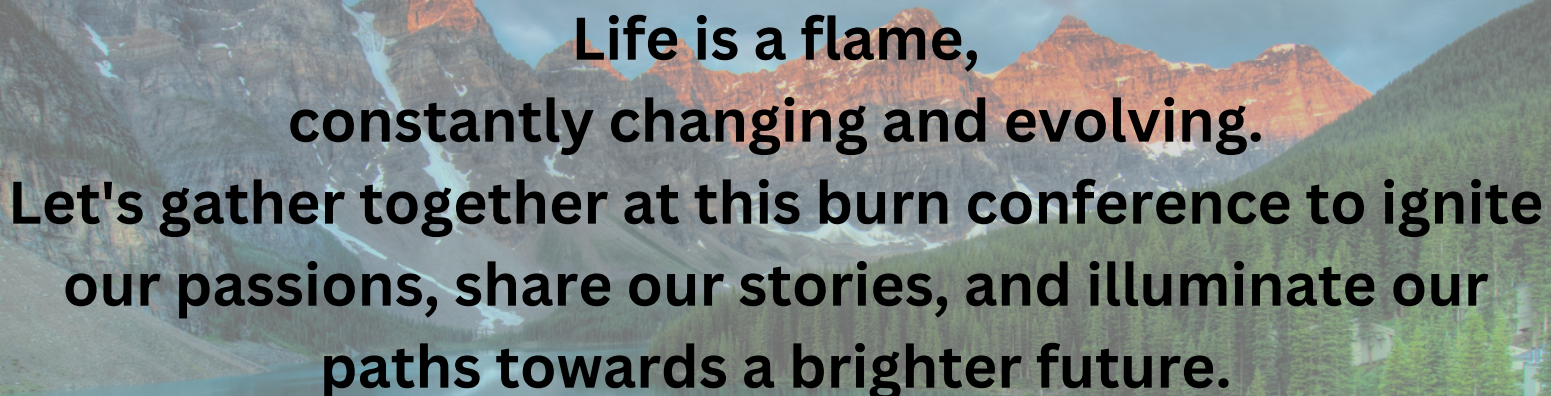
A Solstice Welcome Reception with Finger Food and Entertainment by Josh Williams.

In the radiance of new beginnings, we embrace transformative paths, guided by illuminating perspectives. With steadfast resolve, we rise above the ordinary, igniting the flame of possibility. As the solstice beckons, a warm welcome extends to all, marking a pivotal moment of celebration. Together, we embark on a journey of extraordinary growth, illuminating the way to a future filled with boundless potential."

# DAY ONE PROGRAM

## THURSDAY JUNE 22, 2023

TIME	SESSION	LOCATION
7:30AM - 9:00AM	REGISTRATION	LOBBY
8:00AM 9:00AM	BREAKFAST BOOST BUFFET  SPONSORED BY 	BRITANNIA BELAIRE
8:45AM 9:30AM	WELCOME CEREMONIES	BRITANNIA BELAIRE
10:30AM 5:00PM	MAKING CONNECTIONS EXHIBITORS	FOYER



**Life is a flame,  
constantly changing and evolving.  
Let's gather together at this burn conference to ignite  
our passions, share our stories, and illuminate our  
paths towards a brighter future.**

# DAY ONE PROGRAM

## KEYNOTE SPEAKER

### Curt Minard

While at work in 2008 Curt Minard sustained a life changing workplace injury which resulted in 14, 400 volts of electricity entering his body. He almost died, three times. Following numerous surgical procedures, the challenges of rehabilitating an amputated limb and PTSD; Curt's journey as a burn survivor would take him places even he couldn't imagine.

Curt went on to become a National multi-sport athlete. He was crowned as a World Champion with the Canadian Amputee Standing Ice Hockey Team in 2012. But Curt was still hungry; he would go on to take the Para snowboard scene by storm in 2016 taking home gold medals and winning the Canadian National Championship. In 2018 he defended his title and became a 3x Canadian National Champion for the Para National team. In the 2017-2018 World Cups season Minard finished with a crystal globe 2nd overall in snowboard cross (SBX); and a Bronze medal in SBX in the World Cup final. After being selected to represent Canada on the Paralympic Snowboard team he placed 6th in SBX and 8th in Bank Slalom.

Curt has inspired and motivated thousands of people in Canada and abroad to follow their dreams, and not be defined by others. To date he has spoken to over 100 different audiences. Curt lives life by a simple motto: Results are Limitless...if you Believe in yourself! Inspiring thousands of people to follow their dreams and not be defined by others.



### Curt Minard

June 22, 2023

#### TIME

9:45AM

10:30AM

#### LOCATION

BRITANNIA

BELAIRE

Results are Limitless...if you Believe in yourself! Inspiring thousands of people to follow their dreams and not be defined by others.

# DAY ONE PROGRAM

## THURSDAY JUNE 22, 2023

TIME	SESSION	LOCATION
10:30AM 11:00AM	NOURISH & REFRESH SPONSORED BY 	BRITANNIA BELAIRE

## REFOCUS GROUPS

11:00AM 12:00PM	Sharing Your Story: How to Become a Professional Speaker by John Westhaver	RIDEAU
	Caregivers Guide to Recovery: Managing Emotions & Burnout	MOUNT ROYAL
	Moving Past Injury & Embracing "The New Normal"	BRITANNIA
12:00PM 1:00PM	POWER LUNCH BUFFET SPONSORED BY MANITOBA 	BRITANNIA BELAIRE

# DAY ONE PROGRAM

## THURSDAY JUNE 22, 2023

TIME	SESSION	LOCATION
1:00PM 1:45PM	SHARING TIME "Open Mic"	BRITANNIA BELAIRE

**Sharing Time Session** is an opportunity for attendees to share their trials and triumphs, and to offer insights and perspectives that can help others on their own healing journeys. By sharing our stories, we can build connections, provide support, and inspire one another to move forward with renewed strength and purpose of life.

- Respect others: Listen actively, be respectful of others' opinions, beliefs, and experiences.
- Keep it brief: Limit your performance to a set time to allow as many people as possible to participate.



“You know you can always help to make each day a special day by just your being yourself. You grow in your own way; everyone does. That’s one reason each one of us is different and special and people can like us exactly as we are.”

— Fred Rogers

# DAY ONE PROGRAM

## REFOCUS SESSION

**Beth Hoffman**

### What's So Great About Gratitude?

Beth provides spiritual and emotional support to patients and families at Foothills Medical Centre in Calgary. She's grateful for the opportunity to have walked alongside people in many different clinical settings including ICU, ED, NICU, and the Burn Unit; her current role focusses on palliative and end of life care. Spiritual Health Practitioners (you may know them as hospital chaplains) are trained to support and counsel people from all walks of life and belief systems as they face illness, make decisions about their care, grieve, celebrate, and wrestle with questions of meaning, purpose, and hope.

As a young adult, Beth earned a BA and MA in Canada and then returned to the continent of her childhood to work in relief and development in Mozambique and Tanzania. Most of her time was spent on HIV and AIDS projects, serving diverse populations to prevent and mitigate the effects of this disease in a sustainable, empowering, and culturally sensitive manner. Whether in a hospital unit in Canada or in a rural peer support group in Tanzania, she has been deeply honoured to listen to, support, and learn from the many patients who have entrusted her with their stories.



**Beth Hoffman**

**June 22, 2023**

#### **TIME**

**1:45PM**

**2:45PM**

#### **LOCATION**


**BRITANNIA**

**BELAIRE**

**STRENGTH IS FOUND IN EMBRACING OUR UNIQUE JOURNEY AS BURN SURVIVORS, SCARS AND ALL. GRATITUDE BECOMES OUR GUIDING LIGHT, EMPOWERING US TO FIND STRENGTH, RESILIENCE, AND A PROFOUND APPRECIATION FOR THE PRECIOUS GIFT OF LIFE.**

# DAY ONE PROGRAM

## THURSDAY JUNE 22, 2023

TIME	SESSION	LOCATION
2:45PM 3:30PM	LAUGHTER YOGA	BRITANNIA BELAIRE
3:30PM 4:00PM	NOURISH & REFRESH 	BRITANNIA BELAIRE

## A TIME TO RENEW

3:30PM 5:00PM	 MASSAGE	MAYFAIR
	REIKI 	LAKEVIEW MOUNT ROYAL
	 ART THERAPY	RIDEAU
	PET THERAPY 	LAKE LOUISE
4:15PM 5:15PM	AGM 	BRITANNIA BELAIRE

# WALK OF GRATITUDE

June 22, 2023

**TIME**

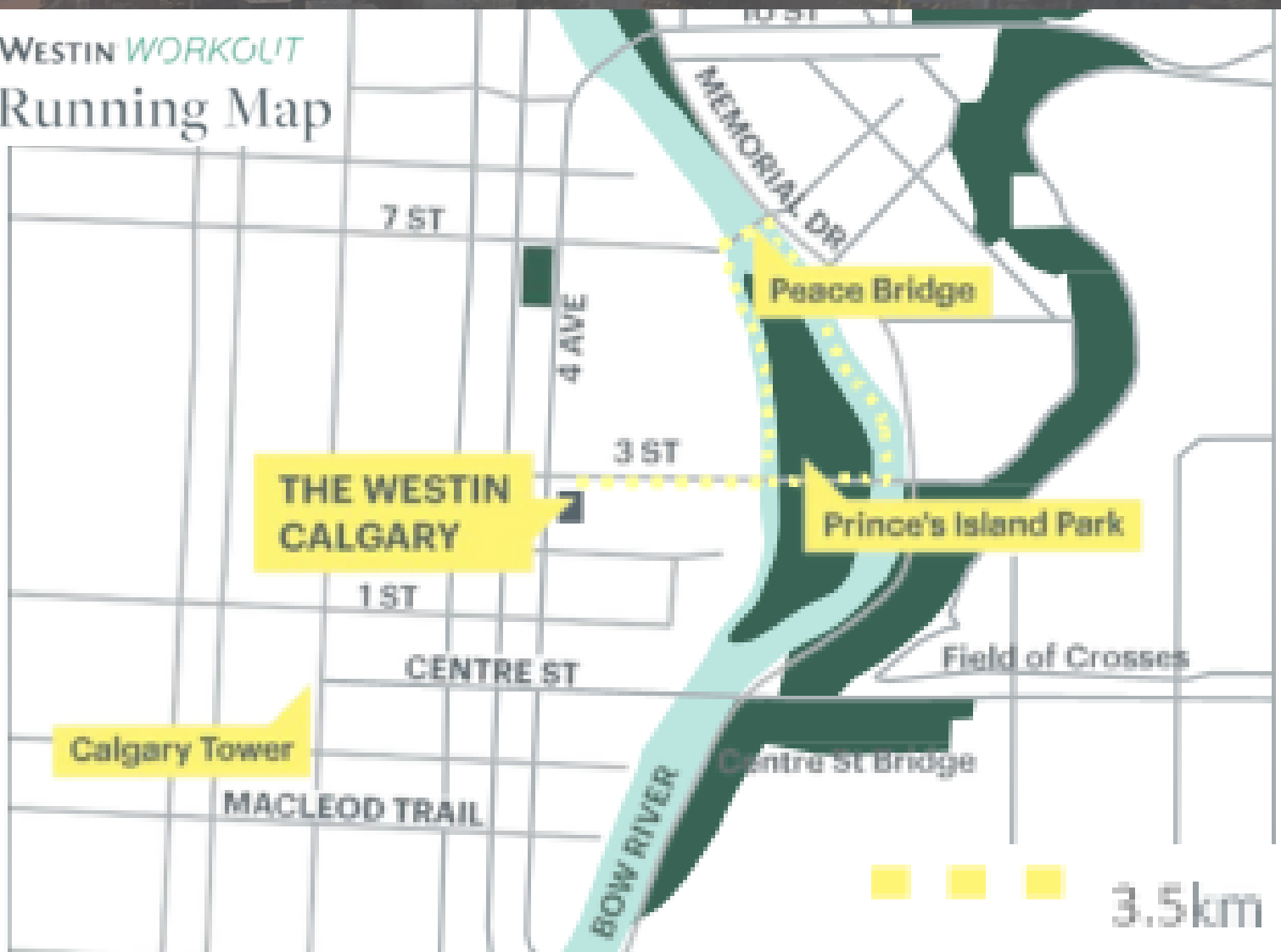
**7:00PM**

**10:00PM**



Welcome to the Walk of Gratitude for the Burn Survivors Conference! This is a wonderful event dedicated to celebrating the strength, resilience, and achievements of burn survivors. The Walk of Gratitude is an opportunity for participants to come together, honor their journey, and express gratitude for the support and progress made in their lives. As you join this walk, imagine a path filled with positive energy, encouragement, and appreciation.

WESTIN *WORKOUT*  
Running Map





# DAY TWO PROGRAM

FRIDAY JUNE 23, 2023

TIME	SESSION	LOCATION
8:00AM 9:00AM	REGISTRATION BREAKFAST BOOST BUFFET SPONSORED BY <b>wellwise</b> by SHOPPERS 	BRITANNIA BELAIRE

## SOARING HIGHER FOR SURVIVAL



## HELICOPTER TOUR RAFFLE

Every ticket is a chance to soar high, but more importantly, it's an opportunity to lift burn survivor's spirit even higher.



DONATED BY



# DAY TWO PROGRAM

## KEYNOTE SPEAKER

### Ben Harms

In 2009 at the age of 18, Ben Harms had just graduated high-school, and was planning a road trip across the Western U.S. with 3 friends. What was supposed to be the trip of a lifetime would end abruptly in a fiery crash. Two friends would pass. Harms and his third friend were left trapped in the vehicle. After being air-lifted to the nearest burn unit, Ben's family was told that he had a 1% chance of survival. And if he were to survive it was unlikely that he would ever walk again. Harms sustained full thickness burns to over 50% of his body; this would go on to lead to having both legs amputated; and mark the start of Ben's road to recovery, a life-long journey.

After 5 months and countless surgeries, Harm's skin was strong enough to try on his first prosthesis. Fourteen years later, he has walked in 17 countries spanning 5 continents, graduated university, became a professional engineer, met and fell in love with his soon to be wife. And every day Ben continues to push the limits of his own expectations. He does not expect to be a paralympic athlete, nor does he seek to inspire others. In fact, Ben has dedicated himself to simply living, despite his dry skin and slow walking; appreciating the flowers, looking at the stars, and finding joy where it is often overlooked. Something everyone is capable of.



### Ben Harms

#### TIME

9:00AM

9:45AM

#### LOCATION



BRITANNIA

BELAIRE

FROM A FIERY TRAGEDY, BEN HARMS CHOSE NOT JUST TO SURVIVE BUT TRULY LIVE – FINDING JOY IN THE MUNDANE, TEACHING US THAT AMIDST LIFE'S STORMS, WE TOO CAN EMBARK ON OUR OWN JOURNEY OF ORDINARY MIRACLES

# DAY TWO PROGRAM

FRIDAY JUNE 23, 2023

TIME	SESSION	LOCATION
9:45AM 10:00AM	MOVEMENT BREAK 	FOYER
10:00AM 11:15AM	REFOCUS: RESILIENCE (Burn Survivors & Support Persons)	BRITANNIA BELAIRE
11:15AM 12:00PM	SHARING TIME "Open Mic"	BRITANNIA BELAIRE
12:00PM 1:00PM	POWER LUNCH BUFFET  SPONSORED BY 	BRITANNIA BELAIRE

In the tapestry of life, each thread intertwined, we are never alone, but always together. To all burn survivors, remember this: our strength is shared, our resilience reborn in every moment of challenge. Stand tall, for we are a community stitched by courage, bound by resilience, and forever united in spirit.

# DAY TWO PROGRAM

## BREAKOUT SESSIONS

1:00PM  
1:45PM

Panel Discussion  
"Pain, Itch, Sleep"

BRITANNIA

Pain After Discharge  
**Alex Chisholm**

MOUNT  
ROYAL

Stress Management  
**Jenny Horch**

RIDEAU

2:00PM  
2:45 PM

Panel Discussion:  
"Return to Work"

BRITANNIA

Panel Discussion  
"Sexuality & Intimacy"

MOUNT  
ROYAL

Microaggression and Labels


RIDEAU

"SUCCESS IS NOT FINAL; FAILURE IS NOT FATAL;  
IT IS THE COURAGE TO CONTINUE THAT COUNTS"

Winston Churchill

# DAY TWO PROGRAM

## FRIDAY JUNE 23, 2023

TIME	SESSION	LOCATION
1:45PM-2:00PM & 2:45PM-3:00PM	MOVE & REFRESH COFFEE SPONSORED BY 	FOYER
3:00PM 4:15 PM	Medical Cannabis by Harvest Medicine	BRITANNIA BELAIRE
4:15PM 4:30PM	ANNOUNCEMENTS	BRITANNIA BELAIRE

### JUNE 23, 2023

TIME

7:00PM  
11:00PM

LOCATION

414 3St SW,  
Calgary AB T2P 1R2

# ROOFTOP


SPONSORED BY



Revitalize and Reconnect: CFBTS Social for  
Refocusing, Renewal, and Refreshment - 2 Free  
Drinks + Appetizers!

# DAY THREE PROGRAM

## SATURDAY JUNE 24, 2023

TIME	SESSION	LOCATION
8:30AM 9:30AM	REGISTRATION STAMPEDE BREAKFAST BUFFET SPONSORED BY  convatec — forever caring —	BRITANNIA BELAIRE
9:00AM 9:30PM	BC PROFESSIONAL FIREFIGHTERS BURN FUND PRESENTATION	BRITANNIA BELAIRE

*Dress Western for our  
Stampede Breakfast*



# DAY THREE PROGRAM

## LASER THERAPY



**Dr. V. Gabriel**

### Dr. V. Gabriel

Dr. Gabriel received his Bachelor's Degree in Medicine as well as his MD from the University of Saskatchewan in 2000. After completing his residency in the Physical Medicine and Rehabilitation Program at the University of Alberta (2000-2005), Dr. Gabriel then moved on to participate in the Rehabilitation Medicine Scientist Training Program at the University of Texas.



**Lindsay Burnett**

### Lindsay Burnett

Lindsay completed her Bachelor of Science in Nursing at the University of Alberta in Edmonton in 2006, her Master of Nursing thesis at the University of Calgary in 2013, and most recently, graduated from the Nurse Practitioner program at the University of Calgary in 2022. She has been actively involved in the Burns community since graduation working in various nursing roles. Currently employed as the Nurse Practitioner at the Calgary Firefighter's Burn Treatment Centre at the Foothills Medical Centre, Lindsay's role includes direct clinical care in both the inpatient unit and outpatient clinic, teaching, and research. Lindsay enjoys being involved in various quality improvement initiatives and has Co-Chaired the FMC Burn Quality Committee since it was established in 2014. Lindsay is also highly involved in the Burn Survivor community and is a SOAR Coordinator for the Phoenix Society's Burn Peer Support Program in Calgary.

#### TIME

9:30AM

10:30AM

#### LOCATION

BRITANNIA

BELAIRE

Laser therapy, a radiant hope for burn survivors, illuminating the journey from scarring to healing.

# DAY THREE PROGRAM



**Jennifer  
Buchanan**



## **TIME**

**10:45AM**

**11:45AM**

## **LOCATION**

**BRITANNIA**

**BELAIRE**

## **"POWER OF A PLAYLIST"**

### **Jennifer Buchanan**

The Founder and Visionary Architect of JB Music Therapy (JBMT), a music therapy company that has been instrumental in the implementation of hundreds of music therapy programs throughout Canada for 30 years and that has been thrice nominated for the Community Impact Award by her local Chamber of Commerce. JBMT currently employs a diverse team of 18 Certified Music Therapists (MTAs) serving all ages in medical, education and community care settings.

As the author of two award-winning books – Tune In and Wellness, Incorporated she has become a trusted source for many television media outlets across North America and has been featured in publications such as The Guardian and The Huffington Post. Her latest book, Wellness, Wellplayed: The Power of a Playlist was written for all of us who love to make the biggest impact possible while getting the most out of life – it equips busy, mindful people with tools and supports to engage with music in a deeper way.

The Canadian music therapy community presented Jennifer with their two most prestigious awards – the Norma Sharpe Award for lifetime achievement and the Frani Award, named after her long-time mentor and friend – and the pioneer of music therapy in Canada.

**"MUSIC IS A HIGHER REVELATION THAN ALL WISDOM AND  
PHILOSOPHY"**

**Ludwig Van Beethoven**

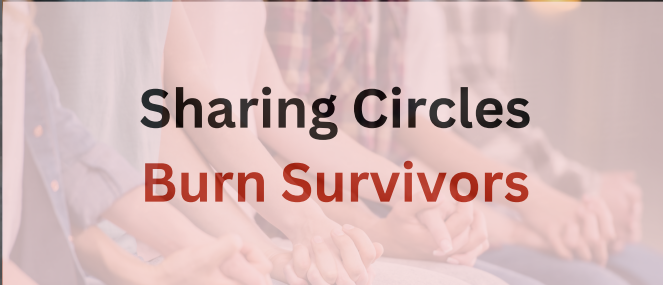
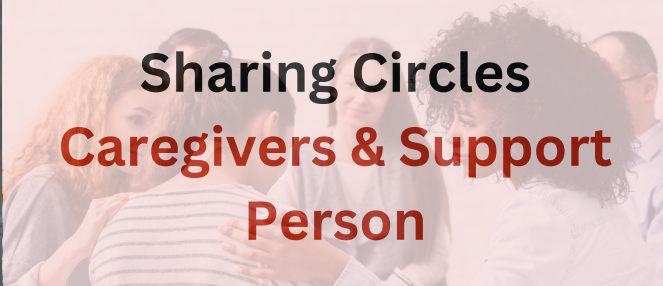



# DAY THREE PROGRAM

SATURDAY JUNE 24, 2023

TIME	SESSION	LOCATION
11:45AM 12:45PM	POWER LUNCH SPONSORED BY  The logo is circular with a blue border containing the text 'British Columbia Professional Fire Fighters Burn Fund' and 'Since 1978'. In the center is a red circle with 'BURN FUND' in white, flanked by a fire helmet and a fire tool.	BRITANNIA BELAIRE

## BREAKOUT SESSIONS

12:45PM 1:45PM	 Sharing Circles Burn Survivors	RIDEAU & MOUNT ROYAL
	 Sharing Circles Caregivers & Support Person	LAKE LOUISE
	 Sharing Circles Health Care & CFD	LAKEVIEW

# DAY THREE PROGRAM

## SATURDAY JUNE 24, 2023

TIME	SESSION	LOCATION
1:45PM 2:15PM	NOURISH & REFRESH  SPONSORED BY 	BRITANNIA
2:15PM 3:15PM	 Drum Circle	BELAIRE/MAYFAIR
3:15PM 3:30PM	Closing Remarks	BELAIR/MAYFAIR

**JUNE 24, 2023**

**TIME**

5:30PM  
23:00

**LOCATION**

BRITANNIA  
BALLROOM

**BANQUET  
BEYOND THE SOLSTICE**

