

VOL. 16 ISSUE 1 · DEC 2022

Canadian
Burn Survivors
Community

WINTER NEWSLETTER

Official Newsletter of Canadian Burn Survivors Community

Welcome to our Winter Edition!

Welcome to the winter edition of our community newsletter! We hope this finds you well and staying warm during these colder months.

In this volume, you'll find updates on the latest research and treatments in burn care, as well as inspiring stories from fellow survivors. We also have some exciting news to share about events and support groups happening in the coming months.

As always, our community is here to support and uplift each other during the challenging times that come with living with burn trauma. We encourage you to reach out to us or to participate in one of our support groups if you need any extra help or just want to connect with others who understand your journey.

We hope you enjoy this edition of the newsletter, and we look forward to staying connected with you throughout the winter.

Canadian
Burn Survivors
Community

EDITORIAL TEAM

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Canadian
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ALWAYS TOGETHER NEVER ALONE

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Organization News

Dear CBSC Supporter,

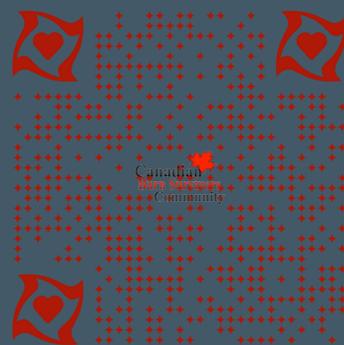
We're honored to count you as one of our supporters. Together with you, we are a community comprised of burn survivors, fire-fighters, burn unit staff, and advocates who have come together to offer support and education to any person or people that have been affected by burns.

We're currently updating our platform and in order to continue receiving our latest news and stories, we kindly ask you to complete your profile by clicking the "Profile Update" button or scan the QR code.

We look forward to sharing with you our latest development in the coming weeks.

Sincerely,
Your CBSC Team

PROFILE
UPDATE



STAY
CONNECTED

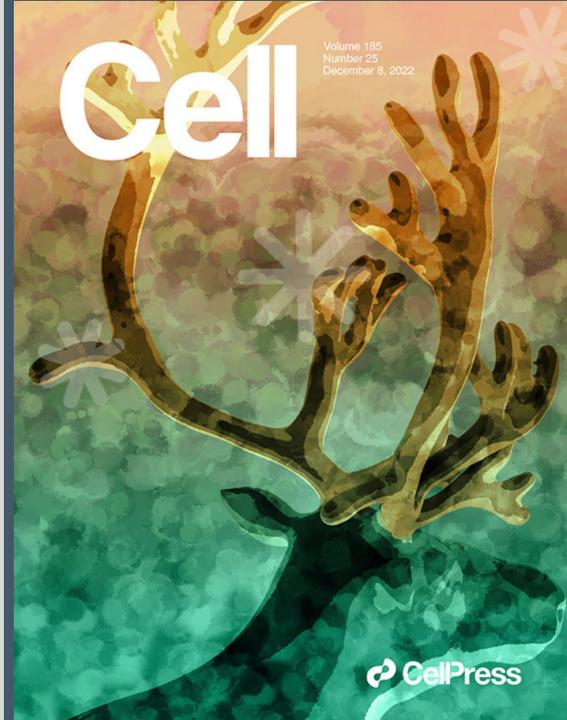


Research

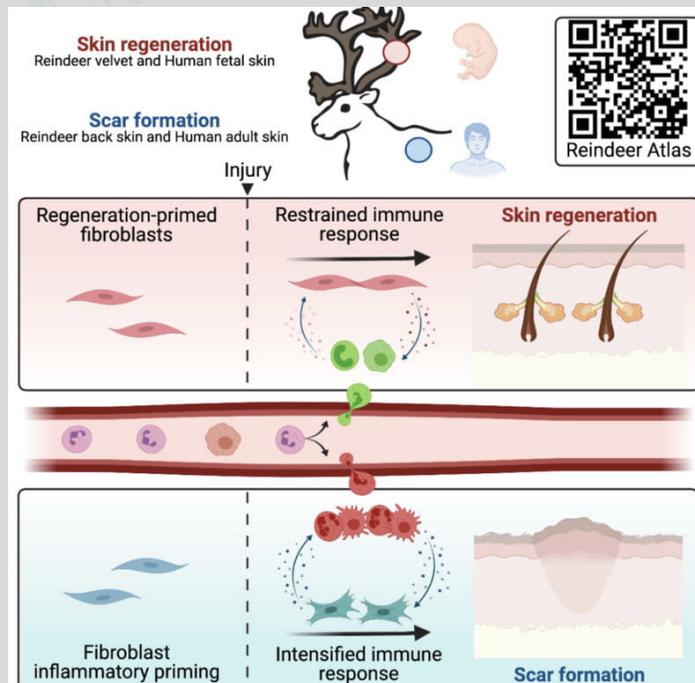
Why does reindeer antler velvet regenerate without scar?

Biernaskie Lab at University of Calgary Published in Cell Press

The study published by Biernaskie Lab at University of Calgary in the Cell Press investigated the differences in skin repair between reindeer antler velvet and back skin. The researchers found that injuries to antler velvet skin regenerate, while injuries to back skin form scar tissue. They also found that the behavior of fibroblasts, a type of cell involved in the repair process, differed between the two types of skin, with fibroblasts in antler velvet adopting an immunosuppressive phenotype that restricts leukocyte recruitment and promotes immune resolution, while fibroblasts in back skin amplified myeloid infiltration and maturation during repair. The study suggests that decoupling the interactions between fibroblasts and the immune system may be a promising approach to reducing scar formation and promoting skin regeneration.



[Click HERE to see the full article.](#)



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Holiday Season

On behalf of the Calgary Burn Survivors, I want to extend a heartfelt thank you to the Calgary Firefighters and the Burn Unit Staff for hosting us a Christmas dinner. It was an incredible gesture of kindness and generosity, and it meant the world to us.

The dinner was a wonderful opportunity for us to come together and celebrate the holiday season, but it was also a reminder of the support and care that you have shown us throughout the year. Your efforts to raise awareness about burn injuries and provide resources and support to survivors are truly admirable.



Thank you for all that you do to make our lives better, and for being there for us when we need it most. We are grateful for your unwavering support and commitment to our community.

Merry Christmas and Happy Holidays!

-Kyle Hynes

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*it's
the most
WONDERFUL
Time of the
year*



Christmas Dinner

The Firefighters Burn Fund of Victoria BC hosted our annual Christmas Dinner at Gorge Vale Golf Club. As the firefighters, burn survivors, nurses, doctors, support staff and their loved ones gathered, there were many hand shakes, hugs and reconnecting. Dinner was enjoyed by everyone with a lot to choose from. Also the variety of desserts were sweet and delicious.

-Sandy Cook

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6 Tips To Consider During The Holiday Season

1

Take care of your physical needs. The holiday season can be a busy and stressful time, which can be especially challenging for people who are recovering from a burn injury. Make sure to get enough rest, eat well, and stay hydrated to help maintain your physical health.

2

Plan ahead. If you have specific needs or challenges related to your burn injury, try to plan ahead and make arrangements in advance to ensure that you are able to participate fully in holiday activities. For example, you may need to arrange for transportation to and from events, or bring along extra supplies or equipment.

3

Set boundaries. It's important to take care of yourself during the holiday season, so don't be afraid to say no to invitations or activities that might be too overwhelming or tiring. It's okay to take breaks and take care of yourself.

4

Seek support. If you're feeling overwhelmed or stressed during the holiday season, don't hesitate to reach out to friends, family, or a support group for help. It can be helpful to have someone to talk to or to lean on for emotional support.

5

Stay safe. Be mindful of any potential hazards that could be present during holiday activities, such as open flames, hot surfaces, or sharp objects. Follow safety guidelines and take extra precautions to avoid any accidents or injuries.

6

Focus on what's important. The holiday season can be a time to connect with loved ones, give back to others, and celebrate the things that matter most to you. Try to keep things in perspective and focus on the things that bring you joy and happiness.

HAPPY HOLIDAY





Positive Message

As a burn survivor, I know firsthand the challenges and struggles that come with overcoming such a traumatic experience. But I also know the strength and resilience that can come from surviving and thriving despite these challenges.

I want to share with you a message of hope and positivity. No matter how difficult your journey may be, there is always a light at the end of the tunnel. You are not alone, and there are countless others who have been through similar experiences and have come out stronger on the other side.

It may not always be easy, but never lose hope. You are capable of amazing things, and with hard work and determination, you can overcome any obstacle and achieve your goals.

Remember to surround yourself with supportive loved ones, seek out resources and support groups, and take care of yourself physically and emotionally. You are worth it, and you are strong.

With love and support,

By Kyle Hynes



Kyle Hynes, a burn survivor and member of the board of directors of our community.

Kyle has been a burn survivor since 1998, when he was injured in a house fire at the age of 5. Despite facing significant challenges and undergoing numerous surgeries and skin grafts, Kyle has remained positive and determined to help others who have experienced burn injuries.

Since his accident, Kyle has been actively involved in supporting other burn survivors, including through his work as a SOAR-certified peer support specialist. He has a passion for helping others overcome their burns and find hope and healing in their journey.

We are grateful to have Kyle as a part of our community, and we know that his positive attitude and willingness to help will be an inspiration to others.





Self-worth Affirmations

"I am not alone, there is a strong community of burn survivors supporting me."

"I am strong, I am resilient, I am a burn survivor."

"My scars are a testament to my strength and determination."

"I am a survivor, not a victim."



"I am more than my scars."

"I am not defined by my injuries."



"I am grateful for every day, for the second chance at life that I have been given."

"Burns may have changed my appearance, but they cannot change who I am."

"I am a warrior, I have battled through unimaginable pain and hardship."

"I am proud of who I am and all that I have overcome."

Did You Know



Zoom Conferences

The CBSC Zoom conference in November was a success, with around 20 to 25 attendees for Don Schwartz's presentation on PTSD and EMDR. The conference featured a discussion on Don's recently released book, "Beating the Impossible," which details his personal experiences with PTSD and recovery. The conference also included a session with Kristine Stewart, a hypnotherapist, who shared relaxation techniques and methods for rewiring thought patterns through the use of both sides of the brain. Looking ahead, the CBSC is planning another online conference in the Spring of 2023.



The Ultimate Showdown

On September 30, 2008 I was burned in a workplace accident.

I was given a 13% chance of survival and the surgeons were making plans to amputate both my arms from above the shoulder. 14 years later to the day and I'm in Dieppe, France. I'm in a stadium and I'm competing in the International Federation of Arm-wrestling World Championships! I wasn't just competing, I actually won gold medals in both arms!

To have won these world titles after having over 30 major surgeries and over 100 minor ones is one my life's most memorable moments.

The process of recovery has been painful, frustrating and time consuming. The scar tissue makes my skin very tight and I am constantly stretching my arms and upper body.

Going to Physio therapy is a positive part of my life but if I had the choice, I'd go less or not at all.

One day I saw an arm-wrestling match on TV and thought this sport might be a good way to stretch my arms so I messaged my local arm-wrestling team and asked "do you think I can come to your practice and maybe just be your warm up guy?" The next week I went to my first practice and I had a great time. The second week I fell in love with the sport and by the end of my 3rd practice I was making plans to compete in a tournament.

Like the Burn Survivor community and the Professional Speaker community, the arm-wrestling community has embraced me with both arms and I'll never let go of any of them. I'm very fortunate to have made these life long connections and I find it amazing how these 3 completely different communities can have the same level of acceptance and camaraderie.

Before being burned, to be part of a group, a team or organization was not important to me. I didn't understand the value of it but without the love, the friendship and personal connections I've found within these communities, I would not be the person I am today.

You may have heard the saying "it takes a village to raise a child" and the same logic applies to being a burn survivor, a professional speaker or a professional arm-wrestler. Having surgery is a choice only I can make.

When I'm on stage delivering a keynote presentation, I'm up there by myself. When I'm fighting on the arm-wrestling table, it's a 1 on 1 battle but I could never do any of these endeavors without the backing of a community.

It's ok to ask for help, it's ok to accept the help, it's ok to offer and give help.

Community is everywhere for everyone. If you can't find your community, keep looking because there is one for you and if you still can't find one, create your own!

Dan Plexman





Upcoming Webinars

Wednesday, January 18th, 2023

"Ask the Doctor" with Dr. Marc Jeschke



Marc Jeschke, MD, PhD, FACS, FRCS

Dr. Marc Jeschke has been caring for burn patients and conducting research in the field of burns for over 25 years. He is a global leader in burn care, research, and education. According to Expertscape, he is the second highest-ranked expert in burns in the world. Dr. Jeschke is currently the Director of the Burn Program at Hamilton Health Sciences Centre, and is a Surgeon Scientist. He is the Vice President of Research for McMaster University, and is a Professor in the Department of Surgery there. Before joining Hamilton Health Sciences, Dr. Jeschke held a faculty position at Sunnybrook in Toronto for 12 years.

Prior to that, he was the distinguished Annie Laurie Howard Chair in Burn Surgery at the University of Texas Medical Branch and Shriners Hospital for Children, and worked there as a Staff Surgeon and Coordinator of Research, with a focus on increasing research productivity and obtaining independent grant funds.

Dr. Jeschke has a continuous commitment to scholarly work with over 450 peer-reviewed articles, books, and book chapters on burn care. He has been funded continuously since 2000 and has a significant track record of successes with federal funding agencies and private foundations. He has a total lifetime funding of over \$20,000,000 as principal or co-investigator. Dr. Jeschke has an essential role in worldwide multicenter clinical trials and is currently engaged in multiple ongoing multi-centre trials. His work is translational and his research interests include investigating the profound metabolic alterations post-burn injury and novel techniques for wound coverage and skin regeneration.

SAVE THE DATE

Life After Burns
Virtual
Conference
JANUARY

28





In-Person Conferences

HOSTED IN CALGARY, AB

June 21 - 24, 2023

Book Your Room Today!



Registration Opening in early January



General Admission
\$400.00 per person



Burn Survivor
\$200.00 per person



Day Rate
\$125.00 per person

Fundraiser

50/50 Raffle

Calgary Firefighters Burn Treatment Society

For more information visit:

www.canadianburnsurvivors.ca/2023conference



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CBSC Bi-Weekly Chat

2023 Schedule

9pm AST | 8pm EST | 7pm CST | 6pm MST | 5pm PST

January 04 18	February 01 15	March 01 15 29	April 05 12 26
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How to Join?

👉 Microsoft Teams Meeting 👈

Join on your computer or mobile app

[Click here to join the meeting](#)

Or join by entering a meeting ID

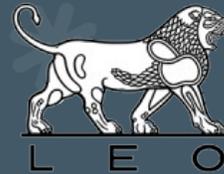
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Passcode: 7rDoRp

[Learn More](#)

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ORIGIN AND CAUSE



Caregiver Support Group Monthly Meetings

2023 Schedule
7PM EST

January 17	February 14	March 14	April 11
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A monthly support group for caregivers and family members of burn survivors. This group allows the chance to connect and discuss various topics unique to the experience of providing care for a burn survivor at different stages of their healing journey. Be a part of the community by asking questions, sharing your story, and reflecting. Facilitated by retired Occupational Therapist, Barbara-Anne Hodge & wife of a burn survivor, Sandy Cook.

Sign up at <https://www.lifeafterburns.ca/peer-support-groups>

Life After Burns Monthly Meetings

2023 Schedule
7PM MST

January 11	February 08	March 08	April 05
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Sign up at <https://www.lifeafterburns.ca/peer-support-groups>

Life After Burns



Calgary Burn Survivors Monthly Meetings



2023 Schedule

6:30 MST

January 11	February 08	March 08	April 12
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To receive information from burn survivor group and to revive a zoom invitation to meetings contact burn.survivors@albertahealthservices.ca

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Mamingwey Burn Survivors Chat

2023 Schedule

7PM CST

January 10	February 14	March 14	April 11
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Join Zoom Meeting

<https://us06web.zoom.us/j/83201411276>

Meeting ID: 832 0141 1276





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SEASONS GREETINGS FROM THE CBSC BOARD MEMBERS!



We hope this holiday season brings you peace and joy. We look forward to seeing you at our next CBSC Chat in January and can't wait to come together again in person at the conference in June 2023. Until then, we wish you all the best.

Canadian Burn Survivors Community



Everyone affected by a burn trauma deserves the support and tools they need to thrive again. Together we can ensure that Canadian survivors are able to get back to living. With your support we can make a difference. Thank you to our sponsors for supporting our efforts.



December 21, 2022 CBSC Chat

Make a Difference with Your Support: Ways to Financially Contribute to the CBSC

