



## Northwest Regional Burn Model System

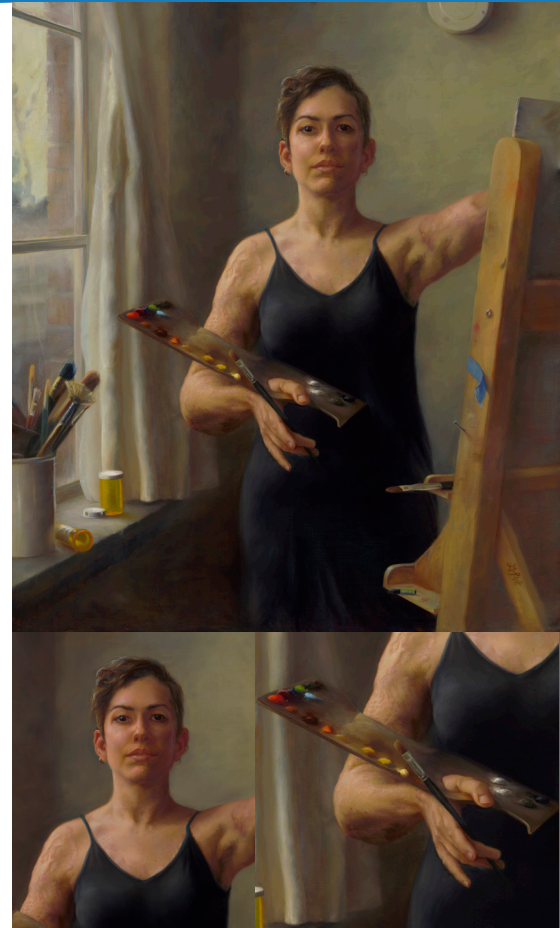
Spring 2021

### Burn Survivor Heroes: Grace Flott

Grace Athena Flott (b. 1990) is an artist and arts educator from Spokane, Washington. Her paintings are recognized for their light-filled realism and dedication to issues of identity, beauty and the human condition. She began making art after she was burned in 2011 while studying abroad in Paris, France. After initial treatment in Paris, she was transferred to the burn unit at Harborview Medical Center where she recovered for another two months. After the fire, Grace returned to school eventually graduating from the University of Washington and Aristides Atelier at Gage Academy of Art. Her work is now exhibited and collected nationally. Grace is currently a teaching artist with Gage Academy adult and youth programs, AIGA and Bainbridge Island Museum of Art, in addition to teaching privately in her Seattle Studio.

Artist statement (pictured right):

“This painting is my way of reckoning with who I am. I am a burn survivor, artist and advocate. I don’t look like other people and that is okay. After I was burned I struggled with accepting my new appearance and how to talk to other people about it. At times, I wanted to run away and hide my scars. Part of the problem was that I didn’t see many people who looked like me in media, movies or art. What I love about painting is the power it gives me to create the world I want to see. Burns, in all their various shapes and colors, are worthy of being seen and celebrated. As I painted this from life by looking in a mirror I discovered the unique pattern in my own skin. Each brushstroke is a statement of acceptance about my own body. By describing the true nature of my skin I am reclaiming my right to be seen and the inherent value in all lived physical realities.”



#### Grace Athena Flott

*Forged in the Flames (Self-portrait at 28)*  
Oil on aluminum composite panel  
28 x 32 inches  
2019

#### Follow Grace online:

Instagram: @graceathenaart  
Web: [graceathenaflott.com](http://graceathenaflott.com)

## RETURNING TO WORK AFTER BURN INJURY

Returning to work is an important phase of recovery after burn injury. Working has many rewards besides income – it can give you a sense of purpose and confidence, provide social opportunities, help your physical and emotional recovery and improve your overall quality of life and sense of well-being.

Our new NWRBMS website ([nwrbms.uw.edu/return-to-work/](http://nwrbms.uw.edu/return-to-work/)) is a good tool for those looking to return to work. There you can find information including how to gauge your readiness for return to work, your employer's responsibilities and disability benefits and insurance.

The website is a great place to find resources related to recovery after burn injury and keep up with our research involvement.

## Dr. Samuel Mandell to Join UTSW



It is with mixed emotions that we say goodbye and best wishes to Dr. Samuel Mandell, who has been an attending surgeon here at the UW Medicine Regional Burn Center since 2014. He has collaborated on several Burn Model System educational projects and publications. However, mostly we will miss his compassion and ability to connect with patients and staff. He leaves to assume the position of Burn Section Chief, Director of the Burn Center, Associate Program Director SCC at Parkland Memorial Hospital in Dallas, TX. Since Dr. Mandell's residency he has established himself as a surgeon leader with a commitment to Quality of Care. He joins the burn center where our UW Medicine Regional Burn Center roots began. We wish him luck in spreading our philosophy.

### Injury Prevention at Work:

- Wear appropriate personal protective equipment (PPE)
- Know the location of electrical sources in your workplace
- Avoid any contact with water when working with electricity

BURN MODEL SYSTEM

**BMS**

ADVANCING RECOVERY THROUGH KNOWLEDGE

### Visit us online and social media

The NWRBMS maintains an active social media presence on both Facebook and Twitter. To follow/join us on Facebook, search "Northwest Regional Burn Model System". From Twitter, search "@NWRBMS" or go to [twitter.com/nwrbms](https://twitter.com/nwrbms).

Please visit our website for more information:  
[nwrbms.uw.edu](http://nwrbms.uw.edu)

