

我的抗癌支柱

鄭和恩 口述 / 陳慕筠 整理

我是零五年八月作腸鏡檢查時發現大腸癌，十月份作了部份切除手術，接著做了十二次化療，時間拖得特別長，而不好的反應也多：紅血球、白血球指數下降，血小板指數也低，還出現糖尿病和脂肪酰偏高等。就在我最痛苦時，有機會參加了一次華州華人防癌互助協會舉辦的座談會，那一次正好是由癌友甘先生用切身體會介紹他自己在患癌症時如何解決醫療保險，向有關部門申請援助的途徑。讓我明白了在治病期間如何爭取應得的權益。從此我經常參加協會的各樣活動：讀書會、談心會、醫療健康講座、聯歡會等，只要身體沒有不適我都不會缺席。因為我從那裡得到許多癌友的好經驗，也讓自己有機會把經驗和別人分享，而且還可以在治療、飲食、康復等方面，取得很多先進的科技新資料。在我治療期間經常得到理事陳阿姨的關心，和具體的幫助，在我先生同時得肺炎住院及我的手臂撞傷骨折等意外事出現時，理事們都會熱心地為我排難解憂，給我鼓勵和信心。華州華人防癌互助協會成了我抗癌治病的有力支柱！



The Strong Support in My Fight against Cancer

I was diagnosed with colon cancer after a colonoscopy examination in August 2005. After the surgery for partial removal in October, I followed up with 12 sessions of chemotherapy. The therapy took quite a long time and many side effects seemed to manifest throughout the process: Decline in erythrocyte, leukocyte and platelet levels, along with other diabetic and lipid disorder symptoms. During the time I was devastated, I went to a seminar hosted by the WSCCNA. That seminar was presented by Mr. Gan, who used his own experience to talk about how he dealt with the health insurance issues as a cancer survivor as well as the processes and approaches to apply for health care assistance. It made me realize how I should fight for my rights over the course of my treatments. From then on, I was actively involved with the activities organized by the association. They included book study clubs, support groups, health seminars, and parties etc. I never missed any activities as long as I was physically well. It was because of those events that I gained many valuable experiences from my fellow cancer friends and had the opportunity to share my own as well. Furthermore, I also learned a lot of current cutting edge biomedical information pertaining to treatment, nutrition and recovery. Over the course of my treatment, I was often showered with care and concern as well as all forms of help from Aunt Chen, one of the board members. During the time my husband was down with pneumonia and me suffering multiple fractures, the board members had also been very supportive, helping me bring my life back together, solving my problems and giving me confidence and encouragement. The Washington State Chinese Cancer Network Association has indeed become a strong support in my fight against cancer.

Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能為華人癌友和家庭提供必要的協助，有關治療、康復、身心靈的諮詢。

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讀書會近況

陳慕筠

讀書會自協會成立至今一直進行活動，圍繞身心靈健康的主题我們選讀了以下的書：“絕處逢生”、“你可以不生病”許添盛醫師著，還配合各題目聽有關的光碟。今年我們增加了“不治而愈”〔美〕安德魯·偉爾著，洪漫、劉立偉譯。由於書本供應不夠，讀書會採取選擇重點覆印講義的辦法進行閱讀，選題討論。根據部份參加讀書會的朋友反應，通過學習收益不少，特別是到會者均能圍繞主题，結合自己的親身體會互相交流分享，也能達到集思廣益之效。不足之處是每次參加人數不多，且不是連續學，事前也來不及預習，故不能深入討論領會，效果就會有折扣。為了將讀書會繼續做好，歡迎更多的癌友、家屬、義工、有興趣的朋友們都來參加。2007年將會選用更多有影像(DVD.VCD)的主题及生動的內容進行活動。讀書會活動時間為每月第一個星期六下午1:30-3:30。地點：Gilda's Club，1400 Broadway, Seattle。諮詢電話：206-328-5428 陳慕筠。



華州華人防癌互助協會舉辦 ‘癌症病人理財及人壽保險講座’ - 紐約人壽保險公司經紀彭勃先生主講

癌症是上天送我最好的禮物

黃銘銘 撰稿

2006年七月份的癌友談心會請到目前在美國攻讀博士學位的石世明，他是前花蓮慈濟心蓮病房的臨床心理師，他以八年陪伴病人的經驗娓娓訴說…

他說當一個心理師他只是很真心誠意的在傳達一個很重要的想法，那就是身體生病，心理不一定要跟著生病，因為雖然身體插著許多管子，但是”心”裡面並沒有插著管子啊！重病的發生，並不意謂一個人馬上就要失去生命，而是身體在提醒你：你應該要好好停下來想一想……。而許多病人在經過一段挫折，摸索和成長後會告訴他，因為生病，所以有時時間停下腳步省思自己原來的生活，進而看到一個和以前，在健康的社會價值下不同的世界，好像生命裏有了另外一種風光。因此生病不只是生病，還生”智慧”！

談到醫師向病人宣佈病情的時間掌握。在西方國家，醫師偏向第一時間直接告知病人，而在東方國家則以病人或家屬意願為主，而不管什麼方式，重要的是接下來家屬的陪伴品質。陪伴者如何洞悉病人心靈轉化的過程而來調適陪伴的方式，是提升陪伴品質的最大要件。而這些都是可以學習的，也在在都有實際的例子可供學習。

很多時候當病人因病而對生命有新的體驗時，其實身邊的家屬朋友也在透過陪伴而學習，彼此的生命因此更加踏實，所以很多癌友都會驚呼：“癌症是上天送我最好的禮物”。

此次談心會給所有與會者一個新的方向去調適自己的心態面對癌病，也賦予每一個人新的使命：帶領家人一起向生命學習！收穫良多！



The Latest from the Book Study Club

Mu Yun Chen

Since its inception, the book study club has been reviewing materials on the topics of body, mind, and health. Selected books include *Find One's Way out from an Impasse* and *You Don't Have to Be Sick* by Dr. Tiansheng Xu. We have also listened to CDs related to the books. This year, we added *Spontaneous Healing* by Andrew Weil and translated by Man Hong and Liwei Liu. Due to short supplies of this book, the club chose to make copies of key topics for reading and discussion. According to some book club attendees, they have benefited greatly from these readings. All who attended were able to stay focused on the topics, and shared with each other their personal experiences. Some concerns with the club are that too few members show up at each meeting or on a regular basis, and few preview the material ahead of time, which makes it difficult to discuss and comprehend the material in depth. The book club welcomes more cancer patients, family members, volunteers, and anyone who is interested in participating. In year 2007, we will select topics with more images (DVDs and VCDs) and vivid content for our activities. The book study club meets every first Saturday of each month from 1:30-3:30 PM at Gilda's Club, 1400 Broadway, in Seattle. Please contact Mu Yun Chen at (206) 328-5428 if you have any questions.



"Cancer Is the Best Gift the Heavens Have Bestowed Upon Me!"

In July 2006, WSCCNA invited Mr. Shih Ming Shih, a Ph.D. student studying in the U.S., to speak at the cancer support group meeting. He was a former clinical psychotherapist at the hospice ward, the Tzu Chi Medical Center in Hualian, Taiwan. Based on his 8 years of experience in accompanying the patients, Mr. Shih related on and on...

He said, as a psychotherapist, he was wholeheartedly transmitting a very important idea; that is, *even though the physical body gets sick, the mind does not necessarily have to fall ill with it*. Even with many medical tubes inserted in the body, there are certainly no tubes inserted inside the mind. The occurrence of a critical illness does not necessarily equate the immediate loss of life; rather, it's a wake-up call to slow down and do some serious thinking.... Having gone through a period of frustrating, exploring and spiritual growing, many patients revealed to him that because of their illness, they had the chance to slow down and reflect upon the lives they used to have; this has led them to discover a new world with social values different from those held by healthy people, as if they had been led into a new light. Therefore, being sick is not merely being sick, it raises wisdom as well.

Speaking about the time when physicians disclose the illness to patients, Mr. Shih stated that doctors in Western countries favor conveying the news directly to the patient in a timely manner, whereas doctors in the East tend to respond to the patients' and families' preferences. Regardless of which disclosure option is chosen, the quality of family caregiving is what counts the most. A caregiver's ability to be keenly aware of, and in sync with, the individual patient's inner transformation process is crucial in improving the quality of caregiving. This can be learned and there are many real cases that can be learned from.



When patients gain new insights on life due to illness, their families and friends also learn through accompanying them, allowing both to live fuller lives. It's no wonder that many patients have exclaimed: "Cancer is the best gift the heavens have bestowed upon me!"

This support group meeting offers the participants a new approach in adjusting their own attitudes toward cancer and also gives each person a new mission: To lead family members in learning together from life. All in all, we've gained much from this event!



我找到了一個溫暖的“家”！

劉彥君 口述 / 陳慕筠 整理

零五年三月我在一次體檢中發現了早期乳癌，立即做了切除手術及六次化療，在經過一年多的安頓、籌劃、治病後，終於來到美國。可是來美後因為自己不會講、不會聽、不會駕車，就像個廢人。白天只有一個人關在家裏，是那樣寂寞、孤獨、無聊……。有一天，我在華文報上看到了華州華人防癌互助協會在周末舉行講座的消息，我要兒子送我去參加。那天的主題是討論對重症病人的臨終關懷，我雖然並不太感興趣，可是會場的氣氛卻緊緊地吸引著我，在場的大部份都是癌友，他們有的已康復了三年、五年、七年、甚至有四十三年，他們是那樣開懷暢談各自的經歷、體會，向新來的朋友親切地問長問短，關懷備至，我頓時覺得自己有了很多相知相惜的朋友，我找到了可以傾訴心事的地方。以後我繼續參加了一次讀書會和一次談心會，更讓我在別的癌友身上學到許多東西，像：如何改變自己飲食、作息、運動、調理心態等等。以前我只是過一天算一天，現在開始去想想自己應該怎樣過好每一天！要有計畫、要有安排，應該找點力所能及的事去做，賺點錢，去旅行，增廣見識，應該有自己的理想……。我也通過學習開始思考，我為什麼會得到癌症？是因為我那要強又愛面子的性格，做了許多超越自己能力的事，讓自己精疲力竭、吃不好、睡不穩，這樣怎麼不會得病！現在我知道，這一切的轉變都因為我認識了一群熱心的朋友，一個溫暖的“家”——華州華人防癌互助協會！

訂定零七年年度計劃的理事集訓會議

陸宜平、陳慕筠 撰稿

華州華人防癌互助協會成立以來每年都要開一次理事集訓會議，今年已是第三次了。為了能集中精力開好這次會議，理事們選擇了遠離市區、位於 Birch Bay 風景秀麗的海濱渡假公寓作為會議場地。在十月廿七至廿九日的三天周末，八位理事(王蓮莉、杜燕屏、陸宜平、黃銘銘、陳慧芳、陳慕筠、費聖奇、寧凱蒂)好不容易擺脫了公務、家務、約會，輕鬆愉快地坐上兩部車子，走了三個小時才抵達目的地。由於事前作了詳細的分工和安排，睡的、吃的、用的都很齊備。會議準時按計劃進行，有勞有逸，有爭議也有結果。經過兩天半的會議，總結了今年的工作及經驗，也安排好明年的活動。周六晚還在海邊的一個酒吧參加了當地的一個預祝萬聖節的歌舞晚會。

由於協會是一個非牟利的機構，理事們全是義工，對協會只有奉獻。八位理事中有六位是癌友，其中七位是在職的上班族。協會在一無所有的情況下，三年來為華人癌友及其家屬舉辦了很多講座、活動，諮詢、聯絡、慰問工作，還出版了六期季度簡訊。但是協會還有許多工作要做，需要更多的人來支持和參與。因此在明年要成立一個義工部，由理事杜燕屏專管，下設有發行、聯絡、總務、翻譯小組。我們誠摯邀請熱心和有愛心的朋友來做義工，這是明年我們的重大工作之一。



會議後，各位理事在海邊合照



I Have Found a Home Sweet Home!

A routine physical examination in March 2005 revealed that I had early-stage breast cancer. A Surgery was soon performed, followed by 6 sessions of chemotherapy. After year-long planning, arrangement and medical treatment I came to America at last. In this new country, however, I had no communication skills or driving skills. Those restrictions rendered me as a de facto disabled person. They confined me to my home during the day. I lived in solitude, loneliness, and boredom. One day, I learned from a Chinese newspaper that the WSCCNA was giving a free lecture over the weekend. I then asked my son for a ride there. The topic of the day was "Caregiving for end-of-life patients", which did not particularly interest me. However, I was strongly drawn to the ambiance of the place. The event participants were mostly cancer survivors. Some of them had recovered, ranging from a few years ago to as far back as 43 years. They open-heartedly talked about their experiences and insights. With assuring care and concern, they reached out to warm newcomers' hearts. I instantly felt I had found the right place and a bunch of mutually caring friends to share my

intimate feelings with. Subsequently, I went on to attend a book study session and a support group meeting. I have learned much from the fellow cancer survivors in issues like nutrition and diet, working and resting, physical exercises, mental readjustment, etc. I used to live in empty existence; now I have started thinking about how to live each day well. I should make plans and arrangements. I ought to find a job that I can handle and earn some money for traveling to enrich my life experiences. I should pursue my own dreams. My new learning inspired me to reflect upon the root cause of my cancer. It was due to my disposition of being super and trying to save face that I often stretched beyond my limits. In driving myself to exhaustion by under eating and sleeping, was I not asking for trouble?! I now realize that my entire inner transformation was possible only because of my connection to a bunch of caring friends and a home sweet home—the WSCCNA.



The Retreat for Year 2007

Since the founding of our organization, we have had a retreat every year. It is the third one this year. In order to concentrate on the meeting, the board members chose the scenic seashore vacation condo in Birch Bay as the place for the meeting. In October, from the 27th to the 29th over the three-day weekend, all eight board members (Lillian Wang · Yen Ping Ching · Angela Lu Dickey · Min Min Wong · Hueifang Chen · Mu Yun Chen · Stella Leong · Kathy Lin) got rid of their official business, household chores and appointments with great difficulty and happily rode in two cars and arrived at their destination three hours later. Because of the thorough arrangements and task distribution, all things were well prepared for with regards to sleeping accommodations, food and needed materials. The meeting started on time as planned, alternating hard work with rest and having disputes as well as results. After two days of meetings, we had summarized experiences of the year and planned next year's activities. On Saturday night at a sea-side bar, we participated in a local Halloween song and dance party.

Because WSCCNA is a non-profit organization, all board members are volunteers with nothing else but devotion to the association. Of the eight board members, six are cancer survivors; seven of them have full-time jobs. In the past three years, the association, which possesses nothing, has served Chinese cancer survivors and their families by hosting seminars and activities, providing informal consultation, contacting people, offering hospitality, as well as publishing six quarterly newsletters. With a lot more work to do, we need more people for support and participation. Next year we will form a volunteer group, lead by Yen Ping Ching, one of our board members, with subdivisions of publication, communication, general affairs and translation. We would like to invite people who love and care for others to volunteer. This is one of our big tasks for next year.



Mu Yun Chen - in charge of all the 'yummy' meals for the 3-day Board retreat at Birch Bay Condo



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Enrich Lives... Sharing and Living
 互助... 互愛... 關懷



WSCCNA is a 501(c)(3) non-profit organization
 本會是一個政府批准非牟利團體

Exciting Events in 2006 今年的精彩活動預告

Dec 16 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽

Exciting Events in 2007 明年的精彩活動預告

- Jan 6 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 身心靈健康讀書會 Gilda's Club 會議室
 請電 206-328-5428 陳慕筠接洽
- Jan 17 6:00 pm WSCCNA Board Meeting at Tzu Chi Chinatown/International District Office,
 606 Maynard Ave S. #107, Seattle, WA 98104
- Jan 20 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Feb 3 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 身心靈健康讀書會 Gilda's Club 會議室
 請電 206-328-5428 陳慕筠接洽
- Feb 21 6:00 pm WSCCNA Board Meeting at Tzu Chi Chinatown/International District Office,
 606 Maynard Ave S. #107, Seattle, WA 98104
- Feb 24 12:30 pm - Chinese New Year Celebration at Safeco Center 306 23rd Ave S, Seattle WA 98144
 3:30 pm 中國新年聚餐
- Mar 3 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 身心靈健康讀書會 Gilda's Club 會議室
 請電 206-328-5428 陳慕筠接洽
- Mar 17 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽



WSCCNA

Board members

- President—Hueifang Chen
 Vice-President—Angela Dickey
 Treasurer—Lillian Wang
 Secretary(Chinese)- Muyun Chen
 Secretary— Stella Leong
 Board Member—Yenping Ching
 Board Member— MinMin Wong
 Past President—Kathy Lin