

## 同甘共苦齊抗癌!

李金成

今年三月，當一聽到太太患上屬第四期的”晚期肺癌”時，就像晴天霹靂！她為什麼會得肺癌?! 在完全沒有任何先兆症狀下，被確診為肺癌?!還是晚期?!並且已到了不能動任何手術的地步！我的心情極度憂傷和焦慮，心裡陣陣的抽搐和痛苦，更害怕她會就這樣離我而去！

我們接受了醫生的安排，進行化療。可是那每週一次，每月三次的治療使她的秀髮一把一把地脫光，反胃嘔吐使她吃不下睡不穩，白血球、血小板的指數降到只有正常人的七分之一，體重從110磅降至97



磅，她的情緒也十分低落...，看著她我也十分心痛，眼淚只能往肚裡流，真是愛莫能助！幸好在這其間得到兄弟親友的幫助，往醫院接送治療，隨叫隨到；親友的探望，慰問的電話不斷；我們應邀參加了華州華人防癌互助協會的夏日野餐會、談心會等活動，得到很多鼓勵和幫助，更送來不少有關癌症治療的資料和書籍，讓我們體會到癌症患者除了自身的積極治療，家庭成員的影響和幫助尤其重要。所以我認為親人、朋友對患者的關懷、呵護、體貼和鼓勵的作用不亞於醫藥治療。因為親人的關懷使患者得到溫暖和欣慰，而不會感到自己是孤獨無助；並提高了信心去面對癌病給她(他)們帶來身體的痛苦和折磨，使她(他)們勇於與癌抗爭！

我每天都陪伴妻子和她一起散步，鼓勵她每天要堅持做適量的運動。休息日我也和她一起做運動。在飲食方面，全家也作了調整，飯菜都盡量清淡，少肉食，多蔬果。想盡辦法幫助她增強自癒能力，讓她早日康復！

## 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.

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,有關於

## 目錄

同甘共苦齊抗癌	1
協會活動	2
營養講座摘要	4
癌症患者醫療保險資源	6
聖誕聯歡會	8
捐款芳名	9
2008 活動預告	10

## Inside this issue:

<i>Fighting Cancer with Shared Joy and Sorrow</i>	1
<b>WSCCNA Activities</b>	3
<i>Nutritional Seminar by Dr. Aziz Sadat</i>	5
<i>The Sources of Medical Insurance for Cancer Patients</i>	7
<i>Donation List</i>	9
<i>Events in 2008</i>	10

## Fighting Cancer with Shared Joy and Sorrow

Jin-Cheng Li, translated by Andre Do

In March this year, the shocking news of my wife being at stage 4 lung cancer struck me like the falling of thunderbolts from a sunny sky! Without any warning signs and symptoms, she was firmly diagnosed with lung cancer — in its final stage and too late for any surgery! I suffered from extreme sorrow and anxiety, my heart racked with pain and the fear that she would imminently leave me.

We accepted her doctor's arrangement for chemotherapy. However, the once a week, three times a month treatment took its toll on her. Her beautiful hair fell out in chunks. Nausea and vomiting disturbed her eating and sleep. Her leukocyte and platelet counts fell to 1/7 of normal level. Her weight dropped from 110 to 97 lbs, and she also sank into a deep depression. Watching her suffer and being unable to help, I could do nothing

(Continued on Page 5)



## 協會活動

理事會 報導

## 理事年度集訓：

二零零七年十二月一日週六，理事會在 Redmond Trilogy Park 陳阿姨的新居舉行了今年的集訓。改選後的七位理事，提前在週五晚就到，為會議暖身。天氣雖冷，但大家圍坐吃火鍋卻很熱鬧。週六一早，窗外下起了西雅圖今年入冬以來的第一場雪，而屋內的理事們則開始了長達十小時的熱烈討論。在新任會長費聖奇的帶領下，大家一起總結了零七年的工作，也為零八年製訂了新計劃。陳阿姨負責的讀書會訂出了全年規劃，選取了(美)安德魯韋爾 醫學博士的“自癒力”(中譯)一書為主，輔以聽、看許添盛醫師的“身心靈健康講座”的光碟為內容。在每月一次的讀書會活動中也將穿插做氣功、唱歌、遊戲等活動。



二零零八年除了將延續舊有的活動外，理事們還一致通過成立“新生俱樂部”(New Life Club)，經由歌詠、舞蹈、服裝髮飾、經歷小品短劇表演或其他才藝等的小組活動，讓癌友們有機會展現自己再創的生命奇蹟，自勵勵人！

過去數年來在本協會所舉辦的各項活動中，我們發現不少癌友真是多才多藝！但往往各自忙於尋醫診斷、治療病痛、服藥調理，又或忙工作、忙家務而忘卻了體現自我價值、施展才藝及享受快樂人生。我們希望透過“新生俱樂部”的多樣化活動，使癌友及家屬們，能藉由展現才藝及釋放情緒，而重拾自信及成就感。這將會是一個兼顧身心、康復療癒的好方法！





## WSCCNA ACTIVITIES

Translated by Regina Leung

### Board Annual Retreat

On Saturday, Dec 1<sup>st</sup>, 2007, the Board held our annual meeting at Auntie Chan's new residence at Red Trilogy Park. The seven newly elected Board members arrived early on Friday evening, and got ourselves warmed up for the meeting ahead. Even though the weather was cold; we gathered ourselves around the table and were bustling with the Chinese hot-pot dinner. Early Saturday morning, Seattle first winter snow was just falling outside the window while the Board members were undergoing a ten hour long heated discussion inside the house. Under the leadership of our new President Stella Leung, we concluded what was accomplished in 2007, and made new plans for 2008. Auntie Chan's book club also set up plans for the whole year, and chose the focus on reading Dr. Andrew Weil's book *Spontaneous Healing*, with listening tools; and the content of Dr Hui's "Physical and Spiritual Health Seminar" DVD. In addition to the Book Club Activity, there would be Qi Gong, singing and games as well.



In 2008, the council unanimously approved the establishment of the New Life Club besides the continuation of all the existing activities. Over the years, we have discovered through our WSCCNA events and activities that there are many



hidden talents among our cancer friends. Many times we are so busy with our diagnosis, illness, treatment, medication and daily function that we have often forgotten that how important a sense of value in ourselves is and how joyful life can be. We are hoping that our New Life Club can help cancer survivors and their friends in expressing their own talents and emotions to regain their sense of accomplishment and self validation. It will be a great healing process not only for one's physical being but also for one's mental status as well.



**Aziz Sadat 博士的營養講座摘要**

陳慧芳 摘錄

我們的身體功能通常是依我們所吃的食物及身體的消化系統而定。在不同地域所產生的不同疾病，均和我們所吃的食物綜合體及食物如何被處理有很大的關係。例如：在亞洲的貧窮地區，很少看到直腸癌或免疫功能不全症。當然，任何人均有可能得癌症，但大多數得癌症的人通常是以肉食為主。

基本上我們的身體會利用我們所吃的食物來製造身體所需的各種營養。但很多時候，我們並沒吃到適當的食物 (proper food) 讓身體製造我們所需的維生素和微量元素，因此需吃營養補充品。尤其是礦物質，因為很難由食物攝取。購買營養補充品時，最好是選擇天然提煉的，而非化學合成品。維生素和微量元素因被當成食品類，所以無特殊法令管制，因此常會有錯誤的標示或訊息。所以在購買時要特別注意其標示。同時還要注意其原料中是否含有會引起個人過敏反應的成分。

自然醫學 (naturopathy) 與普通營養學不太一樣。自然醫學的醫師可以診斷疾病並開草藥給病人吃。同種療法 (homeopathy) 是自然醫學的一個分支，源於德國。它有一萬種以上的藥。其治療原理是正確診斷出病源/因後，將少量的相同病源體食入或注入體內，使身體產生抗體來治病。日本人則將同種療法與大蒜、綠茶及亞米加油 (omega oil) 並用來預防癌症。亞米加油大多由魚油而來，其另一主要來源是亞麻子 (flax seed)。亞麻子油很容易在體內被消化吸收，可使皮膚健康。



營養與癌症其實有很大的關聯，但一般醫學界很少談論它。除了癌症飲食外，還要重視“洗滌”身體。人體最重要的是消化系統。每8 - 14小時一定要將體內的代謝物排出。若停留在體內的時間過長，將會影響身體功能及營養素的吸收。最常被用來清除屯積在體內的代謝物的方法是喝蔬果汁、吃含抗氧化劑的食物或產品、及少吃肉。

壓力少也證實與癌症有密切關聯。能掌控自我及從事正向活動的癌症病人，往往能維持正向的生活態度，並會比那些時常擔憂的病人有比較好的治療效果。情緒穩定及能不被壓力所困將有助於身體的修復。



## Summary of the Nutritional Seminar by Dr. Aziz Sadat Translated by Hueifang Chen

The function of our body is based on the food we eat and our digestive system. Different illnesses in different regions are associated with the combination of food people eat and the ways foods are processed. For example, there are fewer colon cancer and immune deficiency disorders in the poor areas in Asia. Anyone would get cancer. But meat is often the primary food among the majority of people who have cancer.

Basically our bodies will use the food we eat to produce the various nutrients the body needs. But often we do not eat proper food so that the body can produce needed vitamins and trace minerals. Thus, we need to take nutritional supplements, minerals in particular due to the difficulty in absorbing them from food. When purchasing nutritional supplements, however, it's better to choose the natural products than the chemical synthetics. Since vitamins and minerals are treated as food, there is no specific law to regulate them. People need to read the labels carefully when purchasing to avoid being misled by the wrong information and pay attention to the ingredients that may trigger individual allergic reaction.

Naturopathy is different from nutrition. The doctors of naturopathy can make diagnoses and prescribe herbal medicine for patients. Homeopathy is a subgroup of naturopathy and originated from German. It has more than ten thousand medicine. The principle of its treatment is that, after the causes of sickness have been identified, the human body will be given, by mouth or by injection, a very small amount of the same origin to produce antibody to treat the illness. The Japanese use the combination of homeopathy, garlic, green teas and omega oil to prevent cancer. The omega oil comes from fish oil. Another major source is flax seed. Flax seed oil is easy to digest and can make the skin healthy.

Although nutrition is associated with cancer a great deal, it is seldom discussed by the general medicine. Besides cancer diets, cleansing the body is also important. The digest system is a crucial one. The body needs to expel the metabolites every 8 to 14 hours. If they stayed too long in the body, they will affect bodily functions as well as prevent the nutrients from being absorbed. The most common way to clean the metabolites accumulated within the body is to drink vegetable and fruit juices, eat food or products with antioxidants, and eat less meat.

Lower stress has been identified in connection with cancer. Cancer patients who are in charge with their bodies and doing positive things often stay positive and have better treatment results than those who worry a lot. Being calm and not stressed will help the body repair.



## Fighting Cancer with Shared Joy and Sorrow

Continued from Page 1

but grieve in silence! Fortunately, my brothers along with other relatives and friends offered us great support during this time. They stayed on call, always ready to give us rides to and from the hospital. They also spoiled us with frequent visits and comforting phone calls. At the WSCCNA's invitation, we attended the Summer Picnic, Support Group Meetings and their other activities. We not only received lots of help and encouragement there, but also plenty of information and publications on cancer treatment. Such experience shows that supportive influence from relatives, friends and fellow patients are crucial in cancer therapy, beside the patients' own motivation for treatment. I therefore believe that the impact of tender caring, nurturing and encouragement extended to cancer patients are no less significant than medical treatment itself. The warmth and comfort that patients receive let them feel that they are not alone and helpless, and boost their confidence to deal with the physical pain and torment in their struggle against cancer.

I now take a walk with my wife every day. I encourage her to maintain appropriate physical activity daily, and exercise along with her on my days off. Our family has also adopted a diet of light meals, with less meat, more fruits and more vegetables. I am doing the best I can to promote her self-healing potential for a speedy recovery!



**癌症患者醫療保險資源綜覽****蔡欣偉、陳慧芳**

本協會於二零零七年十月六日邀請健康醫療保險策劃員蔡欣偉先生 (Mr. Boliver Choi) 主講與癌症病患及慢性病患有關的醫療保險。以下是蔡先生所提供的醫療保險及社會資源相關網站，讀者可依據個人需要上網或電話查詢更多的資料。

**政府部門的相關網站：**

1. Hill-Burton基金：1-800-638-0742，<http://www.hrsa.gov/hillburton/default.htm>，提供免費或減收費用的醫院服務，不包括醫生服務費用；
2. Medicaid：州政府醫療輔助計劃，1-877-267-2323，<http://www.cms.gov/medicaid/consumer.asp>；如符合 Breast Cancer & Cervical Cancer Treatment Program (BCCCTP)資格，可獲Medicaid CN 福利，<http://www.cdc.gov/CANCER/nbccedp/legislation/law106-354.htm>；
3. Medicare：<http://www.medicare.gov>，聯邦醫療保險，提供多項預防癌症檢查服務；
4. Basic Health：<http://www.basicealth.hca.wa.gov/>，華州基本醫療保險，1-800-660-9840；
5. WSHIP：1-800-877-5187，為被保險公司拒絕的華州居民提供醫療保險，<https://www.wship.org/Default.asp>；
6. SCHIP：兒童保險計劃 1-877-543-7669，<http://www.insurekidsnow.gov>，為兒童提供免費或減收費用的醫療保險；
7. The Health Resources and Services Administrators (HRSA) Bureau of Primary Health Care：透過社區診所，為低收入人士提供醫療服務，(425) 277-1311；
8. Internal Revenue Services (IRS)：提供以醫療支出扣稅的有關資料，1-800-829-1040；
9. GovBenefits.gov (聯邦福利網)：1-800-333-4636，查詢適合個人的聯邦福利計畫；
10. National Cancer Institute (NCI)：1-800-422-6237，<http://www.cancer.gov/>，提供與癌症有關的醫療資訊。

**非牟利機構的相關網站：**

1. CancerCare：1-800-813-4673，提供教育、查詢、轉介及經濟支援，<http://www.cancercare.org>；
2. NeedyMeds：提供資料查詢，<http://www.needymeds.com/>；
3. Patient Advocate Foundation (PAF)：協助病患獲得醫療途徑及財務和工作保障，1-800-532-5274，<http://www.patientadvocate.org>；
4. The American Cancer Society (ACS)：1-800-227-2345，<http://www.cancer.org>，提供與癌症有關的教育、建議及服務，服務項目包括：The Road to Recovery-於治療期間，提供專車接送服務；Taking Charge of Money Matters-協助作出財政上的計畫；Tender Loving Care 1-800-850-9445-為女性患者提供不同產品的刊物；
5. The LIVESTRONG SurvivorCare Program：[http://www.livestrong.org/site/c.jvKZLbMRIsG/b.788645/k.B716/Program\\_Partners.htm](http://www.livestrong.org/site/c.jvKZLbMRIsG/b.788645/k.B716/Program_Partners.htm)，1-866-235-7205，提供教育、諮詢及轉介；
6. The National Patient Travel Helpline：提供與醫療有關的遠程交通服務(全國性)，1-800-296-1217，<http://www.patienttravel.org/>；
7. Ronald McDonald Houses：(206) 526-2010，[http://www.rmhc.com/rmhc/index/search\\_house.html](http://www.rmhc.com/rmhc/index/search_house.html)，為一些需要照顧患重病兒童的家庭，提供鄰近住宿；
8. Washington Women In Need：(425) 451-8838，<http://www.wawomeninneed.org/>，提供教育，輔導，代付醫療保險月費等服務。



## The Sources of Medical Insurance for Cancer Patients

Boliver Choi and Hueifang Chen, translated by Hueifang Chen

On October 6<sup>th</sup>, 2007, WSCCNA invited Mr. Boliver Choi, a health insurance planner, to give a public speech of the medical insurance and social service programs related to patients of cancer and chronic illness. The following websites were provided by Mr. Choi. Readers can, based on individual needs, go online or call for further information. Please refer to the Chinese version of this article for the website and phone number of any correspondent source.



### Sources of Federal or State governments:

1. Hill-Burton Free or Reduced-cost Health Care;
2. Medicaid: People who qualified for Breast Cancer & Cervical Cancer Treatment Program (BCCTP) will be able to receive the benefits of Medicaid CN, <http://www.cdc.gov/CANCER/nbccedp/legislation/law106-354.htm>;
3. Medicare;
4. Washington State Basic Health Program;
5. WSHIP (Washington State Health Insurance Pool): To provides health insurance to Washington residents who have been denied coverage;
6. SCHIP;
7. The Health Resources and Services Administrators (HRSA) Bureau of Primary Health Care: The primary federal agency for improving access to health care services for people who are uninsured, isolated or medically vulnerable;
8. Internal Revenue Services (IRS);
9. GovBenefits.gov: To provide access to government assistance programs;
10. National Cancer Institute (NCI).

### Sources of non-profit Organizations:

1. CancerCare;
2. NeedyMeds;
3. Patient Advocate Foundation (PAF);
4. The American Cancer Society (ACS);
5. The LIVESTRONG SurvivorCare Program;
6. The National Patient Travel Helpline;
7. Ronald McDonald Houses;
8. Washington Women In Need.





協會活動

理事會 報導

十二月十五日下午，協會在Gilda's Club 特為癌友及親屬舉辦聖誕聯歡會。當天下午會長和幾位理事早就把會場佈置好了，有吃的、喝的還有小禮品及卡拉OK。共有23位癌友及親屬到會，大家互相介紹、問候，燕玲為大家彈鋼琴，甘先生向大家獻祝詞，義工潘先生為大家表演魔術，兩位陳女士在唱粵曲”古木逢春”……十分熱鬧。潘先生說得好：“你們快樂！健康！誰能相信這是一群癌友啊。”



**Christmas Celebration**

In the afternoon of December 15<sup>th</sup>, WSCCNA hosted a special Christmas gathering for cancer members and their families. Our president and council prepared and decorated the meeting place in advance. They provided food, drinks, little gifts and Karaoke. There were a total of twenty three members and their families attended. After the introduction and regards: Yin Ling played the piano, and Mr Gam expressed words of good wishes. In addition, Mr Poon, the volunteer, showed his magic skills, and two Ms Chans sang the Chinese Opera song, very entertaining. As Mr. Poon said: "Wish you happiness and good health," nobody can really tell we were a group of cancer-recovered patients"







## Thank You for your support in 2007

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 Amitabha Buddhist Society of Seattle

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### Volunteers

Dr. 雷伯仲	Hugo Lau
Dr. Aziz Sadat	Andre Do 杜少倫
Mr. Boliver Choi	Lei Fan 李芬
Lisa Bai	Ray Leong 梁事邦
Evelyn Chan	Regina Leung
Wendy Chin	Jenny Liang
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Katherine King	MinMin Wong 黃銘銘
Ji Q Pan 潘季全	Angela Wan
Tony Pao	Spencer Gan
Jimmy Pao	Emma Gan
Jackie Tseng	Mr. Lee (Lisa Bai' father)
Yin Ping Tai 戴燕萍	Trevor Lam
Wei Fong Woo 胡惠芳	Oscar Sun
Sara Yin	Osman Sun
翟婉儀	
鍾國慶	

### In Memory of our Cancer Friends

Eileen Chan 陳珍冷	Hoo Hi Yu 余皓熙	Shiu Ip 葉秀琴	Qing Zhuo 卓青
Yanlan Yang 楊紉蘭	Shirley Yi 余謝惠芳	孫樂華	



## Washington State Chinese Cancer Network Association (WSCCNA)

P.O.Box 15425  
Seattle, WA 98115  
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Web address 網址: <http://www.wscna.org>

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 2008 2008年的精彩活動預告

- Jan 5 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 425-836-3289 陳慕筠接洽
- Jan 16 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Jan 19 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 425-836-3289 陳慕筠接洽
- Feb 2 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 425-836-3289 陳慕筠接洽
- Feb 13 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Feb 16 12:30 pm - Chinese New Year Potluck Celebration  
at Safeco Center 306 23<sup>rd</sup> Ave S, Seattle  
3:30 pm 中國新年聚餐
- Mar 1 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 425-836-3289 陳慕筠接洽
- Mar 19 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Mar 15 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 425-836-3289 陳慕筠接洽
- Apr 5 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 425-836-3289 陳慕筠接洽
- Apr 16 6:00 pm—WSCCNA Board Meeting at Tzu Chi Chinatown/International District  
Office, 606 Maynard Ave S. #107, Seattle, WA 98104
- Apr 19 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 425-836-3289 陳慕筠接洽

#### WSCCNA

#### 2008-2009 Board members

President	Stella Leong
Vice-President	Lillian Wang
Treasurer	Hueifang Chen
Secretary	Muyun Chen
Secretary	Kathy Lin
Volunteers Coordinator	Min Min Wong
Board Member	Yen Ping Ching



## 讀書會為華州華人防癌互助協會屬下的組織

- 一、**讀書會宗旨**：擴大影響，面向華人，以科普、預防、保健內容為主。形式多樣、生動活潑、精練扼要、持之以恆。
- 二、**讀書內容**：
  1. 《Spontaneous Healing》Andrew Weil, M.D. 安德魯·韋爾著 中譯名《自癒力》(繁體字版) 陳玲瓏 譯 遠流出版公司 另一中譯本名《不治而愈》(簡體字版) 洪漫 劉立偉譯 新華出版社
  2. 百歲老人《養生之道》吳霞、馬名驥著
  3. 《你可以不生病》許添盛著
- 三、**聽、看光碟 (CD、VCD、DVD) 內容**：
  1. 《身心靈健康系列講座》許添盛講
  2. 《312經絡鍛練法》祝總驥主講
  3. 《改變飲食習慣、防病健康講座》王輝明主講
- 四、**會員**：有興趣、自願報名參加的華裔及懂華語的朋友，癌友及家屬。
- 五、**報名辦法**：向癌友會報名，填寫簡單報名表(包括：中英文姓名、性別、地址、電話)或用電話先聯絡425-836-3289 陳慕筠。同時預定或購買所需要的書及CD。
- 六、**時間**：每月第一週週六，下午一時半至三時半共兩小時。
- 七、**地點**：Gilda's Club 會議室 1400 Broad way Seattle WA 98122
- 八、**學習方式**：

預習：	按計劃提前閱讀，有備而來可提高學習效果。
看、聽光碟：	有形有聲的學習會更易吸收。
討論：	(發言以國語為主、現場有義工協助做粵語翻譯)理論與實踐結合是學習成果的體現，通過各抒己見，互相交流，增長見識。
寫心得、體會：	有總結才有提高，書寫成文更可以提高和交流。可投稿至華州華人防癌互助協會之季刊——防癌互助通訊刊登。
- 九、**課間放鬆活動**：唱歌、遊戲、體操、氣功。
- 十、**讀書會守則**：

按時到會，缺席要提前知會主持人。
互敬互學，暢所欲言，取長補短，不強加於人。
掌握時間，相互探討，有的放矢，耐心傾聽。
尊重別人，會外不隨意傳播別人私隱。
不在會內作宗教、商業、政治方面的宣傳。

### 讀書會2008年第一季度學習計劃

#### 第一課：一月五日二零零八年 主題：新學期開始，會員互相介紹。討論並通過全年計劃。

看聽：《312經絡鍛練法》祝總驥講解DVD光碟，及練習。

課間活動：學唱歌《愛的真諦》、《祝你幸福》。

下次預習：《自癒力》一書的前言

#### 第二課：二月二日二零零八年 主題：人體天生的自癒力

看聽：《人的自癒力》(上)許添盛醫師身心靈健康講座DVD

討論題：什麼是人體的自癒力？舉出幾個實例！

課間活動：介紹《宇愛手》按摩法；唱歌《愛》。

下次預習：《自癒力》書P81-100 “神奇的痊癒系統：5.痊癒系統活動的科學舉證”

#### 第三課：三月一日二零零八年 主題：神奇的痊癒系統的科學舉證

看聽：《人的自癒力》(下)許添盛醫師身心靈健康講座DVD。

討論題：人體有維持健康和克服疾病的潛能

課間活動：“早醒即叩齒 神水灌胃庭”百歲中醫養生功之二；唱歌：奇妙世界。

下次預習《自癒力》書P101-123 “心理力量在痊癒過程中的角色”

The book club is one of the activities sponsored by WSCCNA.

**Book Club objectives:** To broaden the influence of the club, and to gear the programs to the needs of Chinese people. Content primarily includes popular science, prevention and health care. The format will be diversified, spirited, and concise, and it will be carried out persistently.

**The content of the reading:**

1. *Spontaneous Healing* by Andrew Weil, M.D. Or *Self Healing* (Chinese Traditional version) translated by Linglong Chen and published by Yuan-Liou Publishing Co., Ltd. Or *Healing without treatment* (Chinese Simplified version) translated by Man Hong and Liwei Liu and published by Xin Hua Publishing House;
2. *Centenarian Ways to healthy living* by Xia Wu and Mingji Ma;
3. *You Don't Have to Be Sick* by Dr. Tiansheng Xu.

**CDs, VCDs, and DVDs for Listening and Watching:**

1. *Body, Mind and Spirit Health Lecture Series* presented by Tiansheng Xu;
2. *312 Meridians Exercise* presented by Zongxiang Zhu;
3. *Changing diet and preventing disease Lecture Series* presented by Huiming Wang.

**Members:** Anyone who is interested and volunteers to join, including any Chinese, friends who can speak Chinese, cancer friends, and family members.

**Registration:** Sign up at WSCCNA. Fill out simple registration form (including Chinese/English name, gender, address, and phone number) or contact Chen Muyun at 425-836-3289. Meanwhile, order or purchase required books and CDs.

**Time and Date:** First Saturday of each month from 1:30 – 3:30 p.m. for 2 hours.

**Location:** Gilda's Club Conference Room, 1400 Broadway, Seattle, WA 98122.

**Ways of Learning:**

1. Preview: Preview according to Book Club's schedule to enhance comprehension;
2. Watch and listen to DVDs: Use audio and visual learning to ease understanding;
3. Discussion: (The discussion will mainly be held in Mandarin with Cantonese translation provided on the site by volunteers) Combining theory and practice reflects learning outcomes. Members gain knowledge by expressing opinions and exchanging experience;
4. Writing Feedback: Conclude and write down your feedback to enhance comprehension and exchange ideas. You may submit your writing to WSCCNA Quarterly newsletters for publication.

**Activities during breaks:** Singing, playing games, stretching, and Qigong.

**Book Club Ground Rules:**

1. Come on time. Inform chair in advance in case of absence;
2. Respect and learn from each other. Speak out freely. Make up for one's deficiency by learning from others' strong points. Do not impose on others;
3. Utilize the time properly, discuss mutually, have a clear goal when speak, and listen patiently and attentively;
4. Respect others. Do not tell other's secrets outside the Club;
5. Avoid religious, commercial, and/or political propagation in the Club.

**Book Club 2008 1<sup>st</sup> Quarter Study Plan**

**Lesson One (January 5) –**

1. Topic: Greetings and Introductions. Members get to know each other, discuss, and pass the study plan for the year;
2. Watch and Listen: Watch *312 Meridians Exercise* DVD presented by Mr. Zhu and conduct exercises;
3. Break Activity: Learn to sing *True Meaning of Love* and *Wish You Happiness*; 4. Preview: Introduction of *Self Healing*.

**Lesson Two (February 2) –**

1. Topic: Human Body's Innate Self Healing Power;
2. Watch and Listen: *Human's Self Healing Power (I)*, DVD on Body, Mind and Spirit Health Series by Tiansheng Xu;
3. Discussion: What is the human body's self healing power? Give examples;
4. Break Activity: Introduce *Yuaishou* massage. Sing *Love*;
5. Preview: *Self Healing* pp. 81-100 "Magic Healing System: Scientific Proofs of Healing System Activities."

**Lesson Three (March 1) –**

1. Topic: The Scientific Proofs of Magic Healing System;
2. Watch and Listen: *Human's Self Healing Power (II)*, DVD on Body, Mind and Spirit Health Series by Tiansheng Xu;
3. Discussion: The human body has the potential of maintaining health and conquering diseases;
4. Break Activity: Centenarian TCM doctor's ways to healthy living part II: Clicking the teeth right after waking up; drinking magic water to cleanse stomach. Sing *Magic World*;
5. Preview: *Self Healing* pp. 101-123 "The Role of Mental Power during the Process of Healing".





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## DONATION FORM

Yes! I'd like to support the mission of the Washington State Chinese Cancer Network Association with a donation at the following level:

- |                          |      |                          |                 |
|--------------------------|------|--------------------------|-----------------|
| <input type="checkbox"/> | \$10 | <input type="checkbox"/> | \$100           |
| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200           |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500           |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000          |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | Others \$ _____ |

**Name(s):**

**Address:**

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Enclosed is my check for \$ \_\_\_\_\_

Enclosed is a Matching Gift form from my employer.

Please record and print my name as: \_\_\_\_\_

Example: John and Mary Smith

Please mail this form to P.O. Box 15425, Seattle WA 98115. Membership questions can be directed to (206)850-5914 or email [info@wscna.org](mailto:info@wscna.org). The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 ( c ) (3) non-profit organization

**THANK YOU FOR YOUR CONTINUING SUPPORT**



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## 捐 贈 表

我願意支持華州華人防癌互助協會：

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| <input type="checkbox"/> | \$20 | <input type="checkbox"/> | \$200       |
| <input type="checkbox"/> | \$30 | <input type="checkbox"/> | \$500       |
| <input type="checkbox"/> | \$50 | <input type="checkbox"/> | \$1000      |
| <input type="checkbox"/> | \$75 | <input type="checkbox"/> | 其他 \$ _____ |

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工作電話：

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內附支票：\$ \_\_\_\_\_

附件是一份我的雇主的等額捐贈表。

請記錄並印我的姓名如下：\_\_\_\_\_

(例如：約翰和瑪莉史密斯)

請將此表郵寄到P.O. Box 15425, Seattle WA 98115，如有任何疑問可直接電話詢問 (206) 850-5914。  
華州華人防癌互助協會，簡稱 **WSCCNA**，是一個 501(c)(3)非營利組織

### 謝謝您的繼續支持！