

因病得福

甄鑫

去年九月我因牙痛，連續脫了右邊三隻大牙。以後就發現右邊舌底靠近脫牙處有硬塊，而且很痛，經手術切除，並送去檢驗後，醫生告訴我那硬塊有癌細胞，確診為舌癌。我從來沒有想過自己會患上癌症。來美國前，我原是個體育教師，自認身體健康，從不沾煙酒，為什麼會在口腔里長出癌來！我百思不解，同時也十分擔憂，我是家里的頂樑柱，我病倒了，家里今後的日子不知怎麼過？在等待治療方案的日子裡，我一直都在胡思亂想，情緒很受困擾-----。這時太太在西華報上看到”華州華人防癌互助協會”舉辦健康講座的消息，我們便打電話與陳女士聯絡，很快我們就和陳女士見面了，她送上很多有關資料及書籍，並和我們親切地交談，原來她也是癌友，四十五年前也得過癌症，看到她現在已康復這麼多年，還十分健壯，我的心情也就平靜了很多。這時我對自己講：一定要堅強！癌細胞既然已經切除，只要照醫生的指示去進行化療、電療，惡疾一定會遠離！（下接第四頁）



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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Blessing from Sickness

Kam Yan translated by Oliver Hsu

Last September, because of tooth ache, I lost three teeth on the right side. Later, I found a hard lump under the tongue on the right side. It was very painful. The lump was removed by surgery. The lab test results confirmed the lump was cancer and it was diagnosed as tongue cancer. I would never think I could get cancer. Before I came to the States, I was a physical education teacher. I consider myself very healthy. I do not smoke nor drink. How could it happen to me! I was very puzzled as well as worried. I am the bread earner of the family. If I were terminally ill, how can the family survive without me? While waiting for my doctor's cure plan, I became emotionally disturbed and often my mind was wondering for no reason. No sooner my wife saw a health seminar announcement from Washington State Chinese Cancer Network Association on Seattle Chinese Post, we called Mrs. Chen and got in touch with her. She gave quite a lot of books and materials about cancer and dealing with it. After close communication with her, we found out she was also a cancer patient. She had her cancer over 45 years ago. Seeing her with great health after recovered from cancer made me calm down. I said this to myself: Be strong! Cancer cells had been cut out, I only need to follow doctor's treatment plan. I shall recover from this disease!

I live in Bremerton. It took me about 1 hour of ferry to get treatment in Seattle. During treatment and staying in the hospital, Mrs. Chen frequently visited us; my wife brought me food under severe weather conditions. She also kept me company... During this period, I participated in many activities held by the Association: study group meetings, medical & health seminars and Chinese New Year party, etc. With these activities, I got acquainted with many friends; gained lots of knowledge and experience of cancer prevention, fighting cancer and curing from cancer. After I completed two months of radiation treatment, on 9th of May, I took my wife, youngest daughter, daughter-in-law and three (3) months old grandson to participate in the fund raising walk event for cancer (Continue on Page 4)

和媽媽一起：為生命接力行

李天昕

黃淑華 譯

在學校渡過了漫長的一周，好不容易盼到星期六，真想在家睡足一天……。可是媽媽要帶我去參加每年一度為癌友籌款的“生命接力行”，她已經是第二年參加這個活動了。當我們走進華大的足球場時，我馬上被提起了精神，感到十分興奮，在綠色的柔軟草坪上，看見許多歡樂和友善的面孔，球場的一端搭起了一個臨時舞台，請來了專業樂隊演唱；華大的學生們也準備了精彩的、有創意的歌舞表演，這真是一個認識新朋友和會見老朋友的好地方。跑道的傍邊架起了很多帳棚，在那里有義務的修剪指甲、按摩服務，還提供美味的食物。在主持人宣佈開始接力行後，到場的倖存者走在隊伍的最前面，在許多步行者的歡呼和支持下，繞著操場的跑道開始了“生命接力行”的第一圈，走完後每個人得到一枚刻有“希望”和“為生命接力行”的英文字體的獎章，其他的參加者則繼續接力走24小時。這一天我很高興，能和媽媽一起為祝賀她癌症康復後第九年的“生命接力行”！



李天昕和媽媽 黃燕玲

服裝走秀籌款

宋曼琪

若不是華州華人防癌互助協會 Kathy Lin 和多位好友們的鼓勵下，我是不會有勇氣報名2009年四月二十八日Gilda's 癌友俱樂部所舉辦的癌友服裝走秀籌款，當時是在西雅圖市威斯汀大飯店(Westin Hotel)，老實說 要不是我的摯友Wendy 的相伴，我更不會有勇氣站在走台上，因為肺癌，過去的四年半中，經歷許多，也感受良多，旁人眼中總是神采奕奕的我，沒人相信我會沮喪無助過，以下是我的分享，以便記錄於我日後的訃文

個人簡介— Maggie Sung 與生俱有熱心助人的性格，在難民婦女聯盟Refugee Women's Alliance擔任社工，負責難民及移民的個案特別協助規劃及研習進修課程安排，日地在幫助難民及移民達成他們在美國生存應俱的能力，Maggie 總是無時無刻提供對難民及移民的協助。一向是樂於助人的我，2004年11月，當我被診斷肺癌時，一下子，我的角色變成了被幫助的

人，對我而言真是情何以堪，然而，若沒有來自西雅圖、加拿大多倫多、香港親友們的支持，我個人是無法度過一連串化學治療、電療、及手術等過程，尤其在西雅圖工作的九年中，我結識了不少的好朋友，他們在我最無助時給予的精神支持及對我個人的影響更是筆墨無法表達。我到現在還存活著，完全是上帝的恩典，除了衷心感謝他，我會儘力回饋取之於社會的。Maggie 喜歡閱讀、交友，工作之餘，Maggie 喜歡和朋友分享所學。Wendy Chin 是我45年多的好友，這些年來，她不僅伴我度過了生命旅程的甘苦，特別在我生病期間，Wendy 總是在我未開口要求幫忙前能體貼的隨時伸出援手，不單是我走在癌友服裝籌款走台上，Wendy 一直陪伴我走在人生舞台上。



癌症除了使我的生活變得更有紀律外(較健康的飲食及規律的運動)，也使我深深體會到我週遭有那麼多關心支持我的朋友。因為癌症，我更能珍惜生命的可貴，也更能體會友誼的無價。我要特別感謝華州華人防癌互助協會，沒有他們的支持，我不會有欣喜的心情面對癌症，也絕不會想要分享我的癌症心路歷程，感謝我的摯友 Wendy，我知道若不是為了我，她是絕不會穿上那些時髦的衣服，站到癌友服裝籌款走台上去的，感謝你們大家。



Relay for Life with my Mother

Joshua Li

After a long week of school, Saturday came and I wanted to sleep all day. My mom went to Relay for Life every year so she took me along on that day. My mood changed once I got there and I became very excited. There were many friendly people and the event was held at a professional football field at UW where the fake grass was very soft and clean. There was a stage set up temporarily near the front of the football field where many performers came and entertained us. These performances included people dancing to very creative songs such as "Cure in a Box". My favorite was a group that had a very funny performance that I enjoyed a lot. This was a great place to meet new friends and see old friends. Many stalls were open for activities such as fingernail painting and massages. Then, survivors walked a lap around the field with many wonderful supporters cheering them on. After a lap, survivors got a beautiful medal that says "Hope" and "Relay for Life". Hot food was then served and it tasted good.

I am happy that I had the opportunity to go to this great event. I would go again next time because it was such a fun day. Don't miss out on such a great event!

Maggie Sung at the 2009 Gilda's Club Fashion Show

On April 28, 2009 I was at the Westin Hotel in Seattle walking the catwalk with my best friend Wendy at the the Gilda's club "Surviving with Style Fashion Show." I am a lung cancer patient surviving in style! I participated in the show with the support and encouragement from Kathy Lin and my friends at the Washington State Chinese Cancer Network Association (also known as Chinese Cancer Network). And of course if I did not get my best friend Wendy's support, I would not dare participate! In the past four and a half years, I have been through a lot. When I told my friends that I was depressed, they all laughed and said if any depressed person got high spirits like mine, they would not be depressed. Below is my bio written for the show. It would be a good living obituary and I would like to share it with all of you.

Fashion Show Bio—By nature, Maggie Sung is a helper. She makes her living by working with refugees and immigrants at an organization call the Refugee Women's Alliance. As a social worker, she coordinates customized training programs and workshops helping refugees and immigrants gain self-sufficiency. The ultimate goal is for them to be able to help themselves. Sung does all she can to help her clients reach that goal.

When Sung was diagnosed with lung cancer in November of 2004, it was hard for this natural helper be on the receiving end. Thanks to the support of her family and close friends — from Seattle, to Vancouver, B.C., to Hong Kong —Sung was able to get through her chemotherapy, radiation, and surgeries. After working in Seattle for nearly nine years, Sung has a great circle of friends. She says she cannot overemphasize how important it was for them to be there during her time of need. "My mere existence is the gift of God," she says. I am thankful to Him all the time, and I'll try my best to contribute back to the community that has given me so much."

Maggie enjoys reading books, socializing with friends, and teaching others when she's not busy with work. She chose her best friend of 45 years, Wendy Chin, to walk with her down the runway today.

"She has been my support through thick and thin all those past years," Maggie said. "Especially during the years of my illness, she was always there, and she would offer help without my asking for it. No matter what, she is always walking with me — not just on the catwalk, but in life." *Cancer has made me to be a more disciplined person. I learned to have a healthier diet and exercise more regularly. I discovered that I have so many friends who care about and support me. I appreciate more about life and people all around me".*

I appreciate the support of the Chinese Cancer Network. Without them, I would not have been able to celebrate and share my cancer experience as much as I do now. I also would like to thank Wendy. I knew that she would not be on that Catwalk wearing those fashionable clothes if it were not for me. A great hug to all of you.





參加“生命接力行”的感想

羅淑琴

五月九日我和一對兒女參加今年在華大舉行的為癌症患者及康復者籌款的“生命接力行”。對兒女來說雖然是在他們自己的校園、運動場步行，但和經歷了一年和癌症奮戰而倖存下來的媽媽一起走這一圈，意義就大不相同了！這是為母親的生命而接力行！當我們走在“華州華人防癌互助協會”的橫額下，心情特別激動，原來我這一年的奮戰不單有親人的關懷和呵護，更有龐大的社區、人群在支持，我並不是孤軍作戰啊！

回想一年前，當我看到常規檢查的結果為乳腺癌時，我是那麼震驚和無奈……！我有一個美好的家庭，沒有不良嗜好，平時很注意起居飲食、鍛煉身體、有豐富的業餘生活，為什麼我會得上癌症？實在百思不解！可是殘酷的事實就擺在面前。我不得不接受一個又一個的常規治療。雖然有丈夫親切的陪伴和關懷，但我還是不敢將病情如實地告知自己的父母，怕他們擔憂，更會影響他們南遷的行程，只好用要出門參加旅行的理由而不給他們送行。最令我痛心的是在化療兩周後，我那頭長長的秀髮在兩天內一把一把地脫落，最後不得不流著眼淚把它剃光，嘔吐、吃不下、睡不好等的副作用反覆出現，這些反應都給你帶來無限的恐懼與痛苦，我領略到人們為什會談癌色變！化療結束後還要繼續服藥五年，會不會復發、轉移都是個不定的因素……，這些就像一塊大石頭重重地壓著你！

幸好，現在的醫學發達，對癌症都有系統的規範治療。更有眾多的抗癌協會把癌友組織起來！我經朋友介紹參加了“華州華人防癌互助協會”，通過學習、談心，癌友們彼此間互相關心、互相幫助，使我擴大了視野，解開了心結。今年就是在“華州華人防癌協會”的帶領和組織下，參加了這次“生命接力行”的活動，使我感受很深。生命確實很寶貴，癌症雖然傷害過我的健康，但是我對人生仍充滿許多的嚮往與期望，我會更認真地配合醫生的治療，吸取癌友們的好經驗，繼續保持良好的身心，迎接一年又一年的“生命接力行”！



因病得福

(上接第一頁)

我住在 Bremerton，每次看病、治療都得坐一小時的渡輪到西雅圖的醫院看病，在治療、住院和療養期間，陳女士經常和我們聯絡；太太冒著大雪給我送湯水、陪伴左右……。我也參加了防癌互助協會舉辦的：癌友讀書會、談心會、醫療健康講座和春節聯歡會等活動。在那里認識了很多朋友；增長了很多防癌、抗癌、治療的知識和經驗。當我做完了兩個月的放射治療後，我帶著太太、小女兒、兒媳婦及只有三個月大的孫兒，一起參加了五月九日在華大為癌友籌款的步行活動。當我和一群癌症的康復者們走在步行隊伍的最前面時，我的心情特別激動！我十分感謝朋友、癌友及親人們在我得病時對我付出的愛心，今天總算讓我渡過了難關！我現在正慢慢康復中，希望我的身心都會越來越好！

Blessing from Sickness (Continued from Page 1)

patients at University of Washington. When I walked with a group of former cancer patients in the front of the crowd, I was extremely excited! I am very grateful for my friends, cancer patients and my loved ones who loved me and took care of me during my illness. Now, I finally overcome the adversity! I am gradually recovered. Hope, both my physical and mental health are getting better daily!



Relay for Life: a Participant's Reflection

Sue Luo Translated by Andre Do

On May 9 my son, my daughter and I took part in UW Relay for Life, a yearly fund-raising event for cancer patients and survivors. For my children, this was just a walk around the track at their school stadium. However, walking alongside their mother who had been fighting cancer for over a year carried a completely different significance. They joined in relaying for their own mother's life!

We felt especially enthusiastic walking under the WSCCNA banner. I realized that I not only received care and nurturing from family members during the past year, but also much support from the larger community. I am not alone in my fight against cancer!

I recall how shocked and helpless I felt when a routine exam a year ago discovered my breast cancer. I enjoyed a happy family, possessed no bad habits, lived a careful lifestyle, exercised for fitness and took part in plenty of after-work activities. It is truly mind boggling to fathom how my cancer had come about! Yet in face of cold hard facts, I had no option but to undergo routine treatments one after the other.

Although I had my husband's caring support, I dared not inform my parents of my illness. I did not want to have them worry about me, as this would affect their plan for moving South. I had to use being away on a travel tour as an excuse for not seeing them off.

Two weeks into chemotherapy, what hurt me the most was the falling out in chunks of my long, beautiful hair within a couple of days, with the remaining hair eventually shaved off under my flowing tears. The side effects of vomiting, loss of appetite and sleep disorder recurred. These reactions brought about tremendous fear and pain. I now understand why people freak out at the mere mention of cancer! Oral medication will continue for five years after chemotherapy. However, the uncertainty of cancer relapse and metastasis will remain, like the weight of a big stone crushing down on me!

Fortunately, today's medical advancement allows for systematic and conventional treatments for cancer. Furthermore, an increasing number of cancer patients have organized themselves to form support groups. A friend introduced me the WSCCAN, which I joined. Through self-educating and chatting, with mutual care and support among members, I have expanded my horizons and relieved my anxiety.

It was under the WSCCNA leadership that I took part in the 2009 Relay for Life event. This experience has left a deep impression upon me. Life is indeed very valuable, and although cancer damaged my health, I am still full of hope and aspiration

toward life. I will cooperate more mindfully with my doctor's treatment plan. I will draw upon the positive experiences of my fellow cancer patients. I will strive to maintain good physical and mental health. I will stand ready to welcome the Relay for Life event year after year!





Washington State Chinese Cancer Network Association (WSCCNA)

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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 2009 2009年的精彩活動預告

Aug 1 1:30 pm— Pubic Seminar at Gilda's Club 1400 Broadway, Seattle
3:30 pm Topic: Stress Management for Cancer
Presented by: Dr. Kwen
Gilda's Club 會議室 請電 425-836-3289 陳慕筠接洽

Aug 22 11:00 am—Summer Potluck Picnic at Coulon Park in Renton
3:00 pm 連頓市古倫公園野餐

Sep 5 1:30 pm— Book Study and Support Group 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

Oct 3 1:30 pm— Book Study and Support Group 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

Nov 7 1:30 pm— Book Study and Support Group 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

Dec 5 1:30 pm— Book Study and Support Group 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



WSCCNA

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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！