



防癌互助通訊 第十九期
Cancer Network News Issue No. 19

Washington State
Chinese Cancer Network
Association (WSCCNA)

Cancer Network

二零一零年一月

癌友聖誕聯歡會

理事會報導

十二月十九日，一年一度的癌友聖誕聯歡會，在西雅圖中國城的越棉寮敬老會舉行。今年到會的人雖然不多，但歌聲和歡笑聲卻延續了兩個多小時。杜燕屏理事精心選購了許多點心和水果，會上她還為大家表演了精彩的魔術；陳阿姨為大家精選了幾首歡快、易唱的歌曲：“鈴兒響叮噠”、“奇妙世界”、“大家齊鼓掌”，和大家一起領唱和齊唱；她還和大家一起玩猜人、猜字、猜畫的集體遊戲；潘伯伯演唱了粵曲卡拉奧奇並表演了魔術。

在這萬眾歡騰的節日裡，我們的癌友、家屬、理事、義工們難得在繁忙的工作和家務及治療的壓力下得到了片刻的放鬆！感謝理事們的無償奉獻！更感謝越棉寮敬老會的主管為我們此次活動提供了這個舒適的場所。



WSCCNA Christmas Celebration Party

Board Report
translated by Andre Do

On December 19, the WSCCNA hosted its annual Christmas Celebration Party for cancer survivors at the Indochina Elderly Association in Seattle's Chinatown/I.D. The crowd was not as big this year, and yet laughter and singing filled the space for over two hours. Board member Yen-Ping Ching brought in an abundance of carefully selected snacks and fruits. She also entertained partygoers with fantastic magic tricks. Auntie Chen picked a few joyful songs that were easy to sing-- "Jingle Bells", "Wonderful World", and "Everyone Clap Your Hands" — and led us to sing along. She then joined the crowd in playing riddle games to guess people, words and paintings. Big-uncle Poon performed Cantonese operatic karaoke songs and played magic tricks for the audience.

On this festive day for everyone, cancer survivors, their families, board members and volunteers found a rare break for relaxation amidst their hectic jobs, house chores and treatment schedules. We appreciate the board members' selfless dedication to making this event possible! We are also thankful to the management of the Indochina Elderly Association for providing such comfy place for this event!

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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我的生命接力行

周潔蘭

“Maggie 相信我，讓我給你治療！我保證你能參加兒子的大學畢業典禮和他的婚禮，你一定要有信心！” 每當我擔憂“癌”何時復發時，我的專科醫生的話便湧上心頭，是的，我要有信心！

2000年七月，這是我丈夫因工作關係而舉家遷到阿特蘭大的第二年，因聞友人罹患乳癌，下意識地也自我檢查，卻發現左乳有一小豆狀硬塊，急忙往醫院作X光檢驗，醫生說九成沒問題，但爲了要徹底安全起見，再作細胞組織切片化驗，結果這一成卻“中招”了！我被證實患了乳腺癌。我還來不及傷心流淚，醫生已爲我安排了做手術、化療。當我正擔心自己身邊無親人照料，兒女尚小，一個十歲、另一個十四歲……。愛護我的親友卻紛紛從香港、多倫多、英國、三藩市趕來，使我在每一個療程都得到悉心的照料，可是化療期間的反應卻無一幸免：脫髮、嘔吐、皮膚過敏、肚瀉、出血、白血球下降，以至每次化療也要延期施行，但終於戰勝這場戰爭。兩年後，我爲避免抗癌口服藥的副作用，作了卵巢全子宮切除術，化療後作了身心調理。身體方面：服用抗雌激素藥（十年），中藥調理、清淡飲食，每天三十分鐘快步行運動；心境方面：參加了乳癌支持會，支持會對我的幫助很大，癌友們可以互吐心聲、交流康復心得和最新醫療資訊。雖然我是唯一的華裔成員，但全無隔閡。據資料顯示，參加支持會的患者，比不參加的生存率較長。

二零零五年我又搬回西雅圖，正找尋適合的支持會，剛巧認識Kathy 和Stella，使我再次參加，因大家是華人，言語方面更覺親切。今年是康復第九年，以往對自己承諾，要在七年時間裡好好療養。現在孩子讀大學了，不用我照顧了，我可以重新參加社交活動，去學跳行列舞，與朋友聚會，新生活重新開始，而且活得更好。我不但要多活五年，還要多活十年、二十年、三十年、四十年……。



10月座談會稿 - 您忌諱安排自己的身後事嗎？

寧凱蒂

今年五月中得知癌友病情惡化，已經好幾個月都不能上班工作了，心裡實在不安，幸好她得到許多好友的幫助。自從她因盤骨骨折到發現得了肺癌，她好友幾乎日夜陪伴著！可是我們這一幫好朋友，眼看著癌友被病魔折磨得這樣痛苦，甚至到了她彌留之際，却是誰也不敢向她提出該如何安排她的後事……！

其實生老病死是每個人都要經歷和面對的，如果能預先做好準備，就不會到時忙亂失措，費時失事，給周圍的親友帶來壓力，而自己也會走得安心！爲此我們協會在10月31日舉辦了一場講座，主題是：如何面對生命終點並做好準備，地點就在西雅圖市碧近山圖書館會議室。我們請來了四位專業人士：

- 陳一仁醫師(亞裔銀髮族關懷基金會會長)；
- 李陳瑞先博士(健安療養院居家護理部主任)；
- 蔡欣偉先生(仁人服務社醫保負責人)；
- 陸宜平女士(日落山紀念墓園經紀人)。

會上分別由以上四位介紹他們自己的親身經驗和心得；並介紹了許多真人真事的故事，以及聯邦和州政府在這方面的具體幫助和支持。到會的十幾位癌友及家屬、義工也熱烈發言及提問，和大家分享自己的經驗和體會。大家都認識到：“預先做好臨終準備”是很重要的一件事！傳統習俗上的一些“忌諱”在今日的社會環境中或許已不適用了。



My Own Relay for Life

Maggie Cheng translated by Ninette Cheng

"Maggie, you have to trust me to heal you. I guarantee you can participate in your son's graduation and wedding. You must have faith."

Whenever I am worried about the recurring cancer, I think about my doctor's words. In July 2000, my family and I had been living in Atlanta for two years; we had moved because of my husband's job. I heard of a friend who had cancer, so I performed a self-exam and discovered a pea-sized lump in my left side. I immediately went to the hospital for an x-ray. The doctor said it was 90% chance to be benign. To be sure, he performed a biopsy. It turned out, I was that 10% chance: breast cancer. Before I had a chance to react or cry, the doctor had scheduled a surgery and chemotherapy.

When I was worrying about having no relatives nearby to help take care of me, especially because my son and daughter were still young -- 10 and 14 respectively back then, my caring relatives and friends came rushing in from Hong Kong, Toronto, San Francisco and England. As the result, I received devoted and tender care in each and every session of chemotherapy. Nevertheless, I suffered every side effect of chemotherapy—hair loss, vomiting, skin reactions, diarrhea, bleeding, and low white blood cell counts. I always had to reschedule my treatments due to complications. In the end, I won the battle against the disease.

Two years later, I was still on medication to prevent a recurrence. However, I was still worried about the side effects of the anti-cancer medication, so I had a total hysterectomy surgery. After the surgery, I took measures to improve my health. For my physical health, I started taking anti-estrogen medication (for ten years) and Chinese medicine, eating light diet and walking 30 minutes each day. For my mental health, I joined a breast cancer support group. I met other people whom I shared my experiences with and vice versa, as well as learning from each other the latest medical information. Though I was the only Asian member, I had no difficulty communicating; there was no ethnicity gap. A lot of statistics state that those who participate in support groups have a higher rate of survival.

In 2005, when I moved back to Seattle, I wanted to find a suitable support group. That was when I met Kathy and Stella. I joined a group again. Because we are all Chinese, language wise I felt I could connect better with the participants.

This year is my ninth year of remission. I promised myself before that I would convalesce well within seven years. My kids are in college now so I am ready for a busy, social life. I go line dancing, out with my friends and am ready to start my new life. I also want my life now to be better than ever before. It's like a rebirth—I not only want five more years of life, but 10, 20, 30 and 40 years!



October Public Seminar Article

Kathy Lin

In May of this year, one of our cancer friend took a bad turn on her cancer. She was in so much pain and was not able to work for the next few months. Luckily many of her good friends were able to cook and accompanied her. Especially her old girl friend ; they have been friends for 40 some years.

Her good friend was always by her side ever since she fractured her hip bone and a year later discovered her lung cancer. For the past 5 years, it was a long journey for both of them and it was very difficult for her good friend to see her in so much pain. Her friend did not know how to help her reduce her pain and was also very worried about what to do if something did happen to her. But no matter how difficult the situation was, no one wanted to talk about the worse scenarios. It was not a topic to talk about among friends or with her.

Often times, her friend would be so sad that she cried her eyes out but not knowing what to do. It was heart breaking for me to see my two good friends struggling though this difficult time. Even though they have known each other for 2/3 of their lifetimes, it was still very hard to talk about this issue of "death". I can't imagine how difficult it would be for many other cancer friends and families.

(Continue on Page 5)



如何為臨終做準備

彭淑珠(Ruby Wang) 著 徐慧真(Candice Hsu) 翻譯

在我們的一生當中，都在為自己和家人努力工作，以期獲得幸福、健康和財富。或許正因為如此，我們很難想像我們的生命終了時！

一位好友邀請我去參加癌友會主辦的一個工作坊，主題叫做”如何為臨終做好準備”。會上有四位特別邀請來的講員：

1. 陳一仁醫生是西雅圖最和藹可親的一位醫生之一，他分享了他的經驗與學識來鼓勵我們要感激及著重我們的生活品質，教導我們如何做與我們身體有關的重大決定及如何接受死亡這一自然現象。他說一旦我們真正接受死亡，我們的內心就能感覺平靜。
2. 李陳瑞先博士為我們介紹及講解有關臨終照護的服務計劃。
3. 蔡欣偉先生提供了很多有關何處及如何尋求幫助的資訊。
4. 陸宜平女士為我們帶來殯儀館各項程序的相關資料。

演講中也提供會員及來賓問答的時間，我們很幸運能有這樣的機會有這些專業的醫生及專家們回答我們各種切身的問題。

這個演講對我來說是一個終生難得的學習機會，可能在場的其他聽眾也有相同的感受。我個人自這個工作坊學到很多，並衷心感激癌友會理事們的辛勞，她們是這麼地辛勤努力來支持癌症患者。這是一個很棒的團體，她們相互幫助的方式真是很了不起。



**HOW TO PREPARE FOR THE END OF OUR LIFE**

Ruby Wang

In our lives, we all work so hard for ourselves and our families to achieve happiness, health and prosperity. Perhaps it is because of this that it is very hard for us to imagine the end of our lives.

One of my good friends invited me to a workshop sponsored by the Cancer Network (WSCCNA). The subject was "How to well prepare for the end of the life." There were four special speakers:

- ◆ Dr. I-Jen Chen is one of the kindest doctors in Seattle. He shared his own experience and knowledge to encourage us to appreciate and focus on the quality of our lives, how to make decisions that affect our bodies, and also how to accept the nature of death. He said once we accepted the true nature of death, we would feel peace in our hearts.
- ◆ Dr. Eleanor Lee introduced and educated us about the hospice program.
- ◆ Mr. Boliver Choi gave us lots information about where and how to get help when we need it.
- ◆ Mrs. Angela Lu Dickey brought us the funeral-home procedures and programs.

There was a Q&A for the members and quests to ask a variety of questions and we were very lucky to have this opportunity to have those wonderful doctors and specialists to answer those very personal questions!

This is a lifetime lesson for me and maybe for lots of other members there, too! I learned a lot from the workshop and really appreciated all the hard-work by those Cancer Network board members who work so hard to support the cancer victims and patients. This is a great group and they have a great way of helping each other!

October Public Seminar Article (Continued from Page 3)

Kathy Lin

So the Cancer Network (WSCCNA) decided to have a panel discussion section specifically on "How to face and prepare for the end of life." Its purpose was to educate ourselves and others on "what is the end of life" and how to prepare for it. As a human being, we all know that there were four things in life that no one can run away from, they are: birth, aging, illness and death. Most of the people are okay with birth, aging or illness, but death is the only thing that no one wants to talk about. WSCCNA believes the more we understand it and have more knowledge on it, the easier it will be for everyone to accept death as just a part of life.

On Oct, 31st, at the Beacon Hill library, WSCCNA hosted the panel discussion presentation on "How to face and prepare for the end of life." We invited four guest speakers, and everyone there was able to share their expertise. We ended with an open "Q and A session" from the audience.

Our first speaker was Dr. I-Jen Chen, who has not only been a physician for many years, but has also served as the president of the Asian Senior Concerns Foundation. Dr Chen shared his years of practice experiences and his perception on life and the end of life. It was very powerful and moving.

Our second speaker was Dr. Eleanor Lee, who is also the Director of Home Health in Kin On nursing care facility; she shared many of her clinical stories and experiences. It was an eye opening experience for all of us.

The third speaker was Mr. Boliver Choi who works as the SHIBA insurance agent and also served many years in CISC. He provided many good resources from the Federal level, State level and locals' level. It was so helpful to the audience.

The last speaker was Mrs. Angela Lu Dickey who shared her own cancer journey and years of experience on helping hundreds of families who went though funeral services at the Sunset Hills Memorial Park, located in the Bellevue area.

Every guest speaker's speech was from the heart, and all the audience members could feel it. Even though less than 20 people attended the presentation, everyone there was able to share their own stories and had many chances to ask good questions. Everyone was very comfortable and able to open their hearts for discussion.

I believe that WSCCNA has reached the goal for this presentation. Perhaps we were only able to reach a handful of people this time, but hopefully in the near future, we will have the ability to influence more people. It's sad for me to inform you that our good friend passed away three days before this presentation, and that her funeral service was scheduled for the same day as our presentation. Even though I could not be at her service, I know that she, who was passionate in community work, will be so happy to know that someday many of our cancer friends and families will be more knowledgeable and more empowered on how to prepare the end of their lives. They will not be afraid to talk about death any more all thanks to her and her good friend's experience through her end of life period!



Thank You for your support in 2009

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2009 Recap





Washington State Chinese Cancer Network Association (WCCNA)

P.O.Box 15425
Seattle, WA 98115
Phone: 206-850-5914
E-mail: info@wccna.org

Web address 網址: <http://www.wccna.org>

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



WCCNA 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 2010

- Feb 6 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Feb 20 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Mar 6 time TBD Chinese New Year Celebration—More information will come
中國新年聚餐 請電 425-836-3289 陳慕筠接洽
- Mar 20 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Mar 25 6:00 pm— OCA-Seattle Chapter Golden Circle Award Dinner
New Hong Kong Restaurant 請電 425-836-3289 陳慕筠接洽
- Apr 3 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Apr 17 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- May 1 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- May 15 1:30 pm— Book Study and Support Group
3:30 pm 身心靈健康讀書會 請電 425-836-3289 陳慕筠接洽
- Aug 28 11:00 am— Summer Potluck Picnic at Coulon Park in Renton
3:00 pm 連頓市古倫公園野餐

2010年的精彩活動預告



WCCNA

2010-2011 Board members

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



PO Box 15425
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Phone (206) 850-5914

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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. The Washington State Chinese Cancer Network Association (WSCCNA), is a 501 (c) (3) non-profit organization

THANK YOU FOR YOUR CONTINUING SUPPORT



PO Box 15425
Seattle, WA 98115
Phone: (206) 850-5914

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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：

電子郵箱：

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！