



防癌互助通訊 第二十六期

Cancer Network News Issue No. 26

Washington State Chinese
Cancer Network
Association (WSCCNA)

Cancer Network
二零一二年一月

防癌會志願義工的旅途和成長

周潔蘭

我的癌症已經康復了十二年多。經過七年休息以後，我告訴自己我應該回到正常生活的規律了。我問自己想過什麼樣的生活？我會做什麼？最後，我決定要去參加一些活動！那就是我為什麼來加入防癌會的原因！

七年前當我住在亞特蘭大州，我曾參加了當地的癌症談心會。那時我是生活在極不快樂的低潮中，找到癌症談心會後，我得到了很多幫助。參加每次會議，我感到會更堅強！當我搬到西雅圖後，我就想做同一樣的事，我要讓其他癌症朋友知道癌症沒有什麼需要隱藏的！

在華州華人防癌互助協會，我知道了怎樣鍛鍊身體和健康飲食，這是可能影響我的癌症康復和預防復發的。協會不是僅僅做志願義工的工作，我希望能幫助其他癌友也像我一樣，參加癌症談心會的活動，從而得到支持和幸福。我也有所有癌症朋友的同樣經歷，並且可以關愛和認同他們的感受。

在成為防癌會志願義工之前，我不知道什麼是非營利機構，也不知道在協會作志願義工做任何事。當我被安排參加去年八月的“計劃籌款晚餐”籌委會工作時，我不知道什麼是計劃這個類型事件，但是通過十個月的團隊工作，才知道這對我是一個很好的學習機會。我能與其他委員會委員合作，是這樣有樂趣的工作！

看起來在辦公室值班是很乏味的事；我記得第一個進入辦公室需要我幫助的人，當我幫助她找到了體格檢查的信息後，她仍然進來借書。我覺得只要我們真正地幫助了一個人，我們的服務是有價值的！



The Journey and Growth of a WSCCNA Volunteer

Maggie Cheng

I have been cancer-free for over twelve years. After seven years of rest, I told myself I would get back to the "regular" swing of things. I started to ask myself, "what kind of life would I want to lead? What would I do?" I decided to take up some activities. That's how I came to join WSCCNA.

When I lived in Atlanta seven years ago, I joined a support group. I was at an unhappy point in my life and found the group helped me a lot. With each meeting, I felt stronger. When I moved to Seattle, I wanted to do the same. I want other cancer friends to know that there is nothing to hide.

At WSCCNA, I have learned about how exercise and a healthy diet can affect my recovery. It is also not just about volunteering- I want to help everyone feel the support and happiness I felt from participating in support groups. We have all been in the cancer friend's shoes and can relate.

Before becoming a WSCCNA volunteer, I did not know anything about volunteering for non-profits. I truly feel like this is what I was meant to do. When we planned the fundraising dinner, I did not know anything about planning an event of this type but it was a great learning experience. It doesn't hurt that the other board members are such a pleasure to work with!

Looking back, I remember the first person who needed our help's visit to the office. We helped her find medical information. She still comes in to borrow books and I feel like we really made a difference. If we can even help one person, our cause has been worth it.

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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健脾是驅癌的第一步 劉裕民醫師演講

黃銘銘整理



2011年7月16日，癌友會邀請到劉裕民中醫師來為我們講解癌友的健康生活飲食觀。

劉醫師首先指出產生癌的環境是體冷。身體一冷，寒氣就會產生痰，有形、無形的痰就會遊走全身。例如風濕性關節炎，就是因為痰濕黏，排不乾淨。

一般體寒的原因來自生活習慣、飲食、教育觀念與心理因素；而心理因素又有情緒與生活理念兩種層面。

癌細胞喜歡冷及高營養，所以吃東西的溫度很重要，食物的《性》更重要。癌症病人絕對不能吃冷的東西，即使是沙拉，放進微波爐熱個15-30秒也是好的。也不可喝冷飲，冷的東西一下肚，脾就罷工，脾一旦不發揮功用，就會產生痰。五臟中，脾乃後天之主，胃蠕動將食物氣化，精氣走六寸，帶血運行。若吃不對，氣不夠，血則帶不動；如果卡到腦部，會有健忘、糊塗、想睡覺等情形發生。如果手腳冰冷，表示血運走不到，就必須要改變飲食。一般魚、蝦、海鮮屬於冷性食物，而牛肉、羊肉、香辛料如薑蒜等都屬於熱性食物。

容易拉肚子的人脾弱，身體太冷，這類屬性的人要多熟食。現在流行喝果菜汁，但要先健脾再來喝果菜汁。黃色的食物（五穀、小米、蕎麥、蔬果）屬於健脾食品，可以煮得稍爛一點，然後細嚼慢嚥。一般黃色的食物，再加上溫度，會令人快樂。

癌在心理的解釋是心理負面能量無法出來，這是產生癌症的內因。負面能量就是壓力，而這些壓力大致來自於：

- 1) 不良生活習慣：晚睡、抽菸、不運動、吃得快、吃得多...
- 2) 原生家庭特定飲食習慣、生活態度、習慣性負面想法。
- 3) 事業、經濟、人生的成就、定位。（如果你追求成就，你就無時都在怕沒有成就，這就是負面情緒，就是壓力。）
- 4) 重大變故、打擊。
- 5) 身體缺陷。
- 6) 文化教育：我們從小被教育要聽話，聽話的小孩就是乖小孩，是一種順從的文化，讓我們習慣於把我們負面的情緒壓抑下來。
- 7) 情緒：情緒是一種看不見的感受，沮喪、全身無力、無精打采、痛、健忘、易哭、不願見朋友、失眠、不能思想、沒胃口、精神不集中、易怒、害怕、不想活；這些都是負面情緒的感受，都是因為壓力造成的。

要減緩負面情緒產生，可以先從飲食著手。食物方面以簡單煮食，深綠色蔬菜，過水一燙就可以。以海鹽為主，不碰甜食，吃粗食，不吃精緻食品。吃新鮮的食物，所以要勤買，不要一、兩個禮拜才買一次菜。吃土地長出來的東西為主，不要去吃合成品。

要預防會產生《燥、熱、發》的食物：如炸、煎的食物屬於《燥》的食物，牛肉、羊肉屬於《熱》的食物，而會《發》的食物指的是帶殼的海鮮類、羊肉、鴨肉以及花生、芒果等等容易引起過敏，會讓傷口不易癒合的食物。

中醫不說《治病》，而說《平衡》。中醫是看症狀治療，先讓你健脾，讓身體回到平衡狀態。所以先了解自己，才能對症下藥！

**Healthy Spleen is the First Step to Drive Out Cancer** Speech by Dr. Yu-Min Liu Translated by Wai-kit Au

On July 16th 2011, WSCCNA invited Chinese Doctor Yu-Min Liu to talk about healthy living and diet for cancer patients.

Dr. Liu pointed out that cancer emerges and thrives in a “cold” body. The “chill” inside a cold body produces visible and invisible mucus that wander around the whole body. For example, rheumatoid arthritis is caused by the body’s failure to thoroughly remove the sticky phlegm.

A “cold” body stems from the general living habits, diet, educational and psychological factors; and psychological factors encompass emotions and life philosophy.

Cancer cells like cold and high nutrition, so the temperature of the food consumed is very important; and the “character” of the food is critical. Cancer patients must not eat cold food; even salads should be heated in a microwave oven for 15-30 seconds. Cold drinks must be avoided. As soon as cold food reaches the stomach, the spleen will stop its normal function and mucus will be produced. Of the five internal organs (heart, liver, spleen, lung and kidney), the spleen is the prime one. Gastronomic activities convert food to “chi”; the

“chi” (energy) flows with the blood stream. When the diet is not right, there will be insufficient “chi” in the blood stream. If the effect reaches the brain, forgetfulness, confusion, sleepiness and other symptoms will emerge. Cold hands and feet are sure signs of inadequate blood flow, and the diet must be changed. Foods with “cold nature” include fish, shrimp and seafood, while foods with “hot nature” include beef, lamb, spices such as ginger and garlic.

A person who often has diarrhea has a weak spleen; his body is “cold” and he should eat cooked food. Nowadays fruit and vegetable juices are popular, but these should be consumed only after strengthening the spleen. Yellowish foods (grains, millet, buckwheat, fruits and vegetables) are spleen enhancing food. They can be well cooked, chewed and eaten slowly. In general, yellowish food at the right temperature is delightful food.

The psychological explanation of cancer is that one’s negative energy hasn’t been released. Negative energy is the stress that originates from these sources.

- 1) Bad living habits – staying up late, smoking tobacco, lack of exercise, eating too fast or too much....
- 2) The dietary habits of one’s parental family, attitudes towards life and habitual negative thoughts.
- 3) Business, economic, life achievement and position – if you seek success, you will have the constant fear of not achieving. This is the negative emotion and stress.
- 4) Major life changes and misfortunes.
- 5) Physical disabilities.
- 6) Culture and education – we were taught to be obedient since childhood and that an obedient child is a good child. This culture of obedience leads to the habitual suppression of our negative emotion.
- 7) Emotion – feelings, depression, physical weakness, lethargy, pain, forgetfulness, crying easily, avoiding friends, insomnia, not thinking, loss of appetite, lack of concentration, irritability, fear, not wanting to live; these negative emotions stem from stress.

To reduce negative emotions, we can start with the diet. Food should be cooked in a simple manner, such as blanching of dark green vegetables. Use sea salt for seasoning and avoid sweet food. Choose natural food and abstain from finely processed food. You should eat fresh food and shop for them often, not once a week nor two weeks. Eat food that is grown on the good earth and avoid processed products.

You should avoid food that causes “dryness”, “hotness” and “swell”. Deep fried and pan fried food are “dry” food. Beef and mutton are “hot” food. And foods like shelled seafood, lamb, duck, peanut and mango, that are common causes of allergy and slow down wound healing, are “swell” food.

Chinese doctors speak of “balance” rather than “cure”. They treat patients according to the condition of the illness. The first thing is to strengthen the spleen and restore the body “balance”. The state of the body and mind must be well understood before the actual treatment of an illness.



香蕉和鳳梨

陳慕筠整理



世界上有兩種水果不會長蟲：就是香蕉和鳳梨（又叫菠蘿）。

去年日本癌症學會發表了有關香蕉具有提高免疫力、防癌效果佳的報告，若每天吃兩根香蕉就能有效地改善體質。香蕉幾乎含有所有的維他命和礦物質，其中鉀和鎂含量相當多；鉀能降高血壓及消除肌肉痙攣，鎂則可以消除疲勞。香蕉含有豐富的食物纖維，卡路里低，所以對減肥、順利排便也很有效。此外香蕉價廉、易食、易攜帶，是維持健康的營養佳品；研究還證明熟香蕉（蕉皮開始有黑點）比生香蕉（皮帶青色）營養更好。

香蕉除了作生果吃，也可以去皮後冷凍、蒸熟、曬乾保存；還可搭配時令食材制成果汁，是極佳的養生食品。下面介紹四種冷熱飲料：

	功用	材料	做法
香蕉酪梨果汁	適合早餐的元氣飲品。	熟透香蕉一條；熟軟酪梨一個；蜂蜜1-2茶匙；無糖豆漿1.5杯。	放入果汁機攪拌，果汁打均勻後，加入現榨的半個檸檬汁和少量薑末，即可飲用。
香蕉堅果燕麥汁	適合早餐喝，富含蛋白質，維生素、微量元素、天然油脂、食用纖維及果膠等。	熟透蒸好的香蕉一條；蒸熟白蓮子一茶匙、花生醬一茶匙、煮好燕麥一匙半；蜂蜜1-2茶匙；無糖豆漿1.5杯。	將全部材料放入果汁機攪拌均勻後，即可飲用。
香蕉鳳梨果汁	隨時可喝的飲料，鳳梨酵素有助腸胃健康。	香蕉一條，鳳梨四小塊，水250cc。	
可可香蕉牛奶	下午茶的最佳選擇。	冷凍香蕉一條、蘋果1/4個、可可粉10ml、牛奶260cc。	

熟透的香蕉可冷凍保存起來，解凍後和麵粉揉合，可蒸成美味的香蕉糕，和糯米粉揉合可做麻糰。香蕉去皮後切成段，醃上麵粉蛋漿，用油炸脆可制成香蕉脆卷。

鳳梨又叫菠蘿，有多種保健功能：

促進消化：鳳梨中的生物蛋白可分解蛋白質及脂肪，故可促進消化。

對抗血栓：鳳梨中的生物蛋白，可使血凝塊消退、降低血液黏度，具有抗血栓作用。

利尿消炎：鳳梨中所含糖、鹽，可利尿消腫、鳳梨蛋白有消炎及加速組織的修復和痊癒。

清熱解渴：鳳梨含有 85%水分、大量維生素 C、碳水化合物、含有無機鹽和各種有機酸，能有效補充人體的水份及營養物質。

免疫抗疲：鳳梨含有豐富的維生素 B1、B2，是人體內物質代謝與能量代謝的關鍵物質，和消除疲勞有關。

鳳梨除了作生果吃，還可配合其他生果製成果汁、飲料，蒸製成糕點（鳳梨酥），也可做配炒菜熟食。例如著名的粵菜：甜酸咕嚕肉、菠蘿雞，越南菜中的酸魚湯，都用菠蘿塊加進配料中。





Bananas and Pineapples

Translated by Wai Kit Au

There are two kinds of fruit that do not breed worms; they are the banana and the pineapple (also known as “phoenix pear”).

Last year, the Cancer Society of Japan released a report on the banana's ability to enhance body immunity and to prevent cancer. Eating two bananas daily can effectively improve body health. Bananas contain almost all vitamins and minerals, including a significant amount of potassium and magnesium. Potassium can lower blood pressure and eliminate muscle spasms while magnesium can clear up fatigue. Bananas are rich in dietary fibers, low in calories, and are effective in stimulating weight loss and enhancing bowel movements. In addition, bananas are cheap, easy to eat, convenient to carry and are healthy and nutritious. Studies also confirmed that ripe bananas (with black spots showing up on the peel) are more nutritious than raw ones (with greenish peel).

Not only can bananas be eaten as fruit, they can also be peeled and frozen, steamed or dehydrated for preservation. They can also be made into fruit juices with other seasonal ingredients. Banana is an excellent health food. Here are recipes for four kinds of hot and cold beverages:

	Function	Ingredients	Preparation
Banana avocado juice	An invigorating breakfast drink.	A ripe banana; a ripe soft avocado; 1-2 teaspoon of honey; 1½ cup of sugar-free soy milk.	Place all ingredients into the blender and mix them well. Add fresh squeezed juice from half a lemon and a little ginger before serving.
Banana nut oatmeal juice	Drink for breakfast, rich in protein, vitamins, trace elements, natural oils and fats, dietary fiber and pectin.	A ripe steamed banana; 1 teaspoon of steamed lotus seed, 1 teaspoon of peanut butter, 1½ spoon of cooked oatmeal; 1-2 teaspoon of honey; 1½ cup of sugar-free soy milk.	Place all the ingredients into the blender, mix well and serve.
Bananas pineapple juice	A drink for any time, pineapple enzymes are good for gastrointestinal health.	A banana, four small pieces of pineapple, 250cc water.	
Cocoa banana milk	The best choice for afternoon tea.	A frozen banana, ¼ apple, 10ml cocoa powder, 260cc milk.	



Ripe bananas can be preserved by freezing them. After thawing, they can be mixed with flour to make a delicious *Banana Cake* or with glutinous rice flour to make *Sweet Dumplings*. Peeled and cut bananas, dipped in egg and flour wash, can be fried to make *Crispy Banana Rolls*.

The Pineapple, also known as “phoenix pear”, has a variety of health benefits:

- ◆ Enhance digestion: enzymes in pineapples can decompose protein and fat, thus enhancing digestion.
- ◆ Prevent thrombosis: enzymes in pineapple can help blood clots to subside, reduces blood viscosity and has anti-thrombotic effect.
- ◆ Diuretic and anti-inflammatory effect: sugar and salt in pineapples are diuretic and reduce swelling. Enzymes in the pineapple are anti-inflammatory and may speed up tissue repair and recovery.
- ◆ Thirst quenching: pineapples contain 85% water, a lot of vitamin C, carbohydrates, inorganic salts and various organic acids; the pineapple can effectively replenish the body's water and nutrients.
- ◆ Enhance Immunity and refreshing: pineapples are rich in vitamins B1/B2, and provide the key elements for body metabolism and energy metabolism. It helps to eliminate fatigue.

Other than being eaten as fruit, pineapples can be mixed with other fruits to make juices and beverages, steamed to make cakes (*Pineapple Shortcake*) or used as an ingredient in cooked dishes. The famous *Sweet and Sour Pork* and *Pineapple Chicken* in Cantonese cuisine, and *Vietnamese Sour Fish Soup*, all include pineapple chunks as an ingredient.



Come Celebrate Chinese New Year with us - Year of the Dragon

熱邀您來同慶龍年新歲

二月四日星期六 **FEBRUARY 4, 2012**

下午十二時至四時 **12:00 PM TO 4:00 PM**

地點：華州華人防癌互助協會—新會址 亞裔資源中心
WSCCNA New Office at the Asian Resource Center
1025 S. King Street, Seattle WA 98104



自備餐 **POTLUCK**

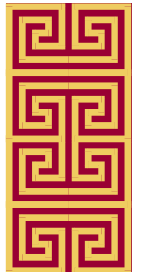
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歡迎癌友、家人、義工及有興趣的朋友參加

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Thank You for your support in 2011

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Agnes Chang	Dennis Lam	Tiffany Lo	Van Thai
Mu Yun Chen	Wai Ying Lam	Adrien & Amy Lo	Linda Tsang
Maggie Cheng	Polly & John Wherry Lau	Jenny Lo	Stephen & May Tse
Stella Cheng	Daisy Lau	Andy & Susan Lo	Shek & Mary Wong
Karman & Rani Cheung	Pauline Lau	Betty Lock	Fred & Theresa Wong
Tracy Chinn Tien	Eugene & Martha Lee	Francis Locke	Sanna Wong
Boliver & Sarah Choi	Helen & Henry Lee	Jennifer & K McKenzie Louie	Esther & Marc Platt Wong
Theresa Chow	Kit C Lee	Wanda Louie	Yuen Yee Wong
Maria Dittberner	Ray & Stella Leong	Mak Fai Kung Fun Academy	Heidi & Abe Wong
Sylvia Fok	Denise Leong	Annie & Shamim Malik	Teresa Wu (Chiu)
Helen Kay	Rosa Leung	Wendy Ng	Christina Yau
Victor Bak Kim	Rocky & Jane Leung	Nikkei Concerns	Fred & Clara Cheung Yee
Stephanie Ko	Arthur & Jasmine Lew	Helen Parrish	John Yii
Samson Kong	Jessica Li	Katherine Sidener	Mei Po Yip
Bill & Agnes Kwan	Lopman Li	Tak Sinn	Anonymous

**Thank You for your support in 2011**

(continued)

In Honor of Fred Yee's Retirement

Evelyn Chan	Nelson & Linda Kwok	Frankie & Sandra Leung	Agnes & Benjamin Wong
Philip & Tina Chan	William & Daisy Lau	Andy & Susan Lo	Esther Yue
Simon & Alice Cheng	Alan & Janie Lee	Assunta Ng	
Shu & Christin Chou	Julian & Yuet Chun Chu Lee	Henry & Jenny Tan	
Kenneth & Leander Choy	Ray & Stella Leong	Kirk & Millie Wong	

Non-cash Donations

Louisa Au	Master Mak Fai	Wanda Louie	Aiji sushi & Grill
Tina Chan	Wai Ying Lam	Johnson Tang	LA Café
Hueifang Chen	Fan Lei	Kenneth Tao	Mak Fai Kung Fu Academy
MuYun Chen	Stella Leong	MinMin Wong	New Hong Kong Restaurant
Maggie Cheng	Kathy Lin	Clara Yee	Taipei Economic & Cultural Office
Yen Ping Ching	Susan Lo		Zen Garden

In Memory of our Cancer Friends

Eileen Chan 陳珍玲	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	Lee Po 李波
Maggie Sung 宋曼琪	Bang Nuo Chan 陳邦娜	Esther Chan 陳雪雯	Xiao Feng Mei 梅小鳳
Rui Xiang Chang 張瑞湘	Irene Lo	Sy O'Young	Tien Wei 田濶
Chuck Dickey	Anna Tsin 錢曾瑜	Branda Luke	

癌友會特別通告**遷新會址 Move to new office address**

華州華人防癌互助協會原辦公室因租約期滿，定於二月一日起遷往新會址- 位於亞裔資源中心內 1025 S. King Street, Seattle WA 98104

二月份講座 Public Seminar for February

2/11/12 講座: 周六上午 10:30 – 12:00 是華人防癌會和健安療養院合辦的講座系列-**裝備你成為有效的照顧者** 是健康老化計劃的一部份。2012 年共有六個有關的講座。

這是第一個講座：題目是：“**了解醫療決定文件一**” 事前指示—生前信託、指定代理人及監護人。

Keller Rohrback 律師事務所的律師Diana Zottman 會和大家分享有關事前指示文件的基本知識。當您的健康情況變壞，不能為自己作出決定的時候，這些文件可以代您說話，這是影響您及家人之將來的重要文件。

講座將會在亞裔資源中心舉行—1025 S. King St., Seattle。周六上午 10:30 – 12:00 電話:206 850 5914 諮詢

Topic: Understanding Health Care Decision Documents: Advanced Directives – Living Will, Durable Power of Attorney and Guardianships

Saturday, February 11, 10:30 am—12:00 pm at Asian Resource Center 1025 S. King St., Seattle

其它 2012 快將舉行的講座題目包括：

- 生命的禮讚：如何籌劃一個有意義的喪禮
- 家居安全101：為你的至親保持一個安全的家居環境
- 如何成為你心目中最稱心的照顧者：在照顧自己和別人之間取得平衡
- 老年人的身心成長與發展：加深了解，與親人共走人生路
- 心在吾家：探討幫助耆老獨立生活的資源



2012年身心靈健康讀書會計劃

陳慕筠整理

	專題	內容
一	健康防癌食物	閱讀討論印度傳統醫學「阿育吠陀」－ 莫妮卡.甘地訪問記。
二	牛奶替代品	牛奶是健康營養品還是毒藥？五種健康的牛奶替代品！
三	抗癌變的維他命B17	那些食物含有維他命B17？
四	素食與癌症	改變飲食習慣預防癌症；肉類中的致癌物質；素食的好處。

2012 Study Plan of Body and Mind Health Book Club

	Topic	Detail
1	Healthy Anti-cancer Foods	Reading and discussion of India's traditional medicine "ayurveda" – an interview with Maneka Gandhi.
2	Milk Substitutes	Is milk a healthy food or poison? Five kinds of healthy milk substitute!
3	Anti-cancer Vitamin B17	What kind of food contains vitamin B17?
4	Vegetarian and Cancer	Change eating habits to prevent cancer; cancer causing material in meat; benefits being a vegetarian.

癌友會辦公室開放時間

地 址：亞裔資源中心 Asian Resource Center - 1025 South King Street, Seattle, WA 98104

時 間：每星期一至周五 上午 10:00－12:00、下午 1:00－3:00

每月第一、三周周六 下午 1:30－3:30 為讀書會及癌友談心會活動時間。

每月第二周周四 上午 10:00－11:30 為健康衛生防癌交談會活動時間。

地點 **NBCC** — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

目前辦公室內存放有大量防癌抗癌的資料供閱讀，部份還可借出—有醫療類、防癌抗癌類、食療類、養生保健類、心理健康類、運動類等各種簡體繁體書近40種，及健康講座、心理建設、太極氣功教授、有氧運動、經絡鍛練法等語音CD和錄像DVD，另有簡體的癌症康復雜誌及其他中英文癌症資訊供借閱。書、CD及DVD 借期為四個星期，到期後可續借一次；歡迎大家參觀並多多利用。

有興趣擔任義工的朋友，請與我們聯絡：(206) 850-5914 或 電郵 info@wscna.org



Washington State Chinese Cancer Network Association (WSCCNA)

Mailbox 地址 P.O. Box 15425
Seattle WA 98115

Phone 電話 206-850-5914

E-mail 電郵 info@wscna.org

Web site 網址 http://www.wscna.org

Office 辦公室 1025 South King Street
Seattle WA 98104

Hours 時間 周一至周五 Monday-Friday
10:00am -12:00 1:00-3:00pm

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 2012 2012年精彩活動預告

- | | | |
|-----------|---------------|---|
| 2/04/2012 | 12:00-4:00pm | Chinese New Year Celebration and Open House |
| Sat | 星期六 | 中國新年聚餐 開放日 |
| 2/09/2012 | 10:00-11:30am | Book Study and Support Group at NBCC |
| Thu | 星期四 | 健康衛生防癌交談會 |
| 2/18/2012 | 1:30-3:30pm | Support Group |
| Sat | 星期六 | 癌友談心會 |
| 3/03/2012 | 1:30-3:30pm | Book Study |
| Sat | 星期六 | 身心靈健康讀書會 |
| 3/08/2012 | 10:00-11:30am | Book Study and Support Group at NBCC |
| Thu | 星期四 | 健康衛生防癌交談會 |
| 3/17/2012 | 1:30-3:30pm | Support Group |
| Sat | 星期六 | 癌友談心會 |
| 4/07/2012 | 1:30-3:30pm | Book Study |
| Sat | 星期六 | 身心靈健康讀書會 |
| 4/12/2012 | 10:00-11:30am | Book Study and Support Group at NBCC |
| Thu | 星期四 | 健康衛生防癌交談會 |
| 4/21/2012 | 1:30-3:30pm | Support Group |
| Sat | 星期六 | 癌友談心會 |

NBCC — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

Address 活動地點	Asian Resource Center 亞裔資源中心 1025 South King Street
Contact 聯絡	WSCCNA 華州華人防癌互助協會
Phone 電話	206-850-5914

WSCCNA 董事會成員 2012-13 Board members	
President	Stella Leong
Vice-President	Kathy Lin
Treasurer	Min Min Wong
Secretary	Muyun Chen
Secretary	Hueifang Chen
Volunteers Coordinator	Maggie Cheng