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怎樣才是最好的照顧者 平衡照料家人和照顧自己 蘇應雄中譯

我們都會盡心盡力照顧自己的家庭，為所愛的人的健康付出一切。問題是，我們往往忽略了保護這個每個人都依賴著的人——我們自己的健康。

無論我們照顧的是年幼的孩子、年邁的父母、或生病的家庭成員，我們往往忽視了自己的需要，卒而不勝負苛、心存忿懣或身體過勞，結果自己反需要他人照顧。

即使我有十年臨床營養師的經驗，加上在太平洋西北區數千小時專業護理的歷練，但要撫養兩個孩子，同時又要幫助父母過渡到退休階段，這擔子終於讓我無法承受。

我開始尋找有助我擔當照顧者角色的資訊，但幾經努力都未能找到適用的資料。這時候，我開始蒐集自己在過去十年工作中所獲得的資源和知識，創立長者資源中心，幫助其他人找到他們所需要的實用資訊。

加州大學三藩市分校精神病學系的艾麗莎(S. Epel)及其同事所撰的報告稱：『研究證明，承受極端壓力的家庭照顧者，會提早衰老，而這壓力足以令其減壽十年。』

照顧別人可能會讓自己減壽十年？為什麼會這樣呢？

我們作為照顧者，會把自己推到極限去照顧我們的親人，以致犧牲自己的健康——因為我們自以為能夠承受相關的壓力。事實上，我們的健康與我們所愛的人的健康同樣重要——如果我們不能支持下去，誰去照顧他們呢？誠然，你的父母和孩子都需要你，但他們需要你有健康的體魄和正確的心態，這樣你才可以好好地照顧他們。

以下是三種自我保健方式：

健康的心態

作為營養師，我知道，我們吃什麼，都會反映到我們的身體健康上。因此我們要改變我們的心態和想法。例如，如果你相信減肥是完全不可能的，那麼你就永遠不能令體重減輕。你要訓練腦袋朝積極方面思想。滿有同情心地幫助你愛的人，會令你更加了解自己所擁有的一切，令你更快樂。同時，你也會更認識自己的人生目標。

健康的身體

了解自己對各種疾病所涉的風險因素，是學習照顧自己健康的一個途徑。風險因素具體來說是日常生活中能增加你罹患某種疾病的可能性的事物。有些風險因素是你控制的，例如吃得好不好，以及作多少體力活動。

健康的精神

覺得工作太多而時間太少嗎？那是調補身心的時候了。樂觀地處理你的日常事務，你會發覺生活更有意義。您可能無法控制將會發生什麼，但你卻可以決定如何反應以及你自己是什麼樣的人。切勿讓『為什麼是我？』、『生活為何那麼不公平？』等念頭困擾自己。覺得工作太多而時間太少嗎？那是調補身心的時候了。樂觀地處理你的日常事務，你會發覺生活更有意義。您可能無法控制將會發生什麼，但你卻可以決定如何反應以及你自己是什麼樣的人。切勿讓『為什麼是我？』、『生活為何那麼不公平？』等念頭困擾自己。

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。

目錄

怎樣才是最好的照顧者	1
歡樂的聚會	4
養生防病注意事項	5
感恩！惜福！	6
老平人的身心成長	8
健康排舞慈善聚會	9
每週活動	10

Inside this issue

How to Be the Best Caregiver You Can Be	2
A Joyous Gathering	4
Tips for Good Health	5
Say Grace! Cherish Blessings!	7
Growth & Development	8
Line Dance Connection for Wellness	9
Weekly Activity	10



How to Be the Best Caregiver You Can Be Balancing Self-Care & Caregiving

April Fan



We are so dedicated to caring for our families that we will do whatever it takes to provide for the health of our loved ones. The problem is, we tend to neglect the health of the person who everyone's relying on - ourselves. Whether it is our young children, our aging parents, or ailing family members, too often we caregivers overlook our own needs. Either we become overwhelmed and resentful or we burn out and end up needing care ourselves.

Even with a decade of experience as a clinical dietitian, and thousands of hours working at skilled nursing facilities across the Pacific Northwest, raising two kids and helping my parents' transition into retirement... it was too much to handle on my own.

I started looking for resources to help me discharge my caregiver duties but to little avail. Then I began gathering resources and knowledge that I had acquired over the past 10 years and created the Senior Resource Central to help other people find the practical information they need.

"Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver's life".

Elissa S. Epel • Dept of Psychiatry • University of California, SF, et al,

Taking care of someone else could take 10 years off your own life? Why?

As caregivers, we push ourselves to the limit to provide for our loved ones. We sacrifice our own health - thinking we're tough enough to withstand the pressure. The fact is, our health is as important as the health of our loved ones - after all, who's going to look after them if we go down? Yes, your parents and children need you, but they need you healthy and in the right frame of mind to provide the best possible care you can.

Here are three ways to self-care:

Healthy mind

As a dietitian, I know that what we eat will eventually reflect on our physical health. It's all about changing the way we think. For example, if you believe weight loss is totally impossible, you'll never lose that weight.

Simply train your brain to think in a positive way. By being compassionate and helping your loved ones, you will become more aware of all that you have and you will generally be happier. Also, you'll get a sense of more purpose in life.

Healthy body

Part of learning how to take charge of your health involves understanding your risk factors for different diseases. Risk factors are things in your life that increase your chances of getting a condition or disease. Some risk factors you can control are what and how much you eat as well as how much physical activity you do.

Healthy spirit

Feel the strain of too much work and too little time? A tune-up is due. Take a positive approach to your daily routine and you'll find more meaning in your life. You may not be able to control what happens, but you can decide how to react and what kind of person you are. Stop those constant thoughts of "why me" and "life isn't fair".

People who know that I'm a dietitian often ask me: "So, what's the best food I should eat?" There is no such food. An apple a day may keep the doctor away, but apples alone are not going to keep you alive.

(Continue on Page 3)



怎樣才是最好的照顧者 平衡照料家人和關顧自己

(上接第一頁)

知道我是營養師的人往往會問我：『什麼是最應該吃的食物？』其實這樣的食品是不存在的。諺語雖說每天一蘋果，醫生遠離我，但單吃蘋果是不足以維持生命的。

平衡的飲食，是讓你身體從多方面攝取各種營養成份的唯一途徑。生活亦然。你需要有平衡的生活，這樣你的頭腦、身體和精神才能領略到生活的豐盛多彩。

作為照顧者，有一點很重要，我們不要忘了定時給自己一些護理，求取平衡是很重要的。否則，我們會漸陷於不堪負荷、忿懣或過勞之境。請緊記，自我保重與照顧我們所愛的人是同樣重要的，只有這樣才可以確保我們能夠提供他們所需的愛和支持。

April Fan 是註冊營養師，專門從事長者服務，自稱「長者資訊熱愛者」，她的使命是教導迷罔的成年人照顧年幼的孩子及年邁的父母。她的目標是幫助生活勞碌的照顧者，使他們知道如何在履行這艱鉅的任務中解困。

April 曾當選為 2003 年和 2005 年的「傑出臨床營養師」。然而，當她面臨要幫助自己的父母過渡到退休階段時，身為高級護理員的她仍然發覺很難找到適用的資訊。於是，她蒐集自己所掌握的資源，輔以個人經驗，創立了 SeniorResourceCentral.com 網站。

2011 年，她的 SeniorResourceCentral.com 網站打進 SeniorHomes.com 的「最佳網站」比賽決賽，並贏得 StartupNation.com 主辦的「商界良母」競賽的最高榮譽。她曾用兩種語言在網上和書刊發表多篇文章，從中你可以找到很多有用的資訊，並可免費取得她在 www.SeniorResourceCentral.com 刊出的一份題為「為什麼照顧年邁的父母可危及你自己的健康...和怎樣處理這問題」的十六頁報告。

April 很快要成為作家了，請留意她即將出版的有關照顧護理的書籍。

How to Be the Best Caregiver You Can Be Balancing Self-Care & Caregiving

(From Page 2)

Your diet has to be balanced. It's the only way for your body to benefit from the many nutrients that come from variety. And it's the same with your life. Your life needs balance, because it's the only way for your mind, body and spirit to gain all the wonderful experiences that life has to offer.

As caregivers, it's important that we don't forget to give ourselves some care from time to time. Finding a balance is important otherwise we risk being overwhelmed, resentful and burned out. And, remember that our self-care is as vital as the care we give our loved ones. This will ensure that we're able to provide them with the love and support they need.

A Registered Dietitian specializing in seniors and a self-proclaimed "Senior Resource Fanatic", April Fan is on a mission to educate baffled adults who are currently caring for their children as well as their aging parents. Her goal is to help these juggling caregivers discover how to take the confusion out of this daunting role.

April was named "Clinical Dietitian of the Year" in 2003 and 2005. Yet when it came time to help her own parents' transition into retirement, she found herself struggling to find useful information—even as a senior care provider. So, she pooled all her resources and personal experiences to start SeniorResourceCentral.com.

In 2011 SeniorResourceCentral.com was a finalist in SeniorHomes.com's "Best of the Web" and winner of top honors in StartupNation.com's "Leading Moms in Business" competition. She's also had numerous articles published online and in print in two languages. You can find loads of helpful information and grab a copy of her 16 page free report: "Why caring for aging parents on your own is dangerous to your health ... and what to do about it" here: www.SeniorResourceCentral.com.

April is also an author-in-the making. Stay tuned to her soon-to-be released caregiving book.

**歡樂的聚會 - 記華州華人防癌互助協會一年一度夏季野餐聚會 理事會報導**

八月是華州的黃金季節，晴空萬裡，艷陽高照。今年的華州華人防癌互助協會夏季野餐，仍在華盛頓湖邊的古倫古公園北亭舉行。八月十九日星期日早上十時，理事和義工們就把場地裝扮起來。新老癌友、家屬、義工們扶老攜幼，帶著親自製作的佳餚、點心、水果到來！

今年的聚會，食物和活動內容都很豐富！在梁費聖奇會長致歡迎詞，並悼念往生癌友後，聚餐就開始了。大家邊吃、邊聊天、邊看表演：在太極拳班陳老師帶領下，學員們操練起二十四式太極拳；錢惕明師傅（中國武當派武術第十七代傳人）表演了自編的太極劍；來自北京的兩位女士表演優美的民族舞「化蝶」；陳亞姨帶領大家做有趣的有獎遊戲「考考你的記性」；寧凱蒂副會長為大家設計了一個「吸管搬豆」的比賽；陳綺圓義工和她的排舞學員，帶著大家邊唱邊跳排舞；另一群男士在燒烤亭內，使出渾身解數，要把用線吊著的蘋果、梨吃下去，但不能動手！這天約有七十多人參加了聚會，直到下午三時半大家才依依不捨地離去！

**A Joyous Gathering — WSCCNA Annual Summer Picnic Reported by the Board**

August is the golden season in Washington State, with blue sky and bright sunshine. This year, WSCCNA continued to hold our summer picnic at the lakeside Coulon Park North Pavilion in Renton. In the morning of August 19, Sunday, at ten o'clock, board members and volunteers had set up and decorated the site. New and old cancer patients, their family members and volunteers, young and old in tow, arrived with delicious dishes, snacks and fruits.

We had food in abundance and activities aplenty in this year's gathering. The feast started after our president Stella Leong, welcomed the guests and remembered our late cancer friends. We ate, chatted and enjoyed the performances. Under the tutelage of Tai Chi Master Paul Chan, his students drilled the 24-set movements of Tai Chi Boxing. Master Timing Qian (the 17th generation exponent of the School of Wudang) performed a self-choreographed exercise of Tai Chi Sword. Two ladies from Beijing performed a graceful dance of "Butterfly Transformation". Auntie Chen hosted an interesting prize-winning game "Challenge Your Memory". Kathy Lin, our vice president, designed a game of "Moving Bean with a Straw" for us. Volunteer Chen Qiyuan and her students led us sing and do line dancing. Meanwhile, a group of men in the barbecue pavilion were crazy trying their best to eat hanging apples and pears without using their hands. There were altogether seventy plus people in attendance; everyone had a good time and the event ended at 3:30pm.



養生防病注意事項

Jane Chu

- 1. 素食：**無肉、蛋、奶（均高酸食物）。身體必須經常保持弱鹼性，純素食（大量蔬菜水果）使身體保持弱鹼性。鹼性身體不會生病，體質變酸就會容易生病。癌症出於細胞長期泡在酸性液體中，發酵而變質，演變為癌細胞。幾乎所有慢性病均因吃動物蛋白質（肉、蛋、奶、包括海鮮）而引起。
此外要注意：
 - ◆ 避免吃白米、白麵、白糖；代以糙米、全麥、脫水蔗糖。
 - ◆ 少鹽、少油；油必須用冷榨方式提煉的（cold pressed）。一般市場賣的油均用加熱方式提煉，油已變質。
 - ◆ 每天保持排便通暢：每天 2—3 次為正常排便次數。排便不正常或便秘，使糞便堆積，產生毒素，大腸將毒素吸收到血液，這是致病或生癌的導因之一。吃大量高纖維食物有助排便順暢。
 - ◆ 保持身體不寒，寒性體質容易生病或致癌。住在寒帶需多吃薑，運動也有助於改變體質。
 - ◆ 喝過濾水。
 - ◆ 不用微波爐。
 - ◆ 不用塑膠製品烹飪或盛裝食物、水（塑膠含致癌物），不用不粘鍋（含致癌物）。
 - ◆ 可自製水果酵素，酵素為人體消化吸收和新陳代謝所必須。新鮮蔬菜水果含大量酵素，故對人體好。
- 2. 運動：**每天運動 30 分鐘至一小時，能增強體力和免疫力，增加細胞的含氧量。細胞缺氧是演變為癌細胞原因之一，深呼吸也是增氧的方法之一。戶外運動，野外散步，多呼吸新鮮空氣最好。
- 3. 曬太陽：**陽光不僅提供維他命 D（有助鈣的吸收），而且有很大的療效，陽光可增強身體的免疫力。每天最好曬 30 分鐘太陽，讓皮膚曝露 20% 以上。癌症患者最好常曬太陽。
- 4. 保持心情愉快：**鬱悶、焦慮、緊張、壓力、悲傷，會使身體酸化，並減低免疫力，免疫力低就會生病。

Tips for Good Health

Jane Chu

- 1. Keep a Vegan Diet:** Avoid eating all meats, seafood, eggs and dairy products (all highly acidic foods.) The body needs to be in a slightly alkaline state to be health, and a vegan diet with a large quantity of fruit and vegetables daily keeps the body in an alkaline state. A body in such a state doesn't contract diseases, while an acidic body easily gets sick. One important reason that cancer develops is the cells have been soaked in acidic fluid for a long period of time, and the cells ferment and mutate and become cancerous. Almost all chronic diseases are caused by eating animal protein, including meats, seafood, eggs and dairy products.

Other tips for good health:

- ◆ Avoid eating white rice, white noodles, and white sugar. Replace with brown rice, whole wheat and dehydrated sugarcane juice.
- ◆ Eat less salt and oil. Use cold pressed oil. Most commercial oils are made with heat-extracted method which changes the oil into a harmful substance.
- ◆ Make sure to keep the daily bowel movements smooth—2 or 3 times a day is best. Constipation causes food waste to pile up in the intestines and create toxins. One reason our cells mutate is the toxins in the intestines get absorbed back into the blood and sent back to the organs. Eating a lot of high fiber foods (fruit and veges) helps the bowel movements smooth.
- ◆ Keep the body warm. A cold body is inclined to get sick or to develop cancer. People living in colder areas should eat a lot of ginger which helps changing the body constitution.
- ◆ Drink filtered water.

(Continue on Page 6)



感恩！惜福！

李濟芬

今年六月三日是我第十次參加 Susan Komen 乳癌基金會舉辦的步行籌款活動，今年活動足球場地在西雅圖中心，參加的人比以前少了點。但我仍然懷著興奮和激動的心情，和一大群的癌友在會場內，走完全過程！我們感到並不孤單，周圍的人都支持我們、幫助我們！

自從二零零二年一月我被醫生確診得了癌症，到現在已過了十年。我在五年內動過五次手術，最後三次是開顱手術，手術後就是化療、放療，頭髮經歷了多次脫了又再長。最後一次放療時，一個年青男技術員對我說：你最多能活九個月！頭髮掉光也不會再長的了！我當時也很害怕，以為自己大概也活不了多久了，我只好和小姑交代後事，請她照顧年幼的女兒！可是在家人、朋友、癌友會的幫助鼓勵下我還是康復了，頭髮又再長出來了！



最使我感動的是我的丈夫，從我得了癌症起，六年來不離不棄。為了方便我看病和治療，他把做了幾十年的家族餐館賣了，從華州東部小鎮搬到西雅圖來，親自接送我去醫院治療，風雨不改。平時在家裏還經常和我講笑讓我開心，我改吃全素，他又怕我做不好、吃不好，也陪著我一起吃素。婆婆也特別愛護我，陪我去買菜購物，像我媽媽一樣！還有一批癌友，經常來探望慰問；癌友會為我提供許多節日聚會和學習交流的活動，使我能夠重新調整我的飲食、生活習慣和心態。慈濟的義工們經常來家訪，最近我身體已康復，我也跟她們去療養院訪問、關懷癌友和老弱病人！

我深深體會到人的一生：生老病死的必然規律，生命是無常的！但再大的困境也得安然面對，我曾執著於喪子之痛，於是得了癌症，整整被折磨了六年。但這十年的抗癌經歷也讓我嚐到家庭、朋友、醫生、癌友給我的無比溫暖，這是上天賜給我的一份厚禮，使我的身心靈都受益，我十分珍惜它！更應回饋給社會，盡我所能去關愛，幫助別人！

Tips for Good Health

(From Page 5)

- ◆ Avoid using microwave ovens.
 - ◆ Avoid cooking with plastic utensils or using plastic food containers which contain cancer-causing chemicals. Avoid using Teflon non-stick pans, which also contain cancer-causing chemicals.
 - ◆ Drink some home-made fruit enzymes. The human body needs enzymes for digestion and metabolism. Fresh fruit and veges also contains a lot of enzymes.
2. **Exercise:** Doing daily 30 minutes to one hour of exercises will keep the body strong, strengthen our immune system and bring oxygen to our cells. When the cells lack oxygen, they also can become cancerous. We can increase our oxygen intake by doing deep breathing, exercise or walk in nature, so we can take in fresh air.
 3. **Sun-bathe:** Sunshine not only provides the body with Vitamin D (necessary for absorption of calcium,) but also has great healing effects. Sunshine can improve our immune system, so it's best to expose at least 20% of the body 30 minutes a day to sunshine. Cancer patients should take in as much sunshine as possible.
 4. **Be happy:** Depression, anxiety, stress and sadness also makes the body acidic and lower the immune power. When our immune power is down, we get sick.



Say Grace! Cherish Blessings!

Qing-fen Li

June 3, 2012 marks my 10th participation in Susan Komen Cancer Foundation's fundraising walk. This year, the event was held at Seattle Center. While the number of participants fell slightly short of that of previous years, elation and excitement prevailed. Together with other cancer survivors, I finished the entire walk! We were not alone; everybody around us supported us, helped us.

It has been 10 years since I was diagnosed with cancer in January of 2002. I had five surgeries in five years. The last three were craniotomy (surgical opening through the skull), each followed by chemotherapy and radiotherapy. My hair fell off and grew back many times. During the last radiology treatment, a young male technician told me: you have at most 9 months to live! Your hair won't grow back any more! I was very scared at that time. Believing my time was running out, I proceeded to make final arrangements and asked my sister-in-law to take care of my young daughter! However, with support and encouragement from family, friends and Cancer Society, I recovered; and my hair grew again!

I am most thankful to my husband. Ever since I got cancer, he has stayed close by my side all these years. To facilitate my treatments and medical appointments, he sold the family-owned restaurant that he had operated for decades and moved from a small town in Eastern Washington to Seattle. He accompanied me to all the appointments rain or shine. When we were home, he often told me jokes to cheer me up. When I changed to vegetarian diet, he followed suit. My mother-in-law took particularly good care of me; she accompanied me on my shopping trips just like my own mother! My cancer survivor friends also visited me frequently. I took advantage of the many programs offered by Cancer Society, including social activities and seminars, where I can learn and find support from others. This helped me to morph to a better and healthier diet, routine and mindset. Volunteers from Tzu Chi Foundation also paid me frequent visits. Now that I have recovered, I would join them to visit other cancer patients and give support to the elderly and the sick!

Now I deeply appreciate the inevitable phases of life: being born, getting old, falling sick and passing away; life is in nature unpredictable. We have to face all difficulties, no matter how bad they are, with composure and peace in mind. Previously, I did not let go of the pain of losing my son, I ended up with cancer which had tortured me for six long years. However, during the process of fighting cancer in the past decade, I experienced the utmost warmth given me by my family, friends, doctors and fellow cancer patients. This is a great gift from heaven; a gift benefiting my body and soul. I cherish this gift and will return the same to society. I shall give my best to care for and help others.

THANKSGIVING



健安暨華盛頓州華人防癌協會合辦:



贊助團體：



老年人的身心成長與發展： 加深了解，與親人共走人生路

日期：2012年十月二十日，下午一時三十分至三時三十分
地點：亞洲資源中心 (1025 S. King St., Seattle 98104)

免費講座 | 在十月十梯五日前致電 206.721.0964 內線158留座，或電郵 healthyaging@kinon.org，亦可登入網址 <https://kinon.ejoinme.org/workshops> 留座

我們生命的每一個階段都會帶給我們獎賞和挑戰。當我們日漸老去，我們的心智和身體狀況也開始改變，令我們覺得陌生。健安社區服務網的主任胡大明，將會為大家帶來一個可以幫助耆老們應付一些因老化帶來的社會心理問題，如認知、心理、或關係等的改變之講座。

留座時請說明您是否一位要照顧老人的家屬，及希望在講座完結後接受免費篩查。講座會用英語及國語進行。

Kin On & Washington State Chinese Cancer Network Association present:



Sponsored By:



Growth & Development: Embracing the Later Years Together

Date: Saturday, October 20, 1:30-3:30 p.m.

Location: Asian Resource Center (1025 S. King St., Seattle 98104)

Event is FREE | Please RSVP by October 15 to 206.721.0964 x158, healthyaging@kinon.org or online at: <https://kinon.ejoinme.org/workshops>

Every life stage has its rewards and challenges. The older we get, the more our mind and body start to transform in ways that may be foreign to us. Kin On's Community Care Network Director, Michael Woo, will guide you through the psychosocial issues, such as cognitive, psychological or relational changes associated with the aging process and show you ways to better cope with these concerns more successfully.

In your RSVP, please indicate whether you're a caregiver and whether you would like to sign-up for a free screening session following the workshop. This workshop will be presented in English and Chinese-Mandarin.



健康排舞慈善聚會

Line Dance Connection for Wellness — Ticket Cost: \$45 per person

日期 (Date) : Nov. 10th, 2012 時間 (Time) : 3:00pm to 11:00pm

地址 (Address): 1025 South King St. Seattle, WA 98104

Asian Resource Center (亞洲資源文化中心)

聯繫電話 (Telephone #) : 206-778-8688 (Evelyn) or 271-2697 (Kathy)

節目 (Program) : 學習排舞, 晚餐/表演, 抽獎及跳舞

Line dance workshop, Dinner/ Performance, dancing, raffle and lots of fun!



健康，是生命中最重要的一事情，希望大家能夠保持健康和快樂！

Being Healthy is the most important thing in life,

Wish you all stay Healthy and be Happy!

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

“Sponsored by: WSCCNA/ 主辦組織: 華州華人防癌互助協會”



Three tickets types

\$45 - full ticket

\$20 - Line dance workshop only

\$35 -dinner and dance only



華州華人防癌互助協會

Washington State Chinese Cancer Network Association



Line Dance 行列舞

Mondays 11:00am-12:30pm 星期一 上午十一時至中午十二時半

Handcraft Class 手工班

Wednesdays 10:00am-12:00pm 星期三 上午十時至中午十二時

Yuan Chi Dance 元極舞

Wednesdays 11:00am-12:30pm 星期三 上午十一時至中午十二時半



Tai Chi Fan 太極扇

Wednesdays 2:00pm-3:00pm 星期三 下午二時至三時

Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半

Qi Gong Class 氣功班

Sundays 10:00am-11:00am 星期日 上午十時至十一時

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Address 活動地點	西雅圖 中國城 亞裔資源中心 Asian Resource Center 1025 South King Street Seattle WA 98104
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Come Join Us 歡迎您來參加



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

Muyun Chen

	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、經絡鍛煉法等語音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 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

- 10/06/2012 1:30-3:30pm Book Study
Sat 星期六 身心靈健康讀書會
- 10/11/2012 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會
NBCC — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118
- 10/20/2012 1:30-3:30pm Effective Caregiver Workshop series :
Growth and Development – Embracing the Later Years Together
Sat 星期六 家庭照顧者講座系列：
身心成長與發展 — 加深了解與親人共走人生路
- 11/03/2012 1:30-3:30pm Book Study
Sat 星期六 身心靈健康讀書會
- 11/08/2012 10:00-11:30am Book Study and Support Group at **NBCC**
Thu 星期四 健康衛生防癌交談會
- 11/10/2012 3:30-11:00pm Line Dance Connection for Wellness
Sat 星期六 健康排舞慈善聚會
- 11/17/2012 1:30-3:30pm Support Group
Sat 星期六 癌友談心會
- 12/01/2012 1:30-3:30pm Book Study
Sat 星期六 身心靈健康讀書會
- 12/15/2012 1:30-3:30pm Support Group
Sat 星期六 癌友談心會

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