



# 防癌互助通訊 第卅五期

Washington State  
Chinese Cancer Network  
Association (WSCCNA)

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## 與癌症交戰十四載!

陸隆生

2014年春節在華人的熱烈慶賀中渡過了!西雅圖雪雨交加的季節也將過去,今年是我與癌症交戰的第十四年!十四年前因遭遇婚姻破裂,我帶著四個未成年的孩子成了單身媽媽,我的身心經不住這強大的壓抑,我得了子宮頸癌,我本來是一個很開朗的人,面對癌症我不怕!但我怕的是四個孩子沒有人照顧,我帶著強烈的求生慾望,忍受着手術及化療的折磨,身體才逐漸康復,可是四年後又發現了乳腺癌,這時我有幸遇到了Chuck Dickey,他是一位很自信和風度翩翩的君子,我們是在我工作的殯儀館認識的,我見到他到花店持訂了一大束鮮花要去拜祭因癌症已去世三年的妻子時,使我十分感動,在他得知我患上乳癌後,立即主動地來照顧我,以及正在上學的兒子,在我住院做手術及治療期間,也不離不棄,我為他的真情所打動,我的身體也迅速康復。



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## 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。

## Fighting Cancer for fourteen years By Angela Lu Dickey

The 2014 Chinese New Year is just over with the big celebration. The Seattle's raining and snowing season are almost over too. This is my 14<sup>th</sup> year fighting with cancer. I became a single mother 14 years ago with four little children after my marriage was completely broken. At that time I could not handle this big stress. I was diagnosed with cervical cancer at that time. I am a very strong and open-minded person. I was not afraid of cancer but I was afraid that nobody will take care of my little children in case something happen to me. I endured with my chemotherapy and radiation after surgery and my health was gradually recovered. Four years later I met Chuck Dickey when I was diagnosed with breast cancer. He had confidence in himself and he was a handsome man also. We met at my work place while he brought a bundle of flowers to visit his late wife who passed away from cancer three years earlier. I was so touched by his attitude. When he knew I had breast cancer, he took care of me and my youngest son. He did not leave me even when I had surgery and all the treatments. My health recovered so quickly under his care. We finally got marry in May of 2005. Even though he was 30 years older than me but we had a true love. He supported our WSCCNA and donated the fee for Coulon Park picnic shelter for three years. He got the pancreas cancer in 2012, even though I tried my best to take care of him but he passed away. He left the good memory to me. Through this past 14 years of experience I learned that we should not be scared of cancer. We should face it. All kind of sickness can make people die. We should be brave to face it. We should adjust our emotion, do not hide ourselves in the corner. We have to get rid of all kinds of difficulties. If we have families and friends as our best supporters, we will not feel alone. After I recovered from my cancer I join WSCCNA as a board member. This organization provides help for financial, language and transportation etc. I am so happy to see so many cancer survivors at the Chinese New Year Party.

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## 告訴你的孩子你有癌症

譯自 WebMD 網頁

「你患上癌症」這句話，遽爾聽聞會令你震驚不堪。而要將此事告知孩子，你的心情同樣會極其難受。因此，在要與孩子談論你的癌病時，如果知道應說甚麼和該怎樣說，那是非常有幫助的。

告訴孩子你患上癌症，是沒有所謂“正確的方法”的。但有些說話可以幫助緩減孩子的恐懼，並使知悉此事對各家人的影響。在與孩子談論你的癌病時，無論他們年齡大小，均請注意以下幾點：

- 1) 告訴他們實在的情況。有些人可能不願將病情詳細告訴孩子，唯恐他們“承受”不來。其實，不論孩子年紀大小，都應如實告知發生何事。稚齡的孩子往往清楚知道有事故發生了，而他們猜想中的情況每每比現實更為可怕。你應該按著孩子的年齡和智力，適當和誠實地向他們解說癌病是什麼東西，該病及相關的治療會如何影響你的身體和情緒。讓他們提出問題，並給予機會讓他們訴說內心的恐懼和感受。
- 2) 讓孩子知道這不是他們的錯。孩子的內心世界每以自我為中心，當身邊人發生了例如癌病之類事情時，他們可能會覺得是自己促成的，又或因為自己某方面有錯。你可再三告訴他們，你患癌並不是任何人的錯，更非他們說過的某些話和做過的某些事所致。
- 3) 向孩子解釋癌症是不會傳染的。兒童，特別是學前的兒童，容或認為癌症會像感冒般，因跟病人接觸、擁抱、或一起生活而染上。你應耐心給他們解釋，說明癌症不同於其他許多疾病，是不會從別人身上「感染」的。
- 4) 向孩子保證一家人將會共同努力面對未來。你所能做的其中最重要的一件事情，是告訴孩子們，儘管你的病患使家庭情況發生了改變，但一家人會共同努力，務使各人的需要都得到妥善處理。這點很是重要，因為孩子們會擔心當全家的焦點都放在你的健康上時，他們有可能被忽略。你應撫告孩子們，他們是一定會得到照顧的，並且一家人具體地談論怎樣去達成這個目標。
- 5) 撫告孩子們，你很愛他們。在這樣沉重的時候，或者談話沒有取得預期效果時，你能夠跟孩子說的最有力的話，或者就是簡單的“我愛你”三個字。清楚地讓他們知道你愛他們，保證不管發生甚麼情況，這份感情是不會改變的。

## Telling Your Child You Have Cancer

Adopted from WebMD

Hearing the words, "You have cancer," is an overwhelming experience. Telling your children about your diagnosis? That can feel just as overwhelming. That's why having an idea of what to say – and how to say it – can be extremely helpful when it comes to discussing your cancer diagnosis with your kids.

There is no one "right way" to tell your kids you have cancer, but there are some things you can say to help relieve their fears and communicate what this diagnosis means for everyone. Keep the following points in mind as you talk with your children, no matter their age:

1. Give them the facts. Some people may not want to "burden" their children with the details of their diagnosis, but it's important for kids of all ages to get good information about what's happening. Younger kids are often very aware that something has changed, and what they imagine to be true can often be much more frightening than reality. Give your kids honest and age-appropriate descriptions of what cancer is, how the disease or treatment might affect you physically, and how you may feel emotionally. Allow them to ask questions, and give them an opportunity to talk about their fears and feelings, too.
2. Let them know it's not their fault. Children are the centers of their own world, and when something like a cancer diagnosis happens, they may feel as if they caused it to happen or that it is somehow their fault. It's important to reassure them, again and again, that your having cancer isn't anyone's fault, and that nothing they said or did made your cancer happen.
3. Explain that cancer is not contagious. Children, especially preschoolers, may think that cancer is like a cold, and that touching, hugging, or sharing space with a person with cancer might mean they will get cancer, too. Take the time to explain that cancer works differently from many other diseases, and that nobody can "catch" cancer from you.
4. Reassure them that the family will work together to handle the future. One of the most important things you can do is to explain to kids that even though changes will happen because of your diagnosis, you will work together to make sure everyone's needs are handled. This is especially important because kids at home fear they may be forgotten while the focus is on your health. Remind them that they will always be taken care of, and talk as a family about the specific ways that will happen.
5. Remind them they are loved. During a stressful time or when a conversation isn't going the way you hoped, the most powerful words you can say to your child may simply be "I love you". Make a point to let them know they are loved and reassure them that those feelings won't change, no matter what.



## 亞麻籽益處多多

譯自 WebMD 網頁

亞麻籽是新發掘的奇蹟食物嗎？初步研究發現亞麻籽有助於對抗心臟疾病，糖尿病和乳腺癌。有人稱頌之為地球上最棒的植物膳食之一。有證據顯示亞麻籽能降低心臟疾病、癌症、中風和糖尿病病的風險。

亞麻籽所含的保健成份特多，但其護生的聲譽主要來自於以下三種營養素。

- ◇ **奧米加-3 脂肪酸** 已被確定為有利於心臟的良性脂肪。磨碎的亞麻籽每湯匙含約 1.8 克的植物性奧米加-3 脂肪酸。
- ◇ **木脂素** (也稱木酚素) 具有植物雌激素及抗氧化的特質，而亞麻籽含有比其它植物類膳食多達 75-800 倍的木脂素。
- ◇ **纖維** 亞麻籽同時含有可溶性和不溶性兩類纖維。



### 亞麻籽護體有方

多倫多大學的國際知名亞麻籽研究員 Lilian Thompson 博士解釋，亞麻籽的保健

功效尚未有最終確定，但研究顯示亞麻籽能降低某些癌症，以及心血管疾病和肺部疾病的風險。最近的研究表明，亞麻籽具有對抗乳腺癌，前列腺癌和結腸癌的功用。加拿大亞麻理事會的健康和營養主任 Kelley C. Fitzpatrick 解釋說，這應歸功於亞麻籽所含的至少兩種成份。動物實驗發現亞麻籽含有的植物性奧米加-3 脂肪酸，即  $\alpha$ -亞麻酸 (alpha-linolenic acid)，能抑制腫瘤的發病率和增長。

亞麻籽所含的木脂素對激素治療敏感的癌症起到了抑制作用，但不會對他莫昔芬 (tamoxifen) 乳腺癌藥有所抵觸。

Thompson 博士續解釋，一些研究顯示在青少年時期曾食用木脂素會有助於降低患乳腺癌的風險，也可能延長乳腺癌患者的存活期。透過阻斷參與激素代謝的某些酶，木脂素達到抑制腫瘤細胞的生長與擴散的目的。亞麻籽還含有其他具抗氧化特性的養份，這也有助於防癌和心臟疾病。

### 亞麻籽食用方法

許多專家認為直接食用亞麻籽勝於食用亞麻籽油。亞麻油並不包含亞麻籽的全部養份，因此直接食用亞麻籽會更見效。請繼續關注研究人員進一步調查。

Thompson 博士認為一般而言，磨碎的亞麻籽是最好的選擇，但在特殊情況下，食用亞麻籽油或適量的木脂素 (亞麻籽自然含有的份量) 也錯不了。

**亞麻籽食療份量知多少。**亞麻籽最理想的保健劑量尚未可知，但每天 1 - 2 湯匙為加拿大亞麻理事會當今的建議。

**現成的或自家研磨的亞麻籽粉皆適宜。**原粒的亞麻籽容易未經消化就通過腸道，這也意味著你並沒有充份吸收到亞麻籽的有益養份。如果你想自磨亞麻仁，電動咖啡研磨機似乎效果最好。

**棕色和金色亞麻籽的優劣。**金色的亞麻籽亮麗養眼，但平實無華的棕色品種更容易在超市買到，其實兩者之間的營養差別很少，可隨個人喜好選擇。

**從商店到互聯網。**近年許多連鎖超市都有售亞麻籽粉(或亞麻粕)，多以 1 磅裝出售，通常會置放在超市的麵粉部或五穀部。亞麻籽粉也可以在健康食品店或在網站購買到。

**注意產品標籤。**購買含亞麻籽的食品，別忘了查閱標籤以確定產品所含的是亞麻籽粉，而非整粒的亞麻籽。亞麻籽是添加在穀物、麵食、全麥麵包、餅乾、能量棒、素食品和其他小吃裡別具特色的一員。

**添加了亞麻籽的美食。**每當你想吃某些食物，比如麥片、冰沙、羹湯或酸奶，可拌入 2 湯匙亞麻籽粉，習以為常之後就不必記掛在心。有深色醬汁或含肉類的黏稠菜餚最適宜拌入亞麻籽，誰會注意到你在墨式玉米餡卷、意式焗奶酪雞、墨式辣豆、燉牛肉、肉餅或肉丸當中添加了亞麻籽！4 人份的美式焗烤菜 (casserole) 通常可混入 2 - 4 湯匙亞麻籽粉而不惹人注目，6 - 8 人份可下 4 至 8 湯匙。

**含亞麻籽的烘焙食品。**你可用亞麻籽粉取代部份麵粉的食譜份量做即發麵包、英式鬆餅、麵包卷、麵包、培果圈、煎餅和威化餅。如果食譜要求 2 杯以上的麵粉，可試以 1/4 到 1/2 杯亞麻籽粉取代。

**亞麻籽粉的保存。**冷凍是存儲亞麻籽粉最好的方式。將預先磨碎的亞麻籽裝入密封的塑料袋內冷凍，冷凍冰箱的低溫可防止亞麻籽粉的氧化而失去營養效力。整粒的亞麻籽可保存更長時間，因為其外殼能保持內含的脂肪酸不氧化。直至到使用前，最好把原粒亞麻籽存放在陰涼處，乾燥質優的原粒亞麻籽可在室溫下保存長達一年之久。



## The Benefits of Flaxseed

Adopted from WebMD

Is flaxseed the new wonder food? Preliminary studies show that it may help fight heart disease, diabetes and breast cancer. Some call it one of the most powerful plant foods on the planet. There's some evidence it may help reduce your risk of heart disease, cancer, stroke, and diabetes.

Flaxseed contains all sorts of healthy components, it owes its primary healthy reputation to three of them:

- Omega-3 essential fatty acids, "good" fats that have been shown to have heart-healthy effects. Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s.
- Lignans, which have both plant estrogen and antioxidant qualities. Flaxseed contains 75 to 800 times more lignans than other plant foods.
- Fiber. Flaxseed contains both the soluble and insoluble types.

### ***The Health Benefits of Flax***

Although Lilian Thompson, PhD, an internationally known flaxseed researcher from the University of Toronto, says she wouldn't call any of the health benefits of flax "conclusively established," research indicates that flax may reduce risks of certain cancers as well as cardiovascular disease and lung disease.

Recent studies have suggested that flaxseed may have a protective effect against breast cancer, prostate cancer, and colon cancer. At least two of the components in flaxseed seem to contribute, says Kelley C. Fitzpatrick, director of health and nutrition with the Flax Council of Canada.

In animal studies, the plant omega-3 fatty acid found in flaxseed, called ALA, inhibited tumor incidence and growth.

The lignans in flaxseed may provide some protection against cancers that are sensitive to hormones without interfering with the breast cancer drug tamoxifen. Thompson says some studies have suggested that exposure to lignans during adolescence helps reduce the risk of breast cancer and may also increase the survival of breast cancer patients.

Lignans may help protect against cancer by blocking enzymes that are involved in hormone metabolism and interfering with the growth and spread of tumor cells. Some of the other components in flaxseed also have antioxidant properties, which may contribute to protection against cancer and heart disease.

### ***Tips for Using Flaxseed***

Many experts believe it's better to consume flaxseed than flax oil (which contains just part of the seed) so you get all the components. But stay tuned as researchers continue to investigate.

Thompson says, "Ground flaxseed, in general, is a great first choice, but there may be specific situations where flax oil or the lignans (taken in amounts naturally found in flaxseed) might be as good."

How much flaxseed do you need? The optimum dose to obtain health benefits is not yet known. But 1 to 2 tablespoons of ground flaxseed a day is currently the suggested dose, according to the Flax Council of Canada.

Buy it ground or grind it yourself. Flaxseed, when eaten whole, is more likely to pass through the intestinal tract undigested, which means your body doesn't get all the healthful components. If you want to grind flaxseed yourself, those little electric coffee grinders seem to work best.

Buy either brown or golden flaxseed. Golden flaxseed is easier on the eyes, but brown flaxseed is easier to find in most supermarkets. There is very little difference nutritionally between the two, so the choice is up to you.

Find it in stores or on the Internet. Many supermarket chains now carry ground flaxseed (or flax meal). It's usually in the flour or "grain" aisle or the whole-grain cereal section and is often sold in 1-pound bags. You can also find it in health food stores or order it on various web sites.

Check the product label. When buying products containing flaxseed, check the label to make sure ground flaxseed, not whole flaxseed, was added. Flaxseed is a featured ingredient in cereals, pasta, whole grain breads and crackers, energy bars, meatless meal products, and snack foods.

Add flaxseed to a food you habitually eat. Every time you have a certain food, like oatmeal, smoothies, soup, or yogurt, stir in a couple tablespoons of ground flaxseed. Soon it will be a habit and you won't have to think about it, you'll just do it.

Hide flaxseed in dark, moist dishes. The dishes that hide flaxseed the best are dark sauces or meat mixtures. No one tends to notice flaxseed when it's stirred into enchilada casserole, chicken parmesan, chili, beef stew, meatloaf, or meatballs. For a 4-serving casserole, you can usually get away with adding 2 to 4 tablespoons of ground flaxseed. For a dish serving 6 to 8, use 4 to 8 tablespoons.

Use it in baking. Substitute ground flaxseed for part of the flour in recipes for quick breads, muffins, rolls, bread, bagels, pancakes, and waffles. Try replacing 1/4 to 1/2 cup of the flour with ground flaxseed if the recipe calls for 2 or more cups of flour.

Keep it in the freezer. The best place to store ground flaxseed is the freezer. Freeze pre-ground flaxseed in the bag you bought it in or in a plastic sealable bag if you ground it yourself. The freezer will keep the ground flax from oxidizing and losing its nutritional potency.

Whole flaxseed keeps longer. The outside shell in whole flaxseed appears to keep the fatty acids inside well protected. It's a good idea to keep your whole flaxseed in a dark, cool place until you grind it. But as long as it is dry and of good quality, whole flaxseed can be stored at room temperature for up to a year.



## 與癌症交戰十四載！

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在2005年5月我們終於雙雙再步入婚姻殿堂。雖然比我大三十歲但在相知相伴的真愛中生活，我很快樂！他也很支持我們的華人癌友會，為我會的夏季野餐聚會預定場地，熱心捐助租場費用達三年，可惜他在2012年因得了胰腺癌，雖然我盡力照顧他，但也未能留住他的生命，但是在我一生中却留下一段最美好的回憶！

這十四年的經歷告訴我：癌症不可怕，不能被它嚇倒，而是要認真對待，任何疾病都會導致死亡！身體是自己的，要生存就必需勇敢和樂觀地面對，關鍵還是在調節好自己的情緒，不要把自己困在死胡同里，必須排除各種困擾，親情、友情會是你最好的支柱，它讓你不會感到是在孤軍作戰，當我在乳癌康復後，便立即參加了華人防癌互助協會的籌建，自己有着深刻的體會，華人癌友這個弱勢群體多麼需要援助，在經濟、生活、語言、交通等各方面的幫助。在今年的春節聯歡會上能遇到許多已康復的癌友，心裏有說不出多高興！

## 2014年春節聯歡會

理事會報導

今年是我們防癌互助協會成立的第十一年，今天的正月廿三(農曆)也是第十一個和癌友、家屬、義工們歡聚一堂的盛會！對癌友們來說這一天是很不尋常的，一見面都會熱淚盈眶、擁抱、問候…。大家都會心照不宣地默認：真好！我們又多活了一年！今年的聚會除了每人帶來了自己親手精制的菜餚、點心，還有在會所廚房裏義工們親手特制的少油少鹽、素麵、炒飯、素菜什錦等健康食物。手工班的師生們將自己精心制作的手工藝品拿來佈置會場：有用各式華麗紅封包制的燈籠、鯉魚、扇子，也有各式”馬”的剪紙、掛飾；還有精緻的摺紙，把會場佈置得喜氣洋洋！中午十二時半聯歡會在鞭炮聲和鑼鼓聲中開始了！麥顯輝師傅帶來了三只大醒獅和一隻小醒獅，他們剛健、活潑、身手不凡地向大家拜年祝賀。亞裔銀髮族關懷基金會(ASCF)的舞蹈組一如既往地來為癌友們表演了優美的玄極舞中”春回大地”片段；越東寮華裔敬老會(ICEA)的粵曲樂隊全體出動表演了兩首粵曲和兩首粵劇對唱片段；我會的民族舞班也表演了朝鮮舞、中國古典舞：春江花月夜和彩巾舞；小提琴家何文忠老師帶來兩位漂亮可愛的女學生為大家表演了兩首小提琴樂曲；陳阿姨主持了”馬年”揮春有獎猜謎語；我會理事們為大會捐了多件豐盛的抽獎禮物，分別穿插在表演節目之中抽獎。聯歡會到下午三時，朋友們才在依依不捨地離開。

## 2014 Chinese New Year celebration Reported by the Board and Translated by Katherine Sidener

This year is the 11<sup>th</sup> year since the establishment of our Washington State Chinese Network Association. Today, the 23<sup>rd</sup> day of Lunar New Year, is also the 11<sup>th</sup> joyous gathering of our cancer survivor friends, families and volunteers. To our cancer survivor friends, this is an extraordinary day; with tearful eyes and hugs, we greeted each other.....; tacitly, we acknowledged triumph over another year of life.

For this year's party, in addition to the exquisite dishes and dim sums everyone brought, our volunteers prepared, on site, many special low fat, low sodium health foods including vegetarian noodles, fried rice, and greens medley. Teachers and students of our arts and craft class decorated the hall with ornate handicrafts. There were lanterns, paper koi and fans made with elegant red packets; there were also all sorts of "horse" paper cuttings, ornaments for hanging, and dainty origami pieces. What joyous mood these ornaments bring!

At 12:30, with the sound of gongs, drums and firecrackers, the party began. Master Mak brought in three big lions and one little one for the lion dance. Vivaciously, skillfully, yet playfully, they offered New Year best wishes to all. As in the past, the dance team of Asia Senior Concerns Foundation (ASCF) entertained us with the most graceful excerpt of "Spring returns to Earth". The folk dance team of our own Association performed Korean dance, Chinese classical dance, "Blossoms on a Moonlit River in Spring", and dance with rainbow colored scarfs. Two students of Professor Ho Man-chung performed for us two violin pieces. Auntie Chen orchestrated "Year of the Horse" auspicious message riddle games. Our Board members contributed many lucky draw items that were presented at intervals of the shows. It was not until 3:00 pm that our friends begin to depart reluctantly.



**Relay For Life®****【為抗癌接力】**

One day. One night. One community. Your Relay For Life® is about celebration, remembrance, and hope. By participating, you honor cancer survivors, pay tribute to the lives we've lost to the disease, and raise money to help fight it – all right here in your community. You won't want to miss one moment of this life- and community-affirming event!

**Celebrate - The Survivors Lap**

Relay starts with a Survivors Lap an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer. The Survivors Lap is an emotional example of how Relay participants are creating a world with more birthdays like those of each individual on the track.

**【為抗癌接力】**是一項結合慶祝、紀念、和希望的社區全天活動。藉由參與這項活動，您不但可以向已克服癌症的親友獻上最誠摯的敬意，紀念因癌症凋逝的可貴生命，同時還可以募款幫助癌友抗癌，請千萬別錯過這項既有意義又能夠凝聚社區力量的活動。

**University of Washington Husky Stadium 【Relay for Life】 - 5/10/2014 2pm**

華盛頓大學 **Husky** 體育館【為抗癌接力】 -- 2014年5月10日 下午二時

華盛頓大學 -- 3800 Montlake Blvd, Seattle, WA 98105

WSCCNA is planning on participating in this Event for the Cancer Survivor Lap (All Survivors walk around the first lap of the Stadium running track). This will be the 9th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 10 at 2:00 pm at UW Husky Stadium. Please call 206 850 5914 WSCCNA office for details.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服癌症的朋友們第九年參加“倖存者接力”的競走活動慶祝重生。請已克服癌症重拾健康的朋友及其親友們共襄盛舉。請電 206 850 5914 防癌互助協會接洽

# 十週年籌款晚會

## 10th Anniversary Fund Raising Dinner

### 華州華人防癌互助協會

### Washington State Chinese Cancer Network Association

日期 Date: 05/31/2014 (Saturday)

時間 Time: 5:30 - 10:30 pm

地點 Place: China Harbor Restaurant

2040 Westlake Ave N, Seattle, WA 98109

票價 Price: \$65 售票電話: 206-850-5914 或電郵 [info@wscena.org](mailto:info@wscena.org) 聯絡



CHINA HARBOR  
Restaurant & Lounge

中國海景大酒樓



## 20th Annual Komen Puget Sound Race for the Cure™

### 蘇珊基可嫻乳癌基金會 “為治癒而競走” 活動

每年六月份的第一周周末，蘇珊基可嫻乳癌基金會都在市中心的 SeattleCenter 舉行，為乳癌康復者而競走的募捐活動。“為治癒而競走”這個活動，已經歷二十年。每年參加的人有癌友、家屬、支持者上萬人。

WSCCNA is planning on participating in this Event. This will be the 9th year our breast cancer survivors, families and friends will participate in the Race for the Cure to celebrate life. Breast cancer survivors, families and friends, please join us on June 2, 2013 Sunday at 8:00 am at Seattle Center. WSCCNA team will do the one mile walk.

華盛頓州華人防癌互助協會計畫參加這次的活動。這將是本會已克服乳癌的朋友第九年參加“為治癒而競走”活動慶祝重生。請已克服乳癌重拾健康的朋友及其親友們共襄盛舉。

**Date/Time 時間 2014 年 6 月 1 日上午八點**

**Place 地點 Seattle Center**

**Registration 報名 \$35 online <http://komenpugetsound.org/>**

**Team 隊名 WA State Chinese Cancer Network**

Please register online at <http://komenpugetsound.org> to join our team ‘WA State Chinese Cancer Network Association’ WSCCNA or you can call 206-850-5914 WSCCNA office for details.

如有興趣參加，請電 206-850-5914 防癌互助協會接洽報名。



### 諮詢委員會 Advisory Board

Louisa Au	Wendy Chin	Susan Lo	Fred Wong
Ben Chan	Yenping Ching	Angela Lu	Sanna Wong
Paul Chen	Daisy Lau	Kit Lin Poon	Fred Yee
Clara Cheung	Regina Leung	Christina Tang	



## 華州華人防癌互助協會

Washington State Chinese Cancer Network Association

每週活動

### Line Dance 排舞

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

### Calligraphy Class 書法班

Wednesdays 12:30pm-1:30pm 星期三 下午十二時半至一時半

### 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 9:30am-11:00am 星期日 上午九時半至十一時

### Origami Class 摺紙藝術班

Sundays 2:30pm-4:00pm 星期日 下午二時半至四時

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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
Phone 電話	206-850-5914 <a href="http://www.wscnna.org">www.wscnna.org</a>

Come Join Us 歡迎您來參加





### 捐贈表

我願意支持華州華人防癌互助協會

- \$10  
 \$20  
 \$30  
 \$50

### 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:

- \$75  
 \$100  
 \$200  
 \$500
- \$700  
 \$1000  
 其他 Other \$

PO Box 14606  
 Seattle, WA 98104  
 Phone: (206) 850-5914

姓名 Name \_\_\_\_\_  
 地址 Address \_\_\_\_\_  
 市/州/郵區 City/State/Zip \_\_\_\_\_  
 住家電話 Home Phone \_\_\_\_\_  
 工作電話 Work/Mobile \_\_\_\_\_  
 電子郵箱 E-Mail \_\_\_\_\_

- 內附支票： \$ \_\_\_\_\_ Enclosed is my check  
 附件是一份我的雇主的等額捐贈表。 Enclosed is a Matching Gift form from my employer.

請記錄並印我的姓名如下 Please record and print my name as : \_\_\_\_\_

請將此表郵寄到 Please mail this form to P.O. Box 14606, Seattle WA 98104

如有任何疑問可直接電話詢問 Questions and inquiries can be directed to (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

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

**謝謝您的繼續支持! THANK YOU FOR YOUR CONTINUING SUPPORT**



## 癌友會辦公室開放時間 Office Hours

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

每月第三周周六 下午 1:30— 3:30 為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、經絡鍛練法等的語音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](mailto:info@wscna.org)



# Washington State Chinese Cancer Network Association (WSCCNA)

Mailbox 地址 P.O. Box 14606  
Seattle WA 98104

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 -12:00pm

**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 2014 2014 年精彩活動預告

- |           |               |   |
|-----------|---------------|---|
| 4/10/2014 | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>     |
|           | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                       |
| 4/19/2014 | 1:30-3:30pm   | Support Group                                   |
|           | Sat 星期六       | 癌友談心會   |
| 5/8/2014  | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>     |
|           | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                       |
| 5/10/2014 | 1:00-4:00pm   | UW Relay for Life                               |
|           | Sat 星期六       | 華大 生命接力   |
| 5/17/2014 | 1:30-3:30pm   | Support Group                                   |
|           | Sat 星期六       | 癌友談心會   |
| 5/31/2014 | 5:30-10:00pm  | 10th Anniversary Fundraising Dinner             |
|           | Sun 星期六       | 十周年紀念籌款晚宴                                       |
| 6/1/2014  | 8:00-12:00pm  | Susan Komen Race for the Cure at Seattle Center |
|           | Sun 星期日       | 蘇珊基可嫂乳癌基金會 “為治癒而競走” 活動                          |
| 6/12/2014 | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>     |
|           | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                       |
| 6/21/2014 | 1:30-3:30pm   | Support Group                                   |
|           | Sat 星期六       | 癌友談心會   |
| 7/10/2014 | 10:00-11:30am | Book Study and Support Group at <b>NBCC</b>     |
|           | Thu 星期四       | 健康衛生防癌交談會在 <b>NBCC</b> 舉行                       |
| 7/19/2014 | 1:30-3:30pm   | Support Group                                   |
|           | Sat 星期六       | 癌友談心會   |
| 8/2/2014  | 11:00-3:00pm  | Annual Summer Picnic @ Coulon Park, Renton      |
|           | Sat 星期六       | 夏日郊遊  |

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

<b>NBCC</b> — North Bellevue Community Center
4063 148th Avenue NE Bellevue WA 98007-3118

WSCCNA 董事會成員 2014-15 Board members	
President	Kathy Lin
Vice-President	Min Min Wong
Secretary	Hueifang Chen
Secretary	Muyun Chen
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	Kit Ling Poon Yenping Ching Angela Lu