



防癌互助通訊 第四十期
Cancer Network News Issue No.40

Washington State
Chinese Cancer Network
Association (WSCCNA)

JULY 2015
二零一五年七月

感謝華州華人防癌協會

熊慧齡

去年華州華人防癌協會年終聚會時，寧凱蒂會長與我閑談，邀請我寫一篇談自身感受的文章。盛情難卻，唯有恭敬不如從命。

記得在 2010 年初，原本我們民族舞班在 Chinatown 社區中心活動，但因時間安排及交通問題，來參加活動的人數逐漸減少；社區中心工作人員屢屢告訴我們 “need more people”。對此我們深感無奈，亦無法可施。正是這時，有人告訴我們，在十二街的亞洲資源中心大樓內，有個華州華人防癌協會，它有活動場地不收費用。得知這消息後，我們抱著一線希望，趕緊與協會負責人聯絡。幾經轉折，找到電話號碼，我們立刻聯絡當時的會長梁費聖奇及副會長寧凱蒂。雖然當時防癌協會已安排了每天的活動，但仍接納了我們的提議，並安排了一個十分理想的時間給我們，即每周五上午十時至十一時半，這實在讓我們喜出望外。

Thank You!

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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。

Thanks to WSCCNA

Hui-Ling Xiong

During the year-end WSCCNA gathering last year, I chatted with President Cathy Ling and she invited me to write an article on how I feel about the Association. Given Cathy's enthusiasm, I felt obliged to accede to her request.

It brought back my memories of the days when we had a Chinese folk dance class at the Chinatown Community Activity Center. Because of issues with class time and transportation, the number of participants dwindled. Workers at the Center kept telling us that we need more participants, but there was not much we could do to improve the situation. Then, someone informed us that WSCCNA located in the Asian Resource Center on 12th Avenue could provide a venue for free events. Upon learning the news, we immediately looked for the people in charge of WSCCNA, hoping to connect with them. After several referrals, we found the phone numbers, and, without any delay, contacted the then WSCCNA president Stella Leung and vice-president Cathy Ling. Although the Association already had scheduled daily activities, they, to our delight, accepted our proposal and arranged an ideal time slot for us: every Friday from 10:00 am to 11:30 am. The number of participants in the folk dance class gradually increased because the class was held at the right time of the day, at a good location, and was free.

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感謝華州華人防癌協會

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由於時間、地點好，不收費之餘，還供應了所需的器材，來參加跳民族舞的人，漸漸多了。後期，更得到從廣州來的何慶林老師加盟教新舞，令活動內容更加多姿多彩。年底時，參加人數已達廿人，廳裏各人充滿了活力和熱情。

在我個人來說，我十分珍惜這個機會，如此好的條件，真是十分難得。非常感謝協會的熱情和慷慨幫助。逢星期五跳舞日，我堅決風雨不改，準時出席，我體會到協會的貢獻是多麼重要。

回憶當年在北京，我們的民族舞班，由於沒有場地，一隊人馬提著播放機到處找地方，真不容易。冬天太冷，夏天太熱，無處可跳，結果被迫停止活動，民族舞班亦告解散。現在，有老隊友知道我在西雅圖活動的情況後，十分羨慕地說“好啊，真好有你，你把我們的民族舞帶到美國，將它發揚光大……”。

我們這個團體，從2010年至今，堅持活動近五年，得衷心感激華人防癌協會，為我們提供這麼好的設施和保障，讓我們能愉快地跳舞，認識朋友，擴大圈子，加強資訊傳遞，快樂健康地生活。

我本人已七十五歲，步入年老的行列，但只要身體狀況允許，我會一直跳下去，來日希望有更多民族舞伴來參加。最後，再次衷心感謝華人防癌協會。



Thanks to WSCCNA

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WSCCNA also provided the necessary equipment. Instructor Hing-lin He from Guangzhou later joined us to teach new dances, making the program more colorful. By the end of year 2010, we had 20 participants. Everyone in the dancing hall was full of vitality and enthusiasm.

I very much cherish this opportunity because the terms and conditions offered by WSCCNA are not easy to find. The enthusiastic and generous help from WSCCNA is deeply appreciated. With great resolution I attend the dance class every Friday on time, rain or shine. I appreciate the important contributions made by WSCCNA.

I recall our days in Beijing when we did not have an assigned place for our folk dance class. We had to move around with our audio equipment, and it was really tough. Extreme cold in winter and high temperature in summer were unbearable. We could hardly find a place to practice, and, as a result, the activity came to an end and the dance group eventually disbanded. Now, some of my former Beijing folk dance group members learned about my current status in Seattle and said, enviously, "Congratulations! You have brought Chinese folk dance to the United States and made it flourish."

Our group has been active for 5 years since 2010. Thanks to WSCCNA for providing us with such nice facilities and a secure place, allowing us to dance happily, make new friends, expand our circle, communicate and enjoy life happily with good health.

I am 75 years old, and as long as my health conditions allow, I will continue to dance. I hope to see more people joining us. Finally, my sincere thanks once again to WSCCNA.



慢性病自我管理課程

理事會報導

華州華人防癌互助協會和健安社區服務網合作舉辦慢性病自我管理課程(CDSMP)，供協會會員和朋友們參加。CDSMP 是由史丹福大學(Stanford University)研發的課程，經驗證能幫助參與者更有效管理各種不同的慢性疾病，使能活得更健康，擁有自己想要的獨立生活。

第一期慢性病自我管理課程已於七月結業(見照片)，佳評如潮。我們將會繼續與健安合作舉辦類似課程，如果您未曾參與過，我們鼓勵您來參加。以下是參加最近一期課程的組員的一些感想：

Dolla — “我很欣賞這課程的設計：結構嚴謹卻又能互動而無所拘束。在三位組長帶領下，課程於輕鬆的環境中進行，提供非常好的討論機會，讓各人都能自由發表意見，針對不同的主題分享經驗，腦力激盪解決辦法，並學習課程建議的方法。我非常享受整個課程，確信它能幫助和鼓勵我們積極地自我管理生活，同時我也很珍惜我們在團體中建立的信任和友誼。”

Kit — “慢性病自我管理課程的主題以健康生活實踐為中心，此乃人生過程中必須學習的重要知識。通過六次課程討論，我們獲益良多，更加了解和珍惜健康的寶貴，進而探索認識各種慢性疾病的自我管理方法。同時，我們也會加強注意影響個人身體健康的慢性疾病，並善用課程提供的知識，維護個人健康，邁向快樂人生之途。”

Mimi — “友善、輕鬆、實用、廣識... 這是很棒的一個扶持小組，感謝能有這樣的小組鼓舞我扶持我。兩小時的課程包含讓人受益的講課，分組討論和小休，時間過得非常快。參與者只需投入少許時間，卻是非常值得的。”

Lillian — “慢性病自我管理課程提供很多有用的病患者自我管理資訊，並且涵括運動、營養、溝通和其他主題。組長均有良好的訓練，課程設計完善、組織嚴謹，配合互動交流、意見回饋和腦力激盪，使整個課程充滿樂趣。

每個參與者都獲贈 [〈實踐健康生活 — 慢性疾病自我管理手冊〉](#)，這是一本管理慢性疾病的必讀指南，內附很多有用的參考資料。

我非常建議任何有生理或心理慢性疾病的人和他們的照顧者來參加此課程。感謝華州華人防癌互助協會和健安社區服務網舉辦此課程，我期待未來能參加類似的課程。”

Cissie and Edwin — “慢性病自我管理課程讓我們對自己的身體和健康狀況有更深體會，在此基礎上參與者互相切磋個人健康管理問題，課程亦介紹了針對不同健康問題的管理方法。

課程的具體安排也起到作用，它讓參與者有機會分享意見和經驗。團體互動內生的儕輩壓力，也使參與者有更大機會踐行計劃。”

Austin — “慢性疾病大多數人都會有，能夠減少/減輕它的發生是上上之策。我認為中風 (STROKE) 是其中一種貽害最大的病患，它不僅令患者自身承受許多不便，其親友及照顧者莫不備受影響。管理好血壓和負面情緒，避免血栓發生，這是非常重要的。

Stella — “華州華人防癌互助協會很高興能和健安合作，提供此免費課程給所有人。我個人非常享受此課程，特別是能夠學習到新的事物，好好管理自己的健康，並且可以和全體組員互動，交流學習。健安職員 Michael, Jerry 和 Mona 以富於啓導性的方式帶領課程，讓各參與者都能自在地學習和分享。”

Ed — “慢性病自我管理課程提供一個機會，讓我重新檢視、管理和改善自己的健康，它也為照顧慢性病患者提供非常有用的資訊，使能協助患者過更正常的生活。此外，這課程有好的帶領者和參與者，讓我非常享受，樂在其中。”

Shan Shan — “我很享受參與這個慢性病自我管理課程。在三位導師引領下，參與者熱烈討論、分享和互相扶持。從中我學習到許多相關的知識，明白到日常飲食和運動，對健康非常重要”。





Chronic Disease Self-Management Program

Reported by the Board

WSCCNA has been collaborating with Kin On Community Care Network to offer the Chronic Disease Self-Management Program (CDSMP) workshop for members and friends of our Association. CDSMP is an evidence-based program developed by Stanford University to help participants more effectively self-manage their various chronic health conditions so that they can live a desirable healthy and independent life.

Our first CDSMP class “graduated” (see picture) in July and the feedbacks have been overwhelmingly positive. We will continue to collaborate with Kin On to provide such workshops and we strongly encourage you to participate if you have not done so. Below are some “comments” from participants who had gone through the recent CDSMP workshop:

Dolla — *“I like the setting of the class: it's structured yet informal and interactive. It's well facilitated by the three instructors, who fostered a very relaxing environment hence everyone spoke freely. It provided a very good forum for attendants to share their experience on various topics, brainstorm solutions, and learn recommended approach from the program. I truly enjoyed this class as it helps and encourages us to self-manage our life-style positively. I also cherish the trust and friendship that we have built from this team.”*

Kit — *“The theme of the Chronic Disease Self-Management Program has to do with living a healthy life. These are very important lessons for us to learn in our lives. I have learned a lot through six sessions of the workshop. It has increased my understanding on much valuable information on health. I have learned about different ways for people to self-manage their chronic health conditions. The workshop also has enhanced my awareness on the potential impact of chronic health conditions on one's well-being. I believe the workshop experience and the information provided can increase our confidence in living a healthier and happier life.”*

Mimi — *“Friendly, informal, practical, informative it was a great support group. I appreciate having a group to cheer me on and walk with me. The two-hour sessions comprised valuable instruction, small and large group discussions, and break time. The time flew by quickly. It is a small investment of time, but well worth it.”*

Lillian — *“The workshop provides a lot of valuable information for self-management of chronic conditions, exercise, nutrition, communications and much, much more. The instructors are well trained. The workshop is well planned and organized. There are a lot of interaction, feedback and brainstorming that make the workshop full of interest.*

Each participant is given a remarkable book “Living a Healthy Life with Chronic Conditions” which is an indispensable guide with valuable resources for the management of chronic health problems.

I highly recommend the workshop to anyone who is living with a chronic physical or mental health condition and the care givers. I deeply appreciate Washington State Chinese Cancer Network Association and Kin On Health Care Center for organizing this workshop and I am looking forward to attending their future workshops.”

Cissie and Edwin — *“The workshop makes one more in tune with one's body and health conditions. This enhanced self-awareness is the basis on which conversations about managing one's health take place. It also provides management tools for various health issues.*

The format is beneficial as well, giving participants the opportunity to share ideas and experiences. The peer pressure inherent in the group dynamics drives action plans which have a higher chance of being followed.”

Austin — *“Many people have chronic health conditions and prudence requires us to manage them properly. I think stroke, for one, has the most impact. Not only does it result in many inconveniences on the inflicted, it also creates a lot of challenges for the caregiver. Managing one's blood pressure, negative emotions and preventing blood clots are very important.”*

Stella — *“WSCCNA is very happy to collaborate with Kin On to offer this free workshop for everyone. I personally enjoyed the session very much. It was a good opportunity to learn new things to manage our health and to interact with all classmates and learn from each other. Kin On staff, Michael, Jerry and Mona, were very supportive in leading the sessions that made everyone comfortable to learn and share.”*

Ed — *“The workshop provided me with a chance to re-examine options and ways to manage and improve my own health. It also helps greatly in providing very useful information on how to care for others with chronic health conditions so they can live a more normal life. Having good presenters and a great group of participants certainly made the time spent at the workshop very enjoyable.”*

Shan Shan — *“I enjoyed the CDSMP class very much. This class was led by three instructors who facilitated discussion and encouraged sharing and support among participants. I learned much relevant knowledge and understand that exercise and diet are very important to our health.”*



結腸癌測試新突破

美國癌症協會2015年3月會訊摘錄

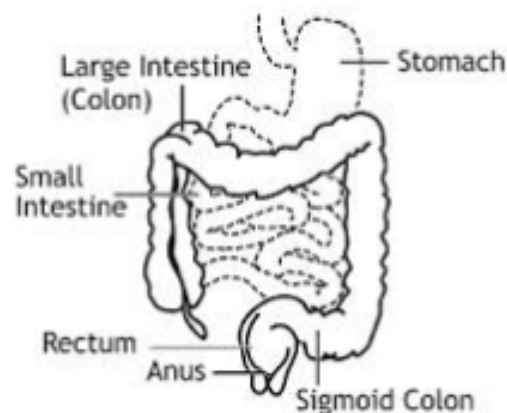
沒有人會盼望接受結腸鏡檢查或其事先的清瀉腸道程序。然而，結腸篩檢 -- 先於癌疾病癥出現的檢測，確有助挽回生命。篩檢可以發現早期大腸癌，在癌細胞還小的時候，治療較為容易，甚至可以避免癌症發生。結腸癌測試有許多種，結腸鏡檢查只是其中之一，醫生和研究人員正不斷開發新的測試方法。

糞便 DNA 檢測

這是一種新的非侵入性檢查結腸癌的測試，適合想要做結腸篩檢，卻又不願接受結腸鏡檢查所需的清瀉腸道準備或其他篩檢程序的人。糞便 DNA 檢測，是在糞便中查察結腸癌細胞常有的某些基因變化。

美國食品藥物管理局在 2014 年 8 月，批准使用稱為 Cologuard 的糞便 DNA 測試。病人可在家裡使用套件收集糞便樣本，郵寄到實驗室。這項測試主要檢查可能是癌症先兆的 DNA 變化及稱為瘻肉的癌前細胞生長。它也檢查可能是癌症先兆的便血。

這項測試事先無飲食禁忌，亦無需作腸道準備（不用輕瀉劑或灌腸）。然而，如果 Cologuard 測試顯示有癌症或前期癌的可能，則患者將需要再做結腸鏡檢查予以確證，並切除所有瘻肉。不是每個人都可以使用這種結腸癌篩查試驗的，它只適合結腸癌風險一般，從來沒有癌前瘻肉、結腸癌或其他結腸問題的人。你的醫生可以確定這測試是否適合你。



照相機小丸

新近發明的還有一種小丸，內藏精微的照相機，病人吞下後它可以拍攝其結腸的照片。目前照相機小丸只作為用於沒能完成結腸鏡檢查的病人的一個後續程序，它不是獨立的篩檢試驗。使用這小丸仍需事先作腸道準備，小丸可能要長達十個小時才通過腸道，期間會有一些活動的限制。如果發現有可疑的地方，或需進行另一個測試程序。

常用的篩檢試驗

以下介紹幾個較常見的篩檢結腸癌的測試，有些不太能夠找到瘻肉但更能夠找到癌症。另一些測試不僅可以發現癌細胞，更能尋找瘻肉，這些測試可能會更適合預防結腸癌。

⇒ 結腸鏡檢查使用發光軟管頂端的小照相機，檢看整段結腸和直腸。如果發現瘻肉，可以在檢查過程中將它們切除。為了準備這項檢查，您可能要在測檢前一兩天遵依特定的飲食禁忌，並須服用強瀉劑清理結腸（稱為腸道準備），在某些情況下，還要使用灌腸劑。檢測過程一般都在麻醉中進行，如果沒發現甚麼，你十年內不需要再作檢查。

⇒ 乙狀結腸鏡檢查近似結腸鏡檢查，但只檢看結腸和直腸的一部份。如果發現瘻肉，可以即時切除，繼後或需進一步作結腸鏡檢查。腸道準備或有需要，但不必如結腸鏡檢查前那麼徹底；大多數人檢測時不用麻醉，如果發現瘻肉或可疑的地方，必須再做結腸鏡檢查，以檢看結腸的其餘部分。乙狀結腸鏡應每五年做一次。

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New Breakthroughs for Colon Cancer Testing Excerpt from American Cancer Society March 2015 Newsletter

No one looks forward to a colonoscopy, or the bowel prep that goes with it. But colon screening – testing to look for cancer before symptoms start – helps save lives. Screening can find colon cancer early when it's small and easier to treat, or even prevent it altogether. Colonoscopy, however, is just one of many tests that can be used to look for colon cancer. And doctors and researchers continue to develop new ones.

Stool DNA test

A new type of non-invasive test to check for colon cancer is available now, and may appeal to people who want to be screened, but don't want to undergo the usual preparation required for a colonoscopy and some other screening tests. It's called a Stool DNA test because it looks for certain gene changes that are sometimes found in colon cancer cells.

The FDA approved a Stool DNA test called Cologuard in August 2014. The patient uses a kit at home to collect a stool sample and mail it to a lab. The test checks for DNA changes that could be a sign of cancer or pre-cancerous growths called polyps. It also checks for blood in the stool, which can be a sign of cancer.

No special diet or bowel preparation (no laxatives or enemas) are required for a stool DNA test. However, if the Cologuard test does show a possible cancer or pre-cancer, the patient would then need a colonoscopy to confirm it, and possibly to remove any polyps. And not everybody can have this type of colon screening test. It's only for people with an average risk for colon cancer: no personal history of pre-cancerous polyps, colon cancer, or some other colon problems. Ask your doctor to be sure.

Camera pill

Also new is a pill with a tiny camera inside that can take pictures of the colon after the patient swallows it. For now it's only available as a follow-up procedure for people who have not been able to complete a colonoscopy, not as its own screening test. The pill still requires bowel prep, and there are some activity limits while the camera pill makes its way through the intestines, which can take up to 10 hours. If suspicious areas are seen, another procedure may be recommended.

Tried-and-true screening tests

There are several more common tests that can be used to screen for colon cancer. Some are less able to find polyps and more likely to find cancer. Other tests not only can find cancer, but also are better at finding polyps; these tests may be more likely to prevent colon cancer.

Tests that can find polyps and cancer: 能夠發現瘰肉和癌症的測試：

- ⇒ Colonoscopy uses a flexible lighted tube with a small camera on the end to look at the entire length of the colon and rectum. If polyps are found, they may be removed during the test. To prepare for the test, you may be asked to follow a special diet for a day or two before the test. You will also need to clean out your colon with strong laxatives (called a bowel prep) and sometimes with enemas, as well. Most people are sedated during the test. If nothing is found during the test, you won't need another one for 10 years.
- ⇒ Flexible sigmoidoscopy is much like colonoscopy, but looks at only part of the colon and rectum. If polyps are found, they may be removed during the test, or you may need to have a colonoscopy later. Bowel prep may be required, but is not as extensive as the one used for colonoscopy. Most people do not need to be sedated during this test. If polyps or suspicious areas are seen, a colonoscopy will be needed to look at the rest of the colon. Flexible sigmoidoscopy must be done every 5 years.
- ⇒ Double-contrast barium enema is a type of x-ray test. It involves putting a liquid called barium into the rectum, which spreads through the colon. Air is then pumped in to spread the barium in a thin, smooth layer to show better detail. Then x-rays are taken. It requires bowel prep, but no sedation. If polyps or suspicious areas are seen on the test, a follow-up colonoscopy will be needed. Barium enemas also need to be repeated every 5 years.

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結腸癌測試新突破

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- ⇒ 雙對比鋇灌腸是 X 射線檢測的一種，它先把一種稱為鋇的液體注入直腸，並讓其擴散到結腸，繼而泵入空氣，令鋇在腸壁形成一片薄而光滑的表層，以便 X 射線拍照取得更精細的影像。檢測前需要作腸道準備，但檢測過程中無需麻醉。如果發現瘰肉或可疑的地方，必須再做結腸鏡檢查。鋇灌腸應每五年做一次。
- ⇒ CT 結腸造影術（也稱為虛擬結腸鏡檢查）檢查結腸和直腸，攝製詳細的截面圖像，讓醫生可以尋找瘰肉或癌細胞。檢測前需要作腸道準備，但檢測過程中無需麻醉。先將空氣泵入直腸和結腸，然後用 CT 掃描器攝製結腸的圖像。如果看到需要活檢的異物，就要進行後續結腸鏡檢查。CT 結腸造影術應每五年做一次。

旨在查找癌症的測試：

- ⇒ 大便隱血測試（FOBT）和糞便免疫化學試驗（FIT）旨在尋找可能是癌疾或大粒瘰肉徵兆的微量便血。接受測試者使用診所提供的套件連同說明書，在家裡測試。如果化驗結果屬陽性，便要跟進作結腸鏡檢查。然而很多時候，便血的原因並非癌病，而是諸如潰瘍或痔瘡等。像這樣的大便測試，應每年做一次。

向醫生諮詢結腸癌篩檢

定期檢查是防止結腸癌的最有力武器之一。如果在結腸癌測試時發現瘰肉，通常可以在它們有機會變成癌疾之前切除。檢測也可及早發現癌疾，癌患的地方越小越容易治療，其治愈的可能性也越高。

如果你年屆五十或以上，請諮詢你的醫生那種結腸測試適合你，並依照建議的頻率接受測試。

New Breakthroughs for Colon Cancer Testing

From Page 6

- ⇒ CT colonography (also called virtual colonoscopy) is a scan of the colon and rectum that produces detailed cross-sectional images so the doctor can look for polyps or cancer. It requires bowel prep, but no sedation. Air is pumped into the rectum and colon, and then a CT scanner is used to take images of the colon. If something is seen that may need to be biopsied, a follow-up colonoscopy will be needed. CT colonography must be done every 5 years.

Tests that mainly find cancer:

- ⇒ Fecal occult blood test (FOBT) and fecal immunochemical test (FIT) are used to find tiny amounts of blood in the stool that could be a sign of cancer or large polyps. People take these tests at home with a kit they receive from their doctor's office, along with instructions. A positive result will need to be followed up with a colonoscopy. However, many times the cause is a non-cancerous condition, such as ulcers or hemorrhoids. Stool tests like these need to be done every year.

Talk to your doctor about screening

Regular screening is one of the most powerful weapons for preventing colon cancer. If polyps are found during colon cancer testing, they can usually be removed before they have the chance to turn into cancer. Testing can also result in finding cancer early, when it's smaller, easier to treat, and more likely to be curable.

If you're 50 or older, talk to your doctor about which test is right for you and get tested as often as recommended.



華州華人防癌互助協會

Washington State Chinese Cancer Network Association

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Mahjong 麻將 Ping-Pong 乒乓

Mondays - Thursdays 10:00am-2:00pm 星期一至四 上午十時至下午二時

Line Dance 排舞

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

Origami Class 摺紙藝術班

Tuesdays 10:00am-11:30am 星期二 上午十時至十一時半

Tai Chi Exercises 太極練習

Wednesdays 10:30am-12:30pm 星期三 上午十時半至下午十二時半

Karaoke 卡拉奧奇

Thursday 6:00pm-9:00pm 星期四 晚上六時至九時

Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半

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Address 活動地點	435 108th Avenue NE Bellevue WA 98004
Phone 電話	206-850-5914 www.wscena.org

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

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 市/州/郵區 City/State/Zip _____
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- 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



Annual Picnic
夏日野餐
Potluck 自備餐

日期 Date: 8/16/2015 Sunday
時間 Time: 11:30am—3:30pm
地點 Place: Renton Coulon Park — South Shelter
 1201 Lake Washington Blvd N, Renton



活動：自備餐分享，排舞，遊戲，唱歌
 Activities : Potluck for sharing, Line dance, games, singing etc



歡迎癌友，家屬，義工及各界有興趣人士參加
 For all Cancer friends, families and volunteers

請電接洽 Contact 206 850 5914



Washington State Chinese Cancer Network Association (WSCCNA)

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Office 辦公室 435 108th Ave NE
Bellevue WA 98004

Hours 時間 周一至周五 Monday-Friday
10:00am -2:00pm

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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 2015 年精彩活動預告

- | | | |
|------------|---------------|---|
| 7/29/2015 | 1:00-3:30pm | Diabetes Self Management Program |
| | Wed 星期三 | 糖尿病自我管理課程 |
| 8/15/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 8/16/2015 | 11:30-3:30pm | Summer Potluck Picnic @ Coulon Park, Renton |
| | Sun 星期日 | 夏日野餐 自備餐 |
| 9/12/2015 | 1:30-3:30pm | Public Seminar on Hepatitis B |
| | Sat 星期六 | 公開講座 乙肝問知 |
| 9/19/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 10/10/2015 | 8:00-12:00 pm | American Cancer Society—Making Strides |
| | Sat 星期六 | 美國防癌會 — 乳癌步行 |
| 10/17/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 11/21/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 12/19/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |

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2015-2016 Board members

President	Kathy Lin
Vice-President	Angela Dickey Muyun Chen
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Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
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