



防癌互助通訊 第四十一期

Cancer Network News Issue No.41

Washington State
Chinese Cancer Network
Association (WSCCNA)

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乳癌倖存者遊船慶祝活動

郜楊妙馨

2015年9月12日我第一次有機會參加由蘇珊考嫻基金協會所舉辦的乳癌倖存者午餐慶祝會。這個午餐會是在美麗的荷蘭遊船上舉行。那個早上我到維多利亞商場和華人防癌協會的幾位女士一起坐車去西雅圖的海港。第二批女士因為迷路,找了很久才在最後一刻跟我們一起會合。那天大家都穿著美麗的旗袍一起亮相。

這個午餐會辦得不但有條有理,而且保安和檢查也非常的嚴謹仔細。我們八位女士同坐在一張餐桌上,彼此互相分享我們的心路歷程,年資最淺的倖存者只有一年,很幸運地我已經過二十三年了。荷蘭遊輪公司提供了非常美味的午餐,整個餐廳擠滿了不同種族和各種職業的倖存者。我們非常欽佩乳癌倖存者的演講嘉賓Jennifer Nudelman。她分享了她堅持不懈的毅力的故事。



午餐之後有唱歌和跳舞的表演。我們當中有些女士走到舞台前和她們一起同樂,非常高興在這個愉快而且成功的慶祝會上有機會認識這麼多的乳癌倖存者

爲了要實現我們的夢想,如果要乳癌在這個世界消失,華人防癌協會鼓勵大家做以下幾件事:

- 吃健康的食物
- 在安全及歡愉的環境中參與各種不同的活動和娛樂

所以我們的協會有:排舞班(我是義工之一)民族舞,太極班,摺紙班,卡拉OK和乒乓球,歡迎大家來參加,共同鍛煉身體,同時也能得到身心的愉快。

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爲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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**Breast Cancer Survivor Celebration****Connie Gaw**

September 12, 2015, I had the first chance to attend the Breast Cancer Survivor Celebration Luncheon organized by Susan G. Komen Puget Sound. The luncheon held on board a beautiful Holland America Cruise Ship. I joined one of the WSCCNA groups of survivors at Factory Mall that morning. We headed towards the Cruise Ship Terminal by Seattle waterfront. The second WSCCNA group intended to meet us at the dock. They were lost and drove around for a long time. Thankfully, they made it right before the cut off. Because of this special occasion, we all dressed to our best.

The Event was well organized. Security and safety check were very thorough. Our WSCCNA group of eight women sat together at the same table. We shared our survival experiences: the newest one has one year and I am blessed with over 23 years of survival. Holland America provided the most delicious food as usual. The Dining Room is jammed packed with breast cancer survivors from different race and occupations.

We admired the guest speaker and breast cancer survivor, Jennifer Nudelman, who shared her story of strength and perseverance. After lunch, there were singing and dancing performances. Some of us went up to dance in front of the stage until the end. Its delightful to meet so many breast cancer survivors. The event was very enjoyable.

In order to fulfill the vision: A World without Breast Cancer, WSCCNA encourages the following:

- To consume Healthy foods in communities
- To provide safe, enjoyable environment for physical activity and recreation

Therefore, our organization has Line Dance (My volunteering area), Folk Dance, Tai Chi Practice, Origami Class, Karaoke and Ping Pong Games on the schedule. Your participation will be welcome and will enrich your body and soul.





麥當勞叔叔之家

理事會報導

致力於支持重病兒童及其家庭的慈善機構麥當勞叔叔之家（RMC），是一個非牟利的地區組織。他們提供“家外之家”的服務，以協助這些家庭渡過艱難時期。

2015年3月15日，華州華人防癌協會遣派八名志願者，為暫住在麥當勞叔叔之家的25戶家庭提供了一頓豐富晚餐。在踐行這項服務之前，Maggie和Jason（一位理事和她的丈夫）先要參加麥當勞叔叔之家安排的培訓，學懂如何操作他們的廚房設備及餐食後的清潔程序。當天我們的志願者各自施展了巧手廚藝，一起製作出美味的晚餐。菜式包括有焗鰵魚、燒烤小排骨、炒雜菜、炒飯麵、蔬果沙拉、蘋果批與甜布丁。

志願者們服務時都心中滿溢喜樂，全情投入做飯及上菜給那些有需要的家庭們。在共同努力下，團隊於兩小時內順利備妥所有菜餚，準下午五時開動晚餐。之後還將所有剩菜都用小袋包裝好，讓那些回來晚了的家庭都可以享受方便的晚餐。麥當勞叔叔之家的住戶，全都有病重的孩子需要照顧。參與RMC家庭餐膳計劃的各方組織，都志在帶送溫暖給這些家庭，使能感到人間有情。我們非常感恩有機會參與這項服務。

FroYo 5公里及10公里長跑



在7月25日2015年，8名義工來自華州華人防癌協會參加了西雅圖FroYo 5公里及10公里長跑，地點是在華盛頓州柯克蘭市(Kirkland)的安妮塔海灘公園。目的是協助募款給麥當勞之家(Ronald McDonald House)。

我們沒有跑步，但幫助侍候服務完成5公里或10公里跑步的人羣們得到他們自選的冷凍酸奶(FroYo)。我們團隊於上午8:30抵達直到下午12:30結束。這是一個別致有趣的活動，不僅我們很高興能為我們當地的社區服務。而且更高興看到這麼多的志願跑步者參與這項非常有意義的活動！

Luana Ma

在7月25日，我有一個美好的時光，為冷凍酸奶(FroYo)跑步運動組織在西雅圖舉辦的5英里長跑做志工服務。這次籌款活動是協助在兒童醫院治療期間的患者們，如果家人有需要可暫時居住於麥當勞叔叔之家。我很榮幸能夠用我的時間和服務冷凍酸奶的技能來支持這些運動員們和冷凍酸奶(FroYo)跑步運動組織。

不只是能參與這個有趣和歡樂活動的一部分，同時代表了華州華人防癌協會肩並肩的與我姐姐，母親和她的幾個朋友一起做這項服務真是太棒了！儘管是下著雨（估計是會發生的，因為是在西雅圖！），跟著隨後一大群飢餓的長跑者一起擁到來取拿他們自選的冷凍酸奶FroYo及美味配料，當時讓大家有點手忙腳亂的，但仍然是一個非常愉快的經歷，有機會我會完全再做一次！

我姐姐和我都相信我們是最快，最有效率的冷凍酸奶服務志工！



Ronald McDonald House

Reported by the Board

Ronald McDonald House (RMC) Charities is a local non-profit organization dedicated to supporting seriously ill children and their families. They provide a "home-away-from-home" service to help families going through a difficult time.

On March 15, 2015, Chinese Cancer Network sent 8 volunteers and provided a dinner for at least 25 residents at RMC.

As a precursor, Maggie and Jason Cheng attended a one-time orientation in RMC's protocol of handling their kitchen equipment and clean up procedures. Our volunteers used their best culinary skills in preparing a delicious dinner for the RMC families. The menu included baked sockeye salmon, BBQ baby back ribs, stir-fry vegetables, fruit and veggie salads, and apple pie plus brownie dessert.

Our volunteers indulged themselves in the joy of serving and cooking for the families in need. They put in concerted efforts and worked smoothly to prepare and cook all food items in two hours and served the meal promptly at 5 pm. All leftovers were wrapped in small bags and made them handy for families who couldn't make it to the dinner or when they needed more food later. Nearly all families residing in the RMC facility are having very sick children, and organizations who participated in RMC home meal programs would bring warmth to them. We are grateful to have the opportunity of serving the patrons at RMC.



FroYo 5K,10K Run event

On July 25, 2015, Eight volunteers from Washington State Chinese Cancer network Association (WSCCNA) participated at the Seattle FroYo 5K,10K Run event in Juanita Beach Park, Kirkland WA. Everyone was there to earn their Froyo by running either a 5k or 10k course. The benefits will help the Ronald Macdonald House foundation. We did not do the running but helped to serve the frozen yogurt to the crowds who finished their running. Our group arrived at 8:30 am and finished at 12:00pm. It was a fun event and we were pleased to serve our local community and so happy to see so many volunteer runners entered this meaningful event!

Reflection by Luana Ma

I had a wonderful time volunteering at the Froyo Run in Seattle, Wa on July 25th. The event raised funds on behalf of The Ronald McDonald House for family's in need at the Seattle Children's hospital. It was a pleasure to be able to support the runners and the Froyo Run Organization with the gift of my time and Frozen Yogurt Serving Skills!

Being a part of such a fun and festive event while representing the Washington State Chinese Cancer Network association alongside my Sister, Mother and a few of her friends was awesome! Despite the rain (Go Figure, Seattle!) and the chaos that ensued once the runners began crossing the finish line, hungry for their Froyo with delicious toppings, it was a really enjoyable experience and I would totally do it again!! My sister and I are CONVINCED that we were the fastest and most efficient Froyo servers there!!!



活動有感

鍾錦嫻 歐陽蓮

今天參加華卅華人防癌協會的活動，使我非常感動。在整個活動之中、我的淚水忍不住流下來。人生的道路常有無奈，這種可怕的病却糾纏我們這群人身上。它使人食不寧，睡不安。似乎覺得自己生命走到了終點。沒有得到這種病的人，無法理解這種感受。它主要是在精神上給人壓力及打擊。面對死亡的威脅，多少人敗在恐懼之中，在恐懼中死去，並非被癌細胞奪去生命。然而，今天看到一群愛心志願者，用他們的愛心澆灌我們的心田，使我們感到我們並不是一群孤單被離棄的人。

愛使我們的心被融解了，讓我們懂得自愛，互助互愛，彼此鼓勵，使我們活得更有尊嚴，更有意義。因為每個人的生命都是上帝所賦予的，我們沒理由自暴自棄，而且身邊有這麼多人用愛心來包裹我們，使我們了解生命的意義。珍惜生命同時也給家人帶來安慰與幸福。感謝上帝!感謝愛心的人們，感謝華卅華人防癌協會舉辦這麼美好的活動。

**Events Impressions**

I am deeply touched by an activity held by Chinese Cancer Society today. I could not hold my tears in the whole activity.

The road of life is often helpless. This terrible disease has entangled our group of people. It makes people hard to eat and sleep well and feel their lives come to an end soon. People who don't have this disease will never understand this feeling. It just keeps giving spiritual pressure and attack. In front of the threat of death, many people die due to fear of death instead of cancer cells.

Today, however, I saw a group of caring and passionate volunteers giving their love to heal our broken hearts. This makes us feel we are not alone.

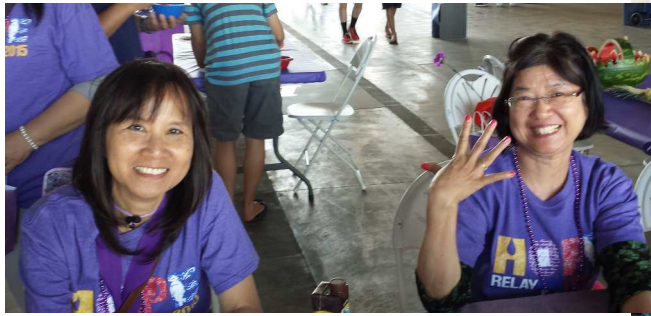
Love makes our heart melting. And love makes us understand how to love ourselves and love each other. So we have to encourage each other and makes ourselves live with respect and meaning. This is because everyone life is given by God and so we have no reason to give up. Moreover we are surrounded by so many people who really care about us. They make us understand the meaning of life. We have to love our lives and bring comfort and happiness to our family at the same time. Thanks God! Thanks all caring people. Thanks Chinese Cancer Society to hold so many wonderful activities.



2015 活動 Activities



UW Relay for Life
華大 生命接力



Support Group

癌友談心會

Susan Komen "Race for the





感謝您的支持 Thank you for your support

2015 捐助者 Donors

Martin Chan	Margaret Kirk	Richard And Lily To	Amitabha Buddhist
Shaudwreen Chang	Wai Ying Lam	Wang Fung Wendy Tsai	Boeing
Shan Shan Chen	Rosa Leung	Suh Vogel	HKU Alumni Washington
Yen Ching	Shu Kuen Lew	Yen Shaw	Mak Fai Kung Fu Academy
Eloise Chinn	Andy and Susan Lo	Ai Lan Xie	Microsoft Matching Gifts
Tracy Chinn	Fan Li	Daniel And Josephine Yee	Xin Ze Luo Memorial
Letty Chiu	Ophelia Louie	Heen Zheng	WA State CFD donation
Syan Jyun Hsu	Kathy Niu		Toy's Cafe
Connie Gaw	Yau Li Pu		Renton Seafood Restaurant
Lam Keung	Zhi Jun Pu		O'Asian Restaurant

2015 義工 Volunteers

Wai-Kit Au	Jennifer Chung	Andy & Susan Lo	Sanna Wong
Thomas & Louisa Au	Angela Dickey	Di assy Lu	Michael Woo
Elaine Cen	Eppie Fung	Andy Luu	Fred Wong
Ben Chan	Connie Gaw	Thomas Ng	Fred Yee
Dominic Siu Tong Chan	Alex Guo	Carmen Pan	歐陽蓮
Evelyn Chan	Qingfen Hui	Florence Poon	方曉君
Kit Chan	Tin Kit & Lillian Ko	Kit-ling Poon	吳偉娟
Paul Chan	Edwin & Cissie Kwok	Luana Ma	李穎
Jerry Chang	Dolla Lam	Venus Ma	宋世訓
MuYun Chen	Helen Lam	Kien N	陳桂芳
Rose Chen	Seng Iec Lam	Chui Shan	高殿國老師
Shan Shan Chen	Wai-ying Lam	Yen Shaw	胡艷玲
Jason & Maggie Cheng	Daisy Lau	Katherine Sidener	鍾錦嫻
Nicholas Cheng	Hugo Lau	Dora & Ying So	廖建農老師
Ninette Cheng	Darrick Leong	Crystal Tam	熊慧玲民族舞老師
Eloise Chinn	Denise Leong	Christine Tang	曾一鵬
Wendy Chin	Ray & Stella Leong	June Tat	Mak Fai Kung Fu Academy
Yenping Ching	Alan Leung	Tracy Tien	
Clara Cheung	Amy Leung	Richard To	
Bill & Christin Chou	Regina Leung	Edward & Fanny Wan	
Andi Chou	Lapman Li 李立敏	MinMin Wong	
Frank & Katty Chow	Kathy Lin	Mona Wong	



華州華人防癌互助協會

Washington State Chinese Cancer Network Association

每週活動

WEEKLY ACTIVITY

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

Qìgōng Class 健身氣功班

Mondays 1:00pm-2:00pm 星期一 下午一時至二時

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

Beginner English 初級英語

Wednesdays 12:30pm-2:30pm 星期三 下午十二時半至下午二時半

Karaoke 卡拉奧奇

Thursdays 10:00am-Noon 星期四 上午十時至十二時

Second Sunday 1:00pm-4:00pm 每月第二個星期日 下午一時至四時

Folk Dance 民族舞

Fridays 10:00am-11:30am 星期五 上午十時至十一時半



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

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：435 108th Avenue NE, Bellevue, WA 98004

時 間：每星期一至周四 上午 10:00 – 下午 2:00 Monday to Thursday 10 am to 2 pm
 每星期五 上午 10:00 – 12:00 Friday 10 am to 12 pm
 每月第三周周六 下午 1:30 – 3:30 為癌友談心會活動時間。

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。



Washington State Chinese Cancer Network Association (WSCCNA)

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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 435 108th Ave NE
Bellevue WA 98004

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

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 2016 年精彩活動預告

- | | | |
|-----------|--------------|--|
| 1/16/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 2/20/2016 | 11:30-3:30pm | 同慶新歲 Chinese New Year Celebration |
| | Sat 星期六 | 新年自備餐 Potluck Lunch |
| 3/19/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 4/16/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 5/21/2016 | 1:00—4:00pm | 華大 生命接力 UW Relay for Life |
| | Sat 星期六 | 華大 UW Husky Stadium |
| 6/5/2016 | 8:00-12:00pm | Susan Komen "Race for the Cure" at Seattle Center |
| | Sun 星期日 | 蘇珊基可孃乳癌基金會 "為治癒而競走" 活動 |
| 6/18/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 7/16/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 8/20/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |

WSCCNA 董事會成員

2016-2017 Board members

President	Kathy Lin
Vice-President	Muyun Chen
Secretary	Kit-Ling Poon
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	MinMin Wong Hueifang Chen