



防癌互助通訊 第卅九期

Cancer Network News Issue No.39

Washington State
Chinese Cancer Network
Association (WSCCNA)

APRIL 2015
二零一五年四月

我摯愛的母親

白麗霞(女兒)、黃淑貞(姊妹)

"朱迪媽媽" 黃淑明回到家了。去年十二月七日(星期日), 家人分別從關島、香港、加州、紐約來到她身邊; 她在眾人祈禱祝福下, 在柔和的海洋音樂中, 睡眠著安然去世。

我媽媽秉賦內外俱美, 她和煦的笑容溫暖身邊的朋友。她愛做菜、摺紙及做飾物。她喜愛旅遊, 喜愛沙灘。她慷慨及關心別人, 讓人人都喜愛親近。

媽媽早年在中國生活坎坷, 因為出身地主家庭, 受了很多苦, 尤以文化大革命期間為甚。十三歲那年, 她便代替母親去做政府指派的苦力"義務勞動"。後來自己更被下放農村勞改, 在不堪迫害下, 乃決意出走逃亡。經過一段時間努力在河中習泳, 並讓自己曬得黝黑像一般農婦, 她最終於1969年9月成功避過關檢, 穿越叢林, 投奔怒海, 抵達香港。其後因懼怕1997年香港回歸, 所以再想方設法, 於1974年移居美國。她在西雅圖當過縫紉工、服務員、餐館老闆及火箭組件安裝之工作。她手藝靈巧, 喜愛做各種手工創作。



(下接第二頁)

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。

My Beloved Mother

Lisa Best (daughter) and Amy Zerzan (sister)

Judy (Judith Wong Best) was a beautiful person, inside and out. Her radiant smile energized people around her. She was a social butterfly and a generous soul. She made her signature Chinese foods, origami cranes, Hawaiian ribbon leis, and hand-made jewelry. She generously shared time with her friends, family, coworkers, and church. She was a studious and giving Christian, a savvy explorer and an ever-nurturing mother. She was a best friend to many. She was a truly caring soul, and even in her last few days, she still concerned herself about others' comfort and safety.

Judith Best was born near Nam Hoi, in the Guangdong province of China, the oldest of three children. She had lived longest in China, Seattle, and Florida. She immensely loved traveling with her many friends and family.

Her early life, however, was very difficult. She came of age during Mao's Cultural Revolution. Since her family's ancestors were landlords, they were considered a "black class" – and they suffered for it. At 13 years old, she substituted herself for her mother, taking on grueling forced "volunteer-work" that was assigned by the government. Her brother was sent to a "re-education" labor camp in a remote village. She was separated from her father and her sister, who were already in Hong Kong. When the government attempted to send her to a re-education village, she fled, hiding in friends' houses or abandoned buildings. By then, she had decided to escape to Hong Kong. She trained swimming in the river, tanned her skin to look more like a farmer and passed armed checkpoints. She planned her escape carefully. She spent several days and nights traveling through jungles, and from a beach in southern China, swam for about 9 hours to a small island which was then Hong Kong territory. It was 1969. (Continue on Page 2)

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我摯愛的母親

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媽媽在 1985 年與爸爸結婚，不久就生下我—她唯一的孩子。當我六歲時，爸爸提早退休，我們舉家遷居世界各地，包括夏威夷、澳洲、關島、亞拉斯加、佛州等等。我們有親友在世界各地，所以很容易找到落腳之處。後來我在西雅圖上大學，爸媽則定居在佛州。

在發現患上癌症前，媽媽還在一所製造醫學手術儀器的工廠上班。空閒時她會做些小首飾消遣（她有一個專用來做飾物的房間），也會做朋友喜愛的薑蔥醬、看大銀幕立體電影、探訪朋友，並常找機會到海灘去。

媽媽在三月十五日得知染上惡性淋巴瘤，做了九次痛苦的化療，每次化療後幸好有一、兩星期休息。接著她搬到西雅圖來養病治療。她勇敢的與病魔搏鬥，十月中做檢查時，所有放射造影的底片都不見有癌細胞。我們在西雅圖溫暖的初秋天氣中享受各種活動，媽媽有時會到華人社區中心打麻將，另外也學瑜伽、做手工藝品、練習氣功、漫步舒展手脚等。然而，癌細胞竟無聲無息潛進了她的腦部，直到十一月底才發現。可幸在她最後清醒的幾天裏，我們能夠與朋友及家人一起渡過愉快的感恩節。

媽媽堅強、和善、慷慨的性格令人感動，她是一個至愛的孫女、女兒、姐姐、母親、妻子、姨母及知心好友。她在中國及香港的親友很多，我每次跟她回香港及中國，都有又見到新的親友的感覺。

她工作的公司尊稱她為“朱迪媽媽”，她以自己為年齡最高，工作效率最快，又最勤力的人為傲。她的堅強與毅力，感動了不只我一個。她愛自由，能夠自由地渡過一生，是她最大的成就。我很榮幸有這個美麗精神的人為母親。願她的微笑繼續不斷的發射到我們這裡，又感到她對我們說：「小心呀！玩得開心呀！」

My Beloved Mother

From Page 1

After several years in Hong Kong, she sought to immigrate to the US. And in 1974, she successfully arrived in Seattle, with the gracious help of US sponsors. She worked as a seamstress, waitress, restaurant owner, and clean-room technician putting together parts for rocket engine contractors. She loved working with her hands, creating things. She married Robert Best in 1985, and soon had Lisa, her only child, in 1986. When Lisa was about 5, Robert retired early, and the family travelled and lived all around the world – Hawaii, Australia, Guam, and Florida. Having family all over the world made it easy for them to do so. While her daughter went to university then worked in Seattle, Judy and Bob lived in Florida. In her spare time, Judy made lots of beaded and crystal jewelry (she had a whole room dedicated to it), preparing batches of her popular ginger sauce, seeing IMAX movies, traveling all around the country and the world, visiting friends and family, and of course, going to the beach at every opportunity.

Judy was still working for a surgical manufacturer in Naples up until her diagnosis on March 15th, 2014 that she had a very aggressive form of Non-Hodgkins Lymphoma. After nine difficult rounds of in-patient chemo (which thankfully allowed for one or two weeks of “good” days in-between rounds) and moving to Seattle to continue treatment, she was victorious in her battle. In mid-October 2014, her scans all came back clear. She enjoyed Seattle's warm days of Fall with her daughter, sister, and area friends and family. Everyday there was an activity, whether a local museum, mah jong at the community center, meetings or crafts with other survivors or tai chi at the senior center. Her daughter's apartment in Seattle's International District where she then stayed has a courtyard where she exercised daily and she enjoyed exploring all the neighborhood had to offer.

Judy's cancer, which she'd fought with determination since March, had spread, and finally showed symptoms in late November. By the grace of God or sheer will – we'll never know – in Judy's last cognitive days, she was able to spend Thanksgiving with her daughter and a few close family friends, watching football, talking, and having a peaceful holiday dinner.

Judy was an inspiration to so many people. She was known in her last company as “Mama Judy” – and she prided herself on being one of the oldest, most efficient and hardest workers. She was a beloved granddaughter, daughter, sister, wife, mother, aunt, niece and cousin many times over and the best friend of many. She was full of determination and generosity. Her passion and zeal for life was vast. She never tired. She never gave up. She breathed a life of freedom which was her greatest accomplishment. Her endurance and courage have inspired many hearts. We are honored to have had (and continue to have) such a beautiful soul that touch our lives. May she forever share that radiant smile in all of us.



人體對癌症的自然防禦機制

美國加州大學電視台公開課

所有人體內都有癌細胞，但這並不是人類應該悲觀的理由，因為人體內對抗癌細胞的自然防禦機制更強大。醫學博士 David Servan 教授曾在 31 歲時患過腦癌，做了手術、化療、放療，又有復發，並在死裡逃生後再次復發過。這促使他大量閱讀、研究、分析，得出一些“成果、心得”。兩次從死亡線上活下來的 Servan 教授對癌症有著刻骨銘心的認識。他用自己的親身經歷，展示了應該如何通過改變生活方式、改善生活習慣，幫助人體自身的自然防禦機制對抗癌細胞。癌症不可怕，可怕的是無知！食物是最好的藥物，飲食習慣尤為重要。他是怎麼抗癌的？一是每天運動卅分鐘、二是每天吃五個蔬菜水果、三是精神樂觀、四是少吃糖類食品，控制蛋白質的種類和數量。

從上世紀 40 年代開始，患癌症機率上升。而西方人與東方人相比，更容易患癌症的原因是一生活方式的差異！造成此生活方式差異主要有以下六點原因：

1. 糖分攝取的增多（癌細胞以糖為食）。
2. omega-3/omega-6 脂肪酸失衡（omega-6 脂肪酸偏高促使肥胖，有益於癌細胞生長）。
3. 暴露於化學物質中（如化學殺虫劑、汽車尾氣）。
4. 久坐（缺乏運動）。
5. 缺乏社交支持（人際關係變淡）。
6. 缺乏日曬（導致抗癌物質維生素 D 不足）。

omega-6 脂肪酸代謝後成為促炎性前列腺素，成為增加凝血、刺激細胞生長的物質。omega-3 脂肪酸作用相反，它能減少炎症，減少凝血，減少細胞生長。如果兩者在食物中達到平衡，在人體內也能達到平衡。

omega-6 脂肪酸刺激細胞生長，成人體內隻有脂肪細胞與癌細胞能生長，可想而知 omega-6 脂肪酸偏高後將導致肥胖以及提升患癌症風險。

1940 發明了大豆油，人體攝入量大漲，玉米與大豆中含有 omega-6 脂肪酸；導致 omega-3/6 脂肪酸嚴重比例不平衡。另外現代化的飼養導致農場種的牲畜飼料也從原始的草類、種子變成了玉米，於是雞蛋中 omega-6 脂肪酸比例大漲，成為促炎雞蛋。

那麼該如何預防呢？哪些健康習慣能增強防禦機制？以下四點大健康行為，能幫助血液進行自然防禦：

1. 不吸煙
2. 每天不喝超過兩份酒精飲品
3. 每天吃五種水果或蔬菜（不限種類，當然如果吃含有抗癌物質的蔬果就更佳了）
4. 每周五次卅分鐘運動（哈佛幸福課裡，提到建議每周四次卅分鐘運動）

運動的重要性：運動可以增加肌肉含量，減少脂肪，防止促炎細胞產生。你還呆坐在辦公室、窩在家裡懶得動嗎？盡快改變習慣，運動起來，多曬太陽吧！關於曬太陽，曬廿分鐘太陽會在體內產生 20,000 國際單位（國際單位 IU=0.025 μ g）的維生素 D，血液中維生素 D 值要高於 30 納克/毫升才是健康的。

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The Body's Natural Defense Mechanisms Against Cancer

Translated by Edwin Luk

University of California Television Open Classroom

There are cancer cells in all human bodies, but this is not the reason mankind should be pessimistic, because the natural defense mechanism inside the human body against cancer cells is even more powerful. Professor David Servan, a medical doctor, contracted brain cancer at the age of 31, went through surgery, chemotherapy, radiation, had a relapse, and after a close call with death, had another relapse. This prompted him to conduct a large amount of reading, research and analysis and arrived at some “achievements, insights”. Having survived two close encounters with death, Professor Servan had an unforgettable understanding of cancer. With his personal experience, he demonstrated how one should change one’s lifestyle and improve one’s life habits to help the body’s natural defense mechanism against cancer cells. Cancer is not to be afraid of; what is to be afraid of is ignorance. Food is the best medicine, and dietary habits are especially important. How did he fight cancer? One, he exercised 30 minutes every day; two he ate 5 servings of vegetable and fruit every day; three he was spiritually optimistic; four he ate little sugar, and restricted his protein intake in kind and quantity.

Since the 1940’s, the incidence of cancer has been rising. Compared with Easterners, Westerners are more susceptible to cancer. Why? Difference in lifestyle. There are six reasons for this difference in lifestyle:

1. Increase in sugar intake (cancer cells feed on sugar).
2. Imbalance in omega-3/omega-6 fatty acids (elevated omega-6 fatty acid leads to obesity, which is conducive to cancer cell growth).
3. Exposure to chemicals (such as chemical pesticide, automobile exhaust).
4. Being sedentary (lack of exercise).
5. Lack of social support (interpersonal relationship fading).
6. Lack of sun exposure (causing deficiency in vitamin D, an anti-cancer substance).

After metabolizing, omega-6 fatty acid becomes pro-inflammatory prostaglandin, becoming a substance that increases blood coagulation and stimulates cell growth. Omega-3 fatty acid acts in the opposite way. It can reduce inflammation, reduce blood coagulation and reduce cell growth. If the two are in balance in food, they will be in balance inside the human body. Omega-6 fatty acid stimulates cell growth. Inside the human body, only fatty acid cells and cancer cells can grow. It can be imagined that an elevated level of omega-6 fatty acid results in obesity and raises cancer risk.

In 1940, soya bean oil was invented and intake by the human body has since soared. Corn and soybeans contain omega-6 fatty acid, causing a grave imbalance in omega-3/6 fatty acids. Besides, modernized feeding has caused the feeds for livestock to change from the primitive grasses and seeds to corn, with the result that the omega-6 acid level in eggs has sharply climbed, and the eggs have become pro-inflammatory eggs.

So, how do we prevent cancer? Which healthy habits can strengthen the defense mechanism? The following four major behaviors can help blood perform natural defense:

1. Do not smoke.
2. Do not drink more than two servings of alcoholic drink a day.
3. Eat five types of fruit or vegetable every day (regardless of kind, but of course eating vegetables and fruits containing anti-cancer substances is better).
4. Exercise for 30 minutes each day, five times a week (the Harvard Wellness course refers to the suggestion of exercising four times a week, each time for 30 minutes).

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羊年春節聯歡會

理事會報導

今年二月廿八日（年初十）上午十一時至下午三時，春節聯歡會在癌友會新址舉行。當天早上十時半，理事、癌友、家屬、義工、朋友們帶著自己親手烹製的菜餚和點心到場，整整擺滿幾桌！會場早已佈置得喜氣洋洋，有剪紙、摺紙、春聯等等。圖書室、乒乓球室、麻將室、卡拉奧奇室都坐滿了人，拜年、寒暄、問候聲此起彼落，熱鬧非常。

會長在歡迎詞中，熱情讚揚了理事、義工們的鼎力支持，並介紹了今年改選的理事。麥顯輝師傅帶領的三頭醒獅，龍精虎猛地為大家賀年。我會的民族舞班及排舞班，為大家作了精彩的表演。陳亞姨今年又蒐集幾個幽默精彩的謎語，揭開謎底時令大家捧腹大笑！陳綺園義工主持的“扮財神”遊戲，更使全場朋友一起投入歡樂的高潮；四個“財神”被同組的伙伴打扮得神采飛揚，紅彩帶及揮春披掛全身。經裁判廖老師評出優勝者，獎品巧克力一盒，大家總算都嚐到甜頭。今年理事及義工捐贈卅份抽獎禮物，有過半數朋友幸運中獎！聯歡會一直到下午三點半才完滿結束！



Year of the Ram Chinese New Year Celebration

Reported by the Board

This year's Chinese New Year Celebration party was held on February 28, from 11:00 am to 3:00 pm, at the Association's new premises. In the morning of that day at 10:30am, board members, cancer survivors, family members, volunteers and friends arrived with their specially cooked dishes/desserts which laid all over several tables. The whole place was filled with jubilation with decorations of paper cutting, origami, Spring Festival couplets ... The library, table-tennis room, mahjong room and karaoke room were all crowded to capacity. Folks greeted each other Happy New Year and they chatted and shared auspicious wishes.

In her welcoming speech, the President warmly praised all the board members and volunteers for their faithful support. She also introduced newly elected board members to the gathering. The Lion Dance Troupe led by



Master Mak, featuring 3 animated lions, offered traditional New Year greetings to everybody. Our Folk Dance group also gave an excellent performance. Aunty Chen shared a few humorous and witty riddles, which invited hearty laughter from the audience. Volunteer Evelyn Chan introduced a "God of Wealth" game and brought the event to a joyous climax. Four "Gods of Wealth" were selected and dressed in flaming red by their respective group members. Head referee, teacher Liao, announced the winner who received a box of chocolates as the prize! Competitors, won or lost, eventually had a taste of sweetness from it. This year, board members and volunteers donated altogether thirty gifts, which went to more than half of the participants through lucky draw. The celebration party ended at 3:00pm.



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具有抗癌物質的食物，例舉以下幾種各含何種抗癌物質，其他的可自行網上查詢。

- ⇒ 生姜中的姜辣素
- ⇒ 綠茶中的 EGCG
- ⇒ 西蘭花中的蘿卜硫素
- ⇒ 卷心菜中的吲哚-3-甲醇
- ⇒ 番茄鐘的番茄紅素
- ⇒ 大豆中的異黃酮
- ⇒ 大蒜 ……



還有以下關於飲食方面的建議：

- ⇒ 以素食為主食，肉類為輔。
- ⇒ 不要吃玉米油、葵花籽油、大豆油（理由是 omega-6 脂肪酸偏高）；推薦用橄欖油。
- ⇒ 多吃豆類，大蒜洋蔥和含有抗癌物質的水果，如樹莓，草莓，藍莓，李子等等。
- ⇒ 每天一兩口紅酒。

最後，其實還有別的輔助方法；比如冥想，冥想可以幫助人平靜心情，接受更多。另外少吃鹽與糖也是很有益的習慣。規律的飲食、細嚼慢咽也需要注意。希望大家都能養成良好的生活習慣減少疾病的發生，有什麼別有病！乃至理名言！

The Body's Natural Defense Mechanisms Against Cancer

From Page 4

The importance of exercise: Exercise increases muscle content and reduces fat, preventing the production of pro-inflammatory cells. Are you still sitting idle in the office or at home? Change your habits as soon as possible, get up and exercise, and get in the sun more!

Here are a few examples of foods that contain anti-cancer substances. You can consult the internet for others yourself.

- Gingerol in ginger
- EGCG in green tea
- Sulforaphane in broccoli
- Indole-3-carbinol in cabbage
- Lycopene in tomato
- Isoflavones in soybeans
- Garlic ………

There is the following advice on diet:

- ◆ Make vegetables your staple food and meat the supplementary.
- ◆ Do not eat corn oil, sunflower oil, soybean oil (on the grounds that they contain too much omega-6 fatty acids); olive oil is recommended.
- ◆ Eat abundant beans, garlic, onion, and fruits that contain anti-cancer substances such as raspberries, strawberries, blueberries, plums, etc.
- ◆ One or two sips of red wine a day.

Finally, there are in reality complementary methods, such as meditation. Meditation can help calm down the mind, and make one acceptive. Skimping on salt and sugar is a beneficial habit. Attention should also be given to taking your time to chew and swallow. Hopefully everyone will form healthy habits and cut down being sick. "Anything but sickness" is a golden rule.



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，已經歷二十一年。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 7, 2015 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 2015 年 6 月 7 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。



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】 – 5/30/2015 2pm

華盛頓大學 Husky 體育館【為抗癌接力】 – 2015 年 5 月 30 日 下午二時

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 10th year our cancer survivors will walk the 'Survivor Lap' to celebrate for life. Cancer survivors, families and friends, please join us on May 30 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十年參加“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。



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

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，部份還可借出一有醫療類、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 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 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 2015 年精彩活動預告

- | | | |
|------------|--------------|---|
| 5/16/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 5/30/2015 | 1:00—4:00pm | 華大生命接力 UW Relay for Life |
| | Sat 星期六 | 華大 UW Husky Stadium |
| 6/07/2015 | 8:00-12:00pm | Susan Komen "Race for the Cure" at Seattle Center |
| | Sun 星期日 | 蘇珊基可嫻乳癌基金會 "為治癒而競走" 活動 |
| 6/20/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 7/18/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 8/15/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 8/16/2015 | 11:00-3:00pm | Annual Summer Picnic @ Coulon Park, Renton |
| | Sun 星期日 | 夏日郊遊 |
| 9/19/2015 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 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 |

Address 活動地點	435 108th Ave NE Bellevue, WA 98004
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 2015-2016 Board members	
President	Kathy Lin
Vice-President	Angela Dickey Muyun Chen
Secretary	Kit-Ling Poon
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	MinMin Wong Hueifang Chen