



防癌互助通訊 第四十二期

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Washington State
Chinese Cancer Network
Association (WSCCNA)

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排舞籌款感想

張綺蕾

我很榮幸的和我姐姐張綺蘭在5月21號2016 那天為華州華人防癌協會舉辦排舞籌款會 那天下午大約有八十多位從西雅圖四面八方來的排舞愛好者來到中華會館一起跳舞。如果不是程杜燕屏帶領的團隊分工合作，包括設計海報，入場票，預定食物包裝禮物等等，事先充分的籌劃。這場籌款會絕對不會如此圓滿達成。謝謝燕。

我們知道跳舞不只是娛樂而已，它也可以藉此運用你的腦筋及身體達到運動及健身的目的。並且可以鼓勵人們走出來，到外面去交新朋友，見見老朋友。如果你從來沒有嘗試過，請走出來吧。不論年輕或年老都不會為時太晚去學習一些新的東西。

我非常高興有這個機會把喜樂的排舞帶給每一個人而且又可以做善事。但是如果沒有大家的幫忙，這絕對不可能成功。這籌款完全是團隊無私同工的結果。謝謝大家的合作。更謝謝中華會館借場地給我們用。我們明年再重來好嗎？



編者按：作者張綺蕾女士是在西雅圖中國城第一個教排舞的老師 已經有十三年的歷史了 每個星期三晚上在中華會館有排舞班 有非常多的學生跟著她學習 如果這場排舞籌款會不是她召集四面八方的排舞愛好者 我們也不可能辦得這麼成功 在此要特別謝謝張綺蕾女士和姐姐張綺蘭女士的友誼和支持。

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。

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Line Dance Fundraising Impressions

by Eloise Chinn

On May 21, 2016 my sister Evelyn and I had the pleasure of hosting a Line Dance Fundraiser Party for WSCCNA. There were over 80 participants from all over the Seattle area doing what we all love, line dancing. The dance hall floor was filled with a lot of happy feet!

This event would not have happened if not for the hard work of Yen Ping Ching. She recruited many volunteers to help with getting flyers and tickets printed, selling tickets, ordering food, wrapping door prizes and making it a point of recognizing everyone's efforts along the way. Thank you Yen!

We all know line dancing is not only fun but also promotes good health exercising both mind and body. It also encourages folks to get out and socialize, visit old friends and make new ones. If you haven't tried it, please do. Young or old, it's never too late to learn something new.

I'm so glad to have had the opportunity to bring the joy of line dancing to so many folks while supporting a good cause. Without everyone's help, this would not have happened. It was TEAM WORK! At the same time we also thank Chong Wa Benevolent Association for co-sponsoring this event. Thanks to all, should we do it again?



Editor's note: Author Eloise Chinn is the first instructor to teach line dancing in Seattle's Chinatown. This all began 13 years ago and continues today every Wednesday night at Chong Wa. This fund raising event would not have been so successful without her and her sister's help recruiting so many instructors and their students to help sell tickets. Their friendship and support is much appreciated. Thank you Eloise Chinn and Evelyn Chang!



感謝排舞籌款會

寧凱蒂

2016年5月21日華州華人防癌協會在中國城的中華會館舉行了第二次的排舞籌款會。這個籌款會是和中華會館一同合辦的 並由資深的張綺蕾女士和他的姐姐張綺蘭女士 以及其他的老師們一同教學。

剛開始我們的目標是賣五十張票 但到最後居然賣到88張。那天整個舞池滿滿的都是愛好跳排舞的人。我可以感覺到大家的熱情及歡樂。籌款會結束時,大家意猶未盡臉上充滿笑容 還問「下次什麼時候再舉行呀」

很高興看到許多人參加而且非常的喜歡跳排舞。我記得十三年以前在華人社區還沒有排舞 張女士和她姐姐介紹了排舞給我們 記得第一首學的是「Achy Breaky」排舞好玩又易學而且不需要舞伴 經過了張女士和她助教姐姐耐心的教導 排舞迅速地像野火一般於兩三年之內在中國城迅速蔓延 有許多她的種子學生在各個不同的角落開班 現在排舞已經發展到美國各州和亞洲地區。有許多癌症患者 朋友們和他們的家人都因為跳排舞而更健康和快樂 可以說排舞的發展 使我們有更強壯及更健康的社區。

華州華人防癌協會每週一從11:00到12:30在Bellevue office有免費的排舞教學 而且每一年我們也鼓勵同學們在夏季野餐和中國新年的慶祝中表演娛樂大眾。

我們的學員跳了排舞之後 更健康 更有自信 也印證了她們自己從內到外都發散出一種吸引人的魅力 並且在生命中有奇妙的轉變。

我們非常感謝張綺蕾老師和她姐姐還有其他的種子老師們 年復一年的在社區貢獻時間 才能和耐心的教導 張老師長期的支持癌症協會 在過去的兩三年藉著排舞籌款我們大約一共籌到\$8000 在此找不到任何貼切的話語來形容我們對她的感激 她是我們最好的榜樣。

最後也謝謝我們癌症協會的籌辦委員會和義工們 因為她們勤快的工作和奉獻 讓我們的籌款能夠圓滿達成 在此我們迫不及待的等著第三次的排舞籌款會來到 謝謝大家。





My Impressions for Line Dance Fundraising

Kathy Lin

On May 21st 2016, WSCCNA hosted a second line dance fundraiser event at Chong Wah which is located in the heart of the International District. It was co-sponsored by the Chong Wah foundation and lead by our line dance master Eloise, her sister Evelyn and many other line dance instructors.



It was another successful event. Originally, the planning committee was hoping to sell 50 tickets, ended up 88 tickets were sold. Dance floor were filled with many line dancers, I can feel the high energy, enthusiasm and joy bursting in the air. Everyone left with a happy and satisfactory smile! Many of them even were asking; "when will be the next event?"

It was so great to see so many people now are join in and enjoy the line dancing activity. I remembered back in 13 years ago, there was no line dance class in the Chinese community. Mrs. Eloise Chinn and her sister Evelyn Chang introduced the line dance to a few of us in 2003. I remembered our first line dance was "Achy Breaky". Because of line dancing was so fun, easy to learn and does not require a partner, pretty soon through Eloise's patient teaching and her sister Evelyn's assistant Line dance activity was spread like a wild fire in the Chinese Community and 2-3 years later, many her seeded instructors were teaching in every corner of different cities. Now, line dance has gone beyond the Puget Sound area, has reaching out to different states and many other Asian countries!

There were so many cancer members, friends and family benefited from this line dance exercise because of the joy in dancing and many repeated movements, Line dancing has kept many of us stay healthy and happy in life. I have to said, Line dancing has truly help and build a stronger and healthier community in the greater Northwest area!

WSCCNA has been offered a free line dance class on every Mondays from 11am to 12:30 pm at our Bellevue office. Every year, we also encourage our students to participate and perform at our annual picnic and Chinese New Year celebration. We have noticed many our members not only stay healthier with the dancing, it also has helped them regain their confidence and validation within themselves. Many of them blossoming and glowing from inside and out. They look so happy and prettier each year. It truly is amazing when we saw the transformation in them!

WSCCNA will always be so grateful and honor our teacher Mrs. Eloise Chinn, her sister Evelyn Chang and many her seeded instructors, not only, they have contributed their time, skills and patience year after year to the community and also every year, Eloise is always so support of WSCCNA on all the different line dance events. I believed through those events, WSCCNA was able to rise closed to \$8000 dollars in the last 2-3 years! And there was not enough words to describe how thankful WSCCNA is toward Eloise! She is the true role model for many of us!

Also an especial thanks to our WSCCNA line dance planning committees and volunteers, it's their hard work and dedication making this event possible! So thank you everyone! Can't wait for the third line dance fundraiser event!



2016 活動 Activities



UW Relay for Life 華大 生命接力



Susan Komen "Race for the Cure"
at **Seattle Center**

蘇珊基可嫻乳癌基金會 "為治癒而競走"





2016 活動預告 Upcoming Activities



Annual Picnic 夏日野餐 Potluck 自備餐



日期 Date: 8/27/2016 Saturday

時間 Time: 11:30am—3:30pm

地點 Place: Renton Coulon Park — North 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仕參加
For all Cancer friends, families and volunteers

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Walk together.
And we'll never walk alone.

Help save lives from breast cancer.

October 29, 2016 8:30 am at Seattle Center 十月二十九日上午八時半在Seattle Center
You are invited to join the WSCCNA Team 請參加華人防癌互助協會的隊伍



2016 活動預告 Upcoming Activities

September 17, 2016 12:30pm Health Fair at Bahai Center in Bellevue —Joint sponsorship by Asian Seniors Concerns Foundation, Kin On Care Network, CISC and WSCCNA.

九月十七日下午十二時半在 Bellevue Bahai Center 華州華人防癌互助協會, 健安社區服務網, 仁人服務社和亞裔銀髮族關懷基金會合辦健康講座。

WSCCNA will offer two workshops in the afternoon. 華人防癌互助協會將提供下列兩個主題

Primary Care Medication Management 基本保健藥物管理 by Ming-Ming Tung-Edelman

Ming-Ming Tung-Edelman received Doctor of Pharmacy from Philadelphia College of Pharmacy in 1999. She completed her Pharmacy Residency in Managed Care from Virginia Mason Medical Center in 2000. She was a clinical pharmacist at Kaiser Permanente Portland specialized in population disease management from 2000-2005.

She and her family then moved to Seattle. She had worked as an oncology pharmacist at Seattle Cancer Care Alliance before joining The Polyclinic in 2008 as an anticoagulation specialist. Ming-Ming enjoys working with patients directly on medication related issues, and teaching pharmacy students. She was the recipient of National Best Practice Award from American Health System Pharmacists in 2004.

愛德曼東明明在1999年,從費城的醫藥學院拿到藥學博士學位, 2000年在Virginia Mason完成了藥房管理的藥房住院醫師培訓。從2000至2005年, 在波特蘭的Kaiser Permanente從事診所藥劑師的工作,專業做人口疾病管理。她和家人遷居到西雅圖之後,在西雅圖癌症護理聯盟的腫瘤學做藥劑師, 於2008年擔任Polyclinic的抗凝專家。明明喜歡直接輔助患者在用藥方面的問題及教導藥劑學生。在2004, 她得到美國衛生藥劑師系統的全國最佳藥劑師執業獎。

What you should know about Breast Cancer 你應該認識的乳癌 by Dr. Cheng Qian 錢誠醫學博士

Cheng Qian, MD;Ph.D,was award his bachelor degree on clinical medicine in 1997 after 5 years medical training in Harbin Medcial University (HMU). Shortly after his graduation, he was enrolled for Master degree of surgical training as 10% top students in the Second Affiliated Hospital of HMU in 1998. He got his surgical Master Degree in 2001 and immediately was appointed as staff member at surgery department of the Second Affiliated Hospital of HMU.To pursue a higher level of scientific research, he came to the Netherlands and started a research career in medical biology department under the supervision of Prof.Wiek h.van Gilst. He recieved a Doctor degree in 2007 at Groningen University, the Netherlands. Thereafter, he continued this research in University Medical Center Groningen(UMCG)as a post-doc fellow. From 2012 on, he was appointed as Professor of Breast Surgery Department in HMU-Tumor Hospital. His specialist is focusing on surgical treatment of breast cancer, as well as chemo/neoadjuvant chemo- therapy; He is skilled with cosmetic and anesthetic breast surgical operation.

錢誠, 醫學博士, 博士后, 主任醫師, 教授, 博士生導師。1997年畢業於哈爾濱醫科大學臨床醫學專業, 2001年獲得哈爾濱醫科大學外科學碩士學位。2002年前往荷蘭Groningen大學醫學中心攻讀博士學位, 並於2007獲得博士學位。於2009年在荷蘭Groningen大學心胸中心完成博士后工作。於2012年5月回到哈爾濱醫科大學附屬腫瘤醫院乳腺外科工作。於2016年4月到10月赴美國西雅圖癌症中心乳腺外科接受臨床培訓和管理深造。

專業特長:

乳腺癌的早期診斷(分子和基因診斷)、局部晚期乳腺癌的新輔助化療及乳腺癌術後個體化化療和內分泌治療、各種術式治療乳腺癌, 包括乳腺癌的保乳手術, 前哨淋巴結活檢, 改良根治術及乳腺良性腫瘤微創手術。



華州華人防癌互助協會

Washington State Chinese Cancer Network Association

Mahjong 麻將 Ping-Pong 乒乓球

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

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

Conversation English 初級英語會話

Thursdays 1:30pm-3:00pm 星期四 下午一時半至下午三時

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

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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： \$ _____ 附件是一份我的雇主的等額捐贈表。
 Enclosed is my check 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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E-mail 電郵 info@wscna.org

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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 2016 年精彩活動預告

- | | | |
|------------|---------------|---|
| 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 |
| 8/27/2016 | 11:30-3:30pm | Summer Potluck Picnic @ Coulon Park, Renton |
| | Sat 星期六 | 夏日野餐 自備餐 |
| 9/17/2016 | 12:30-2:30pm | Health Fair at Bahai Center, Bellevue |
| | Sat 星期六 | 健康講座 |
| 10/15/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 10/29/2016 | 8:00-12:00 pm | American Cancer Society—Making Strides |
| | Sat 星期六 | 美國防癌會 — 乳癌步行 |
| 11/19/2016 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 12/17/2016 | 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