



防癌互助通訊 第四十三期

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明天會更好

林紅

我叫林紅，英文名 Emily，非常高興在 2016 年 9 月 10 日參加荷蘭豪華郵輪為乳癌倖存者舉辦一年一度的慶功酒會，這天有來自各地的女士們歡聚一堂，大家打扮得漂亮又新潮，我們九位中國女士穿著有中國傳統特色的服裝，個個都笑容滿面，英姿煥發，像是去參加選美大賽似的，但誰也沒有料到在場的參加者都是癌症康復者。我們都患過乳癌，是和癌病搏鬥過的勇士，有的已經過一年，兩年，數年，甚至 20 多年了，當然在這中間經歷很多的痛苦和艱難，但都被我們以毅力戰勝了。



我們是一群勝利者，我們一年一度在這裡聚會，分享心得，彼此鼓勵，今年我是第一次參加，以前聽癌友會的姐妹們談到豪華郵輪的聚會都很開心，又說可以交到新朋友，所以我今年也報名參加了，

但當聚會的日期到來時，剛好我要接受第二次的化療，我怕參加酒會身體會支持不住，有點擔心，但癌友會的領導和姐妹們都鼓勵我一起去，並且開車來接送我，讓我真的很感恩。

感謝神賜我力量，使我有精神參加，也感謝華人防癌協會姊妹們的幫忙，大家歡聚一堂，還照了很多漂亮的相片，並且約定下一次的聚會再相見，我們嚮往美好的未來，明天會更好，在一片歡笑中結束了這次的聚會。

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。

Tomorrow will be a Better Day

Lin Hong

My name is Lin Hong and English name Emily. I was truly pleased that on 9/10/2016, I attended the annual breast cancer survivors celebration party sponsored by a Holland America Line Cruise. On that day, ladies from all over gathered together for this special happy occasion. Everybody dressed beautifully and fashionably. We nine Chinese ladies wore traditional Chinese costumes, all smiling and glowing as if they were competing in a beauty pageant. Nobody would have guessed these ladies were all cancer survivors. We all have suffered breast cancer, but we are all cancer warriors. Some had cancer a year, two, or even 20 years ago. During our illness, we experienced hardship and endured a lot of pain, but we persevered and won at the end.

We are a group of winners. We get together annually at this celebration party sharing our thoughts and encouraging each other. This was the first year I attended. In the past, I heard ladies from Cancer Support Group talking about how fun it was and the opportunities to meet new friends. That was why I decided to sign up to attend this year.



But, as the event date was getting closer, I realized that it was around the time for my second chemotherapy session. I was concerned that my energy might not last thru the whole event. I was truly touched and very grateful when the leaders and sisters from WSCCNA encouraged me to attend and also offered me ride.

Thank God for giving me the strength and energy to attend. I am also very thankful for all the help from WSCCNA sisters. We had a great time at the celebration, taking a lot of photos and agreeing to meet again next time. We look forward to a beautiful future; and tomorrow will be a better day. The party ended with a lot of laughers.

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**關注癌症生存者**

于世英

摘自 癌症康復雜誌 2015 年第一期

抗癌治療達到腫瘤完全控制後，癌症患者成為癌症生存者。癌症生存者是在艱難看來治療後的倖存者，因此又被稱為癌症倖存者。李先生和張女士就是這樣的癌症倖存者。六年前李先生患大腸癌，治療後反覆檢查無任何腫瘤復發症狀。按理說李先生應該會感到幸運，雖然不幸患了癌症，但畢竟有幸活過來了。可是李先生卻說他六年來一直感到不幸，成天擔驚受怕地過日子，怕癌症復發，怕失去朋友，怕失去家庭，怕失去一切。命運似乎真的捉弄人，腫瘤治療結束時，剛滿 40 歲的他被工作單位勸其提前退休，妻子與他離婚，朋友也因他的怨氣和壞脾氣而遠離。另一位癌症倖存者張女士十一年前患乳腺癌，不幸的是七年前乳腺癌復發。治療期間，張女士十分樂觀積極，療效也很好。為此，我推薦他參加當時一本雜誌正在搜集題為「共同走過的日子」的家庭抗癌事蹟的徵文活動，她卻告訴我，只能寫一篇題為「孤軍走過的日子」的文章。原來她是獨身，而且早已退休，陪同在醫院的都是她患病後結交的新朋友。近年來，張女士參加腫瘤康復組織，她說在幫助癌症患者的社會活動中，讓他真正感受到癌症倖存者的快樂。

這是兩位癌症患者的真實故事，反射出癌症生存者的生存狀態，也反映了癌症倖存者的社會問題。隨著醫學技術的進步，癌症治療效果也不斷提高。癌症治療後的五年生存率已從過去的 30% 提高到 64%。美國 2005 年報導，癌症生存者至少佔美國人口的 3.5%，而且癌症生存者人數還在隨著癌症治療水平的提高而快速增長。據衛生計劃委員會報導，我國每年癌症發病人數約 180 萬到 200 萬，據此推算，每年我國的癌症生存者將新增約 90 萬到 120 萬人。因此，我國的癌症生存者是龐大的群體。康復後癌症生存者完全可能會恢復正常的社會工作，包括正常就業。但是由於癌症及治療的影響和復發的風險，人們對癌症患者的偏見，或過度同情和過度「關照」，讓癌症生存者提前半退休，退休或下崗，讓他們無法回到社會大家庭，甚至促使他們成為社會的弱勢人群。如何為快速增長的癌症生存者人群提供幫助，既是醫療問題，更是社會問題。讓癌症生存者健康生活，需要得到大家的關注。

癌症生存者：曾經患癌，正常生活

當得知自己被確診為癌症患者，並得知癌症意味著改變自己的一生，自己從健康人變成不健康人，其受到的打擊是無法估量的。癌症生存者是不幸中的萬幸，他們挺過了癌症的打擊。然而，癌症治療後的心身康復對他們是另一種挑戰。癌症患者治療後，可能走向兩種傾向，一種傾向就是像李先生那樣的成天擔驚受怕地活著，自我憐憫，失去信心，自己封閉，無法正常與家人及其他人交往。他們不僅自己無法擺脫癌症陰影的折磨，同時也給家人和朋友帶來無形的壓力和壓抑，並且也因此使自己的家庭生活和工作變得一團糟。另一種傾向就是像張女士，癌症的折磨使他們更加尊重生命，更加珍惜和感激朋友及社會的幫助，更加積極的生活，心身的全面康復使他們重返家庭回歸社會。對於成功完成抗癌治療後的癌症生存者，建議他們勇敢對自己或向他人講：「我曾經患過癌症，現在是已治癒的癌症的生存者」。自我摘掉癌症的帽子，盡可能努力恢復正常的家庭生活和社會活動，才能讓癌症生存者獲得心身康復。

醫務人員：制訂長期建康計劃

癌症生存者並非完全同等於普通健康人，他們在癌症治療後，還將長期面臨心身康復，抗癌治療遠期併發症，癌症復發轉移，第二原發惡性腫瘤風險，生活質量，重返家庭與社會等一系列問題。在抗癌治療期間，醫務人員不僅要設法根治癌症，而且要自訂長期的健康計劃，包括避免併發症，保留性功能及生育能力，減少第二原發癌症風險，恢復內分泌功能及骨骼健康，心身康復，隨訪複診計劃等。在漫長的抗癌治療期間，為他們提供長期健康計劃的知識宣傳教育。



Concerns about cancer survivors

By Yu Shiyong

Excerpt from Cancer Recurrence, publication issue I, 2015, Chinese edition (translated without permission)

To achieve a complete control of a tumor from the anti-cancer treatment, patients can become cancer survivors. The cancer survivors are survivors of the difficult-to-treat illness. Also known as cancer survivors. Mr. Lee and Ms. Zhang are such the cancer survivors. Six years ago, Mr. Lee suffered from colorectal cancer; repeated examinations after treatments without any symptoms of tumor recurrence.

Logically speaking, Mr. Lee was very lucky. Although he suffered from cancer, but after all he continued to live. But Mr. Lee said he had been unfortunate for six years. He was fear to live, afraid of cancer recurrence, afraid of losing friends, afraid of losing his family, and afraid of losing everything. Destiny seems to really fool him; he just turned 40 years old at the end of the tumor treatment. He was advised to retire early from employment, his wife divorced him, and because of his grievances and bad temper, his friends stayed away. Another cancer survivor, Ms. Zhang, of the similar case, she was suffered from breast cancer 11 years ago. Unfortunately, breast cancer recurred four years later. During the treatments she was very positive, efficacy was also very good. I recommended her to participate on an essay competition for a magazine entitled: "The Days Traveled Together" with the family on anti-cancer deeds. She told me she can only write an article entitled "lonely days". She was single and had long been retired. Accompanied her in the hospital all were new friends made during her treatments. In recent years, Ms. Zhang participated in cancer rehabilitation organizations. She said the social activities can help patients really feeling the joy of being the cancer survivors. This is the true story of two cancer patients; reflecting the living conditions of cancer survivors. But also reflects the social problems of cancer survivors.

With the progress of medical technology, cancer treatment also continues to improve. Five-year survival after cancer treatment has gone from 30% to 64%. The United States reported in 2005, cancer survivors account for at least 3.5% of the US population. And the number of cancer survivors is also growing rapidly with increasing levels of cancer treatment. According to the Health Planning Commission, China's annual number of cancer incidence of about 1.8 million to 2 million. Based on this projection, each year China's cancer survivors will add about 90 thousand to 120 thousand people. Therefore, China's cancer survivors become a large group. Survivors of cancer after rehabilitation is entirely possible to return to normal social work, including normal employment. But due to the impact of cancer treatments, the risk of recurrence, people's prejudice against cancer patients, or excessive sympathy and excessive "care", many cancer survivors semi-retired early, retired or got laid-off. Thus they cannot return to the social family, and even prompted them to become vulnerable groups of society. On how to help this fast-growing cancer survivor population on both medical and social problem, everyone's attention is needed to help them continue to healthy living.

Cancer Survivors: had been a cancer patient

When normal people learned they were diagnosed with cancer, and that cancer means to change their lives. From a healthy person into a sick person, its impact is incalculable. Cancer survivors are fortunate in misfortune. They survived cancer. However, psychosomatic rehabilitation after cancer treatment is another challenge. Cancer patients after treatment developed into two tendencies. A tendency is like Mr. Li, his fear to live all day, self-pity, and lose confidence. Their autistic cannot be normal with family and other people. They cannot get rid of the shadow of cancer torture, but also bring the family and friends the invisible pressure and depression. And thus it makes a mess to their own family life and work. Another tendency is like Ms. Zhang, the torture of cancer makes them more respect for life, more cherish and appreciate the help of friends and the community. More active life, the comprehensive rehabilitation of the mind and body will enable them to return to their families and return to society. For cancer survivors who have successfully completed anti-cancer therapy, it's suggested that they brave themselves or others to say: "I have had cancer, now a survivor of a cured cancer." A hat off to the cancer! As far as possible, put a best effort to restore normal family life and social activities. So that cancer survivors can get physical and psychological recovery.

Medical staff: Develop long-term health plans

Cancer survivors are not exactly the same as ordinary healthy people. They are in cancer treatments. They will also face long-term psychosomatic rehabilitation, cancer recurrence and metastasis. Secondly, they also deal with malignancy risk, quality of life, family and society. They return to a series of issues. During anticancer treatment, medical staff not only to try to cure cancer, but also to customize long-term health plan; including avoidance of complications, retention of sexual function and fertility. They also help to reduce the risk of a second primary cancer, restore endocrine function and bone health, psychosomatic rehabilitation, plus the follow-up referral plan. In the long period of anti-cancer treatment, the staff provide them with a long-term health plan to promote the knowledge of education.

**關注癌症生存者**

(上接第二頁)

家庭社會：重返家園,回歸社會

癌症生存者的心身康健是長期的目標,需要不斷得到家庭和社會的支持。不少人都認為,家人和朋友對癌症患者及癌症生存者支持的具體體現,就是讓他們吃好,休息好,對他們無微不至的關懷。其實支持癌症生存者的最好方法是鼓勵他們恢復正常生活。美國臨床腫瘤學會主席郝寧 (Horning)教授既是腫瘤治療專家,也是乳腺癌生存者,十年前治療期的一天,郝寧教授與一位醫學生一起在門診長時間工作後,返回病房找到自己的病歷牌,並開始靜脈滴注化療藥,那一位醫學生進病房見狀後十分震驚,完全無法相信郝寧教授原來是一位病人。因為郝寧教授的工作時間和精力,都絲毫看不出是一位病人,其實那時郝寧教授因化療脫髮而帶著假髮,像他那樣量力而行地恢復正常家庭生活和社會工作,是積極主動幫助癌症生存者心身康復的有效方法。為癌症生存者設定生活工作的近期和長期目標,讓他們真正重返家庭,讓他們回到社會大家庭,讓他們感受到生存的價值。

總之,我們的最終目標不僅要攻克癌症,而且要幫助癌症生存者盡可能地活得更長更好。全方位關注癌症生存者的心身健康問題,需要整合學術界和社會的力量,探討完善的癌症生存者健康計劃,並將計劃深入到每一位癌症生存者的家庭。

Concerns about cancer survivors

(Continued from Page 3)

Family and society: Return to their homes, return to society

Cancer survivors of mental and physical health is a long-term goal, need to continue with family and social support. Many people think: family and friends of cancer patients and cancer survivors support the specific embodiment, is to let them eat well, rest well on their meticulous care. In fact, the best way to support cancer survivors is to encourage them to return to normal life. Chairman of the American Society of Clinical Oncology, Professor Horning is a cancer treatment expert, but also a breast cancer survivor. Ten years ago during a day of regular work, Professor Horning and a medical student together worked long hours in the outpatient office. Professor Horning then returned to the room to find her own medical record card, and started intravenous chemotherapy drugs. The medical student was completely shocked for seeing what happened. He could not believe that Professor Horning was also a patient and able to work long work hours and energy. In fact, Professor Horning wore a wig from the chemotherapy hair loss. As she did in accordance with her ability to restore normal family life and social work; an active initiative to help cancer survivors of physical and mental rehabilitation of effective methods. Setting the short-term and long-term goals of living and working for cancer survivors, so that they really return to the family and to the social family. So that they feel the value of survival.

In conclusion, our ultimate goal is not only to overcome cancer, but also to help cancer survivors to live longer and better as far as possible. All-round attention to the physical and mental health of cancer survivors is the need to integrate the academic and social forces. To explore a comprehensive cancer survivor health program, and plans to go deep into every cancer survivor's family.



麥當勞叔叔之家 Ronald McDonald House

By Regina Leung

2016年7月24日來自華州華人防癌互助協會(WSCCNA)的8名義工為西雅圖兒童醫院附近的麥當勞叔叔之家 Ronald McDonald House (RMH) 的患者及其家人提供美好的晚餐。麥當勞叔叔之家 (RMH) 為患有嚴重疾病和重症的外州孩子和家庭提供住宿和免費膳食。這是我們第三年參與 RMH 的免費膳食計劃。我們的美味菜單包括豬肋骨，玉米餅，水果，沙拉和甜點。那些病患者，他們的家人和當地工作人員都很高興看到和分享我們的服務。沒有浪費食物，所有的剩菜都用於他們的午餐或小吃時間。我們非常感謝 Kathy Lin, Maggie Cheng, Regina Leung, Bo and Joe Deng, OU Yang Lin, Hui Qing Fen and Dora So 為提供食物，準備和做晚飯令這次活動取得成功。



On July 24, 2016 Eight volunteers from WSCCNA geared up to serve a wonderful meal for the patients and their families at Ronald McDonald House (RMH), near Seattle Children's Hospital. RMH provides housing and free meals to out of state families whose children suffer from severe and critical illnesses. This was our third year volunteering with the RMH's free meal program. Our delicious menu included baby-back ribs, tacos, fruits, salad and desserts. We saw the reward of our service through the happiness that was shared among the patients, their families, and the local staff. No food was wasted, and all leftovers were used for their lunch or snack time.

We appreciate the time Kathy Lin, Maggie Cheng, Regina Leung, Bo & Joe Deng, Hui QingFen, Ou Yang Lian and Dora So had taken the time to prepare, cook, and serve the food, which made this event a great success.



2016 活動 2016 Activities



夏日野餐
Summer Potluck Picnic
@ Coulon Park, Renton

Public Seminar July 2016
Dr. Jiakun Wang M.D
王家昆醫學博士



Holland America Westerndam
Luncheon for Breast cancer Survivors
9/10/2016

**感謝您的支持 Thank you for your support****2016 捐助者 Donors**

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2016 義工 Volunteers

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Elaine Cen	Eppie and Ben Fung	Thomas Ng	歐陽蓮
Ben Chan	Connie Gaw	Carmen Pan	方曉君
Evelyn Chan	Qingfen Hui	Florence Poon	廖建農老師
Florence Chan	高殿國老師	Kit-ling Poon	熊慧玲民族舞老師
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MuYun Chen	Helen Lam	Katherine Sidener	陳桂芳
Rose Chen	Seng Iec Lam	Dora & Ying So	鍾錦嫻
Shan Shan Chen	Wai-ying Lam	Christine Tang	
Jason & Maggie Cheng	Daisy Lau	曾一鵬	
Nicholas Cheng	Hugo Lau	Elsa Tang	
Ninette Cheng	Darrick Leong	June Tat	
Eloise Chinn	Denise Leong	Tracy Tien	
Wendy Chin	Ray & Stella Leong	Richard To	
Yenping Ching	Alan Leung	Edward & Fanny Wan	
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Frank Chow	Regina Leung	Sanna Wong	
Christine Chu	Lapman Li 李立敏	Fred Yee	

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華州華人防癌互助協會

每週活動

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

WEEKLY ACTIVITY

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 \$

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

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 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)

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 2017 年精彩活動預告

- | | | |
|------------------------|--------------|--|
| 1/21/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 1/23/2017
—2/3/2017 | | 新年節日休假 WSCCNA office close for New Year |
| 2/18/2017 | 11:30-3:30pm | 同慶新歲 Chinese New Year Celebration |
| | Sat 星期六 | 新年自備餐 Potluck Lunch |
| 3/18/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 4/15/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 5/13/2017 | 1:00—4:00pm | 華大 生命接力 UW Relay for Life |
| | Sat 星期六 | 華大 UW Husky Stadium |
| 6/4/2017 | 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 |
| 6/17/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 7/15/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |
| 8/19/2017 | 1:30-3:30pm | Support Group |
| | Sat 星期六 | 癌友談心會 |

WSCCNA 董事會成員

2017-2018 Board members

President	Kathy Lin
Vice-President	Muyun Chen
Secretary	Kit-Ling Poon
Treasurer	Stella Leong
Volunteers Coordinator	Maggie Cheng
Board Member	Yenping Ching June Tat Hueifang Chen

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