



防癌互助通訊 第四十四期

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Association (WSCCNA)

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癌症不可怕 樂觀戰勝它

楊萍

大家好，我是楊萍，55歲。

2014年10月我無意中發現自己腹部有一硬物，隨後去醫院檢查，經過病理檢驗被確診為淋巴瘤中期，在突如其來的殘酷事實面前，為了不讓我所有的親人們看到我傷心難過，我平靜的接受了醫生為我制定的手術及化療方案。

六個月的化療漫長而痛苦，化療的反應更是挑戰著我的生理極限，因為我的藥物反應比一般患者的反應嚴重很多，表現在口腔，食道和胃黏膜部位潰爛出血，以致水都無法吞咽，還有頭痛，耳鳴，心絞痛，關節痛和連續三個月的晝夜失眠，使我的身體和精神幾乎崩潰，曾幾度想要放棄繼續治療，是我的家人和朋友們的關懷，安慰和鼓勵，以及我自己樂觀向上的心態，給了我堅持下去的勇氣。

結束了半年的治療後，我來到西雅圖休養恢復，在這裡有幸來到華州華人防癌互助協會，並得到病友和義工朋友們的热情接待和幫助，和大家一起參加協會組織的舞蹈，太極，唱歌，健康講座等有益身體健康的活動，特別是協會為患者免費提供的有關癌症方面的圖書，讓我學到了很多知識，也對癌症有了新的和科學的認識，受益匪淺，更使我增強了戰勝癌症戰勝自己的信心，在此向關心和幫助我的所有朋友們表示感謝。祝大家平安，健康，幸福。



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。

Cancer fear not, optimistic to beat it

Ping Yang

Hello everyone, I am Yang Ping, 55 years old.



October 2014 I accidentally found myself having a hard object in my abdomen. Then I went to the hospital to check it out. After the examination it was diagnosed as the midterm of lymphoma. In the face of the sudden brutal reality, in order not to let all my relatives see me sad, I calmly accepted the doctor's plan to develop surgery and chemotherapy program.

Six months of chemotherapy was long and painful. The reaction of chemotherapy was the challenge to my physiological limits. Because my drug response was worse than average, compare to a lot of patients. My mouth, esophageal and gastric mucosal ulceration were bleeding, so that water could not swallow. There were headaches, tinnitus, angina pectoris, and joint pain.

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排舞籌款活動花絮

潘潔玲報導

華州華人防癌互助協會和中華會館合辦的排舞籌款晚會,在4月29日2017星期六下午四時至八時舉行。

跳舞的同時還有自製的義賣甜品點心-有紅豆麻糬,杏仁脆片,蛋糕,杏仁芝麻餅,曲奇,蘋果蛋糕,提拉米蘇等等

下午四時正舞會正式開始,嘉賓們都走到舞池翩翩起舞,氣氛非常熱烈和愉快,其中有不少的癌症倖存者也來參加支持這個活動,在舞池裏暫時忘卻一切,舞得很盡興,除了跳舞外,我們還提供抽獎,有豐富的獎品和晚餐,直到舞會結束,他們都很盡



興和享受到美味的甜品,很多嘉賓還要求我們可否每三個月舉辦一次這樣的活動哩。

這次排舞籌款辦得如此順利和成功,我們要感謝中華會館借出場地,更感激排舞資深老師張綺蕾為我們精心策劃並主持這個籌款舞會,更多謝我們的排舞老師們

-張綺蕾, Linda Reese, Tom Story 和 Denise Hunsaker 教我們跳舞一些新的舞步,感謝 Amy Leung, Lisa Lam, Eloise Chin, Linda Reese, Susan Lo, Hannah Hwang, Evelyn Chang, 程杜燕屏和鍾錦嫻捐出甜品來義賣,也多謝我們的籌備委員會和義工們付出的時間和努力,最後我們更要感謝各位排舞熱愛者的蒞臨。明年見





Event Report "Line Dance Fundraising Party"

Reported by: Kit Ling

The Washington State Chinese Cancer Network Association and Chong Wa Benevolent Association jointly organized the Line Dance Fundraising Party, held on 29th April 2017, from 4:00 PM to 8:00 PM.

During the event, we had a homemade bake sale that included: red bean mochi, almond crisps, Chinese cakes, almond & sesame cookies, tiramisu, apple cake and other delicious items. They sold out so quickly that some desserts even sold out in half an hour.

The party officially began at four o'clock. Guests happily danced throughout the evening. The atmosphere was very warm and pleasant. Some cancer survivors came to support the event as well. They enjoyed the dance so much and it seemed like they temporarily forgot the sorrow they had to endure before. In addition to dancing, there was a raffle drawing and dinner. The guests danced until the very end of the party and everyone had a great time while they enjoyed the delicious food and desserts. At the end, many guests suggested that we put on these events every three months.



The Line Dance Fundraising party went very smoothly and was a huge success. We thank the Chong Wa Benevolent Association for lending us the space. A huge thank you to Eloise Chinn for hosting the party as well as other line dance instructors who taught us new dances – Linda Reese, Tom Story and Denise Hunsaker.

Thank you to all the talented bakers – Amy Leung, Yen Ching, Eloise Chinn, Jin Zhong, Susan Lo, Hannah Hwang, and Evelyn Chang for donating the delicious desserts.

To all the members of the Preparatory Committee and volunteers, thank you, we are so grateful for your time and efforts.

Last but not least, we appreciate all the line dance enthusiasts for coming. See you next year!!!

Thank you to all the LD Fundraising volunteers :

Hannah Hwang	Angela Lui
Jennifer Chung	Lisa Pai
Lynn Tomko	Emily Ou
Robert Benson	Shan Steinme Tz
Paul Story	Denise Hunsaker
Linda Reese	Maggie Cheng
Lisa Lam	Kit Chen
Amy Leung	Kit Ling Poon
Susan Lo	Regina Leung
Yen Ching	Han 亞嫻
Eloise Chinn	Evelyn Chang





Cancer fear not, optimistic to beat it

(Continued from Page 1)

I had insomnia day and night for 3 months. So that my body and mind almost collapsed. Once again I wanted to give up treatments. However, it was my family and friends who provided the care, comfort and encouragement. As well as my own optimistic attitude, it gave me the courage to continue on.

At the end of the six months of treatment, I came to Seattle to recover. Fortunately, I got to join WSCCNA. With the warm reception and help from these friends and volunteers, everyone participated in the organized dances, Tai chi, singing, workshops and other beneficial health activities. Especially, the association provided many free books & CDs for patients on cancer related materials. Through these readings I had gained a lot of knowledge and benefited from a new and scientific understanding of cancer. Most of all it made me stronger to overcome the fear on cancer with confidence. I would like to thank all my friends who care and help me. I wish you peace, health, happiness!





一次別開生面的談心會

陳慕筠

癌友互助協會已開辦了十二年，我們一直堅持每月一次的癌友談心會。

最初大家來談談心得，交流經驗。但後來癌友及親屬就越來越少。

原因很多，他(她)們有的在化療期間，感到身體不適，要在家休養。有些已康復，要上班。有的要在家裏忙。也有的說不想多談癌症的經歷，以免引起不愉快的回憶。



今年三月份的第三個週六，我們堅持開談心會。我們的新理事 June 出了個好主意，她親自教大家做越式紙卷。這天來了十一位癌友和一對夫婦，還有幾位會員及理事。

一開始，June 詳細介紹了各種做米紙卷的材料，並手把手的教大家如何把米紙卷得結實漂亮，然後再沾上美味的醬汁，大家邊做邊吃，可開心啊！這種既美味且健康又易做的菜式，早就應該推薦給癌友會員分享。

之後，大家就坐下來，很愉快地分享了自己的親身經歷。特別有一位康復者，在她未得癌症前就常來我會參加活動。當她得了胃癌時，並不慌張，她認為遇到患病，不要放棄，要和醫生合作，改變生活習慣，調整心態，“既來之、則安之”。在這裡也學到了很多防癌，抗癌的知識，她很快就適應了，現已康復。經常去旅遊，參加各種社區活動，十分開心！



另有一位康復者談及兩次癌症復發，如何克服了醫生因疏忽，對他過度放療造成許多副作用及後遺症，但她自己積極調整生活習慣和飲食，現已康復！她經常來中心舞劍、揮刀、打太極拳，和民族舞班同學排練節目，還經常參加演出。

最後主持談心會的陳亞姨，介紹了她一個月堅持練的內功結合辟谷、減食、素食，成功大幅度減磅經歷！

大家在愉快的氣氛中告別，相約下月再見！





2017 活動 Activities - Summer





華州華人防癌互助協會公告

本會於二零一七年十月三十日後搬出 Bellevue 會所，原有各項活動新地址如下：

民族舞和卡拉奧奇，改在健安社區中心（西雅圖）地址： 4416 S Brandon ST, Seattle, WA 98118。

圖書資詢外借改在健安銀髮族社區中心（東區）地址： 15921 NE 8Th ST, Bellevue, WA 98008

排舞和太極暫停活動。

具体活動時間和收費規則畧有改變，詳程請與各班負責該項活動的理事聯絡。

華州華人防癌互助協會聯絡：

辦公電話：（206）850-5914。

電郵：info@wscna.org

網址：www.wscna.org

郵箱： PO BOX 14606, Seattle, WA 98104

特此公告。

華州華人防癌互助協會

2018-2019 Advisory Board

Louisa Au

Daisy Lau

Regina Leung

Susan Lo

Angela Lu

Christine Tang

Sanna Wong

Fred Yee

Eppie Ng



感謝您的支持 Thank you for your support

2017 捐助者 Donors

Evelyn Chang	Judy Lam	Ricardo Tanaka
Shaudwreen Chang	Daisy Lau	Bao Tsai Tomko
Muyun Chen	Sum Ping & Mary Lee	Micahel & Doris Werth
Shan Shan Chen	Darrick Leong	Heen Zheng
Maggie & Jason Cheng	Denise Leong	方佩英
Al Cheung	Ray & Stella Leong	Amazon Smile Matching
Karman & Rani Cheung	Regina Leung	Amitabha Buddhist Society Of Seattle
Yenping Ching	Sue Kuen Lew	Boeing Company Matching
Bill & Christine Chou	Kathy Lin	GE Foundation
Lan Do	Sony Louie	Lester And Bernice Smith Foundation
Eppie & Ben Fung	Cissie And Edwin Luk	Mak Fai Kung Fu Academy
Reginald Fung	Leon Ma	Starbucks Matching
Wen Liang Huang	Linda Reese	Toy's Café
Dolla Lam	Helen Shie	WA State CFD

2017 義工 Volunteers

Thomas & Louisa Au	Connie Gaw	Kathy Lin	Edward & Fanny Wan
Elaine Cen	Qingfen Hui	Andy & Susan Lo	MinMin Wong
Evelyn Chan	Edwin & Cissie Kwok	Dr. Michael Lock	Sanna Wong
Florence Chan	Dolla Lam	Thomas Ng	Fred Yee
Kit Chan	Helen Lam	Florence Poon	Sara Yin
Evelyn Chang	Seng Iec Lam	Kit-ling Poon	Tricia Yong
MuYun Chen	Daisy Lau	Luana Ma	Dr. Song Zhao
Jason & Maggie Cheng	Hugo Lau	Venus Ma	歐陽蓮
Eloise Chinn	Darrick Leong	Ricardo Tanaka	方曉君
Wendy Chin	Denise Leong	Christine Tang	廖建農老師
Yenping Ching	Ray & Stella Leong	曾一鵬	熊慧玲民族舞老師
Bill & Christin Chou	Alan Leung	Elsa Tang	胡艷玲
Jennifer Chung	Amy Leung	Mark & June Tat	鍾錦嫻
Angela Dickey	Regina Leung	Tracy Tien	Mak Fai Kung Fu Academy
Eppie and Ben Fung	Lapman Li 李立敏	Dr. Richard & Lily To	



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： \$ _____ 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



癌友會圖書查詢

癌友會圖書查詢外借改在健安東區銀髮族社區中心

地址：15921 NE 8Th ST, Bellevue, WA 98008

辦公室內存放有防癌及抗癌的資料供閱讀，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；歡迎大家參觀及借用。

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

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Web site 網址 www.wscena.org

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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 2018 年精彩活動預告

- | | | |
|-----------|--------------|--|
| 1/20/2018 | 1:30-3:30pm | 癌友談心會 Support Group |
| | Sat 星期六 | Address 活動地點 |
| 2/24/2018 | 11:30-3:30pm | 同慶新歲 Chinese New Year Celebration |
| | Sat 星期六 | 新年自備餐 Potluck Lunch |
| | Address | 活動地點 |
| 4/28/2018 | 1:30-3:30pm | Public Seminar—Target Therapy 101 with Dr. To |
| | Sat 星期六 | Address 活動地點 |
| 5/12/2018 | 1:00—4:00pm | 華大 生命接力 UW Relay for Life |
| | Sat 星期六 | 華大 UW Husky Stadium |
| June 2018 | 8:00-12:00pm | Susan Komen “Race for the Cure” at Seattle Center |
| | Sun 星期日 | 蘇珊基可嫖乳癌基金會 “為治癒而競走” 活動 |
| June 2018 | 1:30-3:30pm | Public Seminar—Health Insurance |
| | Sat 星期六 | Address 活動地點 |
| July 2018 | 1:30-3:30pm | 癌友談心會 Support Group |
| | Sat 星期六 | Address 活動地點 |

WSCCNA 董事會成員

2018-2019 Board members

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

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