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懷念陳慕筠 - 我們親愛的陳阿姨

黃銘銘

癌友會成立是因為我的家庭醫生請我去關懷陪伴他的一個病人 Joanne，她得了乳癌在接受治療。我們倆同病相憐，馬上成了好友，也有了共識，要把癌友彼此串連起來互相支持，鼓勵。因為雖然西雅圖有很多癌友會，但沒有一個是講中文的。

那一年是 2002 年，我，Kathy，慧芳，Angela，還有陳阿姨，後來燕屏，Stella，Lily 也馬上加入了，我們一起籌辦了最早期的華盛頓州華人癌友會。

當年人家是這麼介紹陳阿姨給我的：這個人非常熱心，很愛幫助人，幾乎所有中國城的老年人都認識她。如果你們想知道有誰需要幫助，找她就對了。

沒錯，陳阿姨不但熱心而且熱情滿滿！她才華洋溢，舉凡剪紙，書法，中國結，幾乎各種的繩結都會。連社交舞都是高手，她真的是動靜得宜。

陳阿姨的才華我們在癌友會的各種活動中都見識到了。記得嗎？

- 我們每年的夏日野餐聚會(2005 年開始) 猜謎，尋寶，踩氣球，釣魚，筷子投筒，筷子夾硬幣，等等各種的遊戲，都是出自她的構想。
- 還有每年的新春聯歡，燈謎，對聯，剪紙的活動，尤其是化妝比賽。記得第一次的化妝比賽是 2007 年豬年，我們分組，各自用身邊取手可得的各種物品來打扮，奇裝異服惹來滿堂的歡樂。我記得那一年得到冠軍的 Miss Pig 是 Evelyn 陳綺圓



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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Remembering Our Dear Aunt

Min Min Wong

WSCCNA was established because my family doctor asked me to be friend with one of his/her patients, Joanne, she was diagnosed with breast cancer and receiving treatment. The two of us hit off right away and decided to offer support and encouragement to the other Chinese cancer survivors.

Even though there were some cancer association in the Seattle area, none of them were catered to the Chinese spoken patients.

The year was 2002, Kathy, Hueifang, Angela, Auntie Chen and myself initiated the idea of WSCCNA, soon after, Yen Ping, Stella, Lily joined us, together, we founded WSCCNA. Auntie Chen was introduced to me at that time, this was what I was told, "this lady is very enthusiastic, she is willing to help other people, almost everyone in Chinatown knows her, whoever needs help, they are told "go to Auntie Chen." You know what, they were right, she was always there for you.

Auntie Chen was full of energy, she was also talented in many ways, she was good at Chinese art work, like calligraphy, decorative paper cutting, Chinese knotting to name a few. On top of all that, she was good at ballroom dancing, her talents were exhibited at WSCCNA monthly meetings.

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陳阿姨不但負責癌友會每次活動的遊興節目，每次的聚會她都會準備很多的食物。

印象最深的是，記得那是第一次理事們的年度集訓，Stella帶我們去她海邊的度假公寓，三天兩夜的會議，陳阿姨準備了六餐九人份的點心，菜餚，水果，一切的一切。陳阿姨愛心滿滿，又很細心，她總會跟我說：“銘銘啊！你吃素，我有特別準備給你吃的喔。”她總是像媽媽一樣的可護照顧著她身邊的每一個人。

陳阿姨還寫得一手好文章。癌友會通訊錄幾乎每期都有她執筆的文章。

陳阿姨也負責每月一次的“癌友談心會”和“身心靈健康讀書會”。她以談心會的形式把癌友凝聚起來，讓彼此交流，互訴衷腸，更以讀書會的模式介紹大家正確的飲食生活習慣，並幫助大家找出各自情緒困惱所在，解開心結，然後進一步帶著大家探索自己的人生，改變困境勇敢往前看。

- 陳阿姨最常說的：我已經比醫生宣布我只有六個月的生命，多活了40年，（這是她2005說的，所以實際上她已經是多活了50多年！）
- 她說，我很珍惜這多活的每一天，我做自己喜歡做的，自己能力所及的事，我不做傷害別人的事，別人怎麼說我，怎麼看我，沒關係，**我要為自己快樂的活著。**（節錄自 通訊錄第三期 2005年）

每次看到陳阿姨，我就會想到一句話：蓮花出淤泥而不染。

因為她從癌病的淤泥中走出來，不但沒沾染到一般病人的怨聲嘆氣，還活得更挺拔更快樂，她的生命非常精彩！她是生命的勇者！我們都從各自的病痛折磨中走出來，我們都經過考驗，我們要如陳阿姨一樣，蓮花出淤泥而不染，快樂精彩的過日子。

當年癌友會成立是因為我們都知道當癌友得知自己得了癌症時，都會驚嚇，不安，悲傷和沮喪，而在接受治療，面對藥物的反應，反胃，嘔吐，脫髮，以及手術後的傷口疼痛，還有面對外形殘缺的悲傷，擔心癌細胞的轉移與復發，再加上我們還有語言，交通，經濟等日常生活的困難，……種種的壓力和恐懼是需要有人分擔和陪伴。我們知道：**開心時，有人分享，快樂會加倍；傷心時，有人分擔，苦會減半！**所以我們成立癌友會

癌友談心會有一次邀請到癌症病房的臨床心理師，他是這麼說的：

- 身體生病，心理不必要跟著生病，因為身體雖然插著許多管子，但是“心”裡面沒有插管子啊！重病的發生，並不意謂一個人馬上就要失去生命，而是身體在提醒你：你應該要好好停下來想一想。
- 很多癌症朋友經過生病的歷程，他會看到一個和以前，在健康的社會價值下不同的世界，因此他的生命有了另一種風光，生病也讓我們生了智慧。（節錄自 通訊錄第七期）

我們面對生病的無常時，我們的心境要如常，這樣我們就能夠輕安自在。

今天我們聚在這裡懷念陳阿姨，我們就要記住那永遠洋溢在她臉上的笑容，她對生命的樂觀，以及成立癌友會的因緣，我們要讓癌友會繼續持續，繼續幫助關懷癌友們！相信這是陳阿姨最大的期望！

祝福陳阿姨！她的精神永遠和我們在一起！

祝福我們大家！一起將我們的病痛提升為我們的智慧，我們都要向陳阿姨一樣，成為生命的勇者！



陳阿姨為新年活動的遺作





(Continued from Page 1)

If you still remember, since 2005, we have picnic every summer, at the picnic, Auntie Chen would come up with all sorts of guessing games, treasure hunting, balloon popping, fishing, chopsticks tossing, coin picking with chopsticks, etc.

Every Chinese New year celebration, the calligraphic couplets, decorative paper cutting, word games were all Auntie Chen's masterpieces, she also came up with make-up contest idea, I still remember the first make-up contest was in 2007, we were divided into small groups, it was an impromptu game, we each had to use anything that were available around us for the game, the contest was so much fun, to this date, I still remember the winner was Evelyn that year.

Auntie Chen facilitated every event for the WSCCNA, as well as prepared delicious food for the party. I vividly remembered at the first annual retreat board meeting, Stella invited us to her ocean shore vocational home for three days and two nights, Auntie Chen made six meals for nine board members. There were so much food, desserts and fruits. She was so detail oriented, she knew I am a vegetarian, so she said to me: Min Min, I know you don't eat meat, I prepared vegetable dishes just for you". Auntie Chen cared people around her as if they were her own kids.

Auntie Chen was also a scholar, you see her writings on almost every monthly publications for WSCCNA. Auntie Chen was in charge of WSCCNA monthly physical/mental wellness meeting too, she would encourage the cancer survivors to communicate to each other on how they deal with their disease, she would teach them the proper diets and life style on the way to recovery. She would help people with their mental and physical issues through her own experience and knowledge, and lead them to another stage of life with courage, dignity and self confidence. She often told people she out lived doctor's prognosis by 40 plus years, when she was first diagnosed with cancer, the doctor predicted her life expectance to be six month, this was 1965, in reality, she out lived the prediction by more than 50 years. Her quotes are:" I treasure every day that I am alive, I never hurt anyone, I don't care how others look at me or judge me, I live my life happily."

Every time I saw Auntie Chen, I would remember an old saying "Lotus grows out of mud but never has dirt attach to it". Because Auntie Chen came out of cancer "mud", she appeared to be a lotus all the times. She never complained about the disease like some other cancer patient, instead, she became a stronger and more pleasant individual than before, her life became more colorful, she was a real brave soldier in life.

Most of us suffered from the disease, we all experienced the same dilemma, we should all mimic Auntie Chen like a lotus grow out of the mud without any dirt attached on the petal and live our lives to the fullest.

We founded WSCCNA because we know when a cancer patient is diagnosed with the disease, they would be scared, upset, sad and depressed. When the treatments start, there would have symptoms like nauseating, fatigue, vomiting, hair loss, pain from the procedures, deformation of the body. The patients would worry about the spreading of the disease, language barrier, transportation to and from the hospital and doctors' office, finance, etc. All these pressure and worrisome would need a true friend to share with. We all know happiness would double if you have friends to share with, sadness would cut in half if you have no friend there to offer support. That's the mission for WSCCNA, we will always be there for any one in need. A psychiatrist came to one of our meeting once, this was his quote" physical illness doesn't have to lead to mental illness, even though there were tubes connected to your body, they are not connected to your mind, severe illness doesn't mean the life is in danger, it's just your body reminding you to slow down and take a step back to think about the true meaning of life. Many cancer survivors would have different perspective of life after contracting the disease, they would have different life style, they become more intelligent and knowledgeable through the treatments, when we have an unpredictable future, we have to maintain clam attitude to enjoy our lives to the fullest.

Today, we get together to celebrate Auntie Chen's wonderful life, we will always remember her beautiful smile, her positive attitude, and why WSCCNA exist in the great Seattle area. We have to continue Auntie Chen's legacy, keep helping and supporting cancer survivors, I am sure that's Auntie Chen's final wish.

Bless Auntie Chen, she will forever be with us, bless all of us, learn the lesson from the disease, become a brave soldier like our beloved Auntie Chen.



追思陳慕筠

WSSCNA 董事會

陳阿姨過了她燦爛的一生。

我們今天不能全部涵蓋她所有的故事和回憶，我能說的一句話是，如果人們總是喜歡生活而沒有任何遺憾，我相信陳阿姨會跳出來說「是的，我這一生是沒有遺憾的」。她對西雅圖華人社區最大和永恆的貢獻，就是幫助了癌症倖存者和他們的家人。

2000 她和一些癌症倖存者和支持者為華人成立了癌症協會，2003 年這個團體正式成為非牟利的華州華人防癌協會，在過去的十六年裡她是創始理事會成員之一，2019 年被選為理事會主席領導組織。十六年來陳阿姨是我們癌友會的導師和支柱，她充滿活力，相信我們都能夠因為她四十年的癌症經驗為榜樣而戰勝癌症。

她帶領每個月的讀書會，學習並分享健康，營養，和新的癌症研究，並且幫我們從中國，台灣，香港買一些有關癌症的書籍放在華人社區的圖書館裏，我記得陳阿姨要我們這些理事們來參加讀書會，因為 90% 的理事都是癌症倖存者，她認為這些對我們是非常重要的，很可惜我們都不是好學生，沒有好好的學習，在此向陳阿姨說：「對不起」，如果再有機會的話，我們會好好的學習。

過去幾年陳阿姨和她的女 Kathy 常常在經濟上支持癌友會，甚至在 Bellevue 為我找到一個免費的地方，幫助我們有三年之久，讓我們擴展對社區的服務和活動。

對於癌症患者，她不知疲倦地與這些人合作，陪伴她們渡過治療過程中的困難，並在他們走過癌症之旅時提供情感支持，她常常花時間打電話陪她們聊天。

我們其中有一位理事-燕屏，她現在在台灣不能參加今天的喪禮，以下是她的分享：

「十一月底離開之前，我還和陳阿姨通電話，言猶在耳，沒有想到她就這樣離我們而去，讓我感到非常的難過。

記得認識她的時候，我正處在人生的低谷，剛從乳癌治療的陰影走出來不久，不到兩年丈夫又因末期肺癌回到天家，當時陳阿姨常常打電話和我聊天，開導我，又給我一些有鼓勵性的書來看。她是一個開朗，臉上常常掛著笑容的長者，我們有什麼不如意的事情都會向她述說，她會很樂意並且平靜地根據她人生的經驗向我們分析，建議，解說，讓我們自己去慢慢地了解之後，得到適當的處理。

跟著她我們學習到許多做人處事的道理，真是不愧為一個令人尊敬又懷念的長輩，她永遠活在我們的記憶裏。」

你們大多數人都知道她喜歡唱歌和跳舞，不僅如此，她還教過許多當地人如何跳國標舞，並且可以隨時唱歌，她還購買並捐贈了卡拉 OK 系統給癌友會，並經常打電話給她的朋友在 Bellevue 辦公室唱歌，她會抓住任何她能和她一起唱二重唱的人。自從東區的辦公室關閉之後，我們把卡拉 OK 的系統搬到西雅圖的建安活動中心，她不開車之後，她會從家裡坐巴士到建安去唱歌，我們被她的奉獻精神和成就而感動，可以肯定的是，她的舞蹈班和卡拉 OK 組都會非常的懷念她。

慕筠不但喜歡唱歌跳舞，她幾乎可以做所有的運動，像排球，游泳，乒乓球和麻將，她在藝術方面更是多才多藝，例如剪紙，中國結，她常常在人人服務社，建安活動中心和樂敘之家，癌友會教授這些課程。

陳阿姨不論到哪個團體，哪一個活動，都照亮了我們，她都參與其中，她思想開放，積極又有樂於做事的態度，非常的善良和充滿愛心，這就是為什麼我們叫她陳阿姨的緣故，她像媽媽一樣的仁慈，願意隨時幫助我們任何有困難，有需要的人。

作為母親和祖母，作為我們很多人的姨媽和乾媽，作為旅行夥伴和朋友，我們會十分的懷念陳阿姨，癌友會失去了支柱和導師，華人社區失去了一個開朗的領袖。

**Eulogy by WSCCNA**

WSCCNA Board

Auntie Chen has lived her life fully!

There are so many stories and memories of her, don't think that we can cover all today. The one thing I could say, that if people always like to live their life without any regrets, I am sure Auntie Chen will stand up and say 'Yes, I have "no regrets in my life!"

Her greatest and everlasting contribution to the Seattle Chinese community was her commitments to help cancer survivors and the families. In early 2000, she and a group of cancer survivors and supporters formed a cancer support group for Chinese and in 2003 this group formally became a non-profit organization Washington State Chinese Cancer Network Association (WSCCNA). Muyun was one of founding board member for the past 16 years and in 2019 she was elected as the Board President to lead the organization.

For 16 years Muyun was the mentor and the pillar of WSCCNA with positive energy and believe that we can conquer cancer using herself as a perfect example – 40+ years of cancer survivorship. She spearheaded the monthly cancer support group, led the monthly book study to learn and share about health, nutrition and new cancer research, reviewed and help purchased books and magazines from China, Taiwan and Hong Kong to stock the WSCCNA library for the Chinese community. I remember Auntie Chen often wanted our board members to be involved in the book study because 90% of us are cancer survivors, she felt was very important for us to learn. Unfortunately, we were not a good group of students. Often did not study well. So, like to send an apology to Auntie Chen "So Sorry Auntie Chen!" If ever we have the opportunity again, we will study harder!

Throughout the years, Auntie Chen and her daughter Kathy Niu supported WSCCNA financially and even got an office space in Bellevue with free rent for almost three years so that WSCCNA can extend their services and activities.

For Cancer patients (Many new cancer members), Muyun worked tirelessly with those individuals to help them through the difficult time during their treatment and provided emotional support as they walked through the cancer journey. Often She spent hours on the phone with them.

One of our Board member Yenping, she is in Taiwan currently and is unable to attend today. But she share this with us:

Before leaving at the end of November, I spoke to her on the phone, and it is still echo. I didn't expect her to leave us like this, which made me feel very sad.

I remember when I first met her, I was in the bottom valley of my life, and just over came the shadow of breast cancer treatments. Then in less than two years, my husband went home with the Lord from terminal lung cancer. During that period of time, Auntie Chen always called & comforted me. She loaned me many books to read on encouragement. She was always a cheerful elder with a smile on her face. When we talked to her about any unpleasant matters, she would be calmed to analyze and gave advice. She explained & gave suggestions based on her life experience. She let us take time to understand and handled accordingly.

With her, we had learned many principles on doing many things in life & direction. She was really worthy of being a respectable and nostalgic elder. Auntie Chen, you will live forever in our memory.

As most of you know that Auntie Chen loved to sing and dance, not only, she had taught many local people on how to do ballroom dance, and to be able to sing at any time, she also has purchased and donated the karaoke system and often called her friends to sing at the WSCCNA Bellevue office. She'll grab whoever she can to sing duet with her. Since the WSCCNA Bellevue office was closed and the karaoke system moved to Kin On in Seattle and she would take the bus from her home to Kin On to sing since she doesn't drive anymore. We're very much touched by her dedication and accomplishment, for sure her dance group and Karaoke group will truly miss her.

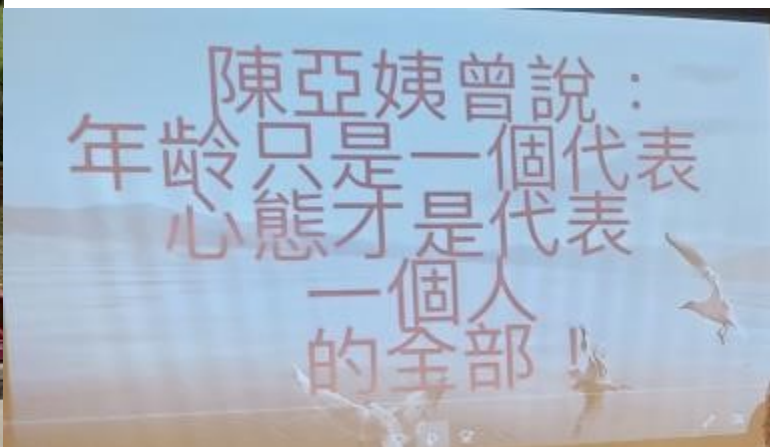
Muyun not only loved singing, dancing, she can do almost all sports; volleyball, swimming, Pin pong and mahjong, she was also very talented in Chinese art crafts such as paper cutting and Chinese knots. She constantly volunteered her time to CISC, Kin On, Aegis Garden at Newcastle and WSCCNA to teach these crafts classes.

Muyun was the sunshine in every group and every activity she was involved in. She had an open mind, positive and a can-do attitude, extremely kind hearted and loving... that is why we all called her 'Auntie Chen'. She was motherly, generous, willing to offer help to anyone in need with no reservation.

She will be dearly missed as a mother and grandmother, as an auntie and god-mother to lot of us, as a travel buddy and as a friend. WSCCNA lost a pillar and a mentor and the Chinese community lost a Sunshine leader.



In Memory of Muyun Chen





2019 活動 **Activities**



Kin On Senior Day Celebration

Holland America Cruise Luncheon



Ronald McDonald House
Dinner service by WSCCNA



Komen Race for the Cure

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2020-2021 **Advisory Board**

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感謝您的支持 Thank you for your support

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 \$20
 \$30
 \$50

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 \$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



癌友會圖書資詢

癌友會圖書資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

Business Name

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
Phone: 555-555-5555
Fax: 555-555-5555
Email: some-
one@example.com

Business Tagline or Motto



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 2020 年精彩活動預告

- | | | |
|-----------|--------------|--|
| 2/8/2020 | 11:30-3:30pm | 同慶新歲 Chinese New Year Celebration |
| | Sat 星期六 | 新年自備餐 Potluck Lunch |
| | Address | Kin On Community Center 4416 S Brandon Street, Seattle |
| | 活動地點 | |
| 3/21/2020 | 11:30-3:30pm | 癌友談心會 Support Group |
| | Sat 星期六 | Address 活動地點 |
| 5/16/2020 | 1:00—4:00pm | 華大 生命接力 UW Relay for Life |
| | Sat 星期六 | Address 活動地點: 華大 UW HUB Lawn |
| 6/7/2020 | 8:00-12:00pm | Susan Komen More than Pink walk at Seward Park |
| | Sun 星期日 | 蘇珊基可嫻乳癌基金會 "為治癒而競走" 活動 |
| 8/15/2020 | 11:30-3:30pm | Summer Potluck Picnic @ Coulon Park, Renton |
| | Sat 星期六 | 夏日野餐 自備餐 |

WSCCNA 董事會成員 2020-2021 Board members

President	Kathy Lin
Vice-Presidents	Kit-Ling Poon
Secretary	Yenping Ching
Treasurer	Stella Leong
Volunteers Coordinator	June Tat Maggie Cheng
Board Member	Howard Chou Reginald Fung Regina Leung

Contact 聯絡	WSCCNA 華州華人防癌互助協會
Phone 電話	206-850-5914