

## 關於我們

### 緣起

光鹽社是政府註冊的 501 (c) (3) 非營利組織，其宗旨是結合休士頓華人社區的人力與資源，關懷並照顧休士頓地區需要幫助的人。光鹽社是由一群華人基督徒本著聖經教導，基督徒要「愛人如己」，並應做世上的「光和鹽」的原則成立的。自 1997 年成立以來，光鹽社推動的活動有：父親節嘉年華會、老人公寓探訪及共渡佳節、捐文具給貧苦學童、冬衣捐助、賑災、華人福音廣播網「心靈加油站」。2001 年成立癌友關懷網幫助華人癌友及家屬並提供癌症教育，倡導早期篩檢的重要性。2007 年成立了休士頓地區第一個華人乳癌互助小組，藉以服務華人乳癌病友、家屬和想認識乳癌的華裔婦女。2008 年成立特殊需要關懷中心專門為有特殊需要(如自閉症,唐氏症等)家庭而設的支持團體。2009 年成立廣東話生活福音廣播節目-「粵語飛揚」，休士頓唯一為說粵語朋友們服務的廣播節目。我們期許藉著我們的活動和服務項目，幫助華人在面臨人生困境時，能獲得實質的協助與支持。感謝一群無私奉獻的義工團隊和社區大眾的支持與贊助，光鹽社才能繼續提供免費服務給需要幫助的人。

我們的服務項目包括：

#### 1. 光鹽社癌友關懷網

- 每月專題講座及一般互助小組聚會 (每月第一個禮拜六下午 2-4 時)
- 每月乳癌互助小組聚會 (每月第二個禮拜六下午 2-4 時)
- 電話諮詢及後續關懷, 關懷探訪, 病患輔導, 交通接送, 中英文翻譯
- 免費醫療資源和社會福利諮詢和轉介
- 免費假髮、帽子、義乳
- 免費中英文癌症資訊, 及書籍 DVD, 營養諮詢
- 免費乳房攝影
- 義工和照顧者培訓營

#### 2. 光鹽社特殊需要關懷中心

- 每月專題講座及聚會 (每月第三個禮拜六下午 3-7 時)
  - 成人組：唱詩、心靈建造、專題講座、分享交流和聚餐
  - 兒童組：手工、遊戲、技能和手鈴練習
- 電話諮詢, 關懷探訪, 中英文翻譯, 和社會資源諮詢和轉介
- 手鈴隊

#### 3. 光鹽福音廣播網—AM 1320, 每週一至五, 上午十時三十分至十一時播出

- 「心靈加油站」- 國語福音廣播網 (每週一或上網 [www.light-salt.org](http://www.light-salt.org) 收聽
- 「粵語飛揚」- 廣東話生活福音廣播節目,

(每週二, 三, 四, 五或上網: <http://fly1320.webnode.com>)

4. 月訊、年刊及網站

5. 編譯「休士頓癌症資源手冊」和「乳房健康資源手冊」

6. 其他項目: 每年舉辦的敬老活動；每年歲末的冬衣捐贈活動；不定期、機動性的社區關懷和慈善活動。

**宗旨和理想**

我們的宗旨是結合休士頓華人社區的人力與資源，關懷並照顧休士頓地區需要幫助的人。

我們的理想是家庭和社區充滿平安與喜樂，生命有盼望。

**理事名單**

朱法山 (理事長)

張家俊 (副理事長)

韓雯

曹松博士

劉會緣

李輔仁牧師

彭灼西

方方

戴秋月

鄧明雅牧師

林天娜

**顧問群**

陳康元醫師

王禮聖醫師

沈彥偉律師

袁昶黎博士

黃嘉生牧師

劉如峰醫師

江桂芝會計師

孫威令長老

鄧福真博士

**法律顧問**

沈彥偉律師

歐陽婉貞律師

Mathew Warren 律師

**總幹事**

孫紅濱博士

## About Us

Founded in 1997 by a group of local Christians, the Light and Salt Association (LSA) is a non-profit 501 (c) (3) community-based organization with the mission of uniting the manpower and resources of Houston's Chinese community to provide care and services to needy Houstonians, Chinese and non-Chinese alike. Since its inception, LSA has sponsored multiple annual events, including: Parents' Day celebrations, winter clothing drives, and special days with seniors. LSA also mobilized the Chinese community to raise relief funds for victims of natural disasters such as Hurricane Katrina, the 2008 earthquake in Sichuan, China and the 2009 earthquake in Haiti.

In 2001, the Light and Salt Association established the **Cancer Support Network (CSN)** to help Chinese cancer patients, their families and their friends better understand and learn to live with cancer. It is the first Chinese cancer support program in the Houston area. Due to the cultural stigma associated with cancer, many Chinese cancer patients tend to not disclose their diagnosis to others and often face the illness alone. Thus, the goal of the CSN is to provide culturally-sensitive support to all Chinese cancer patients and their families and make them feel comfortable discussing their thoughts and concerns. The CSN's services include monthly support group meetings, a cancer helpline, follow-up phone calls, home and hospital visits, healthcare and social services navigation, and other treatment-related services, such as transportation and language assistance. We also compile and translate cancer-related educational materials into Chinese. To raise public awareness on cancer-related issues, each year we organize cancer seminars or workshops, volunteer training workshops, and cancer screenings for early detection such as mammogram and Hepatitis B screenings.

In 2007, with funding from Susan G. Komen-Houston Affiliate, LSA established the first breast cancer support program targeting Chinese women in the greater Houston area. The program provides psychosocial support to women diagnosed with breast cancer through monthly support group meetings and one-on-one peer support. We also conduct community outreach programs, focusing on cancer prevention and the importance of early detection. Currently, CSN has about 160 cancer survivors on the mailing list. In 2009, our programs and services made a difference in the lives of more than 5,000 people in greater Houston area.

In 2006, a weekly **Mandarin radio program** (broadcast every Monday) was produced with the goal of spreading positive messages and promoting healthy lifestyle in the Chinese community. In 2009, several volunteers launched a **Cantonese radio program** aimed toward the Cantonese-speaking population in the greater Houston area. The radio program runs four days a week (Tuesday to Friday) and is the only Cantonese radio program in Houston. Both radio programs air on AM 1320, from 10:30 to 11:00 am. Some of the radio programs can be accessed through our websites: [www.light-salt.org](http://www.light-salt.org) and <http://fly1320.webnode.com/>.

In early 2008, several parents with special-needs children felt the need to form a linguistically-appropriate program to provide a community of mutual support and information sharing. Accordingly, **Special Needs Caring Center (SNCC)** was established. Its goal is to improve the quality of life among people affected by physical and intellectual disabilities, as well as to increase public awareness of the day-to-day issues these families face. Soon after its opening, SNCC quickly obtained strong support from the Chinese community in Houston area. The center offers a monthly support group meeting for both parents and their children on the third Saturday of each month from 3 to 7 pm. During

the support group meeting, two separate educational sessions are provided, for the parents and the children, respectively. During parent sessions, experts in the field provide up-to-date knowledge and share resources available in mainstream society to assist families. Children's sessions involve classes designed to teach basic life and social skills with the goal of gradually training the children to be independent and productive members of the society. In 2009, with funding from the United Way of Greater Houston, about 10 older kids formed a hand chime chorus. Since inception, the chorus has performed in several major local events and at churches. Our volunteers also provide the care in follow-up phone calls and home visits, as well as resources referrals. Currently, there are 36 families in the mailing list.

While we are proud of the work we have accomplished in the past few years, LSA continues to look toward the future. LSA plans to continue to improve upon and expand its core commitments to educational seminars and support groups, extending its services in psychosocial support, patient education, and community-building. LSA also remains committed to serving the evolving needs of cancer patients and families with special needs. An area of support we hope to build upon and enrich is assisting patient navigation of the complexities of the healthcare and social services systems, from providing practical aid to new immigrants who do not have insurance to educating the community at large about ways to access and benefit from healthcare and social services opportunities. These services include assistance with applying for disability benefits, Medicaid, and more. In providing bilingual support and hands-on assistance, one of our goals is to provide cancer patients and families with special needs with greater access to resources. In order to do so, we also need more resources, especially relying on the time and efforts of volunteers. Volunteers who work with LSA are able to personally view positive impacts on the lives of cancer patients and families with special needs, and reap tangible benefits from their time and efforts.

LSA needs the partnership and support of other organizations to help with services and technical support. Through its work with other community organizations, LSA hopes to fulfill its mission to strengthen bonds within Houston's Chinese community and provide the dynamic, focused, and caring aid, education, and access to resources necessary to effectively serve needy Houstonians and positively impact the community at large.

## **Our Programs and Services:**

### **1. Cancer Support Network**

- General cancer seminar and monthly support group meeting (1<sup>st</sup> Saturday of each month, from 2 to 4 pm at Chinese Bible Church, 6025 Sovereign Dr., Houston, TX 77036)
- Breast cancer support group meeting (2<sup>nd</sup> Saturday of each month, 2 to 4 pm at Hope Clinic, 7001 Corporate Dr., Suite 120, Houston, TX 77036)
- Help line, follow-up phone care, home and hospital visits
- Patient assistance such as transportation and language assistance
- Patient navigation and services referrals
- Free wigs, hats and prostheses

- Free bilingual cancer-related educational materials.
- Free mammogram screenings
- Caregiver and volunteer training workshops

## **2. Special Needs Caring Center**

- Monthly support group meeting (3<sup>rd</sup> Saturday of each month, 3 to 7 pm at Evangelical Formosa Church, 12013 Murphy Road, Houston, TX 77031)  
Adults: fellowship, special topic seminar, dinner and social  
Children: fellowship, art and craft, special skill training and hand chime practices
- Help line, follow-up phone care, home visit, language assistance, social services consultation and referrals
- Hand chime chorus

## **3. Radio Program** (AM 1320, Monday to Friday, 10:30 to 11 am)

- “Soul Pomp”- Mandarin, every Monday or listen at [www.light-salt.org](http://www.light-salt.org)
- “Cantonese Radio Program”- every Tuesdays to Fridays or listen at: <http://fly1320.webnode.com>

## **4. Monthly Newsletter, Yearbook, and Website: www.light-salt.org**

## **5. Publications:**

- *Houston Cancer Resource Guide*
- *Breath Health Directory*

## **6. Others:** special days with seniors, annual winter clothing drives and disaster reliefs

**Mission and Vision:** Our mission is to provide culturally, linguistically and spiritually competent support for needy individuals including cancer patients and their families, and families affected by intellectual and developmental disabilities.

Our vision is to promote peace and joy in the community and provide hope for those whose lives are negatively impacted by catastrophic illnesses and events.

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