

## 回應卡 (Response)

姓名 (Name) : \_\_\_\_\_

電話 (Phone) : \_\_\_\_\_

住址 (Address) : \_\_\_\_\_

電郵 (E-Mail) : \_\_\_\_\_

自成立以來，在義工們默默的付出及社會善心人士的支持與捐助下，光鹽癌友關懷網，曾經幫助過許多華人癌友及他們的家屬們渡過艱辛的抗癌歷程。在美國亞裔族群中，癌症是第一死因，百分之六十的癌症死因是與飲食和生活習慣 (如抽煙) 有關 (CDC, 2007)。如果您有任何有關癌症方面的問題，請與我們聯絡。如果您願意加入我們的行列，一起幫助華人癌症病友及他們的家屬，請圈選下列項目且將此回應卡寄回，我們會儘快與您聯絡，謝謝！

\_\_\_\_\_ 我願意捐獻 \$ \_\_\_\_\_ 支持癌症事工

(I would like to make a donation.) 支票抬頭請寫 **Light and Salt- Cancer Support Network** 捐款可抵稅。(Please write your check to **Light and Salt- Cancer Support Network**. All donations are tax-deductible.)

\_\_\_\_\_ 我願意成為義工

(I am interested in becoming a volunteer.)

\_\_\_\_\_ 請把我的名字加入通訊名單

(I want to be added to the mailing list.)

\_\_\_\_\_ 我可以幫忙 (I can help with.....) : \_\_\_\_\_

**9800 Town Park Dr., Suite 258B,  
Houston, TX 77036  
www.light-salt.org  
Email: lsahouston@gmail.com  
電話 (Phone): (713)988-4724**

## 服務項目 (Services)

### 癌友關懷網 (Cancer Support Network)

- 專題講座及一般互助小組 (General Cancer Support Group)
  - 每月第一個禮拜六下午2-4 時 (First Saturday of the month, 2-4 pm.)
  - 地點：華人聖經教會 Chinese Bible Church (6025 Sovereign Dr., Houston, TX 77036)
- 乳癌互助小組 (Breast Cancer Support Group)
  - 每月第二個禮拜六下午2-4 時 (Second Saturday of the month, 2-4 pm.)
  - 地點：希望診所 (7001 Corporate Dr., Suite 120, Houston, TX 77036)
- 電話諮詢及後續關懷 (Telephone Helpline)
- 關懷探訪 (Visitation and Caring)
- 免費假髮、帽子、義乳、營養諮詢 (wigs, prostheses)
- 免費中英文癌症資訊及書籍 (Free cancer resources, books, and brochures)
- 病患輔導及資源轉介 (Patient assistance & referrals)
- 交通接送 (Transportation assistance)
- 中英文翻譯 (Language assistance)
- 月訊及年刊 (Monthly Newsletter and Yearbook)

### 福音廣播網 (Radio Program):

“心靈加油站”和“粵語飛揚”

**AM 1320 (Radio Program)**, 每週一至五, 上午十時三十分至十一時 或上網: [www.light-salt.org](http://www.light-salt.org) 或 <http://fly1320.webnode.com>

### 光鹽社特殊關懷中心聚會 (Special Needs Care Center)

關懷中心是一個為有特殊需要的兒童、成人和家庭而設立的。宗旨是用愛心和尊敬來關懷、幫助有特殊需要的兒童、成人和家庭；讓他們身心得滿足、家庭得堅固、生活得喜樂、生命得盼望。

時間：每月第三個禮拜六, 下午3-8 時  
地點：台福教會 (12013 Murphy Road, Houston, TX 77031)



# 光鹽社

## 癌友關懷網

*Light and Salt Association  
Cancer Support Network*

用我們的知識

用我們的關懷

用我們的愛

用我們的心

讓癌症病友活出生命的色彩

*Empower cancer patients and their loved ones with information, support, and resources*

## 緣起 (Introduction)

光鹽癌友關懷網是非營利的社會服務團體，隸屬於基督徒光鹽社(Light and Salt Association)。光鹽社是由一群華人基督徒本著聖經的教導基督徒應做世人的光和鹽為原則，於1997年成立。其宗旨是結合休士頓華人社區的人力與資源，去關懷並照顧休士頓地區需要幫助之人，包括華人及非華人。自成立以來，光鹽社推動及委辦過的活動包括有：父親節嘉年華會，聖誕音樂感恩晚會，探訪老人公寓，冬衣捐助，及華人廣播網一心靈加油站。2001年一月，有鑑於許多華人在獲知罹患癌症之後，經常驚慌恐懼不知所措，且因文化及語言上的障礙，華人癌友無法直接從美國主流社會所辦的癌友互助小組中獲得實質幫助，因此光鹽社成立癌友關懷網，希望藉此關懷網，讓華人癌友及家屬能有一個具有中國特色的互助小組，並進而提昇癌友們的生活品質。

The Light and Salt Association is a non-profit 501 (c) (3) faith-based community organization founded in 1997. In 2001, the Light and Salt Cancer Support Network (LSCSN) was established to help Chinese cancer patients, their families and their friends better understand and cope with cancer. Many Chinese cancer patients do not reveal their diagnoses to others because of the cultural stigma associated with the illness. The LSCSN provides culturally-appropriate support to ease Chinese cancer patients and their families into discussing their thoughts and problems.

## ◆ 癌症教育 (Cancer Education)

定期舉辦專題講座與研討會，邀請專家學者及相關醫護人員提供華人社區最新的癌症資訊，進而提高華人對癌症的認知、警覺和預防。



Organize educational seminars or workshops on topics related to cancer prevention, treatment and survivorship. Empower the Chinese community with up-to-date cancer knowledge and information.

## ◆ 病友服務 (Patient Services)

藉由互助小組、電話關懷、義工探訪、病患輔導、交通接送和其他癌友組織的合作，協助癌友及家庭走過艱辛抗癌路，並提昇生活品質。



Assist cancer patients, survivors and their family members through regular support group meetings, telephone care, house and hospital visits, and transportation and language assistance. Coordinate efforts with other organizations to identify social resources or benefits available to cancer patients, survivors and their family members.

## ◆ 免費中英文抗癌資訊

各種中英文抗癌資訊免費提供給癌友、家屬及社會大眾。

Provide free Chinese and English educational materials for cancer patients, survivors, family members and the general public.

## ◆ 光鹽福音廣播網一心靈加油站

藉由廣播傳達抗癌資訊，並邀請癌友、倖存者及家屬分享寶貴的抗癌經驗。

Increase cancer knowledge and awareness among Chinese community through weekly radio programs featuring cancer patients, survivors and their family members to share their inspiring journeys with the disease.

## 中英文癌症資訊 (Cancer Resources)

### 中文網址

- ◆ 美國癌症協會-北加州華人分會  
American Cancer Society-Northern Chinese Unit  
([www.acs-nccu.org/](http://www.acs-nccu.org/))
- ◆ 和信治癌中心醫院 (<http://www.kfsyscc.org/>)
- ◆ 臺灣癌症基金會癌症 ([www.canceraway.org.tw](http://www.canceraway.org.tw))
- ◆ 德桃癌症資訊服務網 (<http://www.cancer.org.tw/sitemap.asp>)
- ◆ 全球華人乳癌組織聯盟 ([www.gcbcca.org](http://www.gcbcca.org))
- ◆ 中華民國癌症希望協會 (HOPE)  
([www.ecancer.org.tw](http://www.ecancer.org.tw))
- ◆ 中華民國乳癌病友協會 ([www.tbca-npo.org.tw](http://www.tbca-npo.org.tw))
- ◆ 中國抗癌協會 ([www.caca.org.cn/](http://www.caca.org.cn/))
- ◆ 丹陽愛乳坊中國乳癌患者公益網  
([www.breastcare.com.cn/](http://www.breastcare.com.cn/))
- ◆ 香港癌症基金會 ([www.cancer-fund.org](http://www.cancer-fund.org))
- ◆ 美華慈心關懷聯盟 ([www.caccc-usa.org](http://www.caccc-usa.org))

### 英文網址

- ◆ American Cancer Society ([www.cancer.org](http://www.cancer.org))  
1-800-227-234, 713-266-2877
- ◆ American Society of Clinical Oncology ([www.asco.org](http://www.asco.org))
- ◆ A free online resources for cancer survivors living in Texas ([www.texascancersurvivor.info](http://www.texascancersurvivor.info))
- ◆ CanCare-Cancer Support Network ([www.cancare.org](http://www.cancare.org))
- ◆ Healthtalk for cancer (<http://www2.healthtalk.com/go/cancer>)
- ◆ Lance Armstrong Foundation ([www.livestrong.org](http://www.livestrong.org))
- ◆ Living Beyond Breast Cancer ([www.lbbc.org/](http://www.lbbc.org/))
- ◆ Leukemia & Lymphoma Society ([www.LLS.org](http://www.LLS.org))
- ◆ M D Anderson Cancer Center ([www.mdanderson.org/](http://www.mdanderson.org/))
- ◆ National Cancer Institute ([www.cancer.gov/](http://www.cancer.gov/))
- ◆ "National Foundation for Cancer Research"  
[info@nfc.org](mailto:info@nfc.org)
- ◆ Susan G. Komen for the Cure (<http://cms.komen.org/komen/index.htm>)
- ◆ Breast Cancer Network of Strength ([www.y-me.org/](http://www.y-me.org/))
- ◆ Yong Survival Coalition ([www.youngsurvival.org/](http://www.youngsurvival.org/))

### 營養 Nutrition

- ◆ American Institute for Cancer Research ([www.aicr.org](http://www.aicr.org))
- ◆ Online Nutrition Guide: <http://nutritionguides.biz/>
- ◆ [web.cancernutritioninfor.com](http://web.cancernutritioninfor.com)
- ◆ [www.cancerproject.org](http://www.cancerproject.org)
- ◆ Oncology Nutrition Dietetic Practice Group (<http://www.oncologynutrition.org/>)