

Chinese CARE Program

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The CARE Program is sponsored by:

Avon Foundation
The Leukemia & Lymphoma Society
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Rainbow Grocery Cooperative
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UCSF, Center for Vulnerable Populations
UCSF, Division of Hematology-Oncology
Sawyer Law Group

CARE

Cancer Awareness, Resources, and Education

Spring 2016 Program
癌症關注、資源及教育講座

2016年春季



San Francisco General Hospital
Community Wellness Center
三藩市總醫院大樓二樓 2D35 室
社區康健中心

癌症關注、資源及教育講座是什麼？

CARE — Cancer Awareness, Resources, and Education.

癌症關注、資源及教育講座是由三藩市總醫院及華埠公共衛生局一起舉辦。這講座是為在三藩市總醫院接受治療的癌症人士而設立。透過癌症關注及教育講座，我們希望能為癌症人士提供教育及支持。

在這為期六個星期的講座中，將有專業醫療人士講解癌症的資訊，並提供一些減壓與實用的自我照顧技巧，以鼓勵參加者彼此互動、親身體驗、及互相支持。

癌症的診斷在很多方面影響您的人生。透過癌症關注、資源及教育講座，藉此幫助您學習一些方法去增強您的身心健康。我們希望再沒有癌症人士要獨自去面對癌症。我們會向您介紹很多對癌症有經驗的人士，包括專業醫療人員和其他癌症人士。藉著講解，討論與活動，參加者將會對癌症及其治療有更多的認識，同時學習一些自我照顧的技巧，以達到彼此支持、互助的目的。

What is the CARE Program?

CARE—Cancer Awareness, Resources, and Education.

The CARE Program is designed for people with cancer who receive their care and treatment at San Francisco General Hospital. Through the CARE Program, people diagnosed with cancer receive education and support.

During each week of this 6-week series, group members participate in workshops, share information and support. A different health professional visits each week to share information and skills that can help you take care of yourself. Each session is intended to be interactive, experiential, and practical.

A cancer diagnosis changes your life in powerful ways. Through the CARE Program, we want to make sure that no one goes through that experience alone. We want to help you learn about ways to improve your health and well-being. We want to introduce you to people who are knowledgeable about cancer — health care professionals and other people with cancer. Each week, group facilitators and guest speakers will guide you in discussion and activities. Participants and guest speakers will share ideas and strategies that can have a positive effect on you and your health.

NOTES



癌症復康及護理 3/21/2016、星期一

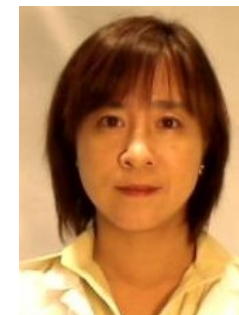
在美國，癌症康復者由 1971 年的二百萬人上升至 2012 年的一千四百萬人。癌症患者康復護理範圍應由患者首次診斷癌症開始，並包括長期覆診、跟進、康復護理及健康促進等。在這一課，我們將會介紹一些由三藩市總醫院提供的癌症康復護理服務。

講員：Piera Wong 癌症專科護士

Piera Wong 是三藩市總醫院的癌症專科護士。她在希活州立大學主修護士學位並在三藩市加州大學取得碩士學位和癌症專科護士學位。

Ms. Wong 對癌症人士頸部和頭部黏膜炎所引致的疼痛有深入的研究。

Ms. Wong 獲無數榮譽和獎項，當中包括 Meredith Murphy 獎學金。





Date: Monday, April 25, 2016

Time: 1:00 pm - 3:00 pm

Place: Chinatown Public Health Center

1490 Mason Street

San Francisco, CA 94133

Services Include:

Makeup application steps

Skin care tips

Using wigs and headwear

Free Cosmetics Products

**To sign up, please call Health Education
Dept. at CPHC, (415) 364-7905**

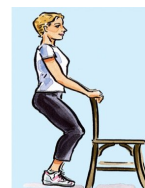


Chinatown
Public Health
Center
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Personal Care Products Council
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坐椅伸展運動

4/4/2016、星期一

運動有助改善癌症患者的身體功能，幫助他們減低疲累、憂鬱、噁心的感覺，改善患者的心理健康，並加強他們日常工作的能力。運動不但能給予患者生活上的正能量、增強肌肉力量和關節的靈活性，更有助患者增強自信、放鬆心情和改善生活質素。這課程是有趣、安全和有效的，當中的運動適合不同運動程度的人士。導師會以啞鈴、健身球和有動感節奏的音樂來教授，令參加者能享受這段增強體魄的時間。

講員：Cynthia Simon 健身教練

Cynthia Simon 女士自1997年開始教授瑜伽及健身運動。她在灣區多個社區為長者、兒童及殘障人士等作教授的工作。她致力於教導一些有幫助調整姿勢、增強體力、輕柔、有趣味性及強健心臟血管的健身及瑜伽運動，以達到發揮這些運動的治療性果效。





中醫及中藥

4/11/2016、星期一

在中醫學裡，草藥、食療及針灸已被廣泛地應用於治療各種疾病。在這一課，我們將了解中藥對癌症防治的發展，學習怎樣預備一些具有抗癌以及防癌作用的中藥藥膳。李醫師還會為有興趣的參加者進行針灸治療。

講員：李凡瑾針灸醫師

李凡瑾醫師擅長於應用針灸及中藥治療中風後遺症、痛症、婦科病、失眠、消化系統疾病等。李醫師在 2003 年獲得加州針灸執照，並在米谷區開診所。李醫師曾在加州太平洋醫療中心擔任針灸及太極拳導師。李醫師畢業於中國廣州中醫大學，並在美國 South Baylo 大學完成中醫博士學位。



Sound Healing & Movement

Monday, April 18, 2016

It is very natural to experience stress when you or someone you love has been diagnosed with cancer. Strategies such as meditation and sound therapies can help us live in the moment and bring soothing kindness to our lives. With sounds and the use of our voices, we can release emotional blockages and tension. Scientific evidence has documented the positive impact of music on the body's immune and neurological systems. In this session, we will use voice, sound, and music to help us heal our bodies, minds and spirits.

Speaker: Silvina Vergara

Silvina Vergara is passionately dedicated to the healing arts. She currently has a private practice in San Francisco as a Sound Therapist and Holistic Counselor. She specializes in Sounds Therapy Healing Facilitation and Consciousness Guide education. In addition, she conducts Sound Healing Circles and seminars on Self Awareness. Extensively trained in both performing arts and metaphysics, Silvina brings over 20 years of experience in the areas of singing, creative movement, and energy work to her practice.





Chinese Medicine & Chinese Herbs Monday, April 11, 2016

In Traditional Chinese Medicine, herbal medicine, dietary therapy and acupuncture have been used extensively in treating a variety of illnesses. In this session, we will learn ways of combining foods and herbs to help strengthen our bodies and relieve symptoms related to cancer treatment. Ms. Li will also provide acupuncture treatments for those who are interested.

Speaker: Fan-Jin Li, L.Ac.

Fan-Jin Li specializes in Acupuncture and Herbs Therapy. She has treated patients recovering from strokes, chronic pain, women's health issues, cancer, insomnia, and digestive disorders. Ms. Li received her acupuncture license in 2003, and founded the Chinese Healing Art Acupuncture Center in Mill Valley.



She served as an instructor in acupuncture and Tai-Chi at the California Pacific Medical Center. Fan-Jin graduated from Guang Zhou University of Traditional Chinese Medicine (China) and completed her studies for her Doctorate Degree in Oriental Medicine at South Baylo University.



聲音治療及運動 4/18/2016、星期一

當您或您所愛的人被診斷出有癌症後，感到壓力是非常自然的。一些方法如靜坐默觀及聲音療法能幫助我們活在當下及在我們生命中帶出慰藉的美意。憑着音調及我們自己的聲音，我們能釋放情感的障礙及緊張。科學證據已顯示出音樂對身體免疫系統有正面的影響。在這一課裏，我們將會運用聲音，音調，和音樂來幫助治療我們的身體，思想及精神。

講員: 尹嘉華聲音治療師

尹嘉華熱誠專注於治療藝術。她現於三藩市私人執業為聲音治療師及身心健康諮詢師。她專門從事促進聲音療法的治療及意識指導教育。另外，她帶領聲音療法組及有關自我意識的專題討論



會。她在表演藝術及玄學上受到充足的訓練。她的歌唱，創作運動，及能量行動上有充滿二十多年以上的經驗。



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HELPING WOMEN WITH CANCER

為康復中的患癌婦女而設的服務

日期：2016年4月25日（星期一）

時間：下午 1:00 pm 至 下午 3:00 pm

地點：華埠公共衛生局

三藩市美臣街 1490號（夾百老匯街）

郵區號碼 94133

服務範圍：化妝護膚示範

保養皮膚秘訣

免費化妝品 / 化妝

有興趣參加者，請致電 華埠公共衛生局

(415) 364-7905，留下姓名及電話號碼

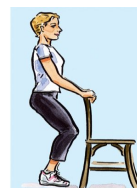


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Chair, Stretch and Boogie

Monday, April 4, 2016

Exercise can improve physical functioning in cancer patients, while helping to reduce feelings of fatigue, depression, nausea, improve mental well-being, and enhance ability to perform daily tasks. Not only does exercise produce positive changes in energy levels, muscular strength, and joint flexibility, exercise can also produce positive changes in an individual's sense of confidence, mood, and quality of life. This class is a fun, safe, effective, low impact workout good for all fitness levels. The instructor uses weights, exercise balls, and energizing music to ensure that everyone has a great time while they build strength and become healthier.

Speaker:

Cynthia Simon, Fitness Instructor

Cynthia Simon has been teaching Yoga and Fitness since 1997. She teaches many communities throughout the bay area such as seniors, children, and persons with disabilities, etc. She is committed to the healing power of fitness and yoga with a focus on fun, proper alignment, strength, gentle cardiovascular movement and flexibility.





Gardening Health & Well-Being

Monday, March 28, 2016

Gardening is a wonderful tool to health and well-being. Not only is it a great form of exercise, but it's an excellent skill to have in order to grow your own food. Container vegetables and herbs are a great starting point to picking up the skill and taking your diet into your own hands, literally. In this hands-on workshop, we will explore accessible gardens on campus where vegetables, herbs and fruit trees are grown, as well as, get our hands in the soil to plant a seedling you can take home with you.

Speaker: Betsy Davis, Certified Arborist

Betsy Davis is currently one of the two Gardeners on staff at SFGH. She is the main caretaker of the Healing and Comfort Garden on campus as well as aides in the harvesting and processing for the Garden Giveaways Program through the Wellness Center. She has a decade of experience in the field with her Certificate of Horticulture from the Brooklyn Botanic Garden in NYC. She is also a Certified Arborist through the international Society of Arboriculture. Her love of nature fuels her passion in her work and she enjoys sharing it with others.



免費或低收費的輔助醫療與另類療法計劃
注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
Quan Yin Healing Arts Center	965 Mission Street, Suite 405 www.quanyinhealingarts.org	861-4964	西班牙語, 法語	針灸 按摩 氣功班	針灸(無需預約): 星期二 12:30pm-3pm; 三2:45pm-3:15pm 按摩:預約 氣功班:星期二 6pm	針灸: \$10 (建議捐贈) 按摩: \$40-\$90
American College of Traditional Chinese Medicine (ACTCM)	450 Connecticut St www.actcm.edu	282-9603	西班牙語, 中文(預約)	針灸 按摩	夏季提供有限服務時間: 星期一至五8:30am-9pm; 六9am-5:30pm	有MediCal \$20或 按收入收費
Glide Memorial	330 Ellis St www.glide.org	(415) 674-6000	電子翻譯服務	針灸 初級護理	星期一到星期五 8:30 am-5pm 初級護理 (無需預約) 星期一, 三: 8:30 am—12:00pm ; 二 8:30am ; 四12:30pm	針灸免費 MediCal Medicare Healthy SF
Haight Ashbury Free Clinic	558 Clayton St www.healthright360.org	(415) 762-3700	西班牙語	初級護理 管理 針灸	需預約 星期一至五8:45am-4:30pm	免費

免費或低收費的輔助醫療與另類療法計劃
 注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
Southeast Health Center	2401 Keith Street	(415) 671-7000	西班牙語	針灸	無需預約，星期一，二，四 12pm	免費 MediCal
Yerba Buena Community Acupuncture	1819 McAllister St www.yerbabuenaacu puncture.com	(415) 409-1506	西班牙語 菲律賓語	針灸 按摩	需電話或網上預約 星期一，三，五 9am-7:30pm; 二，四 10am-7pm; 六，日 10am-5pm	療程： \$15-40 按摩： \$1-2/分鐘
Community Acupuncture Works	2889 24th St www.caworks.org	(415) 861-0104	少許 西班牙語	針灸	星期一 3pm - 8pm; 二，四 2pm - 7pm; 三 10am—2pm; 五 1pm-6pm; 六 11am-3pm	按收入 \$20-40, 初次另收 \$10
Circle Community Acupuncture	1351 Harrison St www.circleca.com	(415) 864-1070	西班牙語	針灸 按摩 草藥	需網上預約 星期一，二，四 10am-7pm; 三，五 9am-7pm; 六，日 11am-4pm	按收入 \$15-35 初次另收\$10

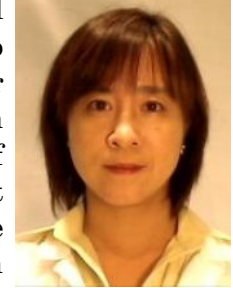


Cancer Survivorship Monday, March 21, 2016

The estimated number of cancer survivors in the US increased from 2 million in 1971 to 14 million in 2012. Cancer survivorship begins when patient is first diagnosed and includes long-term follow-up/surveillance, management of late-effects of treatment, rehabilitation, health promotion, etc. In this session, we will discuss some of the services SFGH provides to the cancer survivors.

Speaker: Piera Wong, RN, MS, AOCNS

Piera Wong is the Oncology Clinical Nurse Specialist at San Francisco General Hospital. She received her Bachelor of Science in Nursing from Cal State Hayward, her Master's of Science and Clinical Nurse Specialist degrees in Oncology Nursing from the University of California, San Francisco. Ms. Wong has conducted extensive research on cancer patients with mucositis pain in the head and neck, palliative care, and oral anticancer agents. She is the recipient of numerous honors and awards including the Meredith Murphy Scholarship.





What is New in Cancer Care Monday, March 14, 2016

Cancer occurs for unknown reasons, when cells divide without order or control. There are treatments available for people at all stages of cancer. Often, more than one type of treatment is needed. New developments in cancer treatment include: ways of doing surgery that are less invasive and less destructive; radiation that is much more precise and much less damaging; and strategies to ease the effects of chemotherapy. In this session, we will learn how cancer spreads and discuss the risks and benefits of new cancer treatments.

Speaker: Meiwen Wu, MD

Dr. Meiwen Wu graduated from Guangzhou Medical College in China. After she immigrated to the United States, she obtained her M.S. degree in clinical science, worked on clinical laboratory data analysis, taught at San Francisco State University, worked as a radiation therapist at the University of California, San Francisco, then passed all the US Medical Licensure Exams, and completed residency trainings in internal medicine and radiation oncology. She obtained her California Medical License and became a board certified radiation oncologist. Dr. Wu currently is an attending radiation oncologist at Seton Medical Center in Daly City. Besides clinical practice, she has been actively participating in cancer patient education. She enjoys writing, playing piano, and crafting in her spare time.



免費或低收費的輔助醫療與另類療法計劃 注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
The Immune Enhancement Project in San Francisco	3450 16 th St www.iepclinic.com	(415) 252-8711	沒有	針灸 靈氣治療	針灸(無需預約): 星期四1pm-3pm 靈氣治療: 每月第一及第三個星期二 7pm	免費 不拒絕任何捐贈
Women's Community Clinic	1833 Fillmore St www.womenscommunityclinic.org	(415) 379-7800	西班牙語	針灸 (只限女性)	請於辦公時間內致電預約 辦公時間: 星期一, 三, 四 1pm-9pm; 二 9am-9pm; 五 9am-5pm; 六 9am-1pm 預約時間: 星期一, 四 1pm-9pm; 二 9am-9pm; 三, 五 9am-5pm; 六 9am-1pm	免費
Trans Thrive Asian Pacific Islander Wellness Center	730 Polk St, 4th Floor www.trans thrive.org	(415) 409-4101; (415) 292-3400	菲律賓語	針灸 (跨性別)	無需預約, 星期二, 四, 五, 六 2pm-5pm 請提前到達並登記, 額外服務請瀏覽網站日期	免費

免費或低收費的輔助醫療與另類療法計劃
 注意：在尋求任何這些計劃的服務前請先致電獲取最新資訊。

名字	地址	電話	語言 / 翻譯	服務	時間	收費
St James Infirmary	1372 Mission St www.stjamesinfirmary.org	(415) 554-8494; (415) 554-9634	西班牙語 電話翻譯服務	針灸 (性工作者), 按摩	針灸 (先到先得) 星期三 6pm-8pm; 5:55pm 開始登記 按摩 (先到先得) 每隔一個星期三 5:45pm. 請致電查詢每個星期的服務 資訊	免費
Rafiki Wellness Center	601 Cesar Chavez St www.bcoa.org	(415) 615-9945	沒有	針灸 按摩 健康檢查	每個月第一個星期六 9:30am-12pm	免費
Charlotte Maxwell Complementary Clinic (Low-income women with cancer only)	2601 Mission St, Suite #201 www.charlottemaxwell.org	(510) 601-7660	西班牙語 中文	針灸 草藥 按摩 順勢療法 引導式鬆弛療法	只限預約: 星期五 9:30am - 1pm; 六,日 9:30am - 5pm	免費

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Date: March 14, 2016 - April 18, 2016
Time: Mondays, 1:30 pm - 3:30 pm
Place: SFGH Community Wellness Center
1001 Potrero Ave, 2nd Floor 2D35