

回應卡 (Response)

姓名 Name: _____

電話 Phone: _____

電郵 E-mail: _____

自成立以來，在義工們的付出及社會善心人士的支持與捐助下，光鹽社幫助許多華人癌友及他們的家屬們度過艱辛的抗癌歷程。如果你有任何相關問題，請與我們聯絡。如果你願意加入我們的行列，請勾選下列項目並將此回應卡寄回，我們會盡快與您聯絡，謝謝！

With the unselfish and dedicated efforts from volunteers and donations from the community, Light and Salt Association has assisted and supported many cancer patients and their families. If you have any question, please contact us. If you are willing to join us, please check the following items and return this card, we will contact you as soon as possible, thank you!

我願意捐獻\$_____ 支持癌症關。支票抬頭請寫“Light and Salt Association”，捐款可抵稅。

(Please write your check to “Light and Salt Association”. 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.)

服務項目 (Services)

癌友關懷網 Cancer Support Network

- ⇒ 專題講座(每月第一個禮拜六下午 2-4 時)
General educational seminar (1st Saturday of each month, 2-4 pm)
- ⇒ 癌友支持小組聚會和微信群
Cancer support group meetings and online support group through WeChat
- ⇒ 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
Helpline, follow-up phone care, home and hospital visits, patient support services such as transportation and language assistance
- ⇒ 免費醫療資源和社會福利諮詢和轉介
Patient navigation, government benefit applications, and services referrals
- ⇒ 免費中英文癌症資訊、及書籍
Free cancer-related educational materials
- ⇒ 倡導癌症篩檢和早期發現
Promote cancer screening and early detection
- ⇒ 乳房攝影
Mammogram screenings
- ⇒ 義工和照顧者培訓營
Caregiver and volunteer training



光鹽社
**Light and Salt
Association**

癌友關懷網
**Cancer Support
Network**

**9800 Town Park Dr. Suite #255
Houston, TX 77036.**

電話 Phone: (713)988-4724
網站 Website: www.light-salt.org
電郵 E-mail: lsahouston@gmail.com

緣起 (Introduction)

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，不分宗派，不分族群，關懷並服務貧困和弱勢群體。光鹽社的成立是緣自聖經教導：「你們是世上的鹽..你們是世上的光..」(馬太 5:13-16)。自 1997 年成立以來，光鹽社推動的活動有：健康日、音樂會、癌友聚餐、健康講座、癌友互助小組、和冬衣捐助。此外，光鹽社也動員華人社區和教會為自然災害的受害者籌集救災資金。這些自然災害如 2005 發生在美國路易斯那州的颶風卡特里娜，2008 年發生在中國四川的汶川大地震，2009 年海地大地震，2009 年台灣莫拉克台风，2010 年日本大地震，以及 2017 年發生在德州的颶風哈維等。

2001 年，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華人特色的互助小組，進而提升癌友生活品質。休士頓地區第一個華人乳癌互助小組在 2007 年成立，藉以服務華人乳癌病友、家屬和想認識乳癌的華裔婦女。為了提高華人社區對癌症的認知與預防，癌友關懷網並提供社區癌症教育，倡導早期篩檢的重要性。



Founded in 1997, Light and Salt Association (LSA) is a 501(c) (3) non-profit charitable organization. We are comprised of a non-denominational alliance that seeks to serve God by serving and caring for the needy and vulnerable individuals in our communities. It is our vision to have a spiritually empowered community with everyone living to their fullest God-given potential. Currently, LSA provides the following on-going programs: Cancer Support Network, Special Needs Caring Center, Disaster Relief Center, Cantonese radio program, and TV program.

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 patient do not reveal their diagnoses to others because of the cultural stigma associated with illness. The LSCSN provides culturally appropriate support to ease Chinese cancer patients and their families into discussing their thoughts and problems. In 2007, LSA established the first breast cancer support 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.

癌症教育與篩檢

Cancer Education and Early Detection

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和早期篩檢，進而提高華人對癌症的認知、警覺與預防。

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

癌友服務 Patient Services

藉由互助小組聚會、電話關懷、義工探訪、病患輔導與資源轉介、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、並提升生活品質。

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

免費中英文抗癌資訊

Free Education Materials

免費提供各種中英文抗癌資訊給癌友、家屬及社會大眾。

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

資訊媒體中心

Information and Media Center

⇒ TV 15.3 電視節目 - 光鹽健康園地
每月第一個禮拜二，晚上 7:30 – 8:30 播出
節目重溫 YouTube: Isahouston

⇒ 光鹽社網站
www.light-salt.org

⇒ 光鹽社臉書網頁
<https://www.facebook.com/LightSaltAssociation>

⇒ 粵語飛揚 - 粵語生活福音廣播節目
週一至週五，下午 3:00 – 3:30
<http://www.canflyradio.org>