We are all medical angels. We care for the health of human beings. We cure sickness and pain. We heal soul and mind. We bring smile. We bring sunshine! NATMA for the world. NATMA for Taiwan!

http://www.natma.org
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<table>
<thead>
<tr>
<th>最新鮮蔬果&amp;最齊全商品</th>
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<td>Fresh Catch Seafood &amp; Premium Meat</td>
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<td>精緻烘培糕點</td>
<td>Delicious Bakery With Savory Pastries &amp; Sweet Cakes</td>
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<td>亞洲美食廚房</td>
<td>Authentic Asian Style Gourmet Kitchen</td>
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</table>

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北美洲台灣人醫師協會南加州分會全體會員：大家好！

本年 5 月 20 日英文就任中華民國第 14 任總統，衷心感謝大家的祝賀，讓我深受鼓舞並決心承擔重任。

從此刻起，臺灣的擔子由新政府一肩扛起，我們會展現誠意，立即行動，讓大家看到改變與進步；更重要的是眼前所遭遇的內外挑戰，迫切需要全體國人一起面對及參與，透過對話及溝通加速創新及改革的步伐，以法治及同理心消弭社會的不安及對立，攜手完成新時代交付給我們的使命。

臺灣，再一次用行動告訴世界，我們有堅定的信念，去捍衛民主自由並打造幸福的生活，歷史會記得住我們努力的痕跡，在此誠懇邀請大家一同參與臺灣未來的改變，亦請不吝繼續給予指教，再次感謝大家的支持及鼓勵！

敬祝

閩府安康
事事如意

蔡英文 敬啟
105 年 6 月 3 日
北美洲台灣人醫師協會南加州分會全體會員均鑒：

5月20日建仁就任中華民國第14任副總統，衷心感謝您的祝賀。您深切的支持與期許，對我而言意義格外深遠。

建仁今後自當全力襄助總統締理國務及推動改革，務使國家的經濟更具成長動能，社會更趨公義祥和，人民生活更為安定幸福；並秉持愛好和平、自由、民主及人權的精神，積極參與區域暨國際事務，為國際社會做出貢獻，讓台灣成為廣受國際珍視的資產。

誠盼未來續予勉勵並提出建言，讓我們團結同心，攜手守護國家勇敢改變，邁向卓越。耑此復謝敬祝

闔府康泰
平安如意

陳建仁敬啟
105年6月3日
Dear NATMA Members:

NATMA is well and active! We are engaging our communities both in Taiwan and in the United States.

In March, NATMA played a key role in Dr. Ko’s visit to Los Angeles. Dr. Ko shared his vision and future plan for Taipei. In June, when President Tsai stopped over Los Angeles after her visit to Panama, our NATMA members were present among many prominent U.S. politicians. In July, NATMA sponsored a talk by Dr. 陳永興 titled “從 WHO 看台灣未來”. Dr. Chen explore ways to expand our influence beyond healthcare to benefit Taiwan and mankind.

As usual, we participated in many community free clinics and education. We successfully participated in Taiwanese American Heritage Week celebration. We conducted community seminars to educate the public on how to access health care. In August, NATMA hosted a forum to introduce medical, dental and therapy career to aspiring students.

This year, we are planning a medical mission to Myanmar, led by Dr. Jimmy Shern. Our medical mission to Paraguay earlier this year was cancelled due to Zika virus outbreak.

In spring this year, NATMA SCC organized a spring outing to San Diego. NATMA Southern California Chapter is working closely with NATMA President Dr. Chu-Chi Chen to engage more chapters in different States. Next year, NATMA plans a Caribbean cruise vacation in April, 2017.

We want to continue our mission to serve our community, engage our members and conduct our humanitarian medical missions. The only way to accomplish these ambitious goals is with your participation and help. Together, let’s work hard to make NATMA even stronger!

Dennis Wong MD
President
NATMA SCC
NATMA Foundation
Tainan Earthquake February 6, 2016
Donation Name List

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<tr>
<th>Amount</th>
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<td>Simon J. Lin 林榮松.</td>
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<td>Kenny G. Chernen 程冠穎.</td>
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<td>Amy H. Chen 郭惠美, Chu-Chi Chen 陳珠琦, Hsien Jer Hsu 徐先哲, Chao-Liang Liang 梁煥亮, Ann Y. Lin, Li Hwa Shih.</td>
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<td>$25.00</td>
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<td>$20.00</td>
<td>Chun-Yao Liao 廖春堯.</td>
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Total: $24,380.00
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| Expenses over Revenue    | (9,583)  |

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<td>Fund Balance @ 12/31/15</td>
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CORISSA CHANG
COLLEGE: UC BERKELEY (BA IN INTEGRATIVE BIOLOGY AND HEALTH SCIENCE, 2010-2013)
SCHOOL OF DENTISTRY: UC SAN FRANCISCO, 2015-2019

REBECCA CHEN
COLLEGE: CASE WESTERN RESERVE UNIVERSITY (BA IN BIOLOGY, 2008-2012)
SCHOOL OF MEDICINE: CASE WESTERN RESERVE UNIVERSITY, 2012-2017

DANIEL WANG
COLLEGE: CORNELL UNIVERSITY (BS IN OPERATIONS RESEARCH ENGINEERING, 2007-2011)
SCHOOL OF MEDICINE: SUNY UPSTATE MEDICAL UNIVERSITY, 2013-2017

NATMA Foundation Southern California Chapter
2015 Donation Name List

$3,360.00  Daniel C. Hsu 許正雄
$3,000.00  Jimmy Shern 沈裕明
$2,000.00  Hsien-Jer Hsu 徐先哲, Chao-Shuo Huang 黃昭碩, King & Joy Foundation, Simon J. Lin 林筍松
$1,000.00  Henry Chen 陳行五, Kenny Cherng 程冠穎, Alex C. Chiu 邱俊杰, Herbert Lee 李鶴彰, Shu-Yan Liao 廖淑媛, Victor F. Lin 林福田, Christopher Lui 呂英傑, T.A. Archives, Sean Yu
$500.00    Dennis H. T. Chen 陳惠亭, Juliet Chen 鄭素真, Meichuan Chen, Chin Cha Cheng 鄭錦家, Charles C. Hsu 許宗邦, C. Chuan Huang 林瀚涓, Che-Yang Huang 黃哲陽, Hong-Der Lin 林鴻德, Paul Sheen 沈柏文, James Tsai 蔡育智, Peter Wang 王光明, Dennis Wong 翁英屍, Shu-Ping Wu 吳泗濱
$200.00    Sze-Ya Yeh 葉思雅
$15.00     EVA Crabbs

Total: $30,075
NATMA-SCC 2016 Annual Convention
September 10, 2016
Pacific Palms Resort
1 Industry Hills Pkwy, City of Industry, California

MC: Margaret Hsiau, M.D. (蕭景玟醫師) Felice O'Donnell, M.D. (田知學醫師)
5:30pm – 6:30pm Banquet Check-In
6:30pm - 6:35pm NATMA Anthem
6:35pm - 6:40pm Introduction of Sponsors & Special Guests
6:40pm – 6:45pm Welcome Remarks by the President, Dennis Wong, M.D. 會長翁英展醫師
6:45pm - 7:20pm Award Presentation to Lifetime Members, Dennis Wong, M.D. 會長翁英展醫師
NATMA Scholarship Awards, NATMA 基金會 SC Chapter 董事長許正雄醫師
7:20pm – 7:30pm Guest Remarks

7:30pm - 8:00 pm Keynote Speech Peter Chen, FAPA 總會會長 陳正義律師
"Taiwan in the International Community:
Dangers and Opportunities Ahead"
8:00pm - 8:20pm Keynote Speech Simon Lin, 大洛杉磯台灣會館董事長 林榮松醫師
"台灣3度政黨輪替的奇蹟"

Entertainment
8:20pm – 9:20pm 歌仔戲 Taiwanese Opera
踢踏舞 Tap Dance
太鼓 Taiko
Christine Cheng
Mandy Lee
Willie Wu & Michael Cheng

2016 台美小姐才藝表演
跆拳道 "Taekwondo Poonsae"
長笛 Chinese Flute "I see the light"
"Birds in the woods"
舞蹈 Traditional Dance "雪中梅"
歌唱 Singing "一想到你啊"

Anna Chiang (2016 台美小姐)
Annika Liu (2016 台美小姐)
Charlene Chang (2016 台美小姐)
Irina Chou (2016 台美小姐)
台美小姐才藝表演

1. Anna Chiang 姜安安 –
   2016 Miss Taiwanese American 2nd Princess (taekwondo performance)
   Title of Performance: "Taekwondo Poonsae"

2. Charlene Chang 張尹 –
   2016 Miss Taiwanese American 4th Princess (traditional dance performance)
   Title of Performance: "雲中梅"

3. Irina Chou 周靜梅–
   2016 Miss Taiwanese American 6th Princess (singing performance)
   Title of Performance: "一想到你啊"

4. Annika Liu 劉芯 –
   2016 Miss Taiwanese American Ambassador (chinese flute performance)
   Title of Performance:
   1. "I see the light"
   2. "Birds in the woods"

5. Mandy Lee 李彥儒 –
   Attends South Hills High School
   Title of performance Tap dance "Get Through This"

6. 太鼓：Willie Wu & Michel Cheng
Inspired by "LA Taiwan buzz", a Taiwan-centric book club forum based in Taiwan center, under the auspices of the Northern American Taiwanese Medical Association, the first Taiwanese Medical health forum was kickstarted on 6/12/2016. The intention was simple; to draw young generation Taiwanese health professionals in Los Angeles together in a more intellectual and humanistic platform using connections from various young generation Taiwanese groups.

Choosing the right topic of discussion was no easy task, my choice of discussing "understanding mortality, discovering yourself", however, was made in a rather timely fashion, particularly in the wake of the recent passing of "end of life option act" in California and the "patient self designated medical decision act" in Taiwan.

The forum started off with the alarming words from the surgeon general, who raised concerns about rising physician burnout and suicide rate. As health care professionals, we have obviously not set the best examples for how one should live, and as quoted by "Tuesday with Morrie", one needs to learn how to die in order to learn how to live. Sheryl Sandberg, the CEO of Facebook also recently gave a powerful speech at the Berkeley's graduation ceremony about how one should learn from death as a critical life lesson.

Talking death can be painfully tabooed in Taiwanese cultures, end of life care is often not optimally conducted because of cultural values and lack of providers' understanding of palliative care and most important of all, their own mortality. The articles written by the Stanford neurosurgeon, Paul Kalanithi who faced his own end of life served to question our projection as to how we would like to be treated as a patient. The journey to explore our fear and sense of inadequacy in dealing with end of life care, is systematically narrated and demonstrated by the Harvard surgeon, Dr. Atul Gawande. In his book and documentary that was podcasted to the audience in this occasion, Dr Gawande and his journalist friend, followed the course of end of life care in several patients and discussed how a healer has so much to learn other than "fixing" disease, particularly in the realm of terminal, incurable diseases. Palliative care has been under-appreciated as a field and should be actively sought after when facing patients whose goal of care is comfort and peace. Towards the end of the documentary, Dr Gawande disclosed his own journey of facing death by showing how his father, a surgeon himself lived through a terminal illness and thereby exploring the meaning of life from beginning to the end of a life chapter.

To offer a different perspective of mortality, a TED documentary by Stephen Cave, a journalist and writer was podcasted to the audience. He took on a more rationale perspective of how one should not be fearful of death because of the analogy of life as a book. He explained that it is futile to explore anything outside of the beginning and end of a book but making a good book is all life is about.

This forum wrapped up with open floor discussion. The pros and cons of end of life option act were discussed, with most people speaking in favor of the act, viewing it as a step forward in human right. The question of the presence of soul is also raised, with various personal opinions offered. Dr Simon Lin offered a cultural perspective where Taiwanese people value strongly the preservation of last breath, at the time of termination of life, should be reserved at home and in the presence of ancestors' card. This is to signify a complete journey of one's life.

This forum concluded with the message that one should cherish each day and live as if life is finite, be mindful of the fact that we should as good a usher for the process of death as a healer.
How to Apply to Medical, Dental and Therapy School

Ms. Alexandra Schang spoke enthusiastically about physical therapy profession and the path to becoming a physical therapist. Mr. Remy Chu spoke passionately about occupational therapy and different occupational therapy schools. Ms. Ella Huang, a speech therapist, talked about her experience as a speech therapist, different categories within speech therapy and speech therapy schools. Dr. Simon Lin, an anesthesiologist, and a parent of a doctor and a nurse practitioner, talked about his view on being a physician and his daughter’s career as a nurse practitioner.

The audience listened attentively and thought the panelists were very knowledgeable. The forum explores different aspects of the profession, provided useful information and help them think about different healthcare career options.

In the spirit of community service, NATMA organized a forum to provide information to students interested in pursuing a career in healthcare at Taiwan Center on August 21, 2016. There are six panelists, representing medicine, dentistry, speech therapy, physical therapy and occupational therapy. Dr. Mandy Kao spoke about the life of a medical doctor, the joy and the stress of the profession. Mr. Daniel Wang, a medical student spoke about requirements to medical school.

Mr. Richard Chen, a dental student, provided guidance on how to apply to dental school and gave advice on how to enhance the chance of getting into a dental school.
北美洲台灣人醫師協會南加分會年會
邀請台灣嘉義市市長涂醒哲做專題演講

北美洲台灣人醫師協會南加分會於九月十三日舉行年會，有四百多嘉賓出席盛會。國會議員趙美心出席祝賀，國會議員羅伊斯亦派助理Stephanie Hu 前來祝賀，由會長程冠穎醫師接受他們的表揚狀。駐洛杉磯經文處夏季昌處長也應邀致詞。程會長致歡迎詞感謝團隊。

今年的年會沒有辦醫學再教育(CME)課程，但有一場很熱絡的第二代年輕醫界專業人士的聯誼，有三、四十位來自南加各地的年輕醫生們聚在一起互相認識，並交換資料。

今年醫師會基金會頒發五名獎學金，由黃昭碩醫師介紹，並在晚會頒獎，賜為 Jason Chien (George Washington University), Alice Chuang (Residence of Internal Med. Santa Clara Valley Med Ctr), Kevin Kuang Lee (Dental School, UCLA), Jonathan C. Lin (Albert Einstein College of Med), Jyun-You Liou (Residency: Pediatrics, National Taiwan University)。

北美洲台灣人醫師協會近年來最為人稱道的是國際義診，已經持續十年。林榮松醫師以歷年義診的珍貴相片作報告，並表示去年開始有外科義診為重大突破，接在許正雄醫師高歌下，由侯淑紅醫師領隊台美小姐在台上舉醫師會所到國家的國旗列隊前進，慶祝慈善義診。

晚會主講人嘉義市長涂醒哲，也是今年傑出醫師社會貢獻獎得獎人，由林榮松醫師介紹，林榮松以珍貴歷史相片介紹涂醒哲十幾年始終如一的為台灣醫療及社會正義的努力，例如帶隊前往日內瓦訴求台灣加入在世界衛生組織，台灣刑法第一百條的修改，抗SARS，疾病控制對921後傳染病控制等，在台灣的重大公共衛生危機，他幾乎無役不與。

涂醒哲的演講題應主辦單位要求改變，請他從政的心路歷程。

涂醒哲回憶他的學生生涯，因理科成績優秀，曾立志作科學家，但沒有讀醫的父親要他承繼祖父當醫師，於是選擇唸醫。醫科畢業，因公共衛生對救人較多，於是入公衛，在台大公共衛生學系任教。後來到UCLA 進修，研究肝癌和 AIDS 的關係，回台灣在台大當醫師。適逢 1979 美麗島事件，
他開始以筆名寫文章批評時政。1991 年讀公衛留美的李應元返台被關，他去探監後，決心加入李鎮源教授 修正刑法 100 條的運動。1996 年幫阿扁助選，後出任台北市衛生局長(才 40 多歲)。阿扁當選總統，他出任衛生署副署長，SARS 時，他重組疫政防治的機構，成立疾病管制所(CDC)。後來接李明良的位子成為衛生署長。下任後，出任有給職的國策顧問，出任不分區立委(專代表醫師衛生專業)，2010 年選 嘉義市長敗北，2014 年代表民進黨再次競選嘉義市長，當選成為許世賢之後，第一位男性民選市長。

涂醒哲以十分低調的演講方式，娓娓道出他人生的起伏，以及由醫師意外從政的變化，講來曲折生動，可以說是當年書生報國的一個例子。

演講前，程冠穎會長及許正雄醫師頒「第二屆傑出醫師社會服務獎」給涂醒哲醫師，涂醒哲請夫人鄭玉娟醫師一起上台分享他的榮譽。

享譽南加州的台灣會館合唱團，也是 NATMA 會歌 2013 年年會首演的演唱團隊，為晚宴貴賓演唱「月琴」、「飛快車小姐」和「點心擔」等三首民謠。

接著，台灣會館台美小姐 Stephanie Ting 獨唱 Sara Bareilles 的「Gravity」，Tiffany Chu 表演二胡「Horse Race」，皇后 Eva Hsia 表演舞蹈「敦煌之夢」。獲滿堂掌聲。

最後 15 歲的少女歌唱家 Emily Muramoto 唱兩首歌劇名曲，台風氣質及音樂才華洋溢，為年會晚宴劃下美麗的句點。(摘自太平洋時報)
NATMA 歡宴侯平福大使夫婦
感謝他鼎力相助國際義診

侯平福大使(右 3) 和部分義診團幹部(林榮松醫師提供)

侯平福大使唸嘉義中學，是嘉中傑出校友，1970 年政治大學外交系畢業。在中南美洲為台灣外交工作奮鬥打拼，厥功至偉，為台灣外交界的福將。（摘自太平洋時報）
陳永興力倡台灣組醫療團拼 WHO

· 林蓮華

席歐巴尼為救台商「捨己為人」的故事，台灣人太缺少奉獻服務的大愛精神。

他並以自身在競選擔任一屆立委服務3千件陳情案，卻不敵婚喪喜慶紅包包立委，擔任高雄市衛生局長期間，掃蕩假藥，不但惹來殺身之禍官司纏訟，身上挨了30幾刀，明知兇手是詐騙警卻無法破案，兇手逍遙法外，所謂「檢警黑道一家人」，對抗不公不義，對抗政壇的怪現象，至今，他仍然堅持不退縮。

台灣與國際接軌，仍是未完成的志業，「從 WHO 看台灣未來」，以小見大，探討台灣的國際環境。他認為，參加 WHA，小英總統這次剛上任措手不及，竟然允許衛生署長林奏延，用中國台北名義，邀請中國每年允許，明年如果還是如此，沒有長進，醫界聯盟絕不寬貸。

陳永興認為，參加 WHA 用的竟然是要經過中國每年允許的二等觀察員，只能在大會上發表5分鐘談話也沒人在注意。還不如組織國際醫療團到第三世界或開發中國家進行人道醫療外交，不但省錢又能實質，以台灣世界第一的醫療優勢 協助邦交和非邦交國，他相信只要經過十年的努力，這些國家都會伸出援手，以台灣之名加入聯合國和 WHO

人權醫師陳永興在大洛杉磯台灣會館 7月7日開講，力倡蔡英文政府執政，需保持國家尊嚴加入 WHO 世界衛生組織，主張善用台灣醫療優勢，組建國際醫療團到友邦和第三世界國家，進行醫療外交，與「農業外交」分進合擊，攻破過去爭取國際對台灣的人道精神另眼相待，比在 WHA 以「中華台北」(Chinese Taipei) 屈辱受制中國成為二等觀察員，更符合 WHA 的精神。

陳永興在演講內容以自身投入政壇的經驗，分享「服務奉獻，堅持公義」，台灣人不只要改革還要「革命」，人民革命需要的是一個全新的價值觀。

他直言：「外來者不一定不好，本土也不一定好；有很多人比台灣人更愛台灣。」他舉例已去世的南都聖母醫院「Oki 醫生」(日語大醫師之意) 斯洛維尼亞的范應鶴醫師39年來就在住的醫院在急診室，開刀8萬例，一生奉獻給台灣人，沒有再回過故鄉。還有，SARS 期間，無疆界醫師組織義大利主
等國際組織。

陳永興解釋，台灣的醫療公共衛生體系及健保是世界第一或全世界排名前三甲；台
灣的醫界人才更是不得了，舉例，阿扁時
代，台灣在馬拉威的醫療團，只有 10 個
人，其中一名台大醫學院學生以替代役，就
能幫馬拉威建立醫院體制並教學，培養醫學
人才；一位藥劑師就能幫馬拉威創立藥典，
醫療團並通力合作，建立愛滋病通報追蹤體
系，成為非洲國家的愛滋病追蹤模範；

所以，他強烈建議，台灣政府應該投入
預算，將台灣的「農耕隊」和「 醫療團」
猶如雙劍合璧，前往各個落後或開發中國
家，進行人道外交，只要鼓勵各大醫院在
「重賞之下必有勇夫」，組織至少 10-50 個
的醫療團，在需要協助的國家幫助台灣 醫療
經驗落地生根，相信更符合 WHA 醫療無國
界的精神， 台灣也更能有尊嚴的接受國際申
請加入 WHO 的幫助，他估計只要每年 50 億
台幣，這是政府的小小預算，但卻能強固邦
宜，得到國際的尊重。

由 NATMA 北美洲臺灣人醫師協會 南加
分會主辦; 海外同鄉尊敬的陳永興醫師，自
從宜蘭聖母醫院退休後，全力投入 <民報>擔
任創辦人。今年獲頒北美洲台灣人教授協會
「第二屆廖述宗教授紀念獎」的殊榮，自台
來美，典禮在 7 月 9 日美西夏令營時舉行。

此間許多鄉親對陳永興醫師並不陌生，
他長期致力於台灣人民應享有世界衛生組
織的同等標準，組醫界聯盟，想盡各種辦法
以加入 WHO 的呼籲，不斷為台灣人民發
聲。在第三次政黨輪替之後，中國不斷透過
外交壓迫巴基斯坦政府，所以要進入 WHO，
他疾呼只要政府投入預算，整體配合民間醫
療團體，可以發揮「事半功倍」的功能。至
於，台灣要以什麼樣的名義進入 WHO，窒
礙難行之下，陳永興仍然建議就是以 「台
灣 」之名，長期抗戰，堂堂正正的扣關。

（摘自美洲台灣日報）
北美洲台灣人醫師協會及南加分會配合台美人傳統週一年一度服務社區的義診活動，5月29日在大洛杉磯台灣會館舉行。由前總會會長許正雄醫師及分會財務長陳君五關係的牙醫師團隊陳昭綺、郭德福、李修仁、吳浩賢、劉創華、黃健鈞、廖大綱及Ashley Wu，加上來自加州大學化系4位學生當義工，在星期六晚上就忙於架設儀器。星期天(29日)忙了一天。共有50多位社區人士前往接受檢查及超聲波洗牙的服務，並獲得牙刷牙膏一份，是近年來人數最多的一次。而在同一天，一向十分受歡迎的心肺復甦術CPR訓練也破紀錄，有30多人參加。也有同鄉在聖地牙哥看見太平洋時報廣告報名參加。在講師刑偉遠的詳細解說下，學員了解急救的要訣，並實習了CPR，通過考試後，取得乙張CPR證書。

當天南加分會會長翁英展、前總會長林榮松及南加分會長黃文谷、程冠穎也前往協助。程冠穎會長也負責報到工作。這項義診活動彰顯了台美人「愛我新故鄉」，回饋社區的優良傳統。(摘自太平洋時報)
台美人傳統週園遊會

田知學
Felice O'Donnell M.D.
Valis Tanapima

雖然在我成長的年代，還是有很強烈的種族歧視，也曾多次為此被霸凌，但是家中的長者仍舊不斷鼓勵我要自我肯定，以身為布農族人驕傲。克服了眾多障礙，我成為南投縣第一個布農族女醫師。（不知道是不是台灣第一個布農族女醫師，如果不是第一，也是第二吧！）

能夠在園遊會穿上我的傳統服飾，真是件讓人開心的事情。同時，也藉著這個機會分享我的童書『布農族．法莉絲』——會開始創作這童書，最大的動力是我熱愛布農文化的父親，在他過世之後，我開始著手創作，用童書的方式記錄我們的傳統文化，並藉此鼓勵原住民的孩子以自己的文化為榮。

而這次北美洲台灣人醫師協會加州分會的『主打商品』就是『水鳥笛』。年過半百的我在台灣生長過的台灣人一定玩過這玩意兒！這是個祖先智慧所創造的古早童玩，藉由空氣和水的震動而產生出跟鳥一樣的悅耳的聲音。現代的成品還被美化成美麗的鳥形狀，在古早時代，是用木頭雕刻或是用黏土燒製而成。

炎熱的會場上，穿著厚重的傳統服飾，雖然滿頭大汗，但還是非常開心！藉著水鳥笛的聲音，我們的攤位成功的吸引了非常多的注意，也讓我們有更多機會跟大家介紹『北美洲台灣人醫師協會加州分會』。

會場上的表演，對於從小在台灣出生、然後離鄉背井來到美國生活的我，特別有感受，也特別思念家鄉。

最後的金曲獎得主的演唱會，更是讓整個會場沸騰，我也看到台灣人不一樣的一面。同樣一個盛會，如果在台灣，不會有太多人跟著起舞；而在美國，收到了開放及自信文化的禮貌，我們的大叔阿婆們跟著音樂跳得好不盡興，我們也在一旁感到了大家的喜悅。
翁英展醫師：「善終而去」不是「安樂死」

由美華慈心關懷聯盟、北美洲台灣人醫師協會－南加分會 NATWA-SC 及聖瑪利諾華人協會聯合舉辦的美國生活須知系列的醫療講座「善終，安心無憾的決定」，十月廿五日(星期日)下午在聖瑪利諾華人協會舉行。這場免費的華語講座，由北美洲台灣人醫師協會南加分會副會長翁英展醫師主講。一般華人/台灣人在這個主題上都很少知道或盡量避開，可是當事情發生有需要時又不知要如何面對處理。翁醫師針對此主題作詳細的介紹及分析。

翁醫師表示，「安寧療法」是針對被醫院認為只有半年以內生命的病人，給予止痛、心靈慰藉等療法，讓他們能盡量安詳地度過餘生。心靈慰藉包括安撫、陪伴、禱告，給病人放舒緩音樂等，往往選擇在病人家裡或舒適的場所。「安寧療法」但並非「安樂死」，加州州長布朗（Jerry Brown）10月簽署通過「安樂死」（End of Life Option Act）法案，讓「安樂死」在加州合法化。很多華人對如何執行、申請，及「安樂死」與「安寧療法」的區別存在疑問，成為當天「善終決定與安撫」講座上的熱點話題。

出身台灣雲嘉醫師世家的翁英展醫師表示，「安樂死」雖然合法了，但實際要到2016年才開始，且要經過申請、評估過程，並不是立刻就會執行。他說，因為「安樂死」事關生死，不可草率，為不讓病人只因一時衝動而要求「安樂死」，避免又改變主意，醫院對此都會做慎重的評估，會先與病人及家屬相談後再作決定，過程可達數月。

（摘自太平洋時報）
醫師協會社區講座 認識健康保險

北美洲台灣人醫師協會南加分會於十四日舉辦社區講座由會長翁英隆主持並介紹美國醫療體系結構。

很多台灣來的移民對美國健康保險制度不了解，就醫時造成困擾。他介紹醫療體系裡提供服務的團隊除了醫師外還有護理人員、醫護助理、病案經理、社會工作者等。例行的個人健康維護很重要，家庭醫師會提供例行體驗，保健，預防針等，有必要再轉介專科。翁醫師特別提醒遵照指示重要，有些華人有習慣，不去看醫生，以為症候一樣而吃他人的藥，或藥給他人吃。這是危險的。當天特別請兩位護師來解釋其他相關服務團隊，如社會工作者 social worker，專案經理 case manager 等，由於保險系統複雜，求診時需要有人協助，如何有效確認自己的福利與資源，以免造成醫療給付的糾紛。

最近有消息傳出，健保費將大幅提升，使得很多人不敢就醫，翁英隆表示認識自己的福利以及社會資源很重要，但也不必亂服藥。

這場講座是北美洲台灣人醫師協會系列社區服務的活動之一。醫師協會的社區服務最著名的是第三世界台灣友邦的義診，已經有十年歷史，受惠人數上萬。南加分會更是不定期舉辦活動，包括台美人傳統周的義診與醫學講座，CPR 訓練課程，申請醫學院或相關科系的講座。這些活動都吸引很多鄉親出席。(摘自太平洋時報)
台北市長柯文哲訪問洛杉磯
「緬甸義診之旅－
當醫生的感覺又回來了！」

蓉蓉

耶蘇說：「你們要給人，就必有給你們的，並且用十足的升斗，連搖帶按，上尖下流地倒在你們懷裡；⋯」。

穿上醫生袍，踏著愉快的步伐，早晨進入診間，期待每一個充滿挑戰與探索的日子；翁醫師，來自台灣嘉義的醫生世家，言談間隱隱散發出南部人特有的樸實謙虛，中學時代移民來美，因對醫學的熱愛，雖處於新文化的衝擊與求學的競爭壓力中，仍在關閫的考驗下展現毅力與堅持，終取得內科行醫執照，結訓後到了位於南加州的公立醫院就職，正式開始人生新頁。

新環境的挑戰不僅在疾病的療癒，就職醫院所在地為西語族群聚居的城市，認真生活的他很快練就了一口流利的西語，也常跟病人們打趣的說：『我不會說中文，我不中不西，我其實是墨西哥人啦！』。

翁醫師表示，在公立醫院的工作異常忙碌辛苦，所接觸的病症更是繁多樣樣，充滿挑戰，然而他藉著問診，每天接觸不同的人、不同的語文，文化的交流機會，大大豐富了他的生活，醫院裡，他被社會底層的人們面對患難時的樂觀所激勵與感動，也透過努力的學習所得到的滿足與自我實現，更加延續他在醫學上的熱忱。

但15年過去，他在醫院裡參與的事務已非單純的診療或問診，大小不斷的會議，醫院的人事處理、制度的制定與執行，各樣保險制度的變換與限制；問診時有一半的時間花在制式病歷填寫，雖工作生活跟過去一樣的忙碌，但卻因著不斷改進的各樣醫療、保險的制度，及在問診時需花大量的時間在電腦上文件處理，漸漸他幾乎要失去對行醫的熱情初衷，想離開原崗位。

「我感到失去了工作的自由，我失去了好好診視病人的自由時間！」他說。就在此時，北美台灣人醫師協會（NATMA）發佈了
一個赴緬甸的醫療志工旅行的機會，單身且
已入中年的他從未有過海外醫療志工的經
歷，卻因工作的倦怠，讓他產生自我探索
的渴望。

「做一些不一樣的事，或許可幫助自
我的了解。」他想。雖然周遭親友得知後，
對此行並不很支持，自己也擔心對海外義診
時可能發生的危險，但中年，此時不去更待
何時，終究他還是報了名，踏上志工之旅。

在總長沈裕明牙醫師事前與當地各單位
的協調安排協同副總長黃文谷牙醫師的帶領
下，北美台灣人醫師協會（NATMA）的醫
療志工隊，共 23 位志工，帶著大大小小的
醫療設備、藥品、超重的行李，一行人於
2014 年元月由美飛抵緬甸首都仰光，趁車再
行 4 個多小時，方才抵達目的地，芭甸
（Pathin）；此行團隊陣容堅強，其中有內
科、家醫科、牙科、中醫、藥劑師、復健
師、助理，亦不乏有年輕的第二代同行。翁
醫師表示，初抵芭甸時，那兒的街景馬上將
他帶回位於嘉義家鄉的記憶，感覺是那麼的
熟悉與相識，雖然這兒比起家時的家鄉還落
後了許多，但當地風俗善良樸實，很尊重醫
療人員，絲毫沒有任何美國文化的影響；在
義診大樓外臨時搭建的候診棚裡，人人耐心
守序的等待，尤其令他印象深刻。醫療志工
團隊協同當地近 30 位志工，及一位當地的醫
師加入，在每天長達九小時，連夜連夜的義
診裡，共診療了 2,301 位病患，助理志工們
同時也為民舉辦 First-Aid 各類藥品的使用
常識及口腔衛生的教育訓練。

「2,301 人次。」翁醫師滿意地說出這
個數字，他想這心情可能是來自他以下所述
說的「自由」。

義診的過程裡有位多年不良於行的病
患，透過中醫團隊裡的紀醫師的治療後，開
始行走，患者感激地當場下跪致謝，讓在場
的每個人都深受感動；而他自己少了電腦文
書作業的繁複程序後，也深刻地享受到與病
患接觸，可以支配時間的自由。話說至此，翁
醫師難掩臉上所綻放出的光采，彷彿又回到
當時的情境，興奮的大聲說：

「當醫生的感覺又回來了！」

「我可以更用心看病人。」

因著本次的義診大樓是剛落成的醫院大
樓，內部尚無任何隔間、設備，大廳內的各
診區間完全開放，在空檔時，他可自由地到
中醫診區觀察與診中醫師們交流會診、吸
引並記錄這東西方醫學交流的經驗，但他在
百忙中被西醫隊友們暫時抽掉之後，終究還
是告訴中醫師們，他到處看西醫團隊精神效力，仍
要安份的在他處的西醫崗位服務，不能隨心
所欲的去跟中醫們會診，這段有趣的小插
曲，聽來叫人印象深刻。

翁醫師發現在此平靜，貌似與世無爭的
地方裡，仍然存在著憂鬱症、焦慮症這類病
徵的患者；據 UCLA 醫學中心的研究統計據
稱在美國，每五人中有一人會有憂鬱症，
而目前全球統計有20%的人口正承受著
憂鬱症的困擾，此行翁醫師也見證了這個憂
鬱症全球的部分統計，原來這大腦影響所造
的心煩意亂、情緒掙扎、行為的壓力，是
不專屬於文明開發國家的。

志工之旅美中不足的，是當地醫療檢驗
設備缺乏，在沒有驗血及各樣檢驗報告的根
據下，身為內科醫師的他竟感到力不從心，
深嘆在美國醫學內科的訓練，太過於依賴各
樣檢驗數據來判斷病情，自己實在需要加強
對病人直接的觀察細節，來增進醫術；這叫
他憶起時，在嘉義行醫的父親，他是留日
內科的醫學博士，與病人直接的接觸中雖不
多言，然而問診態度誠懇、用心負責，深受
鄉里愛戴，父親對病人的觀察與傾聽的力
道，是他念念不忘的模範。
義診期間意外見識到當地的一場遊行，
在裝飾後的大象、牛群的前導下，眾人列隊
歡送小卡車上的孩子們出家去，。原來，在
當地的孩子，都要有短期的出家經驗，並伴
以遊行儀式。「孩子出家？好特殊的禮
儀！」我好奇地上網搜尋了一下，才明白這
其實是讓緬甸男孩體驗簡樸生活的成人禮。

緬甸是一個佛教歷史豐富的國家，過去
也曾是盛產稻米及礦產的富裕國家，今雖風
光不再，卻以廟宇古蹟古城觀光聞名；在義
診結束後，與部分隊友繼續了在緬甸其它城
市遊覽古廟古城，最後到了一個水鄉之都，
房舍都建築在水面上，往來皆靠乘座河船穿
梭於其間，翁醫師想像著自己像是到了義大
利的水都威尼斯，在河船上的他，感到很滿
足。

旅途中隊友們為他慶生，讓他度過了意
義非凡的生日，本來不特別愛旅行的翁醫
在志工旅行的見聞中，看到自己這一生能在
美國從事醫療志業感到幸運，也更多的了解
自己醫師專業的意義，對下一次參與志工旅
行的可能，也充滿期待。

「當醫生的感覺又回來了！」他像個父親
尋回多年失散的孩子般，寶貝的說。
出走是為了回家；千里之行始於足下，永不嫌
遅，一趟為了他人利益而出發的旅程，最後，卻
讓自己尋得寶貝，這是翁醫師的志工旅行最好的
結論，也讓我羨慕著，期待著自己能有類似的出
發。
黃文谷醫師服務社區更上層樓
台美人力挺參選聖瑪利諾市議員

長期以義工身分服務於台、華人社區的黃文谷醫師出馬參選聖瑪利諾市議員，是台美人參與公共事務更上一層樓的典範，台美人社區一致給予支持，將於十月十七日(六)中午假柔似蜜 888 海鮮酒家舉辦募款餐會。

黃文谷醫師曾擔任台美公民協會洛杉磯分會會長，任內致力於執行台美公民協會政務實習計劃，培養台美人參與公共行政的人才，十年來對年輕人的贊助不遺餘力。黃文谷醫師對台、華社區的關懷，由義工做起，到擔任社團領導人，其熱忱始終如一。身為著名的植牙醫師，他擔任過華人牙醫學會會長，北美洲台灣人醫師協會南加州分會會長，他擔任大洛杉磯台灣會館董事多年，曾經任大洛杉磯台美人傳統週總召集人，自 2014 年他被推選為大洛杉磯台灣會館董事長，在醫務百忙中，帶領會館董事會推動會館會務。他服務社區有高度熱忱，謙和無私及有容乃大的領導風格，使得他所帶領的社團皆能和諧成長。

黃文谷在聖瑪利諾市住了三十五年，在此建立家庭與夫人 Lindsey 扶養了兩位可愛的兒女 Austin 與 Ashley，他服務社區的熱忱也傳給子女，他在聖瑪利諾市參與的有 Steering Committee for 2011 Measure S to protect public safety，San Marino Residents for 2006 Measure G and O to protect infrastructure and public safety，San Marino City Club 等。可見他對聖瑪利諾市民居住的安全最為關注。

黃文谷醫師這次挺身而出，競選聖瑪利諾市議員，主張維護該市的傳統價值，使該市成為最適合居住的安全城市，適合教養小孩，有充足的公共措施，穩定的市府預算，人人安居樂業。

支持者認為黃文谷醫師深深了解何為美國價值，而這也是所有移民來美國所追求的美國夢，希望黃文谷醫師能為大家實現。(摘自太平洋時報)

黃文谷 12 月 8 日就職市議員
設宴感謝支持者

甫於月初當選 San Marino 市市議員的黃文谷醫師，21 日晚在 San Gabriel 的御珍樓以龍蝦、紅酒之宴答謝在競選期間大力相助的親友。當天席開 17 桌，應邀出席的有現任市議員 Richard Sun，Allen Yung，前市長 E. Bell，San Marino 學區教委張志堅、台灣會館、華人牙醫協會、San Marino 華人協會等社團代表以及黃文谷的年輕朋友，場面十分熱鬧。
黃文谷禮貌週到，不但一一點名感謝各方支持，更和太太 Lindsey 每桌地向這些競選支持者敬酒合影。

黃文谷回憶在競選期間，和女兒扣了 4,300 家的門，及向父親黃及時報告競選意見，黃及時自己不置可否，但只說「你媽媽在天上會說 Yes。」黃文谷的母親林孟淑出身高雄政治世家，外祖父林瓊瑤為高雄七信創辦人，曾任國大代表，阿姨林孟貴擔任過監察委員。

來賓在酒酣耳熱，紛紛上台表演歌舞助興，台灣會館唱「愛拼才會贏」，台美公民協會林文政唱「台灣是咱 e 母親」，而歌王許正雄醫師也上台唱拿手歌曲「More Than I Can Say」以及「One Way Ticket」。

最後黃文谷在父親黃及時及妻子 Lindsey 的陪同下，切下感恩蛋糕。

黃文谷於 12 月 8 日正式就職，任期四年。 (摘自太平洋時報)
四月二十四日 NATMA-SCC 與中山醫學大學校友會共同舉辦的一日遊，參加者非常踴躍，超過百人以上，分二車，A 車及 B 車，由 Steven Chou 及 Cindy 嚴導，有豐盛早餐及點心，他們服務非常貼心，我們都非常享受這個聖地牙哥一日遊。這次非常感謝 Daniel Hsu 的邀請，才能在最後時刻參加這次珍貴之旅。在訪問田土伯有機農場後到達 Sunshine seafood buffet 用餐，食物豐盛，種類繁多，絕對是超值的午餐。接著到 Seaport Village 海邊散步，看海上軍艦船隻，看悠閒的人們躺著坐著，看遠方高樓大廈漂亮的建築，這是很迷人的海港步道，多年前來過，此番舊地重遊，別有一番滋味。

回洛杉磯前，停足於著名的 Carlsbad Flower Field，花兒盛開，一望無際的花海，非常壯觀。但是人比花兒嬌，幾位美女在花兒的襯托下更顯得特別耀眼。這次回美國報稅並渡假，能夠借此次一日遊見到許多朋友像是許昭雄，陳惠亭，呂英傑，王秀雄，Kenny，Tina，Susana，Simon 等真是異外的收穫。
多良火車站、大武山美景

三月十五日早上八點十八分我從羅東火車站與內人持美乘自強號經花蓮，玉里等站於十二點二十分到達台東，這個台灣人間淨土-東方小瑞士。其他師大附中同學也由台北乘另外的自強號於十二點三十分到達台東。

午餐後參觀被譽為台灣最美麗的火車站-多良火車站。它是一個海島上最靠近太平洋的火車站，看海面，風景優美奇特，大家紛紛照相來自拍。爬山坡去參觀多良木工坊。接著駕車前往大武山生態教育館，它是一個結合生態、人文的展示館，展示大武山自然保護區的生態之美。晚餐在台東市區的米巴奈風味美食坊用餐，它的烤春筍加山豬肉特別好吃。當晚宿於台東市郊的富野渡假酒店。

參觀完史前博物館，上了車我們繼續沿著海濱公路欣賞東海岸著名的都蘭山美的風光，停車於伽路蘭遊憩區，在那兒可遠眺三十哩外的綠島，常常聽到台東外海的綠島，是許多著名美麗島政治犯的監獄地，現在終於親眼目睹，真是百聞不如一見。接著我們再去著名的三仙台風景區，下了車便看到一望無際的海面，壯闊波瀾洶涌的太平洋，美麗多姿的八拱橋及遠方的三仙島，一路走向八個拱橋，彷彿象徵了八仙在此雲遊，腦海中像過許多八仙過海的神仙故事。晚上我們住宿於東海岸海景渡假中心。

史前博物館、八仙拱橋

第二天用完早餐後前往史前文化博物館參觀，該館建築獨特，依山面海，是現代建築師 Michael Graves 所設計。1980 年七月在興建台東車站時，無意中發掘出藏有大量文

伯朗大道、鹿野高地

第三天早餐後，我們行經玉長公路前往池上鄉，玉長公路撓群山峻嶺海岸叢林，曲折危險，風景如畫，美不勝收。到達池上鄉，我們前往萬安村乘坐電動車遊伯朗大
道，這條田園小路，因金城武在此騎車並拍攝伯朗咖啡廣告而聲名大噪，廣大翠綠的稻田，最難得可貴的是路旁沒有一支電線桿，一望無際的田野風光，有如人間樂土的意境，讓人心曠神怡。大家騎著電動腳踏車，電動腳踏車或摩托車，馳騁在絕美的大自然中，真是有如身在”翠綠的天堂路”。

出花東縱谷平原上的台地，居高臨下視野遼闊，旁邊是每年七月熱氣球嘉年華活動的地點。夜宿於台東凱旋星光酒店。

森林公園，國際地標

第四天我們前往凱旋酒店旁邊的海濱公園，到達以後忽然下著細雨，大家紛紛撐上雨傘有些人還得到車上拿傘。過去三天每天好天氣，結果最後一天的旅程才下雨，也算是”小雨來得正是時候”讓大家深深體會”珍惜你擁有的”真諦！大家延著步道參觀琵琶湖，它形成的原因是因為卑南溪地下湧泉不斷冒出，加上出海口已被沙嘴阻擋，是一個珍貴的河口海濱濕地，賞鳥散步的好去處。繼續往步道走，國際地標靜靜的佇立在海岸，藤編屋頂造型讓我們眼睛為之一亮，好獨特好美麗的建築物。大家紛紛拍照留念。十點四十分大家依依不捨坐上遊覽車前往台東車站，搭乘太魯閣號返回台北，結束了四天三夜難忘的台東之旅。

我們還拜訪了金城武樹，聞名全國最尊貴的第一樹。接著路經鹿野高台，高台是突
Reflecting on my life after my stroke 20 years ago

Grace H. Yeh

My life changed instantly on May 18, 1996. That was the day I had a stroke, transforming me from a woman on the go to one who is disabled. That moment—which shocked me, my family and friends—while it has made me humbler, has also helped me appreciate life. As I reach the 20th anniversary of my stroke, I want to share my thoughts with my children, grandchildren, and family.

As a stroke patient, I am one of the fortunate ones, because it only damaged the mobility on the left side of my body. I have been able to write, to do some house works, and to drive. Most importantly, I did not lose my speech or memory. Through intensive physical therapy, I have gained back about 85% of my motor function.

I thank the Creator who has kept me alive and given me one of the greatest joys of life: being a grandmother, or as my grandchildren call me, “Ama.” In the months after my stroke, I had many friends from all over the world and of different religions who told me that they went to their church, temple, mosque, or shrine to pray for me. That made me wonder, “How many Gods are there in this world?” I was really puzzled at first, but in a short time I came to the conclusion that there is only one God, and He has many names. I continue to believe this now and will carry it for the rest of my life. Religious stories are written by men, but my faith is in the Eternal. This feeling of enlightenment came directly from my thoughts in those days after my stroke.

When I was in a UC San Francisco hospital bed, a Christian friend visited me, and without any greeting, she began preaching to me. Now, I grew up in a church, so I neither needed nor wanted to listen to her preaching, and I stopped her. I was very disappointed and annoyed by her attitude. Then she asked me which leg I had trouble with. “Left,” I answered. She started to pray for me, her voice growing louder, and she prayed for my “RIGHT” leg. I was disgusted about this kind of Christian, a true hypocrite. How can she be a good Christian? After she left, Sze-Ya told me “We need to fax HER personal god to correct her mistake.” This was the first time I laughed out loud after my stroke.

Though I was quite depressed, I still had a few sweet moments. Sometimes Sunu would wheel me out to the hospital courtyard, where Michael waited with Perri (their beautiful corgi). She would sit on my lap and gave me wet kisses. They knew I loved to see Perri and that those visits really cheered me up. Thanks to my son and daughter-in-law—they were very thoughtful and luckily they were both physicians at UCSF. They made sure I got the best care and treatments at the hospital.

When I was discharged from UCSF to fly back to Philadelphia; the United Airline’s flight crew gave me a napkin with a drawing of a beautiful Hawaiian beach to wish me a rapid recovery. They also gave us a bottle of champagne so we could celebrate my discharge from the rehabilitation hospital. I have kept this napkin in my dresser for the last 20 years. When we landed in Philadelphia, an ambulance was waiting for me at the airport to take me to Moss Rehab Hospital.

Moss Rehab Hospital is a part of the Albert Einstein Medical Center where Sze-Ya was the chair
of the Ob/Gyn Department. He requested a private room that was very roomy. Carol came to put pictures of our family and corgis on the wall to accompany me. I started therapy, which would continue for the next 3 weeks. Sze-Ya visited me two to three times a day to cheer me up during his breaks from work. Every evening he spent time with me after work and ordered take out food to have dinner with me. Sometimes Carol came with delicious homemade food and accompanied me in the evening. She told me funny stories of life with our new corgi, Annie. She brought Annie to the hospital garden to play with me on weekends. Every evening when Sze-Ya and Carol left, I was always in tears; I was so lonely in the hospital bed. One of the nights after Sze-Ya left, I started to cry out very loud until I felt I had no tears or energy left. It was the first time I felt calm, so I started to pray, asking God to help me overcome this hurdle. I decided I would accept the challenge of my fate and do my best.

My lovely daughter Carol gave up her summer job and came back home to stay with us. Every morning she made sure that I got to Moss Rehab for my therapy classes on time. She also drove to Pittsburgh to pick up our new family dog, Annie. It was a great joy to have Annie. Carol took on the role of caretaker for me while also taking Annie to obedience classes. She took American Sign Language classes at a local college and also took care of the house, like grocery shopping and preparing dinners every day for all of us. Through my illness, I was grateful for my children.

I also appreciate my brothers who made a special trip to see me in Philadelphia. They traveled from western Canada and California just for me. I truly treasure the love and caring they always show me. I am grateful to have such wonderful siblings.

Throughout these years, I have been fortunate to have a loving husband with unconditional love and support. He has always been my best cheerleader, making me feel good about life. When I was in the UCSF hospital, he stayed in the room with me, slept on an uncomfortable couch at night—he never left me. Everyday he told me “I love you”—words that always warm my heart. In our over 50 years of marriage, he has never changed a bit. I am most grateful to have him in my life.

I would also like to thank a group of friends in Lehigh Valley, Pennsylvania. Their friendship has been priceless. They were so kind, they often prepared cooked dishes for me. The very first time after I came home from hospital, we all went out to Chinatown in the evening. Everyone took turns pushing my wheelchair—that was one of my fondest memories. Dr. Sam Weng tirelessly helped me with acupuncture and medical advice. Dr. Zwu-shin Lin issued friendly challenges to me to make good progress with my therapy, and his jokes often made me laugh.

Our good friends, Dr. and Mrs. Chung Wu, came to visit me many times from New Jersey, not only bringing delicious homemade food, but most importantly sharing their philosophy of life with me and introducing me to the practices of daily meditation and Chi-Gong to regain balance. I have followed Dr. Wu’s advice for the rest of my life. They are my teachers, and I am forever grateful for their wisdom and kindness.

When I was in Moss Rehab Hospital, I had a few unique memories worth mentioning. All the therapists were very nice and kind to me, helping me to do different movements for daily activities, such as sitting at the dining table. My private physiatrist Dr. Ann Idiculla (we all called her “Dr. I”) gave me excellent, compassionate care with her abundant knowledge and introduced me to Dr. Alberto Esquezazi, the director of the “Gait Lab,” which uses computers to evaluate patients’ muscle function. He is my hero. Although he has an artificial arm, he works exactly like everyone else. He gave me Botox injections with his artificial hand. I admire him, and he is my inspiration. Through him, I became orthopedist Dr. Mary Ann Keenan’s patient. She did skillful operations on my left leg to give me back some muscle function. This surgery and another 3 weeks of physical therapy helped me to walk better. For the first time, I was able to straighten my toes. (The stroke made all my left toes crooked.) I started to walk on the treadmill 0.5 mile to 1.5 miles a day. It truly helped me to regain strength to go on many
trips and join Sze-Ya at many conferences, since he never went out of town without me.

With my disability we traveled often for our great passion: music. We participated in opera tours and went to the Schubertiade in Europe and many U.S. concerts including some at the Metropolitan Opera and Carnegie Hall in New York City and the Marlboro Music Festival in Vermont. We enjoyed a life full of great music that sometimes I felt that I was no different than the others.

2003 was one of the most memorable years of my life. The best event of that year was the wedding of Carol and Matt in November in Baltimore. All five of my brothers and some members of the Yeh family came to the wedding. They came from Western Canada, Germany, Ohio, and California. The best moment in the wedding ceremony was when all my brothers and Sze-Ya formed a male chorus to sing a Taiwanese song to the new couple. I was at the piano accompanying them. It was the sweetest moment for me.

In 2005, Sze-Ya and I moved back to Arcadia, California. At that time, our granddaughter Teresa was only one month old. We wished we could stay on the East Coast to see her more often. We left behind many good friends in Pennsylvania and drove west with Annie. My brother David and many cousins were all in Southern California, so it was not an entirely new and strange place for us—although we still went through some adjustments to relearn Taiwanese culture. We started to get involved in North American Taiwanese Medical Association (NATMA) activities and met many new friends there, some of whom continue to be close friends today. Sze-Ya and I joined the NATMA medical missions to Guatemala and the Dominican Republic, during which we were both actively involved in patient care.

In 2009, Sze-Ya organized a religious study group among Taiwanese to promote interfaith dialogue, the Taiwanese-American Religious Study Association (TARSA). We are grateful for the strong support we have received from the Taiwanese community. Through our monthly meetings, we made several close friends and had opportunities to meet leaders of different religious groups in Southern California. Now we are in TARSA’s 8th year—this organization and its activities have turned out to be the most fruitful events of our retired life.

I am very fortunate to become a patient of the Rancho Los Amigos Rehabilitation Center through Dr. Dennis Wong’s help. Through this connection I received the best care and referrals to the best physical therapist in the area, Ms. Arlene Yang. She has helped me improve my daily life functions. Now I have weekly physical therapy sessions, and I feel that I am still making progress, even 20 years after my stroke. These are my biggest accomplishments since moving back to California.

My only regret is that all my grandchildren were born after my stroke. None of them have ever seen me walking like a normal person; this also includes my son-in-law Matt. Despite this one regret, I have focused everyday on the joys of life and the love and pride I have for my children and their families.

Now, Sze-Ya and I are stepping into the sunset of our life journey. We have walked together hand-in-hand and together, we will face the challenges ahead. Our love will not fade. He is my life-long, loving partner. I also have family and many good friends’ support. Right after my stroke, I was an angry “Why Me?” but now I say “Why Not Me?” instead, because I am full of love and have been loved. I have the most abundant joy in me, facing an unknown future. I thank family members and friends near and far for all their support, seen and unseen. They remain in my heart; I cherish them all.

I am the most fortunate wife, mother, and grandmother. My conclusion is: I have to believe in myself and to accept the reality of life with determination and confidence. We have been able to overcome all difficulties of our life. We have to realize that NO ONE is perfect; we should always try to do our best and to enjoy our life. Time has passed by faster than we thought. Life is short—we should treasure every day. We should focus on what makes our lives happier and more meaningful.
CHANGE FOR INNOVATION

NATMAS.C.C. has had 2G (second generation) for the board of directors for quite some years, V.P. and presidents, too. But so far we have not had any 2G step up as year book editors. I challenge them to fill this fun and creative position. A younger generation will provide valuable insights and innovative ideas that will benefit NATMA.

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For Immediate Release

Sean Yu Named to Forbes Magazine’s “Top 200 Financial Advisors”

PASADENA, CA, August 01, 2016 – Morgan Stanley announced today that Sean Yu, CFP® CPWA®, a Managing Director (董事總經理), Wealth Management and Wealth Advisor in the Firm’s Pasadena Wealth Management office, has been named to Forbes Magazine’s (福布斯) inaugural list of America’s Top 200 Financial Advisors.

Forbes’ “Top 200 Financial Advisors” is a select group of individuals who have a minimum of seven years of industry experience. The ranking, developed by Forbes’ partner SHOOK Research, is based on an algorithm of qualitative and quantitative data, rating thousands of wealth advisors and weighing factors like revenue trends, AUM, compliance records, industry experience and best practices learned through telephone and in-person interviews.

“I am pleased that Sean Yu is representing Morgan Stanley,” commented Cynthia Laden Newman, Complex Manager of Morgan Stanley’s Pasadena office. “To be named to this inaugural list recognizes Sean Yu’s experience, professionalism and dedication to the needs of Sean Yu’s valued clients.”

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Source: Forbes Magazine and Forbes Online (August 2016). The ranking of America’s Top Wealth Advisors, developed by Forbes’ partner SHOOK Research, is based on a ranking algorithm that includes telephone and in-person interviews, client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC which does not receive compensation from the advisors or their firms in exchange for placement on a ranking. The rating may not be representative of any one client’s experience and is not indicative of the Financial Advisor’s future performance. Neither Morgan Stanley Smith Barney LLC nor its Financial Advisors or Private Wealth Advisors pays a fee to Forbes or SHOOK Research in exchange for the ranking. For the full list and more visit: www.forbes.com/top-wealth-advisors.

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