



蒲育惠
Jenny Pu

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溫暖善良、樂觀堅強， 用愛點燃身邊人的希望

因為直面過死亡，所以必須更堅強；因為自己淋過雨，所以總想為別人撐把傘。曾被診斷為乳癌晚期的蒲育惠，靠著頑強的意志，戰勝病魔；靠著理解與共情，點燃他人的希望。用推己及人的溫暖化解身邊的悲傷。這是真正的樂觀，最大的善良。一個人心中有愛，有換位思考的品質，才能做到真正的慷慨。蒲育惠說，照亮別人，也是在成全自己。

1996年，來自中國安徽31歲的電腦行業精英蒲育惠（Jenny Pu）與先生帶着女兒移民來到加拿大，憑著勤勞和努力，落地生根，開啟了全新的生活。2002年，她的第二個孩子在多倫多出生。彼時，她跟其他傳統女性一樣，做女兒的好媽媽、丈夫的好妻子、公司的好員工，平淡且幸福著。她說，要不是2006年被宣佈確診乳癌晚期，從來沒有認真想過自己到底想要一份怎樣的生活！

看著年僅3歲的幼女，她積極配合治療，因為已經是晚期，必須先化療控制腫瘤然後再手術，之後繼續放療。她忍受了所有難以言表的痛苦：脫髮、黑指、嘔吐、四肢麻木和疼痛，支撐自己與乳癌抗爭的唯一動力就是，為了孩子好好活下去。蒲育惠對自己說，三年，哪怕能再活三年也好。三年裡她沒有給自己添置任何物品，哪怕是一件新衣服。蒲育惠想著剩

下的日子不多了，錢就留給孩子吧。

重構事業基礎

三年後蒲育惠「驚喜」地發現自己挺過來了，治療重構了她的身心。她這一次給自己的目標是五年，但不能再像前三年那樣「熬」時間，她要為自己而活，做自己想做的事。

因為自己痛過所以更能瞭解別人的痛，蒲育惠在康復過程中認識了一些華人同患姐妹，她們有的不善英文，就為她們陪診做翻譯，這讓她看到許多亞裔同患很難選到適合自己體型的義乳內衣，蒲育惠不僅分享自己的個人經驗，還親自幫助他們去選購，於是萌生了系統上幫助她們的初始願望。

因為手術，身材上的巨大改變會讓很多乳癌患者因此失去自信，同時由於脊柱兩側的不平衡增加了身體的健康隱患，所以，佩戴義乳及義乳文胸就成為乳癌患者的重要選擇。而東方女性在加拿大並不是那麼容易找到合適的義乳及相關產品。有些乳癌患者術後還會產生淋巴水腫，需要配戴壓力服飾產品以控制病情的發展。於是，在丈夫的大力支持下，蒲育惠先後拿到義乳及壓力服飾等系列產品的執照，從2012年開始為乳癌患者提供相關的術後服務。

工作中蒲育惠發現很多同患的情緒低落甚至抑鬱，她便貼

心地與之交流、開導、鼓勵，甚至分享自己的經歷。有的患者來的時候含胸低頭，盡量掩飾身形上的缺陷，但離開的時候因蒲育惠的專業支持，臉上溢滿自信。這樣的成就感讓蒲育惠如沐春風。

蒲育惠通過提供專業服務，讓客戶群跨越族群，從華人到白人、黑人、印度人等各族裔病友都有，蒲育惠說，自己為能夠幫助他們選擇到合適的義乳並提升自信而備受鼓舞和安慰。2017年蒲育惠獲得新時代電視主辦的見證華裔移民于創業過程中造就成功的堅強與努力的「新楓采獎」之「生活風采獎」。

成立華人乳癌支持小組

蒲育惠的事業不斷發展，對生活的目標也更加明晰，就是用自己微薄的力量幫助更多的人。因為自己淋過雨，所以想給別人撐把傘，她決定成立一個華人乳癌支持小組。

2013年底，蒲育惠在本地華文網站貼出了一個小廣告，邀請同患姐妹們到家裡一聚，就這樣，第一批聚會的十個人組成了華人乳癌支持小組，還定下每月一次同患分享、身心互助的主題活動規則。至此，支持小組抱團取暖、快樂康復、尋找榜樣力量，重塑精彩人生的宗旨就成為小組的文化核心。

為了讓更多人在罹患乳癌後更快找到相同的患病經驗和同

伴的理解和扶攜，蒲育惠自費印製了介紹乳癌支持小組的宣傳冊，到醫院和社區去推廣。隨著小組成員的增加和社交媒體的發展，華人乳癌支持小組成立了微信群。蒲育惠和她的組員想讓「華人乳癌支持小組」這個名稱更積極更健康，以鼓勵所有正在與癌症抗爭並積極擁抱生活的姐妹，於是在組員建議下取名「火鳳凰」，寓意浴火重生。

乳癌支持小組的成員果然如浴火鳳凰般在經歷磨難洗禮後，變得更加人格堅強，精神獨立，活法漂亮。她們先後組建了合唱、繪畫、讀書、健步、健身、氣功、國樂、義跑、龍舟等團隊，讓每一個姐妹在康復路上活出生命新的精彩。

浴火鳳凰見證團隊力量

「火鳳凰」健步組7年總行程逾5千公里，足跡覆蓋大多地區80%的路徑；「火鳳凰」CIBC run-for-the-cure義跑隊5年共計捐款近20萬元，2021和2022年更是全加拿大社區團隊挑戰獎第1名；「火鳳凰」合唱團唱進各類華人大型活動；疫情期間成立的「火鳳凰」龍舟隊積極參加加拿大各項龍舟賽事，2021年攜手頤康乘風破浪在第33屆多倫多國際龍舟賽斬獲1枚銅牌。2023年4月走出加拿大，出征新西蘭國際乳癌龍舟節。

如今的「火鳳凰」已從乳癌支援小組最初的10個人發展到300多人，10年間每月一次的主題活動從未間斷，即使在大流

行期間，也堅持線上舉辦。據不完全統計，參加者達到5,000餘人次。每年一次的新年慶典活動更是“火鳳凰”所有姐妹們共同的生日狂歡，讓每一個姐妹感受支持小組的力量，找到活出新我的激情，同時也寓示著大家離疾病又遠了一步。

火鳳凰作為民間自發組織，十年間雖然為病患提供眾多支援，卻從未給社區添加經費負擔，相反還為加拿大癌症協會的乳腺癌研究長年籌款。

作為華人乳癌支持小組（火鳳凰）的發起人和主要組織者之一，蒲育惠十多年來陸續為病患姐妹們陪醫、做飯，個別成員病情反覆或離世，她總是第一個去探望關懷，甚至相送最後一程。前後為醫院捐贈了1,000多個簡易義乳；為了更專業和有效的提升服務質量，針對乳癌患者淋巴水腫和心理健康問題，她還參加各種專業培訓，包括康福心理健康推廣大使的培訓，不但學以致用幫助小組的病友，2014年還作為康福義工代表康福去社區做心理健康講座，2022年榮獲安省義工獎。蒲育惠說，只要我們還活著，就會盡力照亮別人，同時成全自己。

蒲育惠，在逆境中自強不息的無名女人，默默搭建起「火鳳凰」這個溫暖的組織，用樂觀點燃他人的希望，用善良化解身邊的悲傷。



獲加拿大新時代電視主辦的第十屆新楓
采之生活風采獎 (2017)
Receiving Mandarin Profile Award from
Fairchild TV



High Park 看櫻花 (2017)
A visit to High Park with Toronto Chinese
Breast Cancer Support Group



與家人們一起過聖誕節 (2019)
Family Christmas gathering in 2019



與老公孩子們一起在
法國諾曼底度假 (2017)
Vacationing in Normandy, France, with family



在康福心理健康協會做分享 (2019)
Sharing at Hong Fook Mental Health
Association



聖誕聯歡會上講話 (2017)
Speaking at the 4th Anniversary of the Breast
Cancer Support Group



參加社區表演 (2019)
Performing with the choir of
Breast Cancer Support Group



火鳳凰龍舟隊參加龍舟賽 (2022)
Yee Hong-Phoenix dragon boat team taking part
in Centre Island races



為加拿大癌症協會的乳癌
研究募捐 (2019)
Taking part in the CIBC
Run for the Cure



為康福心理健康
協會推廣宣傳
(2016)

Promoting mental
health for Hong Fook



聖誕聯歡會上參加時裝秀
(2018)

Fashion show at the 5th
Anniversary of the Breast
Cancer Support Group



代表頤康參賽
多倫多國際龍舟節 (2022)
Yee Hong-Phoenix Dragon Boat team won 2nd
place of a group race



與火鳳凰Hiking組的姐妹們
一起Hiking (2016)
Hiking trip

**Warm, Kind, Positive and Strong - Igniting Hope All Around with Love
-Jenny Pu**

Having faced death, one becomes stronger; having been caught in the rain, one would extend an umbrella to others. When diagnosed with late stage breast cancer, Jenny Pu conquered it with determination and a strong will. With understanding and empathy, she is lighting others' hopes, dispelling despondence with warmth and consideration. This is true optimism, the greatest kindness. With love and empathy, one can be truly generous. Jenny says that when she helps others, she's helping herself.

In 1996, thirty-one year old Anhui native and computer professional, Jenny Pu, immigrated to Canada with her husband and daughter. They settled into their new life and established roots in their adopted country. In 2002, Jenny's second child was born in Toronto. Like many of her contemporaries, Jenny was focused on being a good mother to her children, good wife to her husband and a good employee for her employer. Life was ordinary and happy. She said that if it wasn't for her breast cancer diagnosis in 2006, she never would have seriously thought about what kind of life she wanted!

With her 3 year old daughter in mind, Jenny actively cooperated with treatment. Since she was already late stage, chemotherapy was needed first to control the growth of the tumour before surgery. Then treatment continued with radiotherapy. She endured indescribable sufferings: hair loss, black fingers, nausea, numbness

and pain. The only thing that kept her going was to survive for her children. Jenny thought to herself “Three years, if only I could live three more years.” For three years, she did not buy herself anything, not even a single piece of clothing. She kept thinking, if she wouldn’t be around for long, she should leave her money for the children.

Rebuilding Her Career

Three years later, Jenny was “surprised” to be alive, cancer treatment has rebuilt her body and mind. At that time, she set a five year goal but she wouldn’t just “sit” like the previous three years. She would live for herself, do what she wanted to do.

Because she had suffered, she understood other people’s struggles. During her treatment, Jenny met many Chinese breast cancer patients who did not speak fluent English, so she accompanied them to appointments to be their interpreter. She noted that many Asian fellow patients had difficulty finding prosthetic underwear that fit. Jenny not only shared her own personal experience, she also went shopping with them, which was what planted the seed to systematically support these patients.

After surgery, the dramatic change in their bodies often impacts breast cancer patients’ self esteem. In addition, because of an imbalance in their body mass on both sides of their spine, other health issues can arise. This is why prosthetic breasts and prosthetic breast bras become important considerations for breast cancer

patients. Asian women have added challenges in finding appropriate prosthetics in Canada. Some patients develop lymphedema post surgery and need compression products to control that condition. With her husband's support, Jenny obtained licenses to distribute prosthetic breasts, compression clothing and other related products. In 2012 she started providing related post-op support services to breast cancer patients.

In her work, Jenny discovered that many breast cancer patients can be moody or even depressed. She would do what she could to interact, mentor, encourage them, including sharing her own experience. Many of her clients would arrive with their heads down, feeling self conscious about their bodily imperfections. But they often left with increased self confidence thanks to Jenny's professional support. Jenny is delighted by this accomplishment.

In time, Jenny's clientele expanded beyond the Chinese community to include caucasians, blacks, Indians etc. Jenny is encouraged and gratified that she could help all of them find suitable prosthetics that help with their self esteem. In 2017, Jenny was recognized in the Lifestyle category of the New Maple Awards, sponsored by New Era Television, for entrepreneurial achievements of new immigrants.

Chinese Breast Cancer Support Group

As her business continued to grow, Jenny became clearer in her purpose in life - which is to use her own ability to help more people. Since she was once caught in the rain, she could offer others an

umbrella. She decided to establish a breast cancer support group for Chinese Canadians.

At the end of 2013, Jenny posted a small ad on a local Chinese website inviting breast cancer patients to meet at her home. Ten people met that first time to form the Chinese Breast Cancer Support Group, and decided to meet monthly to share their experiences under specific themes. To date, the support group's purpose to provide warm support for a smooth recovery, to assign role models, and to rebuild a wonderful life has become its cultural core.

In order to reach as many people as possible once they are diagnosed with breast cancer, Jenny has self funded the publication of promotional brochures which she distributes to hospitals and community organizations. As membership grows and with the advent of social media, the Chinese Breast Cancer Support Group created a WeChat group. Jenny and her members renamed the support group "Phoenix" to signify rebirth to encourage women living with breast cancer to embrace a positive outlook on life.

Members of the breast cancer support group are indeed like phoenixes who become stronger and empowered after their ordeal. So that each woman has the opportunity to live a full life as they complete their recovery journey, the group has participated in numerous activities - singing, painting, book club, hiking, fitness, Qigong, Chinese music, charity runs, dragon boat races, etc.

Phoenix Flexes Their Power

The Phoenix hiking group has walked over 5000 km in 7 years, covering 80% of trails in the Greater Toronto Area. The Phoenix CIBC Run-for-the-Cure run team has raised over \$200,000 in 5 years. They won the community team challenge across Canada in both 2021 and 2022. The Phoenix Choir has participated in all kinds of major Chinese community events. The Phoenix dragon boat team that was established during the pandemic competed in many Canadian dragon boat races. They partnered with Yee Hong to win a bronze medal in the 33rd Toronto International Dragon Boat Race in 2021. Most recently the team went international, competing in the New Zealand International Dragon Boat Festival in April 2023.

Phoenix has grown from that first meeting of 10 to over 300 members. Monthly meetings have continued through the past ten years, even through the pandemic, when meetings went online. It was estimated that over 5000 people have participated. Every year, Phoenix sisters celebrate a collective birthday with abandon at New Year. Every member feels the power of the group's support, explores their new passion in life, and celebrates moving one more step away from the disease that brought them together in the first place.

Phoenix is a grassroots organization that has helped many breast cancer patients over the past ten years, despite not receiving any operational funding. Instead the group raises money for the Canadian Cancer Society for breast cancer research all year long.

As the founder of the Chinese Breast Cancer Support Group (Phoenix), and one of its key organizers, Jenny has continued her work over the past decade in supporting breast cancer patients - treatment accompaniment, meal preparations, individual support, disease recurrence or death. She's often the first from the group to visit, and sometimes even there when the patient is on her final journey. She has donated over 1000 simple prosthetic breasts to hospitals. To ensure she provides the best and most effective services, focusing on lymphedema and mental health issues, she has taken professional training including Hong Fook Mental Health Association Ambassador training. Besides helping members of the support group, Jenny also spoke to community groups about mental health on behalf of Hong Fook Mental Health Association in 2014. And in 2022, she received the Ontario Volunteer Service award. Jenny explained that as long as they're alive, the group would do their best to help others, which also helps themselves.

Jenny Pu, this unknown woman who thrived in the face of adversity, quietly built "Phoenix", a heart-warming organization that lights up the hopes of others with optimism, and dispels despondence with kindness.