

Memorial Health Care System

Contact: Brian Lazenby, (423) 495-4320

FOR IMMEDIATE RELEASE

December 2, 2011

The Season for (Care) Giving

Strong and Smart Series: Living Well With Cancer, supports cancer survivors, patients

Chattanooga, Tenn. – Memorial Health Care System will offer a free dial-up seminar to teach area residents how to navigating the challenges of the holidays and cancer.

The seminar will be held Tuesday, Dec. 6, at 1 p.m. To register for the free one-hour educational event, call 800-278-7837.

‘Tis the Season for (Care) Giving is part of the Strong and Smart: Living Well With Cancer dial-up seminar series. Participants listen via phone, view presentations online and ask questions of presenting experts.

The December seminar will cover:

- The ultimate gift: Ourselves (care giving and receiving)
- From laughter to tears in 3.9 seconds: An exploration of the many feelings the holidays evoke
- Fruitcake, tinsel and mistletoe: The significance of holiday traditions and rituals
- But who will carve the turkey?: Identifying loss and understanding grief
- Pink flamingos in Santa hats: Creating a joyous and memorable holiday

Presenter Catherine Ainslie is a licensed social worker at Franciscan Hospice and Palliative Care at St. Joseph Medical Center in Tacoma, Wash., where she has worked for the past 18 years. Ainslie received her bachelor’s degree from Pacific Lutheran University and her master’s degree in social work from the University of Washington.

“The holidays can evoke many feelings for cancer survivors and families,” said Joe Robb, executive director of Cancer Services at Memorial. “This seminar offers festive and insightful approaches and techniques that will help many people in our community make the most of the holiday season.”

The Strong and Smart: Living Well With Cancer dial-up seminar series is presented by Memorial Health Care System This education series is offered in collaboration with other Catholic Health Initiatives hospitals. A goal of the series is to make education and information more readily available to a greater number of cancer patients in our community. To register for the free one-hour educational event, call 800-278-7837.

Memorial Health Care System is a not-for-profit, faith-based healthcare organization dedicated to the healing ministry of the Church. Founded by the Sisters of Charity of Nazareth and strengthened as part of Catholic Health Initiatives, it offers a continuum of care including preventative, primary and acute hospital care, as well as cancer and cardiac care, orthopedic and rehabilitation services. Memorial is a regional referral center of choice with 4,000 associates and more than 700 affiliated physicians providing health care throughout Southeast Tennessee and North Georgia. Memorial Health Care System is recognized as one of the nation's 100 Top Hospitals® by Thomson Reuters, the health care industry's leading source of information on hospital quality. To learn more, visit www.memorial.org.

###