

Lansing Survivor Helps Start Area Breast Cancer Support Network

In 1994, Lansing resident Meg Ambry was in the middle of chemotherapy to treat breast cancer when she helped start the Ithaca Breast Cancer Alliance (IBCA). Ten years earlier, when she was first diagnosed with the disease, Meg went through her diagnosis and surgery without ever speaking to another woman with breast cancer. "I felt like I was the only one this happened to," she said. "I was 36 years old and didn't know a single woman who had gone through this, let alone someone my age with a six-month-old baby."



Meg Ambry

someone who needs a ride, an extra set of ears, or a research assistant. Other IBCA services include a 24-hour hotline, breast cancer support groups, a newsletter, and a speakers' bureau.

It's important for community members to reach out - to join the support network of someone who is fighting breast cancer, says Meg. Several Lansing women have already used IBCA's services when they were diagnosed with breast cancer. In addition to IBCA, some found support networks in the Lansing community that were very helpful. One recently diagnosed woman went to her adult group at the Lansing United Methodist Church for help, and got it. The IBCA works with several hundred people every year who have breast cancer concerns, operating with three part-time staff members and a lot of "volunteer power." If you're concerned with breast cancer and have a few hours, the Alliance wants to hear from you.

ICBA's services are available to anyone affected by breast cancer - newly diagnosed women, their family and friends, people wanting information about the disease or groups that would like someone to talk about breast cancer. ICBA is located in Ithaca's Women's Community Building. Please don't hesitate to call IBCA at 277-9410 if you think they can help you or someone you care about.

That has all changed.

In the winter of '94, a small group of breast cancer survivors, started meeting to discuss the need for an informational and support network for women (and their families) facing breast cancer. One member of the group had been living in New York city when she was diagnosed and had had access to a very helpful support network. Why, the group wondered, couldn't the women of Tompkins County have the same kind of help? They could -- and now they do!

Now, a woman facing a possible breast cancer diagnosis or recently diagnosed with breast cancer just has to call IBCA. She will be put in touch with breast cancer survivors her own age who share her lifestyle. If she's 65, she can contact another older woman or if she's 36 with young children, she can talk to a younger woman with children.

IBCA also has a large collection of breast-cancer related resources. The Resource Center is open several days a week and by appointment. IBCA can provide a "buddy" to go to doctor appointments with

Pasto Presents Attention Deficit Disorder Posters At Orlando Nursing Conference

TC-3 nursing instructor Linda Pasto, of Lansing, recently presented a poster session at the Nursing Education '97 Conference for Nursing Faculty in Orlando, FL.

Pasto and colleague Patty Creed developed a set of posters to help nursing faculty around the US better respond to needs of nursing students with attention deficit disorder (ADD). The posters train instructors to recognize students who exhibit ADD behaviors and to help ADD students learn and participate in a college setting. The posters also include information on how ADD affects academic performance and provide tips for teaching ADD students in classrooms and clinical settings.

Pasto was also recently selected as one of 15 nurses in the nation by the National Council of State boards of Nursing as a National Council Licensure Examination "item writer." She was nominated by the NYS board of Nursing on the basis of her background and nursing expertise. Pasto created more than 50 questions that can be used as part of the licensure examination. "Professionally, it was a real challenge," said Pasto.

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Community Calendar

- Thursday, March 6**
 8th Graders' high school orientation program at the High School cafeteria for parents and students at 7:00 pm
 Men's Basketball at Lansing Middle School gymnasium from 7:00-8:30 pm
 Lansing School Board of Education meets in High School Library at 7:30pm
- Friday, March 7**
 Modified Girls Basketball plays So. Cayuga at home, 4:30 pm
 Observe MARS from Cornell's Fuertes Observatory (off Pleasant Grove Rd.) 7 pm - 1 am
- Saturday, March 8**
 "Muddy Hands" Clay Studio & Gallery Open House with free lessons, Community Corners from 10:00 am - 9:00 pm.
 CABIN FEVER - Annual indoor family fun festival at Barton Hall, Cornell to benefit the Ithaca Community Childcare Center. Call 257-0200 for details!
- Sunday, March 9**
 Magic Garden Puppet Theater, "Mashenka and the Bear," Comm. School of Music & Art, 4 pm
 Storytelling Festival at Cornell's Statler Auditorium at 7:30 pm
- Monday, March 10**
 Modified Girls Basketball plays Marathon at home, 4:30 pm
 AMERICAN GINSENG: Field & Forest Cultivation at Cornell Coop Extension, 7-9:00 pm, \$5, Register by March 7. Contact Monika Roth at 272-2292.
 Open Swim at High School Pool from 6:30-8:30 pm
 Men's Basketball at Lansing Middle School gymnasium from 7:00-8:30 pm
 Lansing Town Planning Board meets at Town Hall at 7:30 pm
 Boy Scout Troop # 48 regular meeting at the Lansing Community Center at 7:30 pm
- Tuesday, March 11**
 Adult Coed Volleyball at the Lansing Middle School gymnasium, 7:30-9:30 pm
- Wednesday, March 12**
 Village of Lansing Recycling Day
 North/South Lansing Network (Business people's meeting/breakfast) - Celie's Diner at 7:00 am
 Tompkins County Rural-Urban Coordination committee, Courthouse Conf. Room, 8:15 am
 Modified Girls Basketball plays Union Springs away at 4:30 pm
 SCOUTING FOR FOOD - Boy Scout Troop #48 is distributing plastic bags for residents to fill with dried and canned goods to replenish the Lansing Food Pantry. Call Rod Sunderlin at 533-4330 if you want to help the Scouts meet their goal!
 Open Swim at High School pool, 6:30-8:30 pm
 NO DEALS! (Parents-Students substance abuse prevention group) discussing "Safe Houses" at the Lansing United Methodist Church, 7:00-8:30 pm
 Women's Volleyball at Lansing Middle School gymnasium from 7:15-9:15 pm
- Walk the halls at Lansing Middle School from 6:30-8:30 pm each night that school is in session.

Send your organization's events listings to the Lansing Community News
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Cayuga Medical Center
 at Ithaca

Thurs. 3/13 Spaghetti & Meatballs \$4.95