



VTAAC provides a forum for collaboration, engagement and sharing of resources for individuals and organizations concerned about cancer in Vermont.

January 2016 Update

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Welcome!

This is the 38th edition of our quarterly newsletter. We are presenting this update to the many members of our coalition to provide news, plans and other information. If you have any questions or information to be shared, please contact us at info@vtaac.org.

Save the Date!

The **2016 VTAAC Annual Meeting** will be held on **Thursday, March 24th** at the Capitol Plaza Conference Center in Montpelier. We will be formally presenting the 2020 Vermont Cancer Plan. Watch for details.

Best Wishes for David Cranmer

David announced he was leaving his position as VTAAC Coordinator, effective January 22nd. David has been our coordinator since the start of VTAAC in 2006. Prior to that, he was a member of the Steering Committee for the Vermont Cancer Coalition which was formed in 2004 to write the first Vermont State Cancer Plan.

David has managed the growth of VTAAC from 50 members to over 200. His organizational and communication skills, as well as a sense of humor, have made him the "face" of VTAAC. David will now be focusing on his duties as the President of the Vermont Cancer Survivor Network and will continue his VTAAC activities as co-chair of the Quality of Life workgroup.

Future communications regarding VTAAC should be directed to Justin.Pentenrieder@cancer.org

Inquiries on the Vermont State Cancer Plan should be directed to Sharon.Mallory@vermont.gov.

Thank you David for the all of the work you have done to make VTAAC successful!

Workgroup Updates

VTAAC has developed two workgroups to address the goals and strategies in the Vermont

The **Prevention & Detection** workgroup is charged with developing strategies to meet the Prevention and Detection Goals of the Vermont State Cancer Plan (Goals 1-2, 4-6). **Nicole Lukas** (VDH) is the chair and a workplan has been created. There are currently five partner projects working in this group. The workgroup met in December to discuss strategies for the 2020 State Cancer Plan.

The **Quality of Life** workgroup is charged with developing strategies to achieve the Quality of Life Goals (#10-15) in the Vermont State Cancer Plan. These goals cover written survivorship plans, palliative care, emotional/ psychosocial support, complementary medicine and end-of-life care. **Kathy McBeth** (UVMHC) and **David Cranmer** (VCSN) are the co-chairs. The workgroup met in November to create new taskforces in line with the strategies in the 2020 State Cancer Plan.

Task Force Updates

- The Quality of Life workgroup is creating new taskforces to align with the 2020 State Cancer Plan. The focus in 2016 is the development of a web-based cancer survivor resource directory.
- The Prevention and Detection workgroup has partner projects aligned with Cancer Plan goals: **Colorectal** is chaired by **Justin Pentenrieder** (ACS) and is promoting the national 80% by 2018 screening program; **Breast & Cervical** is chaired by **Nicole Lukas** (VDH) and helped with a free screening day at UVMHC in October; **HPV** is chaired by **Chris Finley** (VDH) and is working messaging for parents and educators; and **Sun Safety** is chaired by **Sharon Mallory** (VDH) and is working with Fox44 and ABC 22 to implement a project to raise awareness of skin cancer prevention and detection. In addition, the **Joint Payer** taskforce, chaired by **Sharon Mallory** (VDH), has been coordinating with Blue Cross Blue Shield of Vermont, MVP, and Medicaid to send combined reports on patient cancer screening to primary care providers. A **Lung Cancer Screening** project will be developed in 2016.
- The **Men's Health** taskforce chaired by **Scott Perrapato** (UVMHC) is working on several projects to raise awareness on Men's Health issues and support for research on men's cancers. They held a "Brovement" fund-raising and awareness campaign in November, and will be holding the second annual Men's Health Conference in June 2016. A Men's Cancer Resource page has been created on the [VTAAC website](#).

Committee Updates

- The **Legislative Committee**, chaired by **Jill Sudhoff-Guerin** (ACSCAN) has created the goals of the ACS CAN Legislative agenda for this year's session. VTAAC will be partnering with ACS CAN for the Vermont Cancer Plan release at the Statehouse on March 24, 2016.
- The **Evaluation Committee**, chaired by **Lea Shulman** (VDH), has created a 5-year evaluation plan to coincide with the 2020 Vermont Cancer Plan.
- The **Cancer Plan Development Committee**, chaired by **Sharon Mallory** (VDH), has met to discuss goals and strategies for the 2020 Vermont Cancer Plan. The committee will be discussing the release of the plan in early 2016.

Participation on all workgroups, taskforces, and committees is open to all VTAAC members. If you are interested, [click here](#).

VTAAC Steering Committee Annual Retreat

On January 15th, the Steering Committee met for the day at the Mr. Philo Inn in Charlotte. The morning session included a presentation and discussion of the 2020 Vermont Cancer Plan. Workgroup and Committee priorities were also shared as was the ACS CAN 2016 legislative agenda. During the lunch break, David Cranmer was recognized for his many years of service to VTAAC. The afternoon was spent reviewing from the 2015 membership survey and discussing the future and sustainability of VTAAC. For more information, contact Sharon.Mallory@vermont.gov.

Lung Force Expo - April 27th

The **American Lung Association** is hosting the first annual **LUNG FORCE Expo** on Wednesday, **April 27, 2016** at the DoubleTree Inn in South Burlington, VT. This special one-day educational event brings together health care professionals, patients and caregivers with leading experts to learn about cutting-edge treatments, medication and research to battle lung cancer and other lung diseases. The professional program runs from 9:00 a.m. - 4:45 p.m. and the patient/caregiver program from 9:30 a.m. - 3:00 p.m.

At the LUNG FORCE Expo, you will find:

- Educational programs for patients and professionals
- Inspirational speakers
- Exhibitors and supporters
- Materials and resources
- Continuing education credit for nurses, respiratory therapists and certified health educators.

Registration for the health care professional program is \$75.00, and includes continental breakfast and lunch. The patient program fee is \$20.00 for patients and \$10.00 for caregivers and includes continental breakfast and lunch. For more information and registration, visit <http://action.lung.org/burlingtonexpo>

For information about sponsorship and exhibits, please contact Kristen Brassard, kbrassard@lungne.org or 802-876-6866. For program questions, contact Rebecca Ryan, rryan@lungne.org or 802-876-6860.

Vermont Cancer Survivor Network to Present Complimentary Integrative Medicine Program - April 2nd

The mission of ***Expanding Cancer Care: Exploring Choices in Complementary Integrative Medicine*** is to educate cancer patients and caregivers, as well as practitioners, about the benefits of complementary integrative medicine (CIM) and to expose those affected by cancer to the variety of CIM services available in Vermont.

Amy Littlefield, ND, MSOM, FABNO, of Vermont Wellness Medicine and Integrative Oncology,

will be the keynote speaker. A variety of workshops and hands-on demos will be offered by physicians, acupuncturists, herbalists, nutritionists, yoga practitioners, aromatherapists, reiki practitioners, body workers and many more.

All events will be at the Vermont College of Fine Arts in Montpelier. Free registration will begin at 8:30 am, workshops begin at 9:30 am. Donations are always welcome.

Save the date and plan to join us for this inspiring day!

For more information, vcsn.net.

The 2015 Cancer Data Pages have been released.

The **Cancer Data Pages** is a web-based **Vermont Department of Health** publication that provides data on cancer risk factors, incidence, screening, cancer survivorship and mortality. The publication is available in PDF format and in PowerPoint, and is designed to be a resource for anyone interested in cancer data in Vermont.

The Cancer Data Pages use data from a variety of sources including the Behavioral Risk Factor Surveillance System (BRFSS), the Youth Risk Behavior Survey (YRBS), the Vermont Cancer Registry (VCR), the Vermont Immunization Registry (IMR), and Vermont Vital Statistics.

Link to full report in PDF format:

<http://healthvermont.gov/prevent/cancer/documents/CancerDataPagesPDF.pdf>

Link to full report in ppt format:

<http://healthvermont.gov/prevent/cancer/documents/CancerDataPages.ppt>

(Links to individual report sections in PDF format can be found at

<http://healthvermont.gov/cancer>)

Please distribute widely, and feel free to contact leane.shulman@vermont.gov for more information.

Save the Date!

Click on the event for more information

February is

[National Cancer Prevention Month](#)

March is

[National Colorectal Cancer Awareness Month](#)

[National Kidney Cancer Awareness Month](#)

[National Nutrition Month](#)

April is

[National Cancer Control Month](#)

[National Cancer Fatigue Awareness Month](#)

[National Esophageal Cancer Awareness Month](#)

[National Oral, Head & Neck Cancer Awareness Month](#)

[National Testicular Cancer Awareness Month](#)

National Young Adult Cancer Awareness Month
National Cervical Cancer Awareness and Screening Month

- **Annual Advocacy Breakfast** - Wednesday, February 17, 2016
Presented by the **Vermont Public Health Association**, Capitol Plaza, Montpelier
802-847-2278
- **VTAAC Annual Meeting** - Thursday, March 24, 2016
Capitol Plaza, Montpelier
802-872-6315
- **Vermont Cancer Awareness Day** - Thursday, March 24, 2016
Presented by the ACS Cancer Action Network, Statehouse, Montpelier
802-872-6312
- **Expanding Cancer Care: Exploring Choices in Complementary Integrative Medicine**- Saturday, April 2, 2016
Vermont College of Fine Art, Montpelier
800-652-5064
- **Vermont Blueprint for Health Annual Conference** - Tuesday, April 12, 2016
Presented by the Vermont Blueprint for Health and University of Vermont
Sheraton Hotel, Burlington
- **"Lung Force Expo"** - Wednesday, April 27, 2016
Presented by the American Lung Association, Doubletree, S. Burlington
802-876-6862

Every Vermonter Can Take Action Against Cancer!

- Avoid all tobacco products and second hand smoke.
- Eat a nutritious and balanced diet and maintain a healthy weight.
 - Increase your daily physical activity.
 - Have your home checked for radon gas.
- Talk to your health care provider about appropriate cancer screenings.
 - Reduce exposure to the sun and avoid indoor tanning.

VISIT OUR WEBSITE

Thanks for checking out our latest Update. Let us know if you have any questions/comments



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