



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

June 2016 Update

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Welcome!

We are presenting this quarterly newsletter 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.

Hello from your new VTAAC Coordinator!



For those of you I have not met or chatted with yet, hello and nice to meet you. My name is Jessica French and I took over the role of Coordinator in early June from David Cranmer, who left the position in January and Justin Pentenrieder, who was temporarily acting as VTAAC Coordinator in his absence. I am a native of Shelburne, VT, returning to the area after several years of studying and working in Massachusetts.

While I am a new member to VTAAC and still have much to learn about the amazing work that has been accomplished over the last ten years, I am excited to contribute my experience to the mission and look forward to collaborating with you all as we work to reduce the impact of cancer in Vermont.

The experience I bring to VTAAC crosses multiple fields. My educational background includes a Bachelor of Arts degree in Anthropology from the University of Vermont as well a Master's degree in Public Health from Boston University. Upon graduating from BU, I worked as a chronic and complex disease researcher at ConsumerMedical (CM), a health education company located south of Boston. Patients would contact our team when they received a

new diagnosis, had questions regarding a treatment plan, or were looking for support in local or online communities. It was a role that opened my eyes to complex and far reaching impact of cancer, as many of the patients I worked with were newly diagnosed or relapsing cancer patients looking for information on current treatment options or how to cope. Upon leaving CM, I joined the Central Massachusetts Independent Physician Association (CMIPA), where I was responsible for overseeing CMIPA's 180+ physician members, monitoring and reporting on care management and population health data, and evaluating programs designed to improve care measures. While much of my time was spent engaging physicians and practice teams to ensure their patient populations were on track for the appropriate screenings, I also worked with local health organizations and hospital systems to develop strategies for improving care measures across the MA population.

In sum, I am excited to be returning to Vermont to serve the community that I've grown and worked within for years. As a teenager, I used to volunteer with Art from the Heart on the pediatric floor of the hospital in Burlington, planning activities for kids and their families. Years later, I was fortunate enough to once again engage and support the community while organizing health events around the state for Blue Cross and Blue Shield of Vermont. I'm excited to put the 2016-2020 Vermont Cancer Plan into action.

When not in office working part-time as Coordinator for VTAAC, you can find me assisting with the operations of Miskell's Organic Farm in Charlotte, Vermont. My hours with VTAAC are Monday-Wednesday, 12pm-5pm and Friday, 9am - 5pm.

Future communications regarding VTAAC should be directed to

Jessica.French@cancer.org

Inquiries on the Vermont State Cancer Plan should be directed to

Sharon.Mallory@vermont.gov.

Thank you David for all of the years of work that helped to make VTAAC a success! Thank you as well to Justin. Your time, efforts, and successful planning of the 2016 Annual Meeting have not gone unnoticed. Additional details from this event are included below.

Leadership Updates

Scott Perrapato, DO and Ed DeMott serve as co-chairs of the VTAAC's Steering Committee.

Both have agreed to extend their 2-year terms by up to a year as needed per the request of the committee. Thank you both for your continued leadership and dedication to this organization.

VTAAC has developed two workgroups to address the goals and strategies in the Vermont State Cancer Plan.

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 **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** (UVMCC) and **David Cranmer** (VCSN) are the co-chairs.

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 working to increase screening throughout the state; **Breast & Cervical** is chaired by **Nicole Lukas** (VDH); **HPV** is chaired by **Chris Finley** (VDH) and is promoting 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 the near future.
- The **Men's Health** taskforce, chaired by **Scott Perrapato** (UVMCC), is working on several projects to raise awareness on Men's Health issues and support for research on men's cancers. The second annual Men's Health Conference was held on June 24, 2016. A Men's Cancer Resource page can also now be found on the [VTAAC website](#).

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

VTAAC Annual Meeting

On March 24, 2016 VTAAC hosted its 10th Annual Meeting at the Capitol Plaza in Montpelier, VT. The annual meeting kicked off the [2016-2020 Vermont Cancer Plan: A Framework for Action](#). The plan outlines five-year shared goals, objectives and strategies for reducing the burden of cancer in Vermont. It is a roadmap for addressing cancer in Vermont with the goals of preventing, detecting and treating cancer, as well as improving the lives of cancer survivors and their families.

The morning sessions included a review of accomplishments and progress in the fight against cancer and the roll out of the new [Vermont Cancer Plan](#). We invited lawmakers to join us for a luncheon and heard from guest speakers, Speaker of the House Shap Smith, Vermont Department of Health Commissioner Dr. Harry Chen, and cancer survivor and advocate David Cranmer. After lunch we moved across the street to the State House where we were formally recognized by the legislature and a bi-partisan resolution to support the 2016-2020 Vermont Cancer Plan was read and unanimously passed. The afternoon sessions were back at the Capitol Plaza Hotel and focused on implementation of the 2020 Vermont Cancer plan and announced the recipients of the 2016 VTAAC Impact Awards.

Approximately 100 medical professionals, public health professionals, cancer advocates, and cancer survivors attended the event.



2016 VTAAC Annual Meeting attendees in front of the Vermont State House

2016 VTAAC Impact Awards

The VTAAC Impact Awards are to recognize excellence in reducing Vermont's cancer burden. Awards honor those who have made extraordinary contributions to addressing cancer prevention, detection, treatment and/or survivorship. Two awards were presented in 2016 to support the efforts of individuals supporting (a) VTAAC-related activities and (b) activities external to VTAAC.

Sherry Rhynard received the impact award for efforts supporting VTAAC and her role at the VTAAC affiliated Vermont Cancer Survivor Network (VCSN). Sherry is committed to improving the quality of life of Vermonters affected by cancer and goes the extra mile in every program and project. She knows that success comes from not only being dedicated to the mission but also in tending to the demanding and sometimes tedious details. Her accomplishments include: guiding and assisting communities to form and maintain Kindred Connections groups; writing a successful grant proposal for Vermont Community Foundation funding for a statewide web-based cancer resources database; leading the planning for a statewide event on complementary integrative medicine in cancer care.

Sarah Cosgrove received the impact award for activities external to VTAAC. Sarah has been working for the last ten years at Rutland Regional Medical Center (RRMC) and for nine years has served the tobacco cessation needs at the hospital and the Rutland area community. Sarah is also known as one of the faces of Vermont Quit Partners and she works tirelessly to promote tobacco cessation opportunities. Sarah is a licensed respiratory therapist and has achieved the highest level of tobacco cessation certification as a Master Trainer, Certified Tobacco Treatment Specialist (TTS), and also is a leader of Better Breathers working with pulmonology at RRMC. Through ongoing continuing education Sarah willingly increases her knowledge and skills. Sarah helps teach the nationally certified TTS course, teaches the Fresh Start course which certifies

participants to provide group counseling specific to VT's resources and also audits TTSs to ensure adherence the high tobacco cessation service quality standards adopted for Vermont.

Please join us in congratulating Sherry Rhynard and Sarah Cosgrove. Thank you to all the nominees and to those who took the time to submit nominations.

The 2nd Annual Men's Health & Cancer Conference

This past Friday, June 24, 2016, the 2nd Annual Men's Health and Cancer Conference took place on the UVM medical campus. Sponsored by the University of Vermont Cancer Center, the second year of the event was well attended with participants including representatives of VTAAC, UVM, and the greater cancer community.

Introduced by Dr. Gary Stein, Dr. Scott Perrapato led the opening segment on prostate cancer, with Dr. Peter Holoch following with a discussion on male hormones and aging. Additional sessions covered topics in skin cancer, genomics and personalized medicine, integrative care, and nutrition, exercise, and cancer.

Details from this and previous Men's Health & Cancer Conferences can be found [here](#).

VTAAC Joins Facebook

To meet the needs of our membership and further collaborate with individuals and organizations, Vermonters Taking Action Against Cancer has joined the Facebook community. The page is now live and can be found at <https://www.facebook.com/VermontersTakingActionAgainstCancer/> or by searching @VermontersTakingActionAgainstCancer.

We encourage you to share this resource with friends and colleagues as it will provide a forum for us to alert you and the greater VT community of events and resources related to our mission.

Please share widely, and feel free to contact Jessica.French@cancer.org for more information or if there is content you would like shared on the VTAAC Facebook page.

Save the Date!

- **National "Cancer Moonshot Summit" Breakfast** - Wednesday, June 29th, 8:30am to 10:30am, University of Vermont College of Medicine, Carpenter Auditorium.

The American Cancer Society Cancer Action Network and the American Cancer Society are partnering with the University of Vermont Cancer Center to host a "National Cancer Moonshot Breakfast". The event will include live streaming of Vice President Biden's overview of the Cancer Moonshot Initiative from 8:30 to 10:30 am in the Carpenter Auditorium at the University of Vermont College of Medicine. This will be followed by discussion of strategies to capture opportunities of the Cancer Moonshot Initiative to "make a difference" for Vermonters and beyond. Please email gary.stein@uvm.edu or jill.sudhoffguerin@cancer.org for additional information.

- [19th Annual Women's Health & Cancer Conference](#) - Friday, October 7, 2016.

The annual Women's Health and Cancer Conference, presented by the University of Vermont Cancer Center, is committed to serving the needs of men and women in Vermont, New Hampshire, and Northern New York who are interested in learning about breast health. The conference is also strongly attended by many of the region's healthcare professionals. In 2015, more than 750 people attended the event, with representation from every New England state, including every county in Vermont, and nearly all counties of New Hampshire and Northern New York. [Click here](#) for additional information and registration.

July 2016

UV Safety Month

August 2016

National Health Center Week (August 7–13)

Summer Sun Safety Month

September 2016

Childhood Cancer Awareness Month

Gynecologic Cancer Awareness Month

Leukemia and Lymphoma Awareness Month

National Ovarian Cancer Awareness Month

National Prostate Cancer Awareness Month

Take a Loved One to the Doctor Day (typically the last week in September)

Thyroid Cancer Awareness Month

October 2016

American Cancer Society Making Strides Against Breast Cancer® events*

National Breast Cancer Awareness Month*

National Mammography Day (October 21)

November 2016

Great American Smokeout (Always the third Thursday in November: November 17)*

Lung Cancer Awareness Month

National Family Caregiver Month

Neuroendocrine Tumor Day (November 10)

Pancreatic Cancer Awareness Month

World Cancer Congress (October 31–November 3)

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

VTAAC | info@vtaac.org | <http://www.vtaac.org>

