



# Women's Agricultural Network Newsletter

Volume 7, Issue 1

Fall 2008



The Women's Agricultural Network is a program of UVM Extension supported by the Outreach and Assistance for Socially Disadvantaged Farmers and Ranchers Competitive Grants Program of the USDA Cooperative State Research, Education and Extension Service (CSREES), USDA, Grant #2005-5120002299.

## Inside this issue:

*Growing Produce & Community at Wellspring Farm*..... 2

*VT Beginning Farmers Get Support from Federal, State and Private Ag Group* ..... 3

*Noew Workplace CSA Guide Available*..... 3

*Calendar* ..... 4

*Taking Stock, for Owners of Maturing Businesses*..... 5

*Quickbooks Courses*..... 5

*Winter Grazing Project*..... 5

*Mammogram Anyone? Mammogram Everyone?*.....6

*Publicly Support Health Insurance Options*.....7

## Take Time to Invest in Well-being

Farming can be incredibly rewarding. But we know it can be a very stressful way to make a living as well.

There's physical stress: Farming is hard, often isolating, work. There's never a shortage of tasks to complete. There are always unanticipated situations that demand your immediate attention. Then, there's the lack of control over the weather, crops, and animal health. Add to that the difficulty of predicting input costs or farmgate prices.

But did you know that women farmers encounter additional stress?

According to a recent University of California publication, farm women face stress associated with agricultural stereotypes, assumptions about gender roles at home and in public, and lack of access to agricultural programs, loans and technical assistance.

Among the factors the UC publication noted: mainstream images of women in agriculture sometimes cast women in supporting roles in farm operations, rather than recognizing their actual position as full partners in farm businesses or in-

dependent owner-operators. Farm women report experiences in which other people – sometimes family members, sometimes employees, suppliers, customers, or technical advisors – do not acknowledge their authority over farm operations.

Besides their responsibilities and contributions to the farm



business, many farm women have primary responsibility for home and family. Add another layer of potential stress for farm women who hold off-farm jobs.

Finally, the publication says lack of access to loans, services and information can adversely affect the functioning of the farm business, placing additional stressors on a farm woman and her family.

So, how can farm women constructively cope with stress?

- First, recognize the symptoms. Fatigue, depression,

illness, weight loss – or weight gain – can all be symptoms of stress.

- Identify stress management strategies that have worked for you in the past, and put them into use.
- Identify the source of stress, and address it, not just the symptom. Learn to accept what is realistically beyond your control.
- Take care of yourself. Eat well. Make sure you make time to rest, sleep, exercise and have fun.

Finally, connect with other farm women. Several studies have found that peer relationships and social networks help farm women reduce and manage stress. Studies indicate that in addition to providing information and helping to build knowledge farm women can put to use to address underlying causes of stress, networks provide support, new perspectives and inspiration.

That's why the Women's Agricultural Network, is here.

Wishing you all a warm, and as-stressless-as-possible, Thanksgiving.

*Beth Holtzman*

Beth Holtzman  
Outreach Coordinator  
Women's Agricultural Network

# Growing Produce & Community At Wellspring CSA

Mimi Arnstein has been growing organic vegetables and flowers at Wellspring Farm CSA in Marshfield since 2003. Her five-acre operation has blossomed from a 40-member community supported farm to this year's 125 members, and now employs several apprentices and part-time staff.

Mimi recently sat down with a group of beginning and aspiring farmers enrolled in WAgN's fall Growing Places course to share what she's learned about establishing and growing a successful farm business over the last six years. Mimi's energy and enthusiasm for farming is abundant, but her approach is disciplined.

In starting her farm, Mimi carefully researched market opportunities in the Montpelier area to determine her niche. "I very specifically thought I want to do one thing and one thing well, and that is the CSA," she says.

CSA stands for Community Supported Agriculture, a model in which consumers purchase a "weekly share" in the farm's harvest at the beginning of the growing season. At Wellspring, about two-thirds of the members come to the farm to pick up their produce. The other third pick up their share at a drop-off point in Montpelier, about 13 miles from the farm. To accommodate customers, Wellspring now offers two share sizes.

## Wellspring Statement of Integrity

Wellspring Farm CSA is a small scale farm business that produces the highest quality produce for our community. We provide healthy, fresh food, strengthen community, and educate about farm sustainability issues. We teach our apprentices all aspects of small scale farming in order to create farmers of the future. We create a fine quality of farm life that provides for our economic, social and emotional well being.

Wellspring's limited acreage has shaped both production and marketing strategies. In any given year, about three of Wellspring's acres are planted to vegetables, and approximately two acres are in cover crops.

"I have to pick and choose what I do," Mimi explains. Crop selection is a balance of Mimi's expertise, customer preferences and how labor intensive a crop is to grow and harvest. Peas, cut flowers, and other crops that are labor intensive to harvest are generally offered to members as pick-your-own.

"People love doing it," she says. "Pick-your-own is a great thing for a CSA."

Annual production planning starts in January, so that Wellspring can offer a good mix of vegetables from the first pick-up week in late June through the last pick-up in October. But getting a weekly supply of high quality, fresh, organic produce is only part of the reason members sign on and stay with a CSA, Mimi found in an early survey of her members.

"The number one reason most people joined a CSA was to support a local farm. That was very powerful," she says. "I sell much more than vegetables—the experience of knowing the farmer, of cutting the flowers, of connecting with the land. The lifestyle value is very important to people," she says.

Mimi uses a variety of marketing techniques—including a newsletter, website, on-farm events, providing recipes, and making good use of public relations opportunities with newspapers and other media outlets.



Mimi has found that she needs to invest a significant amount of her time in marketing in order to reach her membership goals, themselves derived from Mimi's overall financial goals for the business. She also needs to "market" job opportunities at the farm to attract the kind of high quality employees necessary

for success. "My goal is to have a sustainable lifestyle that I enjoy," she says. For that reason she has decided to offer a winter CSA with a one-time pick-up, rather than weekly pick-ups during the winter. "I want the time off," she says.

Mimi avoided debt in her first few years, but in her fourth year took out a loan to purchase equipment necessary to scale up operations and increase productivity. "It took a number of years to feel secure enough to take on the debt to become more sustainable," she said. "I'm glad I didn't take on the debt in the first few years but I needed the equipment."

Mimi has also tapped in to the wide variety of technical assistance and educational resources available through the Vermont Farm Viability Program, USDA's Natural Resources Conservation Service, NOFA-VT, WAgN, and UVM Extension. "There are incredible resources for beginning farmers," she told the Growing Places students. "They really want everybody in this room to succeed."

Each year gets easier, Mimi says, as Wellspring streamlines systems, equipment, infrastructure and soil building. But Mimi's still learning.

"It takes a long time to learn all the skills you need to run a sustainable farm business, which is why it is so exciting, and why you are never bored, and also why you are often overworked," she says with an enormous grin.

## Vermont Beginning Farmers Get Support from Federal, State and Private Agriculture Groups

Representatives from Vermont's Farm Service Agency (FSA), Yankee Farm Credit and the Agency of Agriculture recently signed a Memorandum of Understanding (MOU) to help beginning farmers get financial assistance to establish viable farming operations.

The MOU solidifies an agreement among the parties to provide cooperation and participation in joint funding between FSA and Yankee Farm Credit with the assistance of the State of Vermont for beginning farmers. Assistance will be provided for qualified beginning farmers through the use of the Down Payment Loan Program or guaranteed loan programs.

"This Memorandum of Understanding will benefit beginning farmers in Vermont. For guaranteed loans that Yankee Farm Credit makes to quali-



fied beginning farmers, FSA will waive the usual 1 percent guarantee fee – thereby reducing costs," said George Putnam, President of Yankee Farm Credit. "Cash flow is especially tight for beginning farmers. The waiver of this fee will allow these operators to keep more of their cash on the farm."

FSA has made a commitment, targeting several loan programs to assist beginning farmers to help create and launch their first farm and have targeted funds to help finance the purchase of a farm.

"This initiative is a great opportunity for the farm community in Vermont and particularly for beginning farmers to get the benefits of the Vermont Agency of Agriculture, Yankee Farm Credit and the Farm Service Agency committing their combined resources to the

future of Vermont Agriculture," said Harvey Smith, State Executive Director of FSA.

"The costs to start a farm business can be very expensive – equipment, land, facility – can really add up. Many people starting out farming don't have that sort of capital on hand," said Roger Allbee, Secretary of Agriculture.

"The MOU we signed today allows for lower loan costs and fees that will assist farmers in the lending process. Agriculture is a very important part of our economy and we continue to search for creative ways to make it as viable as possible for those who want to farm to be able to," Allbee said.

For more information about the assistance available, contact your local FSA office.

## New Workplace CSA Manual Available

Our friends at Community in Sustaining Agriculture (CISA) in Massachusetts have just released *Community Supported Agriculture for the Workplace: A Guide for Developing Workplace Community Supported Agriculture Distributions*. This manual outlines CISA's Workplace Community Supported Agriculture (CSA) program, how it is managed, and key lessons CISA learned from running the program for four seasons.

Since launching the Workplace CSA program in 2005, CISA has worked with nine local farms and seven workplaces to build off-farm CSA distributions. CISA matches farms with interested workplaces, and works with both

to ensure that shares are sold and that the arrangement is mutually beneficial for the farmer, the workplace, and the shareholders.

Developing an off-farm CSA distribution site can be a great and creative way to grow a farm business and reach new customers, but there are logistical and bureaucratic hurdles to getting started and keeping it sustainable.



Over the years, they've learned how to make solid matches between workplaces and farms, how to market the program to shareholders, and best practices to ensure that the season goes smoothly.

The manual is designed to guide other non-profits, farmers, or workplaces through the process of starting a workplace CSA program. It can be accessed at CISA's website [www.buylocalfood.com](http://www.buylocalfood.com), or contact Claire Morenon at (413) 665-



## Calendar of Events

To avoid disappointment, please be certain to call ahead before attending any of the events listed below. Changes can, and do happen. Many of the events may require pre-registration as well as charge a registration/attendance fee. For up-to-date listings between newsletters, check out our web calendar at [www.uvm.edu/wagn](http://www.uvm.edu/wagn). Click on the calendar link.

Date	Event	Location	Contact
November 21 & December 5	On-farm Pig Slaughter and Whole Animal Butchering	Warren, VT & Wells, VT	NOFA-VT, 802-434-4122 or <a href="mailto:info@nofavt.org">info@nofavt.org</a>
November 21-23	Third Biennial Conference for Community Supported Agriculture: Seeding the Future Together.	Ontario, Canada	<a href="http://www.csaconference2008.ca">www.csaconference2008.ca</a>
November 30	Westfield Farms Tour	Westfield, VT	NOFA-VT, 802-434-4122, <a href="mailto:info@nofavt.org">info@nofavt.org</a>
December 1	Deep Zone-Tillage & Soil Health Conference,	Sturbridge, MA	Jude Boucher, 860-875-3331, <a href="mailto:jude.boucher@uconn.edu">jude.boucher@uconn.edu</a>
December 4-5	The Young Farmers Conference: Reviving the Culture of Agriculture	Pocantico Hills, NY	<a href="http://www.stonebarnscenter.org">www.stonebarnscenter.org</a>
December 4	Transitioning to Renewable Energy for Greenhouse Heat.	Sturbridge, MA	Tina Smith 413-545-5306, or <a href="mailto:tsmith@umext.umass.edu">tsmith@umext.umass.edu</a> .
December 6	Community Based Approaches to Energy and Climate Change	Randolph, VT	Mary Peabody, 802-223-2389x13 or <a href="http://www.regonline.com/VTEnergy">www.regonline.com/VTEnergy</a>
December 12	Alternative Greenhouse and High Tunnel Crops	Sturbridge, MA	Tina Smith 413-545-5306, or <a href="mailto:tsmith@umext.umass.edu">tsmith@umext.umass.edu</a> .
December 15	Vermont Institute for Artisan Cheese Course: Advanced Sensory Evaluation	Burlington, VT	802-656-8300 or <a href="mailto:jfarnham@uvm.edu">jfarnham@uvm.edu</a> , <a href="http://www.uvm.edu/viac">http://www.uvm.edu/viac</a>
December 16	Deadline to submit a Northeast SARE Farmer Grant proposal.	Northeast Region USA	Applications are posted at <a href="http://www.uvm.edu/~nesare">www.uvm.edu/~nesare</a> , or call 802/656-0471
December 16	Vermont Institute for Artisan Cheese Course: Cheese and Culture	Burlington, VT	802-656-8300 or <a href="mailto:jfarnham@uvm.edu">jfarnham@uvm.edu</a> , <a href="http://www.uvm.edu/viac">http://www.uvm.edu/viac</a>
December 17	Vermont Institute for Artisan Cheese Course: Cheese Defects, Origins and Troubleshooting	Burlington, VT	802-656-8300 or <a href="mailto:jfarnham@uvm.edu">jfarnham@uvm.edu</a> , <a href="http://www.uvm.edu/viac">http://www.uvm.edu/viac</a>
December 18	Vermont Institute for Artisan Cheese Course: Risk Reduction for Cheese Makers	Burlington, VT	802-656-8300 or <a href="mailto:jfarnham@uvm.edu">jfarnham@uvm.edu</a> , <a href="http://www.uvm.edu/viac">http://www.uvm.edu/viac</a>
January 16 & 17, 2009	13th Annual Vermont Grazing Conference: Managing Animal Behavior—It's Not What You Do, It's How You Do It.	Randolph, VT	Jenn Colby, (802) 656-0858, <a href="mailto:jcolby@uvm.edu">jcolby@uvm.edu</a> , <a href="http://www.uvm.edu/pasture">www.uvm.edu/pasture</a> .
January 9	New England Vegetable and Berry Winter Meeting	Chicopee, MA	John Howell, (413)665-3501, <a href="mailto:howell@umext.umass.edu">howell@umext.umass.edu</a>
January 13, 15, 20, & 22	Quicken Bookkeeping Workshop for Farmers	St. Johnsbury, VT	Allen Matthews, <a href="mailto:allen.matthews@uvm.edu">allen.matthews@uvm.edu</a> , 802-656-0037
January 22-23	Mid-Atlantic Regional Women in Agriculture Conference.	Dover, DE	<a href="http://ag.udel.edu/extension/kent/womeninag.htm">http://ag.udel.edu/extension/kent/womeninag.htm</a> or Laurie Wolinski, 302-831-2538 or <a href="mailto:lgw@udel.edu">lgw@udel.edu</a>
January 23-35	NOFA-NY Annual Winter Conference: Meals Without Wheels-Revitalizing our Local Organic Foodshed	Rochester NY	<a href="http://www.nofany.org">www.nofany.org</a>
Feb 13-14	NOFA-VT Annual Conference	Randolph, VT	NOFA-VT, 802-434-4122
February 26-29	Midwest Organic Farming Conference.	LaCross, WI	<a href="http://www.mosesorganic.org/umofc/intro.html">http://www.mosesorganic.org/umofc/intro.html</a>
March 6-8	Vermont Flower Show	Essex, VT	Greenworks, the Vermont Nursery and Landscape Association: 888-518-6484; <a href="http://www.vermontflowershow.com/index2.php">www.vermontflowershow.com/index2.php</a>

# Taking Stock: For Owners of Maturing Businesses

It's easy to get so caught up in the day-to-day business of running a farm that you forget to step back and ask yourself, "How healthy is this business? Is this business still making me happy?"

There are many factors that contribute to a successful business, and it's a good idea to conduct a thorough evaluation of your business at least every three years. Accurate and timely information will help you manage your way to a healthy farm business.

It's tough stuff to do alone. That's why WAgN developed Taking Stock, a special short course focusing on the issues of maturing businesses. The next session will begin in December.

Taking Stock is designed to help more

experienced business owners assess their operations. Taking Stock participants take a critical look at their operations, and examine what is working and where some fine-tuning may be needed.

Topics include diversification finances, legal issues, labor management, and business transition planning.

Participants in the March 2008 pilot said the course helped them acquire information and develop business management skills that they are using to improve operations in their farms.

"The course provided the inspiration to re-evaluate, prioritize and address how to get to those priorities," said one participant.

"My business will benefit from this workshop in several ways," said another. "It will operate more efficiently in terms of management, and it has helped me define my next steps toward my 3-year, 5-year and ten-plus-year goals."

The class will be held in two day-long sessions on December 2 and 16. Additionally, during the week between classes there will be an opportunity for participants to obtain individual consultation with the instructors.

The class is designed for individuals who have at least five years in business. For more information, contact Beth Holtzman at 802-223-2389 x15 or email [wagn@uvm.edu](mailto:wagn@uvm.edu).

## Quickbook Course for Farmers

UVM Extension will offer two "Introduction for Farm Quickbooks" workshops in December.

The workshop, designed for new quickbooks users, is open to all agricultural producers. It will also provide tips for people who are already using Quickbooks and want to make more use of the power of the program.

The workshops will be held at the Champlain Valley Exposition on December 2 and the Middlebury Extension

office on December 5. Both classes run from 9 am to 3 pm, and the \$35 fee includes lunch.

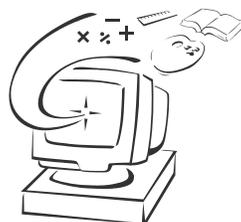
Topics include:

- Getting started with Quickbooks
- Managing lists, setting up vendors and customers, and tailoring lists to your specific business;
- Using the register &/or using forms to enter checks and deposits;
- Using accounts receivable, receiving payments and making deposits;

- Using accounts payable, paying bills and printing checks;
- Bank reconciliation, discrepancies;
- Figuring out which reports to use, how to understand them and identify problems Quickbooks.

Lisa Young from Yankee Farm Credit will be the guest speaker. Co-sponsors Yankee Farm Credit and the Northeast Sustainable Agriculture Research and Education Program's Speakers Fund.

Pre-Registration: by Nov. 26th. For more information call Glenn Rogers or Peggy Manahan at 1-800-639-2130



## Winter Grazing Project Seeks Farm Cooperators

The University of Vermont Center for Sustainable Agriculture and Plant & Soil Science Department are launching a new Winter Pasture and Bedded Pack Management for Vermont Dairy Farms project. UVM will partner with winter grazing innovators to improve and expand season extension of forage crops, ecologically-sound winter

pasture feeding and bedded pack management. Project staff will work with farmers to reduce feed and energy costs, monitor soil and forage quality, carbon storage and energy conservation. Discussion groups for interested dairy farmers will be held in Franklin, Addison and Orange Counties. Participants will learn more about local farm

efforts to extend the grazing season, reduce costs, share successes and troubleshoot challenges.

Dairy farmers interested in participating should contact Jennifer Colby, at (802) 656-0858 or [jcolby@uvm.edu](mailto:jcolby@uvm.edu). Project updates may be found at [www.uvm.edu/pasture](http://www.uvm.edu/pasture).

University of Vermont Extension and US Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

# Mammogram Anyone? Mammogram Everyone!

By Debra Heleba

I just had my first mammogram. I'm overdue, having officially passed the 40-year-old mark, but like some women (the minority, I've learned) have somehow managed to put it off until now.

According to the Vermont Department of Health, a 2004 study showed that 75 percent of Vermont women 40 and older had a mammogram in the preceding two years.

That's great news considering breast cancer remains the most commonly diagnosed cancer and leading cause of cancer deaths among women. At this point, there is no known way to prevent breast cancer, so our greatest defense against this disease is early detection through mammograms and clinical breast exams. And it seems that this approach is working!

As women have made breast cancer screening part of their annual or bi-annual health routines, statistics have shown that, while there has been no change in the number of breast cancer cases (between 1997 and 2001), there has been a significant decrease in breast cancer mortality.

If you, like me, are new to the world of all things "mammo," you may find Vermont breast cancer statistics to be sobering (and definitely incentives to act) confusing, yet somewhat hopeful.

For example, each year, in Vermont, approximately 482 breast cancer cases are diagnosed in women, yet when found early—which seems to be the case in Vermont with 65 percent of cases diagnosed at an early stage—there is a 96 percent chance for cure.

Breast cancer incidence rates were found to be significantly higher in Addison and Chittenden Counties than

the U.S. rate for white women, yet are significantly lower in Franklin, Orleans, and Windham Counties. The lit-

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## Is farming a breast cancer risk factor?

The little research that is out there is contradictory, Heleba found.

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erature I read didn't indicate why this was the case but it may have to do with "risk factors."

Researchers don't know exactly what causes breast cancer, but have identified factors that have been shown to elevate a woman's risk for developing the disease. These include things you have no control over like gender, age (breast cancer incidence increases with age; most women who get the disease are over 50), race (white women more likely to develop the disease than African-Americans), family history, and genetics.

Risk is also linked to some factors where you do have control like diet and lifestyle choices (including high fat diet, postmenopausal weight gain, level of exercise, and alcohol consumption).

Then there are some risk factors for which you may or may not have control. These risk factors include hormonal factors (including early onset of menses, late onset of menopause, having your first child after 35, never bearing children, and never breastfeeding).

What about farming—is it a risk factor?

There is presently little, yet contradictory, research out there. Some studies have found linkages between breast cancer incidence and exposure to agricultural chemicals. Yet research conducted by the Agricultural Health Study (currently the largest study of health issues of U.S. farmers) have re-

vealed that breast cancer rates of women farmers are about the same as their non-farming peers.

UK and Canadian studies have suggested that women with breast cancer were three times likely to have grown up or worked on a farm. But a North Carolina study found breast cancer rates among farm women to be lower than their non-farming peers.

One reason for the contradictions of these studies is that research on the health of farm women are few and far between and tend to include low participant numbers—we just don't know enough to make any conclusions.

There is evidence, through a Michigan study, however, that farm women surveyed received breast cancer screenings as frequently as the general population. Again, that's good news as we know that the earlier the detection, the better chances for cure.

In Vermont, we are fortunate to have programs like Ladies First (call 1-800-508-2222 or visit [www.LadiesFirstVt.org](http://www.LadiesFirstVt.org)) that offer free mammograms and other health services for Vermont women who don't have health insurance. The program even offers a special cash prize drawing for Ladies First members over 50 until November 30, 2008.

So why wait? Join me for a mammo "party!"



# Publicly Supported Health Insurance Options

By Peter Sterling

With the cost of gasoline, heating fuel and food (and just about everything else it seems) going through the roof, the Vermont's subsidized health care plans—Catamount Health, VHAP, and Medicaid are a better deal than ever. Each of these plans offers comprehensive coverage including hospitalization, prescription drugs, doctor visits for primary and specialty care, mental health and substance abuse treatment and has low or no out-of-pocket costs. The monthly premiums range from free to \$185 a month depending on your income. And you are eligible for these programs even if you are working.

Any Vermonter is eligible for Catamount Health if they have been uninsured for more than 12 months *or* lost your insurance because you retired, lost or quit your job, a spouse died, you left college, you no longer choose to receive COBRA, you no longer are able to be a dependent on someone else's policy, or had your hours reduced at work. There is no waiting period to enroll in Catamount Health for individuals that lose their insurance for one of these reasons. You are also immediately eligible for Catamount Health if you are enrolled in a plan with a deductible over \$10,000.

Catamount Health's monthly premiums are based on your household's monthly income only, not your assets. Household income is determined by family size (the number of people living with you under age 21 who are related). For those meeting the income criteria for premium assistance (roughly \$21,000-\$33,000/year for a single person or \$43,000-\$64,000/year for a family of four), premiums range from \$65/month-\$185/month. Uninsured Vermonters making less than these amounts are eligible for either VHAP or Medicaid. If you are over these income limits, you can still enroll in Catamount Health but must pay

the unsubsidized price of \$393/month. Out of pocket expenses for Catamount Health are limited to \$800/year for an individual not including premiums.

Catamount Health has a pre-existing conditions clause (VHAP and Medicaid do not) that applies to anyone who has a medically diagnosed condition and has had a gap in insurance coverage in the previous nine months. They must pay out of pocket for all treatment related to this pre-existing condition for the first year they are in Catamount Health.

Any Vermonter whose income is less than roughly \$21,000/yr for a single person or \$43,000 for a family of four) AND has been uninsured for more than a year or lost their insurance because they retired, lost or quit their job, a spouse died, left college, no longer choose to receive COBRA, no longer able to be a dependent on someone else's policy or had their hours reduced at work is eligible for VHAP. There is no waiting period to enroll in VHAP



for individuals that lose their insurance for one of these reasons. Household income is determined by family size (the number of people living with you under age 21 who are related).

VHAP's monthly premium amounts range from 0-\$49 per month and are based on a household's income and whether there are dependent children in the family. VHAP's only out of pocket expenses other than the premium is a \$25 emergency room co-pay.

Medicaid has very specialized eligibility requirements and premium considerations. Call to find out the details.

Visit to [www.catamounthealth.org](http://www.catamounthealth.org) or call the Vermont Campaign for Health Care Security Education Fund Toll-free Helpline at 1-866-482-4723 about enrolling.

*Peter Sterling is the Executive Director of the Vermont Campaign for Health Care Security Education Fund, a non-profit organization working to educate Vermonters about and help them enroll in public health care programs. VCHC-SEF is a project of AARP-Vermont, the Vermont NEA, Bi State Primary Care Association and the Vermont Citizens Campaign for Health.*

## New Cervical Cancer Prevention Campaign

This year, 11,070 women will be diagnosed with cervical cancer and 3,870 will die of the disease. Women aged 65 and older comprise 20% of all new cervical cancer cases and are 35% more likely to die of the disease versus younger women.

The Women's Health Task Force of the National Council of Women's Organizations is launching a new campaign to help older women understand that cervical cancer can affect them and

that they may benefit from the same advanced screening technologies as younger women.

*The Note to Older Women: Ask About Cervical Cancer Screening, Ask About HPV Testing* campaign is an online effort encouraging all women to tell the older women in their lives what they need to know.

Visit [www.womenshealthtaskforce.org/olderwomen](http://www.womenshealthtaskforce.org/olderwomen) to learn more.



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