



From the Founder's Desk

Phyllis L. Rodgers, *President & CEO*



We are extending warm, eagerly anticipated, and positive greetings to all of our community partners, stakeholders and friends!

While there is truth to the saying, "if you don't like the weather in Chicago—wait five minutes!" I am daring to hope that with the recent sunny days, bursts of hostas, tulips, bright yellow star jonquils, and people venturing outdoors a bit more, Spring is in the air and on the way! And with this season comes new energy, hope, and finding creative, *healthier* ways to support ourselves and each other.

More communities are getting fully vaccinated, and we continue to maintain healthy distances, wear a mask, and regularly wash our hands. And we have to keep it up. We have embraced a tremendous amount of uncertainty. We continue to be in the midst of COVID-19 and other "storms" of violence (i.e., gun/vehicular/family), but we must find strength and the will to work through and come out on the other side—healthy, safe, and *thriving*.

Our mission to provide "Support, Services and Resources" for those in need continues, and we have never been as busy as we have been since the beginning of 2021. Our volunteers continue to help those in need with PPE, hygiene supplies, and emergency assistance for essential needs while taking care of themselves, their families as well as taking necessary precautions to remain free from COVID-19. We have provided meals, assisted with utility costs, bereavements and made general referrals for services needed. I am so thankful to all of our community partners and their willingness to support our efforts in sharing resources.

APRIL is **Minority Health Month!**

Join Us!
Tuesday

NATIONAL MINORITY HEALTH MONTH
 In honor of National Minority Health Month
 PEER PLUS EDUCATION AND TRAINING ADVOCATES
 Invite you to enjoy a special virtual hour of

Relaxation, Meditation & Self-Care

Please join us! **Tuesday, April 20, 2021**
7 – 8 p.m. [Central Time]

PRESENTERS:
 • Lynette Mahone, Owner
 LKC Health and Wellness, LLC
 LKC Spa Spectacular, LLC
 • Peggy Riggins

To register for this free event, [CLICK HERE](#)
 Event access info will be emailed upon registration.
 Questions? Call Peer Plus at (312)914-1186.

Northwestern Medicine | EXPERIENCE CORPUS | janssen | Johnson & Johnson | Senior Talk | PEER PLUS

www.peerpluscares.org

April 20, 2021
7 PM Central Time

Click [HERE](#) to register!

Meet Our New Board Members

We are pleased to announce new Board Members **Peggy Riggins** and **Nanette Snowden**. Both women have a wealth of information and experience as it relates to health and well-being. Their full profiles are posted on the Peer Plus website at www.peerpluscares.org/board-members.



PEGGY RIGGINS
 is a registered pharmacist, author of *You Taking Care of You*, a health and lifestyle strategist and Founder of "She Heals." She received her degree from the St. Louis College of Pharmacy in 1985. She was a pharmacist for Walgreens Company for 29 years and at Mt. Sinai hospital for 14 years.



NANETTE SNOWDEN
 is a retired medical microbiology professional and teacher with more than 30 years of experience. She received her BS in Medical Laboratory Science, from Indiana University, and her Masters in Public Health, Epidemiology, from the University of Michigan.

Educating to Save Lives



COMING!

April 15th
4:30-6:30 pm
(EDT)

Peer Plus will once again participate as a virtual exhibitor with Boston-based **CISCRP**. The purpose of this event **"Aware for All / Northeast"** is to educate the



Learn more about what to expect from a clinical trial and the importance of participating.

public about clinical trials and research and highlight the importance of minority participation.

AWARE for ALL
NORTHEAST

JOIN THE DISCUSSION

APRIL 15TH | 4:30-6PM EDT

Register [HERE](#) or visit their website www.ciscrp.org for details.

Words of Appreciation

"A family reached out that was in need of assistance in the loss of their loved one. They had funds to cover most funeral costs, however, they were in need of obituaries. I reached out to Peer Plus and under their bereavement fund, we were able to bless this family during their time of loss by providing obituaries. When I dropped off the items, the mother said, 'Thank you all for having a heart to serve others.'"

"In the midst of people adjusting back from the impact of COVID-19, there were a few families in the Altgeld Gardens community who needed a little support to get through a couple of months. I reached out to Peer Plus, and they were able to provide grocery and personal care items for three families. Peer Plus has truly been a blessing in the work that I do in the community."

—Dr. Lolita Cleveland [March 2021]

2021 Calendar

Save these Dates*

Thursday, April 15 Join us at 4:30PM EDT [3:30 PM Central] for "Aware for ALL--Northeast" to learn more about minority participation in clinical trials and research. Click [HERE](#) to register!

Tuesday, April 20 Join us at 7 p.m. for an evening of "RELAXATION, MEDITATION & SELF CARE" in honor of National Minority Health Month. Click [HERE](#) to register!

Thursday, June 3 A virtual event in honor of **NATIONAL CANCER SURVIVORS DAY** [TBD] The actual date for NCSD is Sunday June 6th.

Saturday, June 19 **NATIONAL BLACK FAMILY CANCER AWARENESS WEEK** (June 17-30). This tentative event will be in partnership with the U.S. FDA/Oncology Center of Excellence. #BlackFamCan. For details, visit: <https://www.fda.gov/about-fda/oncology-center-excellence/project-community>

October NATIONAL BREAST CANCER AWARENESS MONTH [TBD]

Friday, November 5 PEER PLUS ANNUAL FUNDRAISER GALA [TBD]

**Dates are tentative and subject to change.*

Virtual Events in 2021/Q1



We've been busy!

Did you miss our powerful **"Straight Talk about Cancer, COVID-19 and Long-Hauler Syndrome"** event on February 25th? No problem. You can click [HERE](#) to hear a replay of the program.

Phyllis L. Rodgers, Peer Plus Founder & CEO (*top row, far left*) was a panelist for the **"Conversations on Cancer"** zoom meeting organized by the U.S. Food and Drug Administration Oncology Center of Excellence, on March 11th.

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