

# THE BOARD AND BEYOND NEWSLETTER



We Hope Everyone Had a Wonderful Easter and Passover!

As we return to our regular routines, we want to take a moment to recognize and celebrate the recent holidays. Whether you celebrated Easter, Passover, or simply enjoyed some well-deserved time with family and friends, we hope it was a joyful and meaningful time for you.

Thank you for all that you do, and welcome back!

## Announcements

### Welcome to the team!

- Kevin Vayas Torres – Medical – Associate
- Brianna Woodfin – Safety – Associate
- Kristen Marsch – Administration - Benefits & Financial Administrator

### Congratulations on your Promotion

- We are thrilled to announce the promotion of Nelson Eusebio to the position of Associate Director of the JIB Apprentice Department!

# Upcoming Events and Opportunities

## Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Platform Migration Programmer
- Financial Accountant
- EESISP Claims Associate
- HR Jr. Generalist
- Optometrist

## Department Team Building

### Easter Team Building Fun!

The Annuity and Members Records Department had a fantastic time celebrating Easter together through their team-building activities! The Members Records Department hosted a fun, basket decoration contest where teams decorated baskets with creative ideas, aiming for the most appealing and engaging designs. It was a great opportunity for them to step away from their daily tasks and enjoy some laughter, connection, and teamwork.

A big thank you to everyone who participated. It's always inspiring to see the spirit of collaboration and fun shine through in our workplace.

We hope the celebration added a little extra joy to the holiday season—and we look forward to more moments like this in the future!



# Who is Who

## Electrical Employers Self Insurance Safety Plan - EESISIP Department Meet Our Claims and Workers' Compensation Team!

We're excited to spotlight an essential part of our organization – EESISIP, which manages the Claims and Workers' Compensation for our Local 3 members. This dedicated team works tirelessly behind the scenes to support members during challenging times, ensuring claims are handled with care, efficiency, and professionalism. Whether it's navigating complex cases or providing guidance after an injury, they are a vital resource for our workplace.



Linda Brown  
Claims Associate



Meredith Diliberti  
MAP Associate



Ina Marie Kornegay Lane  
Supervisor



Deborah Leung  
Claims Associate



Dennis McGinn  
Director



Sheri Midha  
Associate



Dawn Nofi  
Supervisor



Leonard Urist  
Assistant Director



Rafay Uzzaman  
Business Analyst



Shoshanna Zipkin  
PFL Lead Person

# Happy National Pet Day

Celebrating National Pet Day – Meet Our Furry Friends!

April 11<sup>th</sup> was National Pet Day, and we couldn't miss the chance to celebrate the joy, comfort, and unconditional love that pets bring to our lives!

Whether they bark, meow, or swim, our pets are part of the family—and many of you shared some adorable snapshots to prove it. Thank you to everyone who participated in our National Pet Day showcase! Check out the gallery of our team's pets.

Here's to our loyal companions who make life a little brighter every day.



# Health & Wellness Corner

## Autism Acceptance Month

Michael E. Makover, MD, CMO and  
Marsha Hoffmann, Wellness  
Coordinator

What do actor Anthony Hopkins, former NFL player and musician Joe Barksdale, and author Temple Grandin have in common? They all are people who have said they are living with autism spectrum disorder (also known as ASD).

Autism spectrum disorder is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. Although a person can be diagnosed with ASD at any age, symptoms typically appear within the first two years of a person's life.

Autism has two core symptoms:

1. Challenges with social communication and interaction skills *and*
2. Restricted and repetitive behaviors


The spectrum of autism is broad. Many people with autism function completely independently while others need a great deal of support throughout their lives. Many others just need some support in certain areas of function. Early recognition and intervention are important. However, some are not recognized until adulthood.

Early signs can include:

- Not meeting developmental milestones (like reduced eye contact, not babbling or cooing by 12 months old, or lack of response to their name)
- Poor eye contact
- Delayed speech
- Repetitive movements such as rocking, spinning or hand flapping
- Lack of healthy social interactions

According to a recent CDC survey, 1 in 31 children eight years old in the US have autism.

The rates of autism appear to be increasing, but most experts believe that is only due to improved and broadened diagnostic criteria, greater attention to autism, and increased awareness and attention in populations that previously had less access to care.



Signs of autism in adults can include:

- Difficulty understanding simple questions and directions
- Doesn't express emotions or feelings and appears unaware of others' feelings
- Inappropriately approaching a social interaction by being passive, aggressive or disruptive
- Has difficulty recognizing nonverbal cues, such as interpreting other people's facial expressions, body postures or tone of voice
- Develop specific routines or rituals and become disturbed at the slightest change
- Social awkwardness

Research is ongoing. It is widely understood that genetics play a major role.

Specialists who might help include pediatricians, psychologists, internal medicine doctors (for adults) and neurologists. Social workers can help obtain services children with autism might require. Schools have help available as well.

The autism community has embraced the term “neurodivergent” to describe their neurological differences and reflect that autism is not a deficit, but a different way of understanding and dealing with the world, with some advantages and disadvantages. Temple Grandin, for example, has written that the way her mind works gave her significant benefits.



## April Work Anniversaries

Jessica Algarin  
 Kelly Allman  
 Robert Ball  
 Phyllis Campbell  
 Tamika Deshong  
 Josephine Freedell  
 Brittany Granger  
 Marie Herivaux

Eric Jawahir  
 Sigifredo Lopez  
 Monika Luthra  
 Daniel Mecca  
 Brian Modugno  
 Henry Molina Sr.  
 Darius Newsome  
 Helen Ng  
 Uri Peyser

Humberto Restrepo  
 Donna Riddick  
 Bicker Rodriguez  
 Juan Rodriguez Jr  
 Stephanie Saladino  
 Dhir Shah  
 Seneica Williams  
 Danny Yee



## Happy April Birthday to our Staff Members

Let's give a big shoutout to our team members who celebrated their birthdays this month!

We're so glad to have each of you as part of our work family, and we hope your special day was filled with joy, laughter, and a little something sweet. Cheers to another year of success, growth, and happiness!

Christopher Antonello  
 Patricia Barrera  
 Robert Biordi  
 Shayla Crawford-Holder  
 Albert Deluca  
 Joseph Doceti  
 Nancy Ehlers  
 Amanda Favillo  
 Iris Figueroa  
 Dr. Paul Greenberg

Joseph Hester  
 Christine Jones Lennard  
 Jungtaek (Eric) Kim  
 Timothy Langdon  
 Jeannie Lockwood  
 Eliana Martinez  
 Melissa Mastin  
 Helen Ng  
 Mel O' Donohue  
 Deborah Okuneye

Dorothy Ramos  
 Manuel Sanchez  
 Robert Santomauro  
 John Santorelli  
 Diana Sena  
 Cornelius Skeahan  
 Alyson Tacury  
 Tellah Taylor  
 Michael Yee  
 Nicholas Zeig

## Simple Low Calorie Egg Muffins



### You'll Need

#### Choose 2 cups of your favorite veggies

1. 2 cups of raw veggies like peppers, onions, mushrooms, tomatoes, scallions
2. Or microwave or sauté 2 cups your favorite veggies like Spinach, mushrooms, zucchini, broccoli, asparagus, onions, potatoes

#### Choose Eggs/ whites/cottage cheese

1. 6 large eggs and 4 large whites
2. 8 large eggs
3. 10 large whites or 1 cup of commercial egg whites
4. For a quiche like texture, add in ½ cup of cottage cheese or milk and use 8 eggs

#### Choose your favorite spices

1/4 teaspoon salt and a pinch of ground pepper

1/2 teaspoon dried basil

1/4 teaspoon dried oregano

Optional: cayenne pepper, parsley

#### Optional Add on

salsa, bacon bits, hot sauce, feta cheese, shredded low fat cheese, parmesan cheese

### Instructions

1. Preheat oven to 350 F
2. Lightly coat a 12-cup muffin tin with nonstick spray.
3. Divide the 2 cups of veggies evenly into each muffin tin.
4. In a large bowl mix the eggs, spices and add ons.
5. Pour the egg mix into each muffin cup-fill 2/3 of the way up.
6. Bake for 25-30 minutes, until the egg muffins are set.
7. Remove them from the pan and enjoy immediately or let cool on a wire rack and refrigerate or freeze for later.
8. Store leftover egg muffins in an airtight container or freezer bag in the refrigerator for up to 3 days or individually wrap and freeze for up to 3 months.