

THE BOARD AND BEYOND NEWSLETTER



Happy Labor Day

As Labor Day approaches, the JIB extends our best wishes to all our employees. This holiday is a celebration of the hard work, dedication, and perseverance of working people everywhere --and here at the Joint Industry Board of the Electrical Industry, it is a chance to recognize the outstanding efforts of our own team.

We thank you for the commitment and professionalism you bring each day. Your contributions ensure our continued success and growth.

May this Labor Day provide you with time to rest, reflect, and enjoy with family and friends.

Happy Labor Day from all of us at the JIB!

Announcements

Retirement

- Elvia Gonzalez – Accounting



Employee Shout Out

- **James Harris** - The JIB would like to give a massive shout-out to James Harris for consistently delivering exceptional results. He recently assisted a few members with their QDRO. The process can often be complex and time-consuming. Nonetheless, James demonstrated remarkable patience and professionalism, guiding the member step by step and ensuring that her concerns were fully addressed. His dedication not only resolved the matter efficiently but also strengthened the members' confidence in our services. This reflects the care and commitment that defines our workplace culture.
- **Joanne Ruiz** - The JIB would like to give a shoutout to Joanne Ruiz for going above and beyond in supporting a sick member during a difficult time. Joanne stepped in to help him, ensuring his bills and responsibilities were managed smoothly. This act of kindness reflects the spirit of care and integrity that defines our company culture. It is a reminder that our workplace is not just about professional success, but also about helping one another when it matters most.

Thank you, Joanne, your actions have made a real difference to this member and embody the values we are proud of.

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Platform Migration Programmer
- Financial Accountant
- Per Diem RN
- Purchasing Facility Assistant
- Claims Associate
- Insurance Associate
- Assistant Bookkeeper
- Hospitalization Associate

Upcoming Events



THE ADDICTION & MENTAL HEALTH REFERRAL SERVICES DEPARTMENT
invites you to spend your lunch hour at a voluntary chat session

Celebrating Recovery

with Annette Rivera and a special guest speaker.

Pizza lunch will be provided.

TUESDAY, SEPTEMBER 16TH, 2025

Session 1: 12:00-12:45pm and 15 minutes of Q & A

Session 2: 1:00-1:45pm and 15 minutes of Q & A

at the Joint Industry Board Auditorium

JOIN US IN CELEBRATING LIFE!

Please **RSVP** for your **Session** by calling exts. 1396 or 1397

A vertical poster for Lunchtime Wellness Workshops. The background is yellow. On the left, the text "LUNCHTIME WELLNESS WORKSHOPS" is written vertically in green and red. On the right, there are three workshop descriptions. The first is "Chair Yoga" with dates and times. The second is "Walk Indoors" with dates and times. The third is "Art Meditation Workshop" with a date and time. There are small illustrations of a person in a chair and a sneaker. At the bottom, there is a disclaimer and contact information.

Chair Yoga
September 4th, September 11th,
September 15th & September 22nd
TIME: 12pm-12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Join us as we stretch and breathe our way to a happy and
productive month! No Yoga Mats Need.

Walk Indoors
September 2nd, September 9th
September 16th September 23rd
TIME: 12pm- 12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Join us as we get our steps in during
our lunch break!

Art Meditation Workshop:
Wednesday, September 24th
TIME: 12pm- 12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Time to unleash your inner artist! Join us during
your break for half an hour of creativity.
Email Wellness@jibe.com to RSVP

Events are hosted by JIB Medical's Wellness program are strictly voluntary and do not constitute any professional medical advice,
diagnosis, or treatment. Participants should follow advice of their healthcare providers before starting any exercise program
For more information about events email: Wellness@jibe.com

Intern Day Ice Cream



Cooking Workshop with Erica

Healthy Cooking Workshop: Fresh Spring Rolls

Nutritionist Erica Vinas led a fun hands-on cooking class for Suffolk retirees at the Long Island Education Center Cutchogue, focusing on preparing fresh spring rolls. Participants discussed healthy substitutions, the importance of balanced meals, and tips for making cooking both enjoyable and accessible.

The atmosphere was lively, with everyone actively participating and sharing their own ideas. By the end of the class, each person created spring rolls to enjoy together, turning the activity into both a culinary lesson and a social gathering.

bon appétit 



Who is Who

Hospitalization Department

This month, we shine the spotlight on the incredible work and dedication of the Hospitalization Department. They play a central role in supporting the members and their families with their healthcare needs. Their primary responsibility is to ensure that members receive the required information and documentation that they need in a timely, organized, and coordinated manner.



Donnette Burgess
Supervisor



Patricia Barrera
Hospitalization Associate



Jenny Chin
Hospitalization Members Services



Christine Dietl
Case Manager



Yeny Hernandez
Hospitalization Associate



Gulcihan (Kim) Himko
Hospitalization Members Services



Joanne Ruiz
Hospitalization Associate



Michelle Saar
Hospitalization Associate



Ramdat Veerapen
Assistant Supervisor

Health & Wellness Corner

By: Marsha Hoffmann, RD, CDN, Wellness Coordinator
&
Michael E. Makover, MD, CMO JIB and CEO and Medical
Director JIB Medical PC

Vaccines are among humankind's greatest achievements

August is Vaccination Awareness Month. There are 154 million reasons to appreciate vaccines!

A major study in The Lancet, a major medical journal, showed that in just the past fifty years **vaccines have saved 154 million lives globally!** They continue to save over **6 million lives** every year.

This table shows the incredible decrease in common diseases that have caused immeasurably terrible consequences until vaccines were available.

From the Immunization Branch of the Colorado Department of Public Health and Environment:

IMMUNIZATION HAS DECREASED THE RATE OF DISEASE DRAMATICALLY.

DISEASE	PEAK CASES IN PRE-VACCINE ERA (YEAR)	2017 CASES	PERCENT DECREASE
Measles	763,094 (1958)	99	99.9%
Diphtheria	30,508 (1936)	0	100%
Mumps	212,932 (1964)	6,109	97.1%
Pertussis (Whooping Cough)	265,269 (1934)	18,975	82.85%
Smallpox	110,672 (1920)	0	100%
Rubella	488,796 (1964)	7	100%
Polio (paralytic)	21,269 (1952)	0	100%
Tetanus	601 (1948)	33	94.51%

Source: *The Impact of Vaccines; Health, Economic and Social Perspectives*

Smallpox was a horrible viral disease that **killed over 500 million people** globally in the past 100 years! The smallpox vaccine wiped smallpox from the face of the earth. **The virus is now extinct.** The last case was in 1977, after the World Health Organization doctors tracked every case and immunized them, even in the remotest jungles on Earth. **Immunization protects the people you care about.**

“Immunization is not just a personal choice. Vaccinated people help to protect those who are not vaccinated. This is a concept known as “herd immunity” or “community immunity.” When a person is vaccinated, they prevent disease from spreading to people close to them and to others in the community. This is especially important for people who cannot get vaccines or are at high risk from disease complications. This includes:

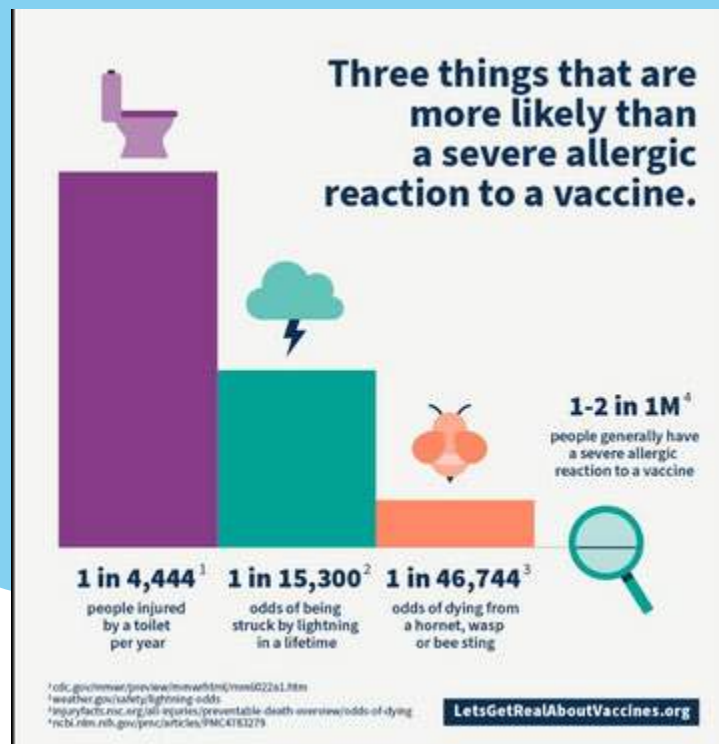
- Babies too young to receive vaccines
- Pregnant women
- The elderly
- Individuals with weakened immune systems and people with other health conditions like asthma, chronic illness, or cancer
- People who are allergic to vaccine components (very rare)”


From the Immunization Branch of the Colorado Department of Public Health and Environment

Sadly, vaccine rates are falling and, as a result, *diseases once eradicated are surging back.*

That is because misinformation, half-truths and false claims have frightened many people away from vaccines.

Common vaccines are in fact remarkably low risk! Allergic reactions are literally one or two in a million and can be immediately controlled in most cases.





Everything in life has risk. You might cross the street carefully looking both ways and still get run down. The President of the United States (George W. Bush) fainted and almost choked to death on a pretzel. We all ride in automobiles; they cause over 40,000 deaths every year.

Researchers have studied the vaccine schedule and vaccine safety in depth. In May 2021, the Agency for Healthcare Research and Quality reviewed nearly 200 studies on vaccine safety. They published a report on their review. It found no evidence of major safety concerns connected to the childhood immunization schedule. (Safety of Vaccines Used for Routine Immunization in the United States: An Update Prepared for: Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services)

There are what many believe are unfounded or exaggerated claims circulating about other alleged risks of vaccines. The overwhelming opinion of the scientific community is that those claims have been disproven by experts all over the world.

Most people choose to cross streets, ride in cars and eat food (3000 deaths from food poisoning in the US yearly). Each person and every parent must weigh the extremely small chance of a serious side effect from a vaccine versus the enormous risks of serious diseases that could have been easily prevented by vaccines. That choice affects you, your loved ones and others in the community.

What can you do?

There is a lot of conflicting information circulating about vaccines. For the most accurate and science-based guidance, consult your pediatrician or primary care physician. They will be able to help you determine what is best for your medical needs.



August Work Anniversaries

Sharon Adler
 Christopher Antonello
 Zenaida Bramwell
 Rafelyna Capellan
 Lori Cappello
 Yadiry Cueto
 Edward De Silva

Nicholas Erikson
 Taliqua Finney
 Alex Jimenez
 Danny Lee
 Mark Lundquist
 Luke Malachi
 Melissa Mastin
 June Ann Mohabir

Jeffery Moore
 Keith Motisi
 Michael Porr
 Annette Rivera
 Naela Tarantino
 Laura Taylor-O Boyle
 Ramdat Veerapen



Happy August Birthday to our Staff Members

Kelly Allman
 Amanda Budhu
 Orville Campbell
 Jenny Chin
 Frances Evangelista
 Adam Field
 Taliqua Finney

Aileen Garcia
 Vanessa Heyward
 Alex Jimenez
 Monika Makuc-Smigielski
 Debra O Boyle
 Nicholas Papapietro
 James Passanante

Mohini Ramsukh
 Humberto Restrepo
 Deborah Sanchez
 Allison Saunders
 Laura Sexton
 Elpiniki Toufexis Galeoto
 Danny Yee

We were proud to celebrate the birthday of our chairman Humberto Restrepo. On his special the JIB family extends our warmest wishes for his health, happiness and continued success. May the year ahead bring new milestones and rewarding moments



In the Kitchen with Nutritionist Erica A. Viñas RD, CDE

Jicama Salad with a Honey Lime Dressing



Ingredients

- 1 large jicama (about 1 1/2 pounds), peeled, then julienned
- 5 sliced radishes
- 1/2 cup chopped red onion
- 1 large cucumber, seeded, chopped
- 1 mango, diced
- 1/2 cup chopped fresh cilantro or parsley
- 1/3 cup of lime juice
- 2 Tablespoons of Honey
- Pinch Cayenne pepper
- Pinch paprika
- Salt
- Optional: 1 diced avocado, apple, chopped or olive oil, Tajin spice

Directions

1. Toss together the fruit, vegetables and cilantro in a large serving bowl.
2. Mix the spices, lime juice and honey. Pour over the salad and let it sit to marinate well.

Stay connected by contacting JIBHR@JIBEI.com