

THE BOARD AND BEYOND NEWSLETTER



Black History Month - Honoring Excellence: Sitara Hines

As we celebrate Black History Month, we take pride in recognizing the outstanding contributions of Black individuals within the JIB. This month, we proudly spotlight Sitara Hines.

We are honored to celebrate the invaluable contribution of our staff in recognizing their achievements and the inspiration they bring to our team every day!

HR had a conversation with Sitara regarding her views on Black History Month, what inspires her, and her story, as outlined below.

What's the best lesson you've learned?

The best lesson that I have learned in life is don't be close-minded. You cannot broaden your horizon and progress if you cannot seek change or if you are not willing to learn. Educating yourself about past and present African American history can only diversify your way of thinking. We are one!

Who inspires you?

My parents were both lifelong Union employees. I guess they paved the way for my career. I watched how they managed to take care of our family and, when I was 18 years old, I vowed to be at least half of what they were someday! My grandmother was a staple in New York City, she is the person who inspired me. She passed away last January. A number of elected officials, diplomats from other countries, and locals stood up at her services praising her for what she taught them about Black History. This allowed me to see the positive impact her knowledge had on many others. Grandma's favorite saying was "Culture is a weapon"!

What role do you think Black women have played in history?

African American women played major roles in history that shouldn't be forgotten. They've served in our US military, they were Civil Rights activists, poets, dancers, pilots, musicians, and the list goes on.

What do you think about when you hear "Black History Month"?

I think of how my family fought for African American people. The struggle of my ancestors carried over to my grandparents and they made sure to never forget the meaning of Black History.

JIB Updates

REMINDER!

- UKG – Employee Self Service

Just a reminder of all the Employee Self-Service functions you can access in UKG:

- Address Change
- Direct Deposit Update
- Employee Emergency Contact Update
- Name Change/ Marital Status
- Phone Number/Email Change

Announcements

Welcome to the team!

- Christopher Garcia – 32BJPorters - Porter
- Ikra Kafayat – EESISP - Claims Associate
- Geraldin Puerta Roldan – Educational & Cultural Trust Fund Department – E&C Associate

Happy Retirement

- Hilda (Ruthie) Hernandez
- Nick Nardella

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Software Engineer
- Programmer Quality Assurance Specialist
- Annuity Associate
- EESISP Claims Associate
- EESISP Associate
- Benefits & Financial Administrator
- Payroll Specialist
- Clinical Pharmacist
- Medical Associate
- Temporary E&C Associate
- Part Time Optometrist

Department Team Building



Members Records Department celebrated Valentines Day by participating in a secret cupid. They picked names and brought a gift for another member of their team!

National Heart Health Month



Who is Who

Educational & Cultural Trust Fund Department

This month, we're excited to introduce the Educational & Cultural Trust Fund Department. They provide educational benefits for Local 3 Union members and their children.



Tanya Harrison
Supervisor - LIC



Sherlyn Aldas
E&C Associate



Elizabeth Burbige
Assistant Supervisor



Erland Castillo
Associate Director



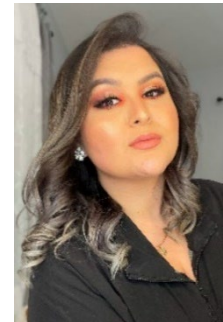
Marva Dixon
E&C Associate



Isabella Lovasz
E&C Associate



Bindu Poulose
E&C Associate



Geraldin Puerta Roldan
E&C Associate



Nilanthi Senarathna
Supervisor - Flushing



Michael Yee
Director



Brandon Sumin Yun
E&C Associate

Health & Wellness Corner

Love Your Heart and Arteries



Within your chest is an extraordinary machine. Your heart beats on average 100,000 times a day, propelling life-giving blood through 60,000 miles of blood vessels. By age 70 years it will have beaten 2.5 billion times. If you take good care of your heart and your arteries (and are not genetically unfortunate), you can have a great chance to get to age 70 and well beyond without needing any repairs of your arteries or your heart.


There are many kinds of heart disease, but the most common is *atherosclerosis*, the medical name for hardening of the arteries. *Atherosclerosis is the greatest disabler and killer in the entire developed world.* Paradoxically, it is also the *most easily treated and preventable disease.*

Atherosclerosis causes almost all heart attacks, most strokes, heart failure, kidney failure, loss of memory (dementia), impaired sexual function and erectile dysfunction, disabling fatigue, amputations of limbs, poor aging and much else. All your tissues need nourishment supplied by your arteries. If you allow your arteries to deteriorate and inadequately nourish your heart, brain and every other part of you, bad things happen. That's what atherosclerosis does.

There is a simple but accurate test for atherosclerosis. Simply ask, "Are you an American?" If the answer is "yes", you most likely have atherosclerosis. That is because virtually all Americans have early to advanced atherosclerotic changes in their arteries. It is so prevalent because our modern American lifestyle is so often lacking in the American Heart Association's Eight "Life's Essential Things":

The AHA's Essentials List (in italics):

1. *Eat Better.* That means a much more plant-based diet, real food, not high in salt, sugar or saturated fats (which are dairy fat, red meat fat, palm oil and palm fruit oil, coconut oil, cocoa butter, and trans fats from partially hydrogenated oils; all other plant oils are fine and are generally good for you).
2. *Be More Active.* Be up and moving a good part of the day rather than being sedentary (sitting or lying down). If you have a desk job, getting up and moving a little every 15-30 minutes can provide a surprisingly large benefit. Modest aerobic and muscle-building exercise (on your own or in a gym) are both important, but no need to overdo it (which can even be unhealthy).
3. *Quit Tobacco.* I would add: quit smoking *anything* (cigarettes, cigars, pipes, marijuana, vaping) because doing so exposes you to thousands of toxic byproducts, all of which explain why smoking causes so much disease. The JIB Medical *Smoking Cessation Program* is very user-friendly and effective for long-term freedom from smoking. Other resources are available.

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4. *Get Healthy Sleep.* Best to aim for 7-8 hours per night. Research has shown that sleep is invaluable, and too little sleep is harmful. Even your IQ goes down when you are sleep deprived.
 5. *Manage Weight.* Excess weight is not a sin or weakness, it is caused by your biology. Total excess weight brings on osteoarthritis of knees and hips. Even worse, excess *visceral* fat inside the belly is a major cause of diabetes, high blood pressure and atherosclerosis, and contributes to more than *fifty* other diseases. Our dietitian, Erica Vinas, is available for individual counselling.
 6. *Control Cholesterol.* The primary cause of the greatest killer, atherosclerosis, is high cholesterol in the blood, abetted by high blood pressure and high blood sugar and many other factors. It is vital to follow a healthy diet, keep blood cholesterol very low, very early in life, and control the other factors. There are many highly effective, very low risk medications that can help and can be lifesaving. Doing so early enough can spare almost everyone the ravages of atherosclerosis. Something is wrong when the most preventable disease is the greatest killer! One reason is that current national guidelines and many cardiologists and primary care doctors wait too long, treat too few who need it and do not get cholesterol low enough. The *JIB Medical CardioPrevention Program* treats earlier, more intensively and more broadly.
 7. *Manage Blood Sugar.* All the above and newer, safer medications can help those with diabetes avoid most if not all its many bad complications (Heart attacks, vision loss, kidney failure, unhealing ulcers and amputations, and much more).
 8. *Manage Blood Pressure.* All the above and newer, safer medications can help those with hypertension avoid most if not all the many risks from high blood pressure, such as strokes, heart attacks and heart failure.
 9. I would add to the AHA list: manage stress, have good social contacts with others, address emotional or other mental problems early on, and do your best to have purpose and joy in your life. *JIB Medical's Stress Reduction Program* is available to help reduce stress and gain mastery over yourself.



The bad news is that almost every American has atherosclerosis, beginning in early childhood and progressing *silently* until it reaches the tipping point. After that you might have serious complications. Luckily, many people do not suffer terrible outcomes, but many do, and it is not worth the risk. More people experience those conditions than any other medical problems, many more than cancer. Millions are affected every year.

The good news: Atherosclerosis is potentially 95 percent preventable and treatable! 95 out of 100 people can be spared almost all those debilitating and life-threatening diseases.

More bad news: the country as a whole is failing to protect its citizens: *An American has a heart attack every 40 seconds*. That should not happen with a disease that is 95% preventable.

More good news: You do not need to be one of them! You can give yourself a great chance to reach advanced age, fully able, well and alive. It is not so much how *long you live* (lifespan), but how *long you live well* (healthspan).

If you owned the finest car, it would break down after a while if you did not keep it serviced well. Your body is the finest machine anywhere, but it needs proper care.

Can you learn to live a healthier, more enjoyable life? Of course you can, it's not that hard and it works very well. You are the absolute master of you. We all have some bad habits, but we can learn more positive ways if we want to, on our own or with friendly help if desired.

It is entirely your choice. You might luck out and do OK even if you don't follow any of the above, but it is a dangerous gamble. Physicians see the sad results all the time.

JIB Medical takes care of many kinds of acute and chronic medical problems, but we are most passionate about preventive medicine: how we can help you stay healthier and more vigorous. We also have the dedicated programs described here and many wellness programs.

You can call 718-591-2014 to make an appointment with one of our physicians or inquire about any of our services. You can speak to our Wellness Coordinator (Marsha Hoffmann) at 718-591- 2000, ext. 1408.



February Work Anniversaries

Linda Basile	Camille Floria	Dorothy Ramos
Shirley Bauer Medero	Jeffrey Freilich	Mercedes Rodriguez Gramsch
Elizabeth Burbige	Elvia Gonzalez	Elazar Rosenthal
Jeannie Chico	Joanna Jackson	Deborah Sanchez
Bose Christudas	Brian James	Caesarina Sparacio
Diana Clark	Mayumi Loremil	Danny Tam
Albert Eng	Yovany Martinez Castano	Karina Taylor
Katty Figueroa	Stacy Monterosa	Michael Yee
	Cora O Shaughnessy	



Happy Birthday to Our February Staff Members

Joseph Biordi	Marvin Estevez	Danny Jawahir	Dawn Nofi
Zenaida Bramwell	Jonathan Estis	Sigifredo Lopez	Donna Poulos
Donnette Burgess	Camille Floria	Dalinda Lugo	Olive Prashad
Hock Chin	Susan Gambrell	Frances Macgregor	Annette Rivera
Aston Crossdale	Stella Gulyak	Alan Mason	Elazar Rosenthal
Alessandra Cucuzza	Jennifer Halstead	Christopher Mc Givney	Rocco Russo
Laura Datkhayeva	Nicolas Hernandez Urena	Daniel Mecca	Demetrios Tsiolis
Julisa Duran	Aaron James	Maria Mendez	Erica Vinas

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

Healthy Brownies high in protein and anti-inflammatory for Valentine's Day



You'll Need

- 2 apples cored and peeled
- 2 large eggs
- ½ cup cocoa powder
- ½ tsp baking powder optional but recommended
- Optional Ingredients
- 2 to 3 tbsp maple syrup for sweeter brownies
- 1 tsp vanilla extract
- ¼ tsp salt

Optional: chocolate chips, walnuts, orange peel, coconut flakes

Instructions

1. Preheat oven to 350°F and fold a 7x7 in brownie pan.
2. Cut the apples into chunks, then add to a blender with eggs, cocoa powder, and baking powder. Blend on high until smooth and free of lumps.
3. Optional: add mini chocolate chips.
4. Transfer the batter to the prepared pan and spread it out evenly with the help of a spatula.
5. Bake in hot oven for 20 to 25 minutes, or until well cooked

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