

THE BOARD AND BEYOND NEWSLETTER

Welcome to the Board and Beyond Newsletter!



As the holiday season approaches, the Chairman and the leadership team want to take this moment to express their sincere gratitude to each of you for your hard work, dedication, and commitment throughout this year.

May this season bring you joy, rest, and cherished moments with your loved ones. Whether you're celebrating, relaxing, or simply taking time to recharge, we hope it is filled with warmth and happiness.

Wishing you and your loved ones a joyful holiday season filled with peace, happiness, and prosperity.

Thank you for being a valued JIB Employee!

Holiday Toy Drive

Dolly and the JIB would like to express our heartfelt thanks to all of the JIB employees who donated and Patricia Rivera of Members' Records for her efforts in securing the generous donation of Hasbro toys from the Chloelove & William Foundation for the children of St. Dominic's. This will bring so much joy to the children who will benefit from this wonderful gesture.

Thank you all again for your generous donations and making this happen. It's a wonderful reminder of the positive change we can create together.



JIB Updates

REMINDER!

- Sexual Harassment Prevention Training

Just a gentle reminder to complete the Sexual Harassment Prevention Training. It is mandatory training for all employees. The training is essential to ensuring a respectful, safe, and inclusive workplace. The deadline to complete the training is December 20, 2024.

Announcements

Welcome to the team!

- Christine Cotto – Medical Assistant - Medical
- Gabrielle Schulman – Members Records Associate - Members Records
- Dennis McGill – EESISP Director – EESISP Department

Happy Retirement

- John Peters
- Carol Silak
- Theresa McGuigan
- George Schuck

Employee Shout Out

You are constantly an asset, and JIB wouldn't be what it is without employees like you. On behalf of all of us, thank you for your dedication and efforts. The JIB wants to give huge shout out to employees who go above and beyond what is expected:

- **Jenny Chin** – Hospitalization
Ms. Chin received rave reviews from a member. The member said her calm demeanor and her quick response has helped for many years.
- **Bill Geannaris** – Members Records
The Chairman's office received a call complimenting Mr. Geannaris. He has consistently gone above and beyond to deliver outstanding service to this member.
- **James Harris** – Administration
Mr. Harris provided exceptional service while assisting a member who was frustrated trying to get a matter resolved. He did not give up making numerous phone calls on her behalf until the matter was solved.

Keep up the great work everyone!

Department Team Building

Celebrating Teamwork and Thanksgiving Spirit!

To celebrate the Thanksgiving season, the Educational and Cultural Trust Fund held a team-building lunch event that brought them all closer together. It was a wonderful opportunity to share laughter and enjoy some quality time as colleagues and friends.



We were excited to celebrate a very special occasion of our amazing colleague — Mary's birthday. Mary is not only a vital part of the HR Team but someone who brings warmth and a positive attitude to work every day. We hope she had a fantastic birthday filled with joy & laughter. Happy Birthday, Mary! Here's to another great year ahead!



Who is Who

Apprentice Department – New York City

This month, we're excited to introduce the Apprentice Department. They play a key role in supporting various departments while providing hands-on experience and mentorship to future talent.



Mercedes Caban
Apprentice Associate



Janet Eng
Apprentice Associate



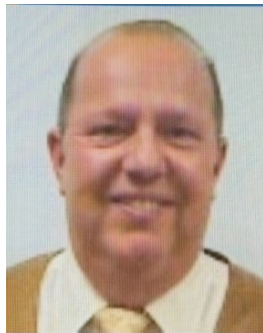
Frances MacGregor
Apprentice Associate



Jennifer Munoz
Apprentice Associate



Mitch Tsiolis
Supervisor



George Schuck
Director of JIB Apprentice Program



George White
Associate Director

Apprentice – White Plains



Dan Mecca
Director of Apprentice Training



Kaisha Sanchez
Executive Administrative Assistant

Manhattan Theory School



Jeannie Lockwood
Night School Administrator

Health & Wellness Corner

HIV/AIDS – New Hope

December is AIDS awareness month. You can find excellent information at <https://www.hiv.gov> and <https://www.kff.org/hiv/aids/fact-sheet/the-hiv-aids-epidemic-in-the-united-states-the-basics/>

HIV is a virus (*Human Immunodeficiency Virus*) that causes a disease, AIDS (*Acquired Immunodeficiency Syndrome*). AIDS can lead to very serious infections, cancers, heart disease and more. HIV weakens the immune system. Your immune system is your defense against infections, cancers and much more.

The terrible news is that HIV is a deadly virus that has killed over 42 million people around the world since its discovery in 1981, 700,000 of them Americans. The death rate has decreased greatly with modern treatment and prevention, but over 19,000 still died of AIDS in 2022 in the US and its territories.

The good news is that HIV infection *can be prevented and controlled in many cases*. Effective blood tests for the virus can now detect it early, though there can be a long delay between infection and the test becoming positive. Many people choose to get tested (always available at JIB Medical) and it is often done as part of routine annual checkups. While HIV is still incurable, ***early treatments can make the virus become undiscoverable in the body and those patients do not get sick***. That was one of the great milestones in medical history.

HIV/AIDS is too complicated a subject to cover adequately in this small space, but the references above and your own doctor can help you learn more. You can get tested whenever needed and you can use new preventive methods if you believe you might be at risk. For those who test positive, modern treatments help many survive it. It can take time until the test becomes positive after exposure, so if negative at first but at higher risk, discuss if follow-up testing is needed.



A few important points:

- HIV is primarily transmitted by sexual contact or through contaminated blood, such as by shared needles in drug users. (See hiv.gov for other means of transmission and additional details).
- HIV/AIDS is not confined to male-male sexual contact, as was first wrongly assumed. It first entered the United States in the male gay community, but that was only happenstance. Around the world it is transmitted far more often through heterosexual contact. Anyone can contract HIV.
- It is worth noting that after years of successful reduction of all kinds of sexually transmitted diseases (STDs), **syphilis and many others are on the increase again among all ages and all kinds of people** (see <https://www.cdc.gov/sti/index.html>). **It is important for everyone to be aware and to be careful.**
- HIV/AIDS prevention today is far more effective than at the beginning of the AIDS epidemic. Condoms provide some protection but are no guarantee. Medication is much more effective prevention (see <https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/who-is-at-risk-for-hiv#>).
- ***Testing for STDs, including HIV, is always available at JIB Medical (call 718-591-2014 for an appointment with a doctor. JIB Medical does all it can to protect your privacy. If you prefer, you do not even need to say what tests you need or why you need them until you speak privately with the doctor. You can also contact your doctor through the JIB Medical Portal). It is of course also available at outside labs.***

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Software Engineer
- Programmer Quality Assurance Specialist
- E&C Associate
- Annuity Associate

Events

Local Union No. 3 New Year's Eve Party 2025



Congratulations



Celebrating Dr. Makover's Recent Honor!

We're thrilled to share some exciting news: our very own Dr. Michael Makover was recognized at the 60th Annual Electrical Welfare Club Award and Scholarship Breakfast, for his commitment, and efforts to better the health and lives of the men and women of local Union No. 3 IBEW and their families. This is a testament to Dr. Makover's hard work and dedication, which we see reflected in his work every day here at JIB Medical.

Keep shining, Dr. Makover - you make us proud!



60th Annual Electrical Welfare Club Award and Scholarship Breakfast held on 10/27/24.
The gentlemen pictured from left to right are David Hochman, NY State Comptroller Tom DiNapoli, Christopher Erikson, Dr. Makover, Humberto Restrepo, and Marc



60th Annual Electrical Welfare Club Award and Scholarship Breakfast held on 10/27/24.
Pictured from left to right are Queens District Attorney Melinda Katz, Dr. Makover, Christopher Erikson, Marc Deutscher, and NY State Comptroller Tom DiNapoli.



Congratulations to Karen Flores on the birth of her beautiful granddaughter, Hannah Michele, born on 11/30/24.





Congrats to Emmit and Sue on their big day! Wishing you a lifetime filled with endless love, laughter, and precious moments together.

Wedding location: Rio Grande, Puerto Rico **Date:** November 30th, 2024



Another congratulations to Emmit for 11 years of being a volunteer mentor with Big Brothers Big Sisters of Long Island!





December Work Anniversaries

Mark Albin
Georgia Barbeta
Howard Bennett
Rogel Bodeta
Laura Datkhayeva

Iris Figueroa
Gulcihan (Kim) Himko
Sitara Hines
Christine Jones Lennard
Diana Kurimski

James Panagakos
Shawn Panday
Ina Sahagun
Nicholas Tarricone
Andrew Tratner



Happy Birthday to Our December Staff Members

Gregory Aiello
Jaime Aromando
Robert Ball
Rogel Bodeta
Linda Brown
Giovanna Conlon
Marva Dixon
Timothy Donegan
Esther Echevarria
Jessica Feliciano

Adam Fishman
Gulcihan Himko
Marsha Hoffmann
Concepcion Kunkel
Tamara Lukach
Mark Lundquist
Luke Malachi
Theresa Mc Guigan
Marcia Mcdermott
Sheri Midha

Bianca Nikolenko
Glenn Phillips
Bindu Poulouse
Manuel Priegue
Donna Riddick
Bicker Rodriguez
Nilanthi Senarathna
Marcell Stevens
Regina Sydor
Naela Tarantino

Blueberry Strudel



You'll Need

- 3 cups of frozen or fresh blueberries (You can also substitute for any fruit like apples or strawberries)
- ¼ cup of sugar or 2 packets of Stevia
- 2 Tablespoons of cornstarch
- Spray avocado oil
- 12 9x14 phyllo sheets, thawed if frozen

Method

1. In a saucepan over moderate heat, bring the blueberries, sugar and cornstarch and salt to a boil.
2. Lower the heat and simmer for 3-4 minutes. Stir occasionally.
3. Transfer to a bowl and let cool completely.
4. Preheat oven to 400 degrees.
5. Line a sheet pan with parchment paper and give a quick spray with avocado oil.
6. Cover the phyllo sheets with a damp towel.

7. Arrange a 3 phyllo sheets on a work surface with the short side nearest you. Keep the rest of the phyllo covered.
8. Place a heaping ¼ cup of blueberry mixture over the lower third of the phyllo, leaving a 2 inch border along the bottom and the sides.
9. Fold the bottom edge of the phyllo up over the blueberry mixture and fold in the sides to enclose the filling completely.
10. Roll up the phyllo to form a strudel, about 4x2 inches.
11. Transfer, seam down, to the prepared sheet pan.
12. Spray each strudel with avocado oil.
13. Using a paring knife, cut 2 vents across the top of each strudel.
14. Repeat with the remaining ingredients.
15. Bake until golden brown and crisp, 15-20 minutes.