

THE BOARD AND BEYOND NEWSLETTER



As we head into the holiday weekend, The Joint Industry Board of the Electrical Industry (JIB) wishes Everyone a Happy and Safe Fourth of July!

Whether you're enjoying a backyard barbecue, watching fireworks, or spending time with loved ones, we hope you take this opportunity to relax and recharge.

Thank you for all the hard work you do each day. We appreciate your dedication and team spirit, and we're proud to celebrate this holiday with such an amazing group of people.

Have a safe, fun, and festive holiday!



Celebrating Caribbean American Heritage Month

June is Caribbean American Heritage Month, a time to recognize and honor the rich culture, history, and contributions of Caribbean Americans to the United States and the world.

Caribbean Americans have played a vital role in shaping the nation's cultural and professional landscape. The Caribbean is a diverse region, home to many languages, traditions, and people whose influence is woven into the fabric of American life.

Here at The Joint Industry Board, we celebrate diversity and the unique perspectives it brings to our team. Caribbean American Heritage Month gives us an opportunity to acknowledge and appreciate the heritage, stories, and talents of our colleagues and community members with Caribbean roots.

As we reflect on this month, let's share our experiences, and continue building a workplace where all backgrounds are respected and valued.

To everyone celebrating: Happy Caribbean American Heritage Month!

Announcements

Welcome to the team!

- Ricardo Santander: EESISP – Associate
- Amy Chin-Hong: Medical – Optometrist
- Elpiniki Toufexis-Galeoto: Medical – Optometrist

Promotions

- Melissa Mastin – Safety Supervisor
- David Battaglini – Mailroom Supervisor
- Byron Caniz Ordonez – Assistant Supervisor
- Sheri Midha – EESISP Claims Associate

Retirement

- Karen Flores – Mailroom
- Carlo (Ted) Cornejo - Mailroom
- Margaret (Louise) Caputo – Medical
- Deborah Leung - EESISP

Employee Shout Out

- **Brianna Woodfin** - The JIB would like to recognize Brianna Woodfin for providing outstanding assistance to one of our contractors regarding updating employee training records and certifications. Your patience, professionalism, and courteous communication did not go unnoticed. He specifically mentioned how appreciative they were for your clear guidance and the support they received throughout the process. Moments like these reflect the very best of our company values - taking the time to listen, staying helpful under pressure, and ensuring accuracy with a positive attitude. Thank you for going above and beyond. Your dedication makes a real difference and helps us build strong, lasting relationships with those we serve. Keep up the great work!
- **Marvin Estevez** - The JIB would like to give a shoutout to Marvin Estevez for going above and beyond to assist a member during a very difficult time. When the member's father passed away, Marvin stepped in with compassion and efficiency to help navigate the complexities of their union pension payments. Your dedication and empathy made a real difference, and we're proud to have you on the team. Thank you for your outstanding service!
- **Gabrielle Schulman** - A big shoutout to Gabrielle Schulman for going above and beyond to support a member. Your dedication, care, and willingness to step in and help, made a lasting impact to the member and reflects the very best of who we are as a team. Thank you for making a difference!

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Platform Migration Programmer
- Financial Accountant
- Claims Associate
- HR Jr. Generalist
- Clinical Pharmacist

Stroke Awareness Lunch & Learn

Thank You for Joining Our Stroke Awareness Lunch & Learn!

Thank you to everyone who joined us last month for our Stroke Awareness Lunch & Learn event! It was a valuable opportunity to come together, and learn about the warning signs, risk factors, and prevention strategies related to stroke.

We hope you found the session informative and empowering.

If you have suggestions for future health and wellness topics, you'd like us to cover, please let us know - we're always looking for ways to bring helpful, relevant events to our workplace.

Thank you again for participating and for making our workplace one that supports both personal and professional well-being.



Employee Appreciation BBQ

Thank You for Making Our Employee Appreciation Day a Success!

The JIB wants to extend a thank you to everyone who attended our recent company BBQ - and an extra special thanks to those who helped plan, set up, and support the event behind the scenes.

Your time, energy, and team spirit made the day truly enjoyable for all. Whether you lent a hand with organizing activities, cooking, setting up, cleaning up, or simply brought your great attitude, we noticed and appreciate it.

It's events like these that remind us how lucky we are to have such an incredible team. Thank you for making the day memorable, and for being the reason our culture continues to thrive.

Here's to more moments of connection and celebration in the future!



Congratulations



The Joint Industry Board of the Electrical Industry (JIB) would like to extend best wishes to Karen Flores and Carlo Cornejo (Ted) who recently retired after years of dedicated service.

Both Karen and Ted have been instrumental to our success and growth. Their commitment and contributions have made a lasting impact on our organization and everyone who had the pleasure of working with them.

We are grateful for their years of hard work, and we wish them both a retirement filled with happiness, health, and new adventures.

They will always be part of the JIB family.



As Linda embarks on this exciting new chapter of retirement, The Joint Industry Board of the Electrical Industry (JIB) wants to express our deepest gratitude for her many years of service and contributions to our company. She will be missed, but we wish her nothing but joy, relaxation, and adventure in the years ahead.

Thanks to everyone who helped make her send-off such a meaningful event!



Celebrating a Bright Future: Congratulations to Micah Juelle Belle on her College Journey!

We're thrilled to share some wonderful news from within the JIB family. Please join us in congratulating Allison Saunders, on a proud family milestone - her daughter, Micah Juelle Belle, will be heading off to college this fall!

Many of you may know Micah from her time as an intern here at the JIB.

Micah has been accepted to Monroe College, where she plans to study Diagnostic Medical Sonography.

At the JIB, we celebrate the achievements of not only our employees but also their loved ones, and we wish Micah all the best as she begins this new chapter in her academic journey.

Micah, your JIB family is cheering you on!



Who is Who

Employment Department

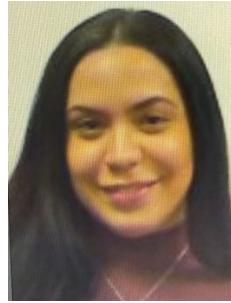
This month we are excited to introduce the Employment Department who is hard at work supporting the affiliated contractors and Local Union #3. The employment department provides the highly skilled workforce, required by our contractors, to remain competitive in the ever evolving and complex electrical industry. Unemployed workers are given job assignments from a computerized list and slotted based on previous unemployment.



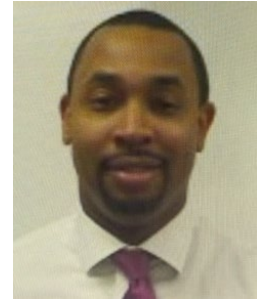
Damaris Caban
Employment Associate



Tamika Deshong
Employment Associate



Esther Echevarria
Employment Associate



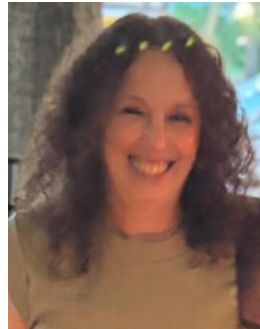
Joseph Hester
Director



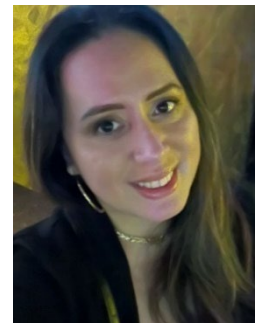
Michele Manlondonado
Associate Director



Cristina Perez
Employment Associate



Ina Sahagun
Supervisor



Janet Velez
Employment Associate

Health & Wellness Corner

**In June we take the time
to bring awareness to
Men's Health issues.**

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

Studies show that men are less likely to get regular checkups. According to the CDC (Centers of Disease Control and Prevention) *women are 70% more likely than men to receive preventive care*. Many men ignore or miss early signs and symptoms of serious conditions. One theory is that societal and cultural norms of expecting men to be strong and to be providers for their families can cause men to not seek help when needed. There is also the sense among many that men are supposed to solve problems for others, not to have any of their own. Seeking help can be mistakenly perceived as weakness. It takes strength to take care of needs rather than ignoring them. Delay in care and treatment can cause serious problems that could have been more easily and effectively taken care of early on. *Men's life expectancy is approximately 5 years shorter than women (according to the CDC: male life expectancy is 76 years while female's life expectancy is 81 years).*

The top two causes of death in the United States are heart disease and cancer. Men are more likely than women to die from both.

Men are at increased risk for many medical conditions, among which are:

- Heart disease and atherosclerosis (hardening of the arteries). *Men have twice as many heart attacks as women.*
- Hypertension (high blood pressure).
- Liver disease.
- Colon cancer.

Mental health and substance use are also areas of concern for men. Men are approximately four times more likely than women to die from suicide.

Although men and women are biologically similar, they are not the same. Certain conditions like prostate cancer, testicular cancer and erectile dysfunction (ED) of course affect only men, and there are many other biologic differences.

Erectile Dysfunction has been predicted to affect approximately 322 million men worldwide. More than one out of ten American men aged 25 to 44 years already has erectile dysfunction, and that rises to one out of three by age 55 to 64. With proper care, which should be much less common; sexual function should be able to last an entire lifetime.



Equally important, ED can be an early warning sign for many serious health issues, often a combination of several, such as atherosclerosis (heart attacks, strokes, dementia and much else), which is the most common cause, as well as diabetes, high blood pressure, depression, anxiety, stress, testosterone deficiency (not as common as many think), sleep apnea, alcohol and drug use, some medications and more.

Regular checkups and seeing a doctor early on for problems can save much pain and heartache, so men's failures to act can take a major toll.

For example, a man with ED might later suffer a heart attack that could have been easily prevented if that early warning sign had been acted on. *Nine out of ten heart attacks are potentially preventable* and other complications of atherosclerosis are also remarkably preventable if addressed early and properly.

Prostate and testicular cancer are much more survivable if detected early.

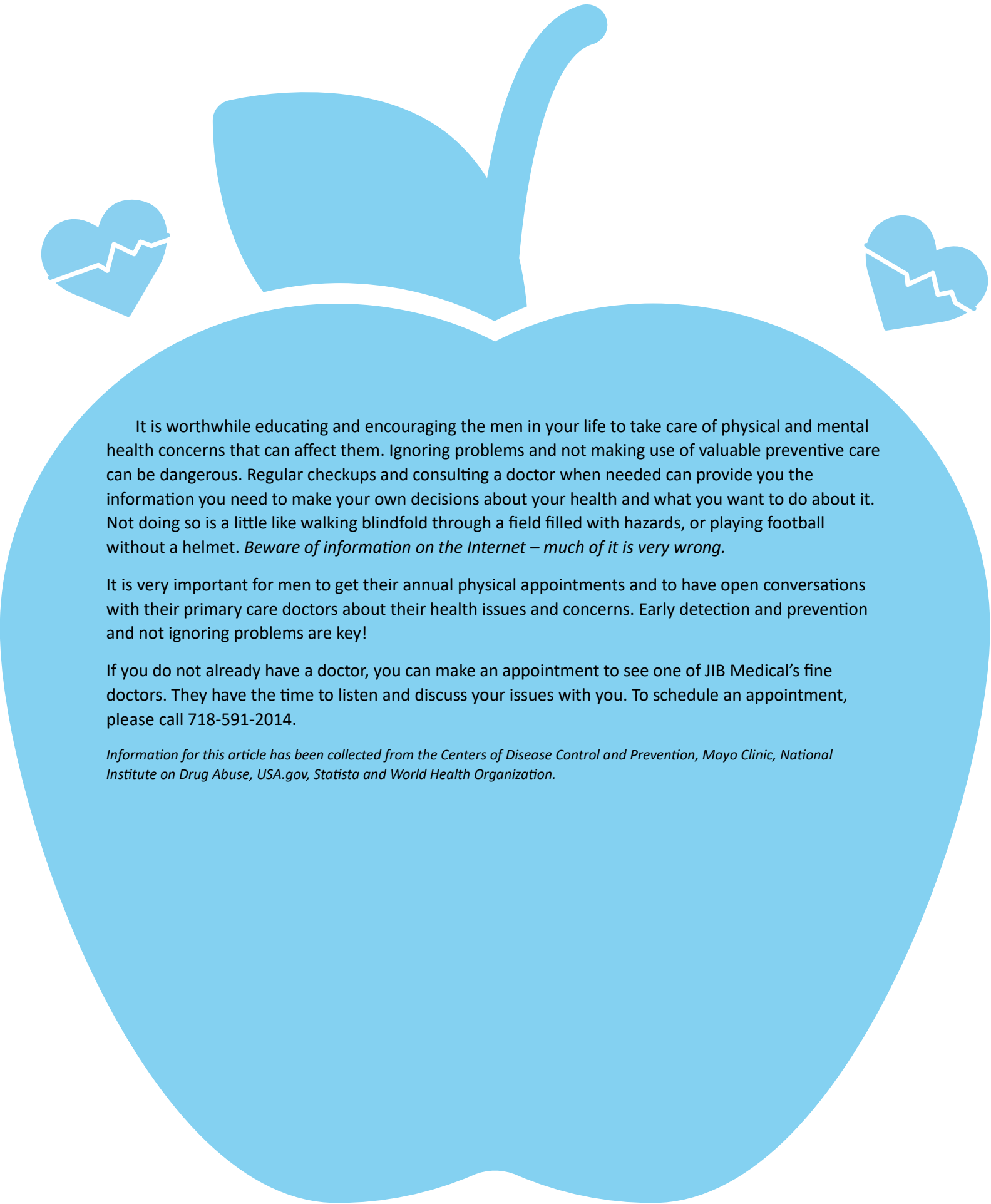
High blood pressure and diabetes are usually silent until complications occur, when it is often too late. Early attention can be life and health saving.

Modern medicine has been remarkably effective in preventing problems, which is by far best. When problems do occur, the earlier they are taken care of the better.



How can YOU help?

The 2025 'theme' for Men's Health Month is Empathy Gap. Empathy Gap relates to the way men's health issues are looked at in society. Certain conditions that affect men at times are overlooked. According to the National Institute of Health, spending for prostate cancer in 2015 was less than half of what was spent on breast cancer research. The Empathy Gap suggests that we should advocate for earlier attention and care, increase awareness, and take action!



It is worthwhile educating and encouraging the men in your life to take care of physical and mental health concerns that can affect them. Ignoring problems and not making use of valuable preventive care can be dangerous. Regular checkups and consulting a doctor when needed can provide you the information you need to make your own decisions about your health and what you want to do about it. Not doing so is a little like walking blindfold through a field filled with hazards, or playing football without a helmet. *Beware of information on the Internet – much of it is very wrong.*

It is very important for men to get their annual physical appointments and to have open conversations with their primary care doctors about their health issues and concerns. Early detection and prevention and not ignoring problems are key!

If you do not already have a doctor, you can make an appointment to see one of JIB Medical's fine doctors. They have the time to listen and discuss your issues with you. To schedule an appointment, please call 718-591-2014.

Information for this article has been collected from the Centers of Disease Control and Prevention, Mayo Clinic, National Institute on Drug Abuse, USA.gov, Statista and World Health Organization.



June Work Anniversaries

Gregory Aiello
 Terrence Benton
 Mercedes Caban
 Cesar Capunay
 Margaret Caputo
 Glenn Cariddi
 Mahesh Chhatlani
 Anthony Deluca
 Boris Dynkin
 Jonathan Estis
 Vasilios (Bill) Geannaris
 Stella Gulyak

Joseph Hester
 Marsha Hoffmann
 Danny Jawahir
 Jungtaek (Eric) Kim
 Concepcion Kunkel
 Kathy Lebron
 Frances Macgregor
 Felicia Marti
 Alan Mason
 Sheri Midha
 Ilana Mushyakov

David Odes
 Phyllis Oliner
 James Passanante
 Donna Poulos
 Mohini Ramsukh
 Michelle Saar
 Maxi Sanchez
 Christina Sessa
 Daniel St. Juste
 John Vita



Happy June Birthday to our Staff Members

Mark Albin
 Sherlyn Aldas
 Shirley Bauer Medero
 Byron Caniz Ordonez
 Annunziata (Nancy) Chiaramonte
 Jeannie Chico
 Edward De Silva
 Michael Delio

Anthony Deluca
 Jeffrey Freilich
 Dwayne Green
 Sitara Hines
 John Hyun
 Eric Jawahir
 Robert Lopez
 Sandra Marin

William McCarron
 Ilana Mushyakov
 Jessica Ortiz
 Kinah Perez
 Antonio Robinson
 Stephanie Saladino
 Maxi Sanchez

Beet Hummus topped with Za'atar and Roasted Garlic



Ingredients

- 1 roasted beet peeled and chopped
- 1 can chickpeas drained
- 2/3 cup tahini
- 1 lemon- squeeze juice
- 5 cloves garlic chopped or roast them before blending and make extra to top
- 1/3 cup olive oil or to save calories use the water from the canned chick peas
- 1 teaspoon cumin
- ½ teaspoon salt
- Topping Options: Parsley, pine nuts, sundried tomatoes, Za'atar, paprika

Directions

1. Combine the chickpeas, tahini, beet, lemon juice, garlic, cumin, and salt in the bowl of a food processor. Slowly drizzle in the olive oil and blend until smooth.
2. Top with roasted garlic, herbs, or sun-dried tomatoes.
3. Dip in carrots, Jicama, snap peas, cucumbers or peppers.

Stay connected by contacting JIBHR@JIBEI.com