

# THE BOARD AND BEYOND NEWSLETTER



## Soaking Up Summer & Gearing Up for Fall

As July winds down and August peeks around the corner, many of us are savoring the last moments of summer. Whether it's one more family trip, a backyard barbecue, beach days, or simply enjoying longer evenings with family and friends, this season reminds us to soak in life's simple pleasures.

For some of our team members, this time of year also marks a big transition: a number of families are preparing to send their kids off to college or trade schools. Whether it's the first time or the last, it's a season of mixed emotions - excitement, pride, and maybe a few tears. The JIB celebrates all the parents who are navigating this next chapter, and we wish your children all the best as they head out on their respective journeys.


At the same time, many are experiencing a very different but equally memorable moment: watching their little ones head off to school for the very first time. Whether it's preschool, kindergarten, or even just their first day riding the school bus, it's a season full of firsts!

Here at the JIB, we know that life outside of work is just as important as the work itself. And as we continue our work together, let's remember to support one another, celebrate these milestones - big and small – and find time to maybe enjoy one more scoop of ice cream.

# JIB Updates


## REMINDER!

- Make an appointment with Jena Optical!



**jena optical**  
70-23 Parsons Boulevard  
Flushing, NY 11365

Located in the Electchester Center directly  
across the street from the Joint Industry Board



We offer all eligible active and retired Local 3 Participants  
and their eligible family members the following:

- Vision Care
- Comprehensive Eye Exams
- Sunglasses/RX Sunglasses
- Nuance Audio glasses
- Safety glasses
- Contact lenses
- A huge selection of benefit and designer frames

Jena Optical has a state-of-the-art lab on premises to ensure  
the highest quality of work and fast turnaround time.

**TO SCHEDULE AN APPOINTMENT,  
CALL 718-591-2014**

# Announcements

## Retirement

- Barbara Plonski – Medical
- Linda Basile – Safety
- Pamela Kilgallon – Scanning

## Upcoming Events and Opportunities

### Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Platform Migration Programmer
- Financial Accountant
- Claims Associate
- Control Associate

## Department Team Building

### Birthday Wishes

The JIB is happy to celebrate the birthday of one of our team members in the mail room, Steven Arniotis.

We wish him a very happy birthday, and a year filled with happiness, success, and good health!





# 401K Lunch & Learn

## 401(k) Lunch & Learn

The JIB hosted a 401(k) Lunch & Learn giving our team the chance to enjoy lunch while gaining valuable insight into retirement planning.

The session offered something for everyone. Led by David Lemoine, Empower Retirement Plan Advisor, the discussion covered key topics including:

- The benefits of enrolling in our company's 401(k) plan
- Choosing the right investment options for your goals
- Tips for maximizing long-term savings
- Common mistakes to avoid

The session was interactive, with plenty of time for Q&A - plus, the lunch wasn't bad either!

Remember: planning for retirement starts now, and your 401(k) is one of the best tools to help you build a secure future. If you're not enrolled yet, it's a great time to start!

To help keep your savings safe and unlock online tools register your account visit: [jibretiredsp.com](http://jibretiredsp.com).



# Congratulations

## Celebrating a Milestone of Faith and Service

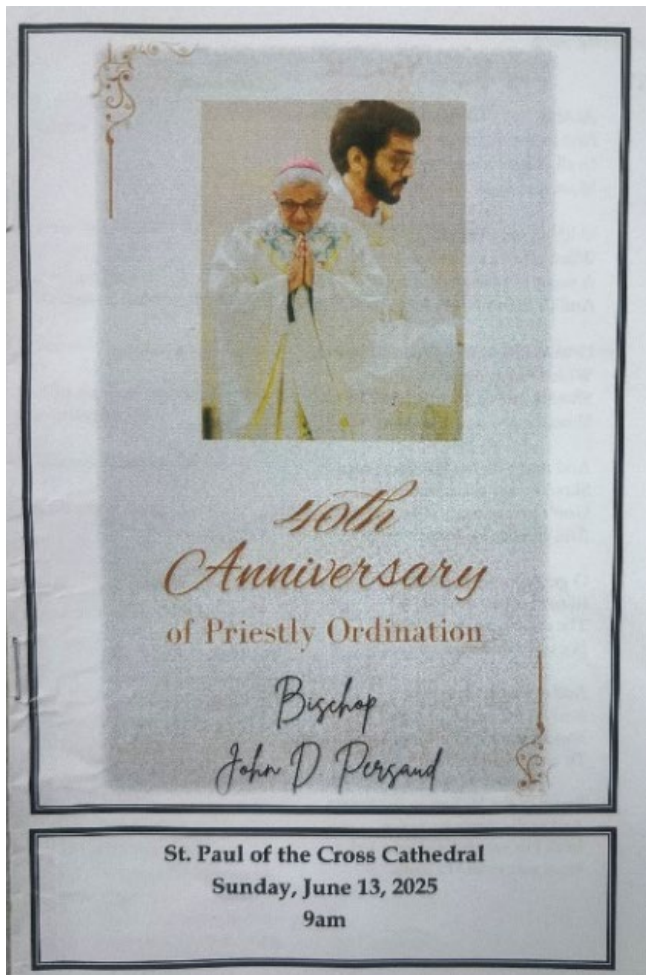
We are proud to share a moment of great joy from the family of one of our valued employees, June-Ann Mohabir.

June-Ann's brother, Bishop John D. Persaud, is celebrating the 40th anniversary of his ordination to the Catholic church - including five years of dedicated service as a bishop.

Throughout his ministry, Bishop Persaud has made a profound impact on countless lives through his unwavering faith, guidance, and service to the community. His milestone is not only a testament to his personal devotion but also a reflection of the enduring values of compassion, humility, and leadership.

We join June-Ann and their family in celebrating this incredible achievement and wish Bishop Persaud continued success in his ongoing ministry.

Congratulations on this remarkable achievement!





# Who is Who

## **Facilities & Purchasing Department**

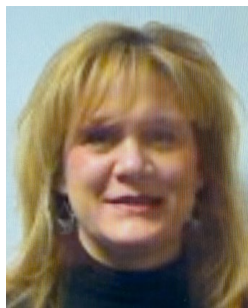
Meet the Teams That Keep Everything Running: Facilities & Purchasing

This month we are shining a light on Purchasing & Facilities.

The Purchasing team is responsible for sourcing and acquiring the goods and services that keep our operations moving. Whether it's office supplies, equipment, or larger-scale materials and vendor contracts, they ensure we get what we need on time and within budget.



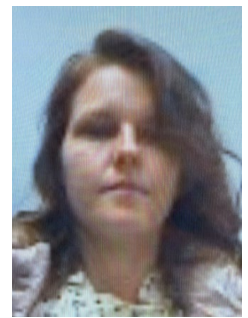
Joseph Doceti  
Director of Facilities & Security/  
Chief Engineer



Diana Clark  
Financial Systems Coordinator



Danny Tam  
Purchasing Manager



Stacy Monterosa  
Facilities Associate

## **Human Resources Department**

At the heart of every successful organization is its people – and the JIB Human Resources (HR) team is here to support, guide, and empower every employee along the way. From hiring and onboarding, to benefits and beyond, HR is a key partner in building a workplace where everyone can thrive.

Whether you're navigating a benefits question, looking to grow your career, or simply want to know more about company policies, HR is your go-to resource. We're not just the team behind the paperwork – we're champions of our workplace culture and advocates for your success.



Mary Hu  
HRIS Administrator



Eliana Martinez  
HR Generalist



Tellah Taylor  
Director

# Health & Wellness Corner

## World Brain Health Day

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

When brain health is mentioned, the topic is usually discussed with relation to the aging population and preventing Alzheimer's and/or dementia. However, it is also important to discuss brain health for all ages even from preconception. Women of childbearing age and pregnant women are recommended to have about 400-800 micrograms of folic acid daily to reduce the chances of a baby having spina bifida along with cognitive conditions.

In the early years of life children need fat to help with brain development. Having a diet rich in healthy fats like (omega 3s) and fiber (vegetables, fruits, nuts, seeds, and whole grain) is also beneficial for improved health.

Atherosclerosis has been linked to the brain conditions of Alzheimer's and dementia. Making sure your cholesterol, blood pressure and blood sugar are at an optimal level is also another way to improve your brain health. Regularly seeing your physician for appointments is a great way to preemptively make sure you are in great health.

The brain is one of the most important organs in the body however it is like a muscle in that it needs "exercise" to help keep sharp. Some exercises that can be done include:

- doing puzzles like sudoku, jigsaw, and crossword. dancing
- Reading,
- Learning a new language or teaching a skill
- doing art (painting, drawing, sculpting, etc.)
- Physical activity like dancing, yoga, and gardening

When we think about brain health Alzheimer's and Dementia prevention are typically the focal points. However, it is important to take precautions to prevent head injuries as well. As summer continues and people participate in more riskier activities like rock climbing, hiking, kayaking, roller skating bike riding, etc. be sure to wear protective gear like helmets to protect your head and brain.

Emotional well-being is equally important for brain health. Studies have shown there are benefits to practicing mindfulness and meditation. JIB Medical has a wonderful Stress Reduction program where you can learn about meditation and mindfulness techniques from Mariusz Mikulec. For more information you can call the Medical Department at 718-591-2014 or email the Wellness Coordinator at [wellness@jibei.com](mailto:wellness@jibei.com).

July 22<sup>nd</sup> is World Brain Health Day, a campaign created by the World Federation of Neurology. What new brain exercise will you participate in to celebrate?

Information was National Institute of Neurological Disorders and Stroke, Mayo Clinic, National Institute on Aging, World Federation of Neurology, and World Health Organization.





## Refreshing Vietnamese Spring Rolls



Spring rolls are fun and easy to make, and you can also add flavors by making different dipping sauces. The rolls are typically made with fresh vegetables, herbs, and proteins that are wrapped in rehydrated rice paper and served with a dipping sauce. You can buy the rolls at most Asian stores like H Mart and often the local supermarket carries rice rolls.

### Ingredients

- 1 1/2 cups of julienned vegetables (such as carrots, red pepper, and cucumber)
- Protein of your choice: tofu, chicken, fish, tempeh, meat strips, shrimp, kani
- 8-10 whole spring roll rice papers
- Optional additions: avocado, bean sprouts, shredded cabbage, fresh cilantro and mint or basil, jicama, radish, scallions
- The ingredients are delicious raw but can also be sauteed

### Directions

- Fill a large bowl with warm water and have everything prepped and ready to go so you can roll everything at once.
- Dip the rice paper in the warm water for just a 2 – 3 seconds, it should be stiff, and will soften as you begin to work.
- Layer the ingredients on top of each other at the bottom (end towards you) 1/3 of the moist rice paper.
- Next, tuck and roll the edge closest to you, by bringing the edge over the veggies, and gently but firmly tuck it under and rolling away from you.
- At the 2/3 mark, fold the ends up, onto the roll, and continue rolling tucking them under until the roll is finished.



### TIPS

1. Use a plastic cutting board. Some surfaces, especially wood, are more porous than others, making the rice paper stick while rolling.
2. Do not over soak the rice paper. Just dip for 2 – 3 seconds at most and use.
3. Double the rice sheets. When making summer rolls for future meals, consider doubling up the rice paper for each roll to strengthen them so they do not fall apart. Double the rice paper if frying.
4. Do not overstuff. The rice papers are pliable, but if you overstuff them you may not have much paper to ensure a good roll.