

# THE BOARD AND BEYOND NEWSLETTER

The JIB acknowledges several September and October holidays and monthly recognitions:



National Hispanic/Latino Heritage month is observed from September 15<sup>th</sup> to October 15<sup>th</sup> to acknowledge, recognize, and celebrate the histories, cultures, and contributions of all who have Hispanic or Latino roots.

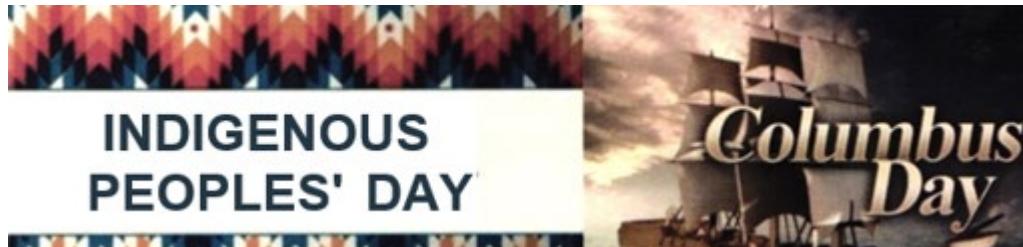


Rosh Hashanah took place this year from the evening of Monday, September 22<sup>nd</sup> until Wednesday, September 24<sup>th</sup>. It is a 2-day celebration marking the beginning of the High Holy Days emphasizing repentance, prayer, and reflection on the past year while looking toward a "sweet" new one.



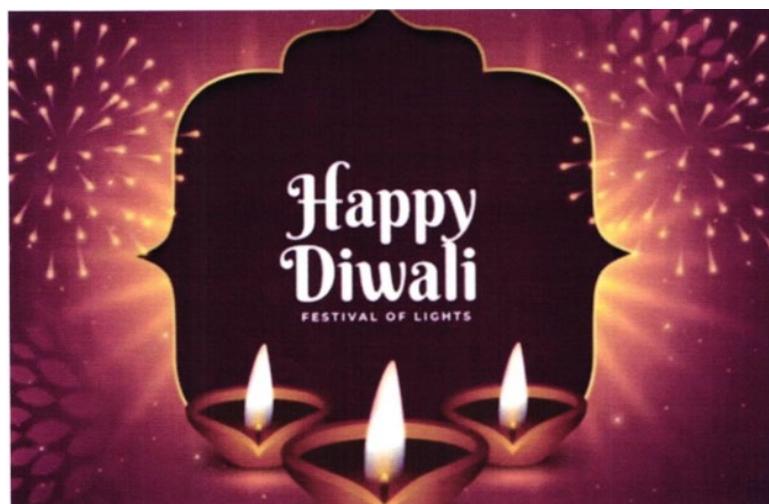
The holiday of Yom Kippur is celebrated from the evening of Wednesday, October 1<sup>st</sup> through Thursday, October 2<sup>nd</sup>. It is known as a “Day of Atonement,” and is considered the holiest day of the year in Judaism, marking the culmination of the High Holy days.

It is a day of deep introspection, repentance, and reconciliation.



Monday, October 13<sup>th</sup> marks a dual observance. It commemorates this year's U.S. Federal holiday as we celebrate Christopher Columbus's 1492 arrival to the Americas. Italian-American communities also honor their culture, heritage, and achievements.

It is also the day we honor the heritage, history, and resilience of all indigenous communities. We celebrate the rich and diverse traditions, cultures, languages, strengths, and contributions here and around the world.



Diwali or Deepavali, was celebrated this year on Monday, October 20<sup>th</sup>, 2025.

It is known as the “Festival of Lights”, a major five-day event marking the triumph of light over darkness, knowledge over ignorance, and good over evil.

Happy Diwali!

## JIB Updates

- 2025 Sexual Harassment Training Compliance: in progress
- 2025 Computer Compliances: to be announced

## Announcements

### Welcome to the team!

- Rocco Sforza – JIB Medical PC – Clinical Pharmacist
- Beonica Harry – Control Associate
- Jennifer Yoo – Hospitalization Associate

### Happy Retirement

- Steven Arniotis - Good Luck on your new journey!



## Employee Shout Out

- Congratulations to Michele Maldonado for being honored as Woman of the Year at the 13<sup>th</sup> Annual Scholarship Sneaker Ball Dinner Dance. A great accomplishment!

# WOMAN OF THE YEAR

*Michele Maldonado*



## Upcoming Events and Opportunities

### Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Financial Accountant
- Claims Associate
- In-House Junior Associate Counsel
- Staff Nurse
- Pension Associate
- Scanning Associate
- Mailroom Associate
- Facilities Associate
- Purchasing & Facilities Coordinator



### Voluntary Lunch & Learn



Join us for a presentation to learn about breast cancer screening and treatment options from Dr. Greenberg & guest speaker, Kate Clark, from Memorial Sloan Kettering.

**Thursday, October 23, 2025**

#### Balcony Lounge

12PM-1PM & 1PM-2PM

RSVP - [DLugo@jibe.com](mailto:DLugo@jibe.com)

-Self-Exam Tutorial for all Genders

-Raffle

-Pizza

10

#### LUNCHTIME WELLNESS WORKSHOPS



#### Chair Yoga

October 6th, October 16th,

October 20th, October 27th

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

October 7th, October 14th,

October 21st, October 28th

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, October 29th

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](mailto: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](mailto:Wellness@jibe.com)

2025

J.I.B.

**HOLIDAY DONATION DRIVE**

**For**

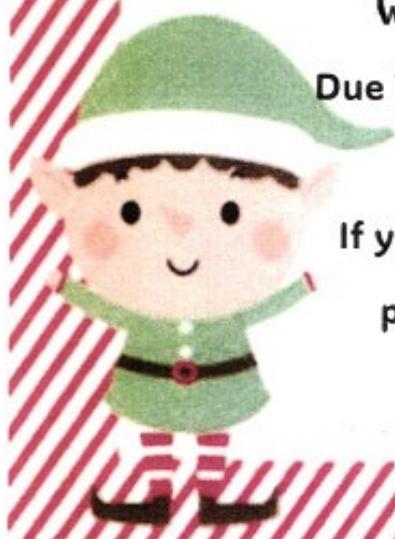
**SAINT DOMINIC'S FAMILY SERVICES**



**Budget Cap is \$40**

**Wrapped gifts ONLY**

**Due Tuesday 12/16/2025**



**If you would like to participate  
please see Dolly, ext 1244.**

**Thank you in advance**



Janet Eng's Son  
Kyle



Matthew Kelly's Daughter  
Gabby



Meredith Diliberti's Daughter  
Samantha



Sitara Hines' Daughter  
Saniya



Alex Jimenez's Children  
AJ & Natalie

# First DAY OF School



Patricia Rivera's Children  
Karlie & Aubrie



Margaret Suarez's Grandson  
Jaylen



Kristen Marsch's  
Daughter Kiera



Diana Sena's Son  
Sebastian

# Who is Who

## Information Technology Department – Management

This month, we shine the spotlight on the incredible work and dedication of the Information Technology Department Managers.

Meet the managers who keep our systems running smoothly, champion cybersecurity, and empower teams to deliver cutting-edge solutions. Our IT experts ensure that all systems function effectively to ensure smooth operations, each and every day.



Mark Albin  
Distributed Systems Manager



John Burke  
Sr. Manager, Info Security & Networking



Jenny Castro  
Supervisor



Rise Jacobs  
CTO



Marie Karabetian Werner  
Sr. Project Manager



Luke Malachi  
Manager of System Engineering



Emmit Peterson  
Help Desk Manager



Uri Peyser  
Head of App. Disaster Recovery Manager



Danny Yee  
Assistant Director

# Health & Wellness Corner

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

## Healthy Aging Month

According to the Centers of Disease Control and Prevention, American's life expectancy has increased for both males and females. Americans are living longer lives but are we making the most of it? Although there are challenges that can come with growing older, for example living with diseases and other conditions, there are many benefits as well! As we get older, we generally become wiser through our lived experiences and have a new perspective on life. We often get to see the fruits of our labor.



The changing of seasons from Summer to Autumn is a perfect time to reevaluate your physical, social, mental, and financial wellness to make sure you are making the most out of life.



**Physical Wellness:** Multiple studies show that increasing physical activity can improve heart health and other health conditions, boost mood, and improve quality of sleep. The American Heart Association recommends that adults get at least 150 mins per week of moderate intensity physical activity or 75 minutes of vigorous aerobic activity.

The best part is you do not have to go to the gym to be physically active! You can use the city as your gym. Did you know it takes 162 steps to walk up from the pedestal to the crown of the Statue of Liberty? You can take advantage of New York's parks, preserves, and botanical gardens and take strolls with family and friends. Other ways to increase physical activity include swimming, hiking, gardening, tennis, bicycling, and so much more.

**Financial Wellness:** Making sure you are managing finances responsibly and achieving financial stability is an important part of aging. Some things to consider: Am I spending more than my income? Am I living within my means? Do I have enough money saved for retirement? How can I make my money work for me? This may be intimidating, however a good place to start is visiting the Empower website.

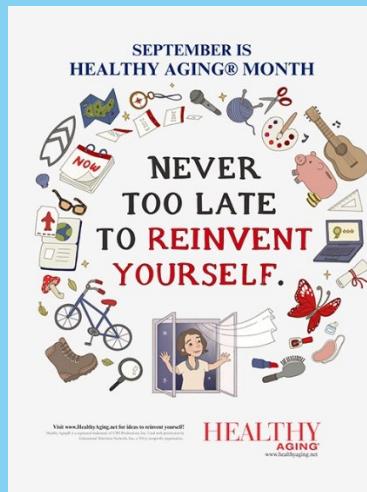
**Social & Mental Wellness:** More than one third of adults aged 50-80 years old feel lonely or isolated according to a national poll published in JAMA (Journal of the American Medical Association). Isolation and loneliness have been linked to having higher risks for health issues like depression, anxiety, cognitive decline, and heart disease. We humans are social beings. We thrive off our relationships. But relationships don't have to mean romantic relationships. Maintaining healthy relationships with our family, friends, neighbors, co-workers and community is also an important part of aging. Building strong relationships helps keep us motivated and connected.

Meditation and mindfulness have been shown to help make improvements in mental health. Some benefits of meditation and mindfulness include:

- Reducing negative feelings
- Being more patient
- Building skills to manage stress and anger
- Being more self-aware



JIB Medical has the Strike Out Stress program where you can meet with Mariusz Mikulec to learn more about mindfulness and stress reduction techniques. If you are interested, you can call the medical office at 718-591-2014 to schedule an appointment. The Calm app website offers monthly mindfulness challenges where you can get daily prompts that offer tasks like making a gratitude list or doing a 1-minute meditation.



So how do **you** plan on reinventing yourself?

Information from this article was taken from the following websites: American Heart Association, Centers of Disease Control and Prevention, Harvard Health, National Institutes of Health, Journal of the American Medical Association, John Hopkins Medicine, Mayo Clinic.



## September & October Work Anniversaries

### September

Michael Alves
Eric Cabral
Hock Chin
Julisa Duran
Pasquale Evangelista
Francisco Florez Quintero
Sharon Foster
Rongbiao Fu
Aileen Garcia
Nicolas Hernandez Urena
Rosario Keller

James Kelly
Ina Kornegay Lane
Timothy Langdon
Howard Lau
Elizabeth Lera
Jeannie Lockwood
Isabella Lovasz
Eliana Martinez
William McCarron
Vilma Membreño
Mariusz Mikulec

Hope Millman
Stanley Moore
Paul Morro
Shondell Patterson
Olive Prashad
Gavin Reece
Nilanthi Senarathna
Cornelius Skeahan
Marcell Stevens
Leonard Urist
Michael Valero

### October

Leslie Biscardi
Donnette Burgess
Orville Campbell
Jenny Chin
Rimeeka Clanton
William Devore
Janet Eng
Nelson Eusebio
Susan Gambrell

Paul Greenberg
Franco Iampieri
Aaron James
Natalya Koyenova
Robert Lopez
Tamara Lukach
Marcia McDermott
Michael Napoli
Kevin Petrick

Bindu Poulose
Meera Prabhat
Lauren Rivera
Hong Kit Tsang
Mar Vigil
Erica Vinas
Su Min Yun
Nicholas Zeig
Shoshana Zipkin



## Happy September & October Birthdays to our Staff Members

### September

Carla Adams	Christopher Garcia	Kwong Poon
George Beecher	Laura Gonzalez-Gonzalez	Natalie Romero
Howard Bennett	Vincent Haffkoss	Michelle Saar
Kristine Black	Rise Jacobs	Darlene Stokes
John Burke	Brandon Jones	James Stoney Jr
Eric Cabral	Elizabeth Lera	Danny Tam
Phyllis Campbell	Dr. Michael Makover	Gisel Tirado
Cesar Capunay	Felicia Marti	Sandra Trimboli
David Chenaphun	Dennis McGinn	Rafay Uz Zaman
Mahesh Chhatlani	Paul McGivney	Mar Vigil
William Devore	Joann Novak	George White
Lance Fanelli	Elizabeth Odierna	Seneica Williams
Tanya Favorito	Derrick Perry	

### October

Michael Alves	Autumn Holford	Diannery Perez
David Battaglini	Rosario Keller	Daniel St. Juste
Leslie Biscardi	John-Thomas Marchell	Chenguang Tao
Elizabeth Burbige	Pedro Martinez	Karina Taylor
Janeth Diaz	Mariusz Mikulec	John Vita
Nelson Eusebio	June Ann Mohabir	Xiaobo Wu
Scott Feldman	Jeffery Moore	Shoshana Zipkin
Brittany Granger	Keith Motisi	
	Phyllis Oliner	

*Happy Birthday to our Director of Administration, Scott Feldman.*

*We wish him happiness, joy, and good health for a successful year ahead.*





### **Cabbage and Noodles with Apples and Honey**

#### **Ingredients**

$\frac{1}{4}$  cup of avocado oil divided  
1 large leek, sliced (or scallion, shallot or sweet onion)  
2 Fuji apples diced small  
10 oz of shredded cabbage ( or use the package of coles slaw mix)  
 $\frac{1}{4}$  cup of honey  
12 oz bag of wide egg noodles (prepare according to the package)  
Salt and pepper to taste

#### **Directions**

1. Cook the egg noodles and put them to the side.
2. Dice the apples and put them to the side.
3. Heat 2 tablespoons of the oil in deep skillet, add the leek and sauté over a medium heat until it just begins to turn brown, for about 5 minutes.
4. Add the apples and cook until they soften.
5. Add the cabbage, salt and pepper and cook until the mixture starts to caramelize, for about 10 minutes.
6. Remove from the heat.
7. Add the honey, remaining oil, noodles and stir until mixed well.
8. Add salt and pepper to taste.

# September is National Recovery Awareness Month



Throughout September, organizations spread awareness, educate the public, help reduce the stigma, and celebrate the achievements of people in recovery while reinforcing the message that treatment is effective, and recovery is possible. **Why it is important:** In 2023 alone, more than 54 million people in the US needed treatment for substance abuse disorders. However, only 23% of those received the treatment they needed due to stigma, feelings of shame, cost or a lack of access to appropriate help. Even more worryingly, the relapse rate for substance use disorders is 40-60%. National Recovery Month promotes understanding and support for individuals and families affected by mental health or substance use disorders and raises awareness of treatment options.

Fact: Nearly “49 million Americans” have experienced a substance use disorder in the last year, over 20 million of whom battled a co-occurring mental health issue. National Recovery Month is a crucial time to spotlight the need for comprehensive treatment and support. National Recovery Month is dedicated to supporting those in recovery from mental health and substance use disorders.

The Addiction and Mental Health Services Department thanks all JIB staff members who came out to support and celebrate with us the Miracle of Recovery at the chat session Tuesday, September 16th!! The JIB is grateful to Annette Rivera, Jessica Feliciano & the guest speaker, Elsie, for such an informative afternoon.

Stay connected by contacting [JIBHR@JIBEI.com](mailto:JIBHR@JIBEI.com)