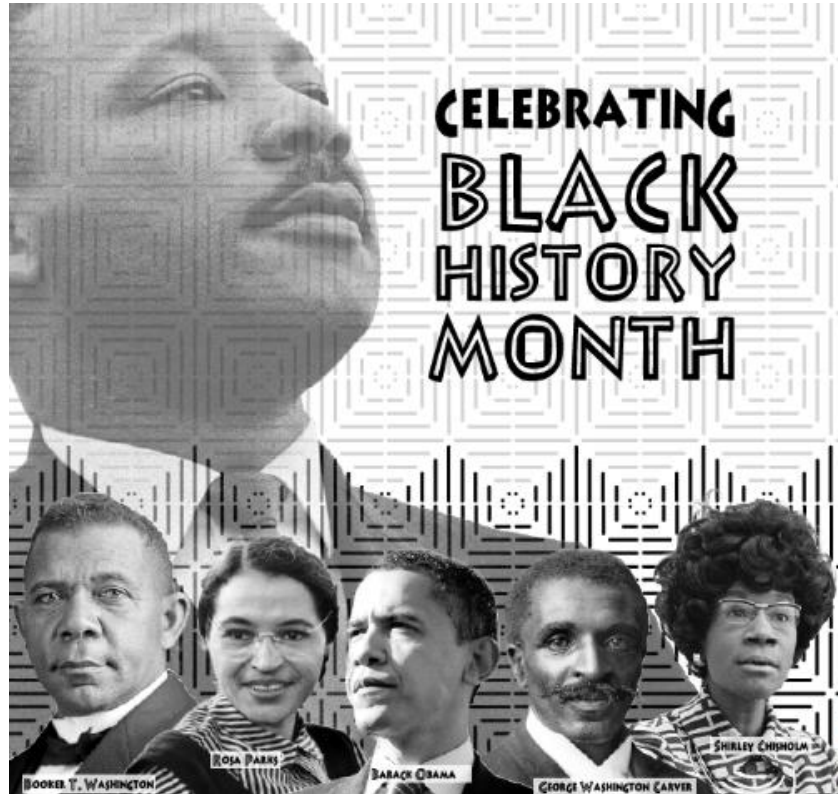


THE BOARD AND BEYOND NEWSLETTER

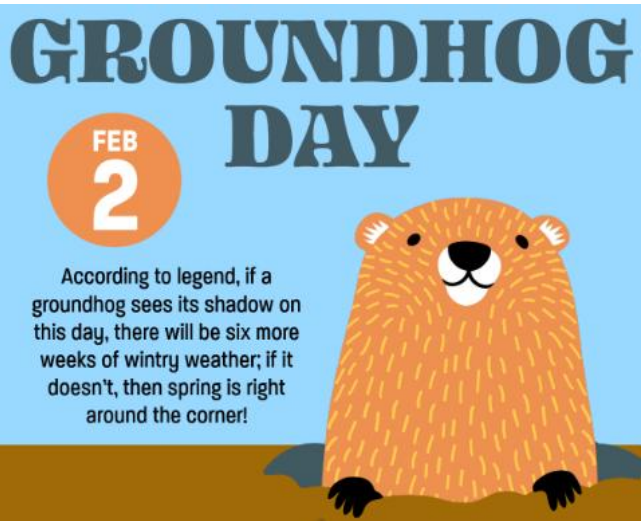
FEBRUARY 2026

The month of February may only have of 28 days (29 in a Leap Year), but the month consists of so much to celebrate and recognize.

The JIB acknowledges several holidays and monthly recognitions:



FEBRUARY IS
AMERICAN HEART
MONTH



Punxsutawney Phil, Jr. predicted 6 more weeks of Winter. Brrrrrrrr!



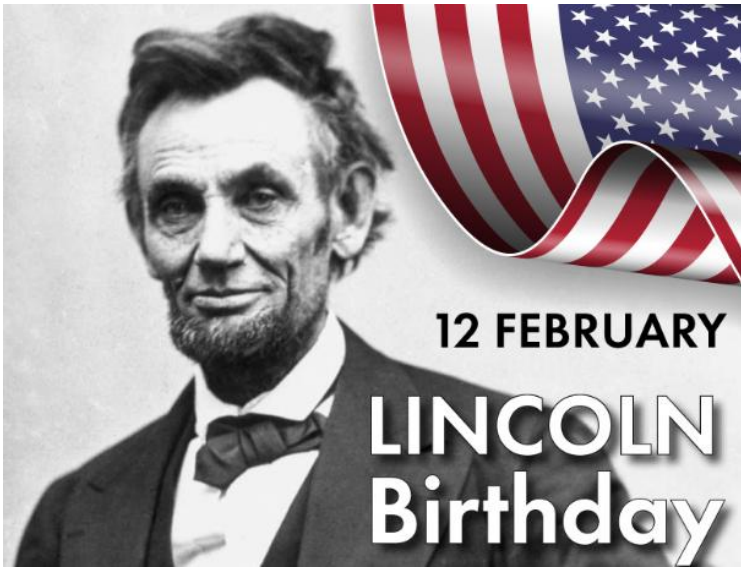
**WORLD
CANCER
DAY4FEB**



NATIONAL Wear Red Day

Friday, February 6, 2026







Presidents Day 2026
Monday, February 16



2.713



Ash Wednesday 2026

Wednesday, February 18

February 18th marks the first day of Lent

which, 40 days later leads to Easter. It is a day of prayer and fasting. Christians receive ashes on their foreheads as a symbol of penance and mortality. The day emphasizes reflection, humility, and the journey towards spiritual growth. Thank you to Fr. Suckiel, from the Holy Family Parish, for distributing ashes in the Conference room for all who wished to receive.



Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a sacred period of fasting, prayer, reflection, and community.

JIB Updates

An email was sent out earlier this month that the Mailroom Department will not be able to print any bulk tasks starting at the end of the month, Friday, February 27th, until further notice. Various machines will be worked on to be upgraded. If you have jobs that cannot wait, please contact Byron ext. 1510, before the work is started.

Announcements

WELCOME!
to the TEAM

Jomanda Nolasco – Members Records Associate
Kitty Jie Yan Li – Accounting Department

Happy Retirement

- **Susan Gambrell – IT**
- **George Beecher – Internal Audit**
- **Erica Vinas – JIB Medical, P.C.**





**Congratulations to Byron on your promotion to Supervisor of the Mailroom Department!
Your hard work and dedication are truly appreciated. Keep up the good work!**

**Congratulations to Bill on your promotion to Supervisor of the Members Records Department!
We wish you much continued success in the future!**

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Active Indemnity Examiner
- Internal Auditor
- Safety Associate
- Mailroom Associate
- Junior Legal Assistant
- Per diem Optometrist



LUNCHTIME

Wellness Workshops



Chair Yoga

March 2, March 9,
March 16, March 23rd
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 Needed.



Walk Indoors

March 3rd, March 10th,
March 17th, March 24th
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

March 11th
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 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



Help keep your savings safe and unlock online tools by registering your account today!

Register your account online. If you don't register your account online, it's easier for a fraudster to impersonate you.

Choose a strong username and password.

Review all security alerts immediately. Ensure your cellphone number and email are on file and are correct. Contact Empower immediately if you receive a security alert notifying you of any account activity you didn't perform.

Review your accounts periodically. If you've experienced identity theft or have accounts that have been compromised, contact Empower to put additional protections on your account.

Access financial wellness tools and resources.



See your net worth.



Plan for retirement



Get help budgeting



Track your savings



Register your account today!

On your desktop, visit empowermyretirement.com and click the green REGISTER button to get started.

Or, on your mobile device, scan the QR Code to download Empower's mobile app.

Who is Who

Information Technology Department – Distributed Programming



Mark Albin
Distributed Systems



Gregory Aiello
Sr. Software Engineer



Thierno Barry
Sr. Linux Admin



Antonio Brown
Web & Distributed
Systems Developer



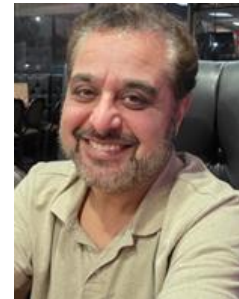
Orville Campbell
Console Operator



Albert DeLuca
Business Analyst



Rosario Keller
AS 400 Mgr.



Mohammad Azam Khan
Database Admin



Danny Lee
Platform Migration
Specialist



James Panagakos
Quality
Assurance



Kwong C. Poon
Software Engineer



Gabriel Romero
Jr. Programmer



Elazar Rosenthal
Software Engineer



Eric Saul
Platform Migration
Programmer

Information Technology Security



John Burke
Sr. Mgr., Info Security &
Networking



Brian James
Network Security
Engineer



Kevin Petrick
Sr. Network Security
Architech



Daniel St. Jude
Network Security
Analyst

Health & Wellness Corner

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

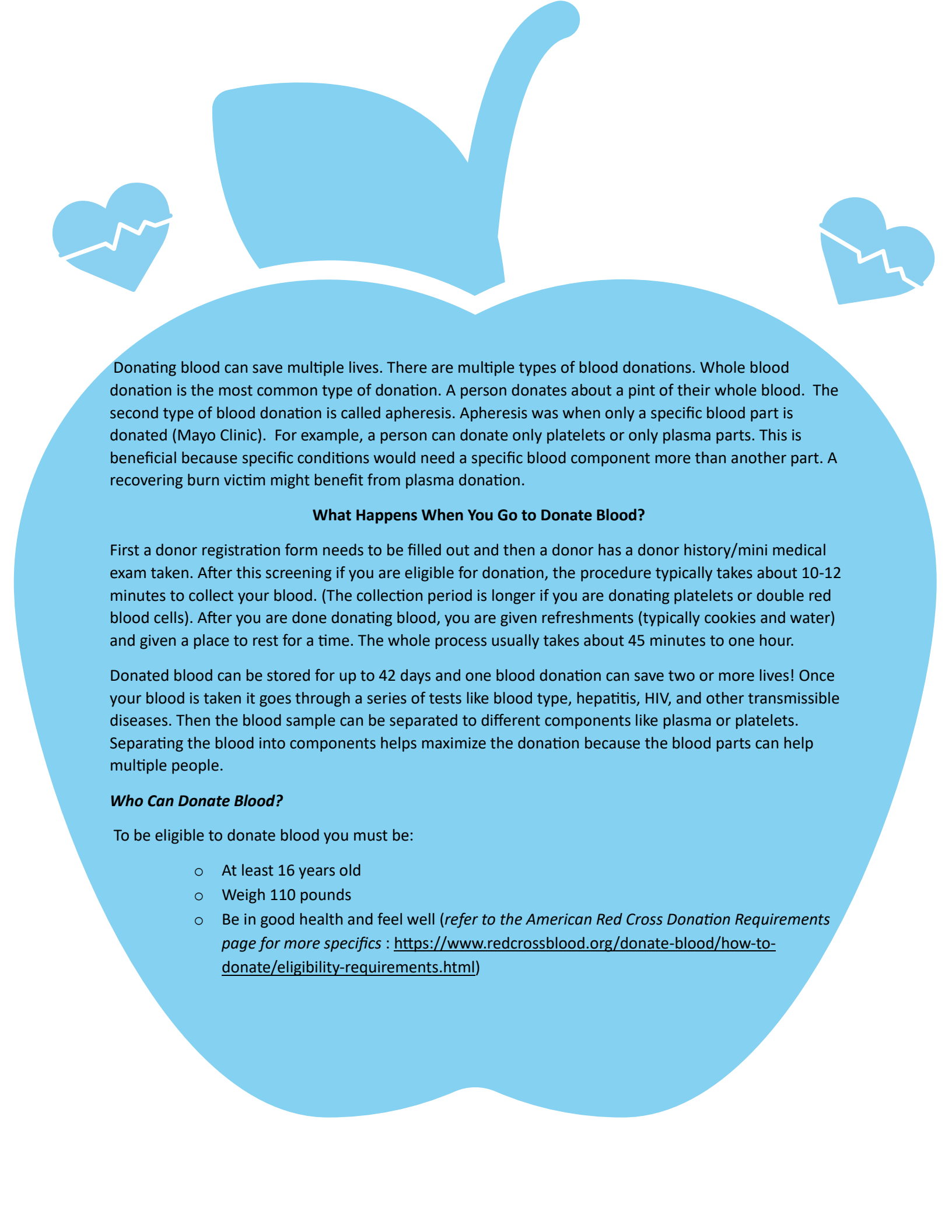


Did you know the human body has roughly 10 pints of blood? Human blood is especially unique because there is currently no FDA approved way to produce human blood in the laboratory. That means your blood can help save lives!

Blood holds hormones, proteins, clotting factors and much more. It consists of four components: plasma, white blood cells, red blood cells, and platelets. White blood cells help the body to fight infections. Red blood cells carry oxygen to the body's cells. Plasma transports blood cells throughout the body and carries important body components. Platelets help the body stop bleeding by forming blood clots. *(Cleveland Clinic)*

The New York Blood Center declares that there is currently a blood emergency. According to the New York Blood Center approximately 2,000 blood donations are needed daily to meet the needs of the New York/ New Jersey community. There are many reasons why a person might need a blood donation. Some of the reasons include:

- heavy blood loss,
- medical procedures like heart surgery, childbirth, etc.
- medical conditions like sickle cell anemia, leukemia, etc.
- medical emergencies like car accidents, natural disasters,
 - or severe burn victims, etc.



Donating blood can save multiple lives. There are multiple types of blood donations. Whole blood donation is the most common type of donation. A person donates about a pint of their whole blood. The second type of blood donation is called apheresis. Apheresis was when only a specific blood part is donated (Mayo Clinic). For example, a person can donate only platelets or only plasma parts. This is beneficial because specific conditions would need a specific blood component more than another part. A recovering burn victim might benefit from plasma donation.

What Happens When You Go to Donate Blood?

First a donor registration form needs to be filled out and then a donor has a donor history/mini medical exam taken. After this screening if you are eligible for donation, the procedure typically takes about 10-12 minutes to collect your blood. (The collection period is longer if you are donating platelets or double red blood cells). After you are done donating blood, you are given refreshments (typically cookies and water) and given a place to rest for a time. The whole process usually takes about 45 minutes to one hour.

Donated blood can be stored for up to 42 days and one blood donation can save two or more lives! Once your blood is taken it goes through a series of tests like blood type, hepatitis, HIV, and other transmissible diseases. Then the blood sample can be separated to different components like plasma or platelets. Separating the blood into components helps maximize the donation because the blood parts can help multiple people.

Who Can Donate Blood?

To be eligible to donate blood you must be:

- At least 16 years old
- Weigh 110 pounds
- Be in good health and feel well (*refer to the American Red Cross Donation Requirements page for more specifics* : <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>)



Don't worry if you are unable to donate blood. There are other ways you can help, for example volunteer at a local blood drive, host a blood drive, or even just spread the word about blood donations and blood drives within your local community. If you are interested in donating blood, you can look up the New York Blood Center's blood drive locations at <https://donate.nybc.org/donor/schedules/zip>.

Information for this article has been taken from American Red Cross, America's Blood Centers, Mayo Clinic, (National Health Service Blood and Transport, New York Blood Center, US Department of Veterans Affairs, World Health Organization and is solely the opinion of the authors herein.



February Work Anniversaries

February Anniversaries

Shirley Bauer Medero
Elizabeth Burbige
Jeannie Chico
Bose Christudas
Diana Clark
Albert Eng
Katty Figueroa
Camille Floria

Jeffrey Freilich
Joanna Jackson
Brian James
Mayumi Loremil
Yovany Martinez Castano
Stacy Monterosa
Cora O Shaughnessy
Geraldin Puerta Roldan

Dorothy Ramos
Mercedes Rodriguez Gramsch
Elazar Rosenthal
Deborah Sanchez
Danny Tam
Karina Taylor
Michael Yee



Happy February Birthdays to our Staff Members

February Birthdays

Joseph Biordi
Zenaida Bramwell
Donnette Burgess
Hock Chin
Aston Crossdale
Laura Datkhayeva
Julisa Duran
Marvin Estevez
Jonathan Estis
Camille Floria

Tabéal Green
Stella Gulyak
Jennifer Halstead
Nicolas Hernandez Urena
Aaron James
Danny Jawahir
Sigifredo Lopez
Dalinda Lugo
Frances Macgregor
Kristen Marsch
Alan Mason

Christopher Mcgivney
Daniel Mecca
Maria Mendez
Dawn Nofi
Olive Prashad
Annette Rivera
Elazar Rosenthal
Rocco Russo
Brianna Sheran
Demetrios Tsiolis

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

No Flour Heart Healthy Blueberry Peanut Butter Muffins

Ingredients

2 medium ripe bananas

1 cup of Blueberries

1 cup Natural Peanut butter without salt or added fat or sugar smooth

2 eggs or 4 whites

1 tsp of baking soda

3 Tablespoons of maple syrup

Optional variations: ½ cup of walnuts or chocolate chips

Directions

1. Set oven at 350 degrees.
2. Mash the bananas.
3. Add peanut butter and eggs and baking soda.
4. When well blended fold in the blueberries
5. Bake for 25 minutes makes 12 muffins
6. Important: Let them cool completely before removing the muffins from the tray to ensure they set well. This will make for a firmer texture.



Erica A. Viñas RD, CDE

Stay connected by contacting JIBHR@JIBEI.com