

THE BOARD AND BEYOND NEWSLETTER

MARCH / APRIL / MAY 2026



March 6, 2026

TEAM

an incredible group of talented people who work together to attain amazing results



THANK YOU FOR YOUR
DEDICATION & HARD WORK
YOU ARE MUCH APPRECIATED

"Employees are the strength of an organization and employees like you are not just our strength but also our assets."

*Happy Employee
Appreciation day*



St. Patrick's Day 2026

Tuesday, March 17

**May love
and laughter
light your days,
and warm your
heart and home.
May good and
faithful friends
be yours wherever
you may roam.**

- Irish Blessing

Wednesday, April 22, 2026



May





MEMORIAL DAY
REMEMBER AND HONOR

MONDAY MAY 25



JIB Updates

Boostingo translation services are now available for those departments with the need. Please refer to the email sent out Monday, April 20th for directions.

Summer interns have been contacted with their start dates, and supervisors have been given the list of names and their start dates. Please confirm that the computer stations are set up for their arrivals. Call the Help Desk at ext. 1499 with any questions or concerns.

Announcements

Welcome
to our **Team!**

Kim Lebron – Legal Department

Anthony Ullauri – Mailroom Department

Katherine Lombana – Scanning Department

Kaity Chen – Human Resources Department

June-Ann Wilson – JIB Medical Department

**Happy
Retirement**

- **Camille Floria – Legal Department**
- **Annunziata (Nancy) Chiaramonte – Members Records**





Wonderful work Mercedes! Your amazing care and devotion in helping the membership results in member bringing you flowers.



Bravo Maria!! A call was received by the Annuity supervisor from a former Local 3 Business Representative, Lenny Korman, praising Maria Mendez on what a great job she did in assisting him with his dilemma. JIB offers extraordinary service!

BYRON CANIZ

Finish Time
1:41:05

PRELIMINARY: Times and places may change

Point	Time	Time of Day	Pace
START	0:00	7:55:37 am	---
5K	24:18	7:29:55 am	07:50
10K	47:22	7:52:59 am	07:26
15K	1:11:11	8:16:48 am	07:40
20K	1:35:38	8:41:15 am	07:53
FINISH	1:41:05	8:46:42 am	08:01

Avg. Pace 7:43



Congratulations to Byron Ordonez for running his 1st Half Marathon on Sunday, April 26th. He made great time! Looking forward to the next one!



Congratulations to Bryan McCarron on being promoted to Assistant Supervisor of the Mailroom Department, and to **Patricia Rivera** on her promotion to Assistant Supervisor of the Members Records Department. We wish them much success in their new roles.

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Active Indemnity Examiner
- Administrative Assistant – LIC
Apprentice Department
- Registered Dietician
- Per Diem Optometrist



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.

Be the reason
for brighter days.



JIB Blood Drive

Wednesday, June 3rd, 2026
11:00am-5:00pm

Auditorium-Main Floor
158-11 Harry Van Arsdale Jr. Avenue
Flushing, NY 11365

Prepare to donate

- Eat well and hydrate
- Bring a photo ID
- Feel good and symptom free
- Meet minimum weight requirements
- Must be 17-75
- 16 with parental permission form
- 76+ with written physician consent

Visit nybc.org/eligibility for complete donation guidelines.

Smart cookie

Join us to give and enjoy a whole box of Girl Scout cookies.
While supplies last.



To schedule your appointment to donate,
[Click Here](#) or scan QR Code to the right:



800.933.BLOOD · nybc.org

THE JOINT INDUSTRY BOARD INVITES
JIB, IBEW Local 3, and
Electchester Management Office Staff

Join Us for Our Annual
EMPLOYEE APPRECIATION BBQ

Friday, June 12th, 2026
12 pm - 3 pm
@Employees' respective lunch hours

JIB Auditorium Courtyard

Join us for FOOD & FUN!



EDUCATIONAL & CULTURAL TRUST FUND OF THE ELECTRICAL INDUSTRY

PRESENTS

THE 38TH BIENNIAL SPRING ART FESTIVAL

Gallery Open to the Public Monday 5/4 - Saturday 5/9/2026

This year's Spring Art Festival was quite the "extravaganza". Bravo to the E & C Team, who did a phenomenal job on exhibiting all the new, original art from age 5 to age 85. The auditorium was filled by Local 3 and Joint Industry Board talent. Live music was the icing on the cake, which was thoroughly enjoyed as you munched on the delicacies offered along with scrumptuous cocktails and various beverages. Jack Miller and his family were featured this time around for their amazing documentation of the labor movement for several decades. It was quite the event and all should try and make it next year.





March Birthdays

Thierno Barry	Magdalena Go	Cora O Shaughnessy
Rosanna Cardenas	Marie Herivaux	Lauren Rivera
Erland Castillo	Stacey Hice	Nicole Simpson
Christine Cotto	Dennis Hu	Gary Talkofsky
Lorenzo Curtis	Franco Iampieri	Ramdat Veerapen
Himraj Gajai	Paul Morro	Christian Vega
	Jennifer Munoz	

April Birthdays

Christopher Antonello	Joseph Hester	Deborah Okuneye
Patricia Barrera	Christine Jones Lennard	Dorothy Ramos
Robert Biordi	Jungtaek Kim	Manuel Sanchez
Odely Brito	Timothy Langdon	Robert Santomauro
Shayla Crawford-Holder	Kitty Li	Diana Sena
Albert Deluca	Jeannie Lockwood	Rocco Sforza
Joseph Doceti	Eliana Martinez	Cornelius Skeahan
Amanda Favillo	Melissa Mastin	Alyson Tacury
Iris Figueroa	Helen Ng	Michael Yee
Paul Greenberg	Mel Odonohue	Nicholas Zeig

May Birthdays

Susan Asatur	Marie Karabetian Werner	Daisy Pineiro-Caballero
Sean Baker	Natalya Koyenova	Patricia Rivera
Bose Christudas	Diana Kurimski	Mercedes Rodriguez Gramsch
Victor Czarasty	Kathy Lebron	Gabriel Romero
Irving Dominguez	Katherine Lombana	Ina Sahagun
Nicholas Erikson	Monika Luthra	Christina Sessa
Tanya Harrison	James Panagakos	Nicholas Tarricone
Yeny Hernandez	Cristina Perez	Michael Valero
Joanna Jackson	Kevin Petrick	



March Anniversaries

Sherlyn Aldas	Amanda Favillo	Emmit Peterson
Joan Altman-Neumann	Felix Guilbe	Dmitriy Petrushin
Patricia Barrera	Vanessa Heyward	Chelsea Roye
Alexis Bush	Rise Jacobs	Rocco Russo
Shayla Crawford-Holder	Kambon John	Diana Sena
Aston Crossdale	Michael Makover	Maureen Steiger
Janeth Diaz	John-Thomas Marchell	Gary Talkofsky
Meredith Diliberti	Sandra Marin	Rafay Uz Zaman
Frances Evangelista	Diannery Perez	Felix Zhosan

April Anniversaries

Jessica Algarin	Sigifredo Lopez	Uri Peyser
Kelly Allman	Monika Luthra	Humberto Restrepo
Robert Ball	Kristen Marsch	Bicker Rodriguez
Phyllis Campbell	Daniel Mecca	Juan Rodriguez Jr
Tamika Deshong	Brian Modugno	Stephanie Saladino
Josephine Freedell	Henry Molina Sr.	Kevin Vayas Torres
Brittany Granger	Darius Newsome	Seneica Williams
Marie Herivaux	Helen Ng	Brianna Woodfin
Eric Jawahir	Riley Pearsall	Danny Yee

May Anniversaries

Susan Asatur	Lance Fanelli	Yan Xing Lin
Nicholas Caccavale	Tanya Favorito	Jennifer Munoz
Lorenzo Curtis	Adam Fishman	Derrick Perry
Victor Czarzasty	Jennifer Halstead	Yary Polanco
Michael Delio	Stacey Hice	Gabriel Romero
Albert Deluca	Elaine Hin	Joanne Ruiz
Eslaye Devine-Barros	Dennis Hu	Brianna Sheran
Marva Dixon	Mohammad Khan	Alyson Tacury
Irving Dominguez	Diana Kurimski	Linford Thompson
Marvin Estevez	Gary Larocca	

Who is Who

Information Technology Department – Help Desk

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.



Michael Alves
Lead Systems
Engineer



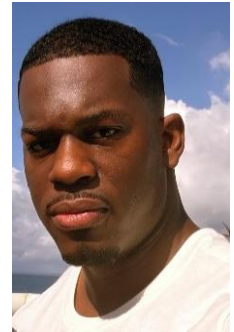
Boris Dynkin
Sr. Systems
Engineer



William Devore
Windows Admin



Albert Eng
Junior Network
Support Specialist



Kambon John
Network Support
Specialist



Eric Cabral
Network Support
Specialist



Alexandra Mojica-
Rosario
Jr. Technical
Support Specialist



Victor Czarasty
Network Support
Specialist



Yary Polanco
Network Support
Specialist



Jungtaek Kim
Jr. Technical
Support Specialist



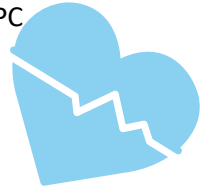
Emmitt Peterson
Help Desk Manager



Luke Malachi
Manager of System
Engineering

Health & Wellness Corner

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



The scouting motto, “Be Prepared”, applies to life decisions as well

How much control do you have over your life? It is called your autonomy. Throughout your day you make plenty of decisions about your life to the best of your ability. You decide what time to wake up, if you want to go to work, what movie you want to watch, etc. For the most part you control what you want to do with your life. But what about in a medical emergency or health crisis, or at the end of life, when you cannot make your choices for yourself known?

You can retain much of your control in dire times if you complete advance care planning.

What happens if you do not have an Advance Directive in New York and are unable to speak for yourself? The decisionmaker is decided by order of priority:

1. A guardian
2. A spouse, if not legally separated, or a domestic partner
3. An adult child
4. A parent
5. An adult brother or sister
6. A close friend

(An operator, administrator or employee of a hospital or mental hygiene facility, or a physician or nurse practitioners may not serve as a surrogate unless related by blood, marriage, domestic partnership, or adopting, or is a close friend whose friendship preceded admission.)

Wouldn't it be better if *you* made the decisions and made sure your choices were known ahead of time?

Advance Directives are not mandatory and are entirely voluntary. Advance care planning is the process of ensuring your wishes are respected during medical care or a medical emergency. Some decisions that might need to be made include: if you would like a ventilator to assist with breathing if you are unable to breathe on your own; would you want CPR (cardiopulmonary resuscitation) to be performed; would you like feeding tubes to help with your nutrition if you are unable to eat; and more.



At the end of life, some will want every possible thing done. Others might choose to decline further care when it has little hope of helping but the treatment itself causes pain and discomfort.

Sometimes people slip into a type of coma called a vegetative state. They are alive, their organs keep working as long as they get air, food and water, but they have no obvious conscious activity. What would you want done for you?

Advance care planning is not only for people who are elderly or at death's edge. According to the American Heart Association someone has a heart attack roughly every 40 seconds. The World Health Organization predicts that approximately 1 in 4 adults will experience stroke in their lifetime. If not treated or cared for promptly, both heart attack and stroke can leave a person incapacitated and unable to express their medical wishes. Car accidents, fires and unexpected turn of events during routine surgery or other procedures (like labor and delivery) can also leave a person unable to speak.

Each U.S. state has its own laws for advanced care planning. In New York State, an advanced directive typically consists of: Health Care Proxy, Nonhospital Order Not to Resuscitate (DNR) and/or, Medical Orders for Life Sustaining Treatment (MOLST).

A Health Care Proxy is a document that names the person you would like to make health care decisions for you if you are unable to make decisions for yourself. Although we typically think of this as being needed when a person is elderly or has a medical condition like Alzheimer's or dementia, it is also important for any medical emergency.

You can also designate someone to have power of attorney over which aspect of your life you might need such help.

Choosing a health care proxy is an important decision. You should make sure that you discuss your choices with your proxy. It is also important to choose a person who will respect your wishes. Discussing it with family and friends is important because it can help take away the guess work during a time of crisis.



Medical emergencies can be a stressful and emotional time for your loved ones.

They might have difficulty deciding what they think you would want for your care. A health care proxy can be a family member, friend, neighbor, or even a lawyer. In New York State this person must be at least 18 years old.

At the end of life, some will want every possible thing done. Others might choose to decline further care when it has little hope of helping, but the treatment itself causes pain and discomfort. Do you want hospice care? Do you want to be at home or in a hospital?

Family members often convey their loved ones' wishes, but hospitals and others increasingly might require something in writing from you.

Some other decisions are also best considered ahead of time; any organ donation; burial, cremation or donating your body to science; a will to make it much easier for your heirs, and more.

The rules and methods are usually governed by state law, which can vary, so best to look up what the procedures are where you live or consult a lawyer.

Once you decide on who you'd like to be your health care proxy, it is important to discuss your wishes with them and provide them with proper documentation needed (for example, a living will or advanced directive).

The New York State Department of Health has Health Care Proxy Forms and Advanced Care Planning guides to help you make decisions and/or take action. Other sources are listed below.

Always check the rules and procedures in your own state.

Thirteen states, now including New York State this year, allow Medical Aid in Dying.

Feel free to check out the National Institute of Aging's website for worksheets

that can help you meet your advance care planning needs: how to pick a

Health proxy, how to prepare a living will, and speaking with your



Doctor to make sure your health care decisions are known:

Resources:

National Institute on Aging- <https://www.nia.nih.gov/health/advance-care-planning>

For NY State: New York State Department of Health

[https://www.health.ny.gov/community/advance care planning](https://www.health.ny.gov/community/advance%20care%20planning)

Caring Info: <https://www.Caringinfo.org>

Prepare for Your Care- <https://prepareforyourcare.org/en/prepare-for-your-care/welcome>

To look up other state rules: <https://www.caringinfo.org/planning/advance-directives/by-state/>

In the Kitchen

Recipe:

Strawberry Raspberry Chia Pudding

Ingredients:

¾ cup Unsweetened Vanilla Almond milk

½ cup of Frozen Raspberries

¼ cup of Chia Seeds

½ teaspoon Vanilla Extract

Toppings:

½ cup Strawberries (cut into quarters or halves)

1 teaspoon of Honey

Optional: almonds or any other nuts for texture and protein boost.

Instructions:

Add almond milk, frozen raspberries, and vanilla extract into blender and blend until ingredients are smooth and even texture.

Pour liquid into a bowl.

Add chia seeds and stir.

Pour pudding mixture into cups or serving bowls and refrigerate for at least an hour (leave overnight for best results)

Add a dash of honey to sweeten.

Add strawberries and other toppings.

Enjoy!



**Recipe adapted from TwoPeasandtheirpod.com*

Stay connected by contacting JIBHR@JIBEI.com