

We **MB** Care

**Medical Benefits
Scheme**



MBS LIGHTS

C A L E N D A R

Healthy Recipes

Breadfruit Casserole

Shakoya Dublin
All Saints Secondary School
2015

No. of servings: 6

Ingredients

1 med	Breadfruit	2 cups	Cabbage
2 cups	Chunks	½ cup	Water
4 tbsps	Crushed fresh seasoning	1 tbsp	Tomato paste
		1 tsp	Salt
1 sml	Carrot		
½ cup	Soy milk		
1 tbsp	Cooking oil		

Method

1. Peel and dice breadfruit; place into boiling water with ½ tsp salt.
2. Soak chunks with ½ tsp salt.
3. Shred cabbage and carrot.
4. In a skillet, sauté chunks and vegetables with fresh seasoning and allow to simmer.
5. Add tomato paste and simmer for 10 minutes.
6. Drain breadfruit and mash with oil and milk.
7. In a prepared baking dish, spread half of mashed breadfruit then add chunks mixture and cover with remaining breadfruit.

Tangy Banana Colada

Shaquel Watkins
Antigua Girls High School
2011

No. of servings: 4

Ingredients

3 cups	Ice
1 lb	Banana (also for garnish)
1 cup	Coconut cream
1 cup	Orange juice
1 cup	Pineapple (peeled and cubed)

Method

1. Freeze 4 tall glasses.
2. Blend half of all ingredients until smooth.
3. Divide between 2 frozen glasses. Repeat. Garnish each glass with banana slices and enjoy.

Spinkin Fungi

Mickaleen Wong
T.N. Kirnon Primary School
2015

No. of servings: 8

Ingredients

1 cup	Spinach (chopped)
½ cup	Pumpkin (mashed)
½ cup	Sweet potato (mashed)
2 cups	Cornmeal (soaked)
1 tsp	Salt
3 cups	Water
2 tbsp	Extra-virgin oil

Method

1. Bring to boil 3 cups of water, and add salt and oil.
2. Stir in cornmeal and allow to cook for a few minutes.
3. Add mashed potato, pumpkin, and spinach, while turning mixture to a smooth consistency.
4. Stir until mixture appears more solid; remove from side of pan.
5. Roll into small ball and serve.

Goldenberg Drink

Jahleel Hurst
Minoah Magnet Academy
2015

No. of servings: 4

Ingredients

1 cup	Cucumber (diced)
1 cup	Golden apple (juiced)
¾ cup	Brown sugar (sweeten to taste)
4 cups	Water
1 tsp	Vanilla essence

Method

1. Wash the golden apples and cucumbers, and de-seed the golden apples - leaving the pulp and skin.
2. Pour 2 cups of water, vanilla essence, the golden apple pulp and skin, and diced cucumbers into a blender.
3. Blend for 30-40 seconds. Strain the contents of the blender into a bowl.
4. Use a spoon to press out as much juice as possible. Add the remaining 2 cups of water and sugar. Pour the drink into a mug; chill then serve.

The Judges

Natalie Clarke-White

--a Media, Marketing, and Project Management creative and professional for 30 years. Her social pulse is music, art, nature, and speaking with people. She lives on her terms, challenging, breaking bars, and staying kind. She encourages everyone to "Stay spiritual."



Garylyn Archibald

--a Management Studies graduate and manager at the Medical Benefits Scheme (MBS) for over 43 years. Currently, she serves as the Customer Service and Registration Manager, where she holds the belief that "any customer leaving the doors of the MBS should feel that someone cares."



Desirée Edwards

--a consultant, instructor, and facilitator in HR Management, Organizational Development, and Customer Service. She is a lifelong volunteer, breast cancer survivor and foundation member of the Breast Friends Women in Touch group and advocates for wellness. She enjoys yoga, gardening, travelling, and Caribbean culture.



In this calendar, the Medical Benefits Scheme (MBS) highlights the finalists of the MBS Light Nominations Campaign - employees whom you nominated and who are consistently going above and beyond to ensure customer satisfaction or department functioning at the Medical Benefits Scheme. The MBS celebrates the outstanding work of employees who are committed to ensuring the overall health and well-being of the Antigua and Barbuda population.



MEET
Patrice Defoe
 Beneficiary Service
 Prevention Unit Clerk

I shine my Light by:

- 1. Showing kindness to people to reduce their stress and improve both our emotional well-being**
- 2. Meeting people where they are and guiding them**
- 3. Striving to be helpful to all those I encounter through service and situational leadership**

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**

**MEET
 Dorothy Graham
 Charles**
 Beneficiary Advocate
 Nutrition Manager

I shine my Light by:

- 1. Ensuring that the nutrition healthcare services I provide reaches all**
- 2. Sharing information because knowledge is power**
- 3. Establishing a good relationship with my clients for good nutrition results**

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Kalisha Marsh
 Volunteerism
 Pharmacy Technician

I shine my Light by:

- 1. Treating all people with dignity, respect, and compassion**
- 2. Respecting diversity, and accepting and appreciating differences in people**
- 3. Being receptive to changes in the workplace and committing to innovative work practices**

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Good Friday	30
31						

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Zita Edwards
 Beneficiary Service
 Senior Registration Clerk



I shine my Light by:

- 1. Striving for efficiency and acting proactively to resolve matters quickly**
- 2. Promoting harmonious relationships**
- 3. Completing my assigned tasks expeditiously**

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Esmailim White
 Customer Service
 Pharmacy Technician



I shine my Light by:

- 1. Putting myself in the customer's shoes when delivering service**
- 2. Embracing a positive attitude to assist customers, especially those in difficult situations**
- 3. Communicating effectively with customers**

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labour Day	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Whit Monday	21	22	23	24	25
26	27	28	29	30	31	

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Wendell Lewis
 Staff Advocacy
 Invigilator



I shine my Light by:

1. Helping others achieve their individual health and fitness goals
2. Embracing the enthusiasm of people attending MBS physical fitness activities
3. Reciprocating the positive energies shared by people who tell me I have made a difference in their wellness journey

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Kenisha Buxton
 Staff Advocacy
 Pharmacy Assistant



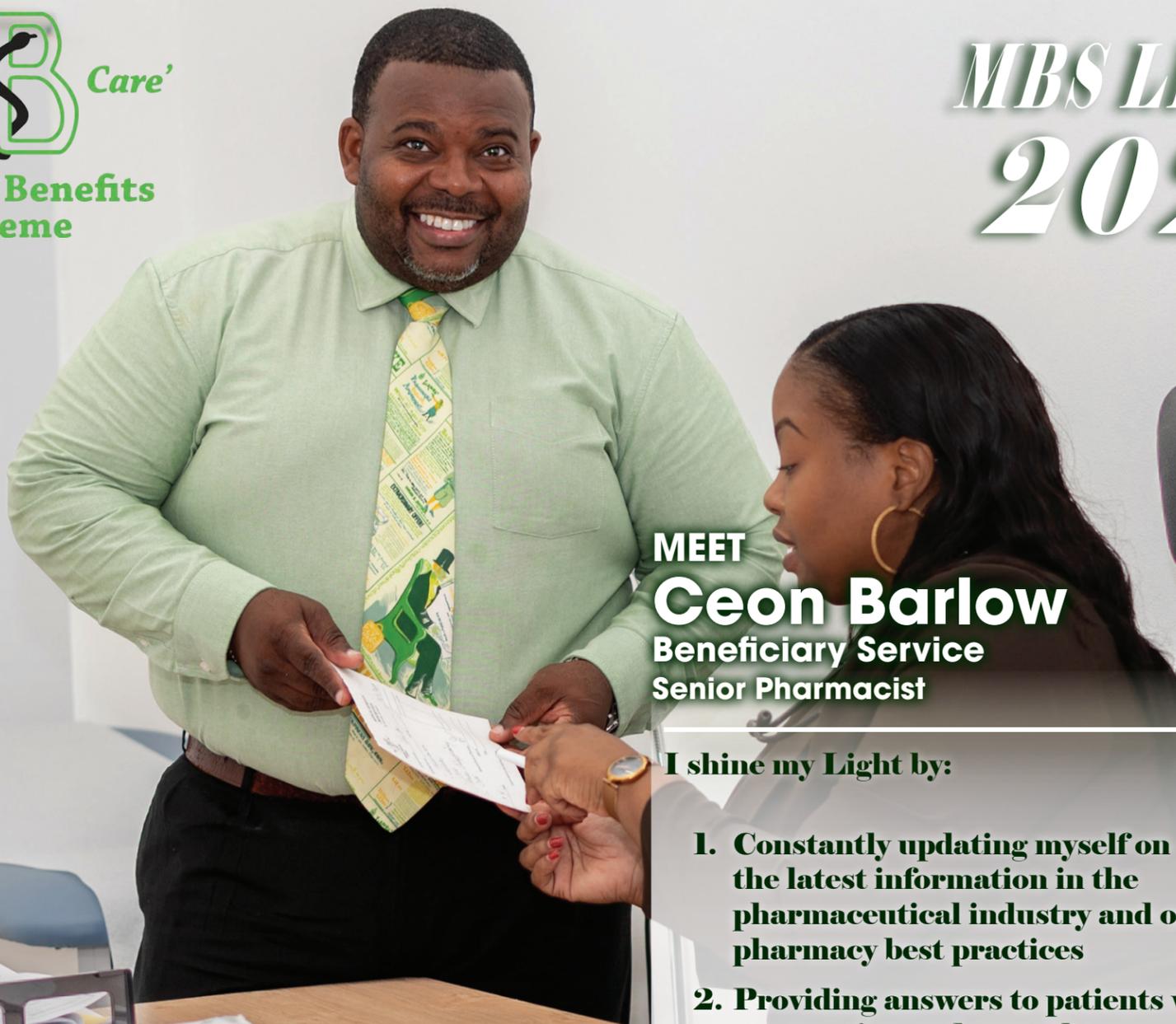
I shine my Light by:

- 1. Remembering that a “happy staff makes happy customers and that equals to a successful business”**
- 2. Treating people the way I want to be treated**
- 3. Loving my profession and performing my duties – with excellence!**

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Ceon Barlow
 Beneficiary Service
 Senior Pharmacist

I shine my Light by:

- 1. Constantly updating myself on the latest information in the pharmaceutical industry and on pharmacy best practices**
- 2. Providing answers to patients with compassion and empathy**
- 3. Satisfying everyone's needs with personalized recommendations while maintaining their confidentiality**

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Carnival Monday	6 Carnival Tuesday	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**

MBS LIGHT 2024



MEET
Josina France
 Volunteerism
 Prevention Manager

I shine my Light by:

1. Loving and caring for people
2. Being committed to good work ethics and team success
3. Showing enthusiasm while helping to bring about transformation in healthcare

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MEET
Marisa Bailey
 Customer Service
 Customer Service Supervisor



I shine my Light by:

- 1. Listening carefully to understand the customer's true needs before making recommendations**
- 2. Solving issues and following through on promises**
- 3. Continuously improving my skills to provide exceptional customer service**

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



MBS LIGHT 2024

MEET
Darren Barnes
 Ethical Responsibility
 Information Systems Manager



I shine my Light by:

- 1. Ensuring that all in-house computer programs are guarded against unauthorised exploitation of MBS' systems, networks, technologies, and data**
- 2. Securing beneficiary data from unscrupulous individuals**
- 3. Protecting organizational assets by ensuring all staff are cyber security smart**

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Independence Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**

MBS LIGHT 2024



MEET
Chavez Watkins
 Information and Cyber Security
 Programmer

I shine my Light by:

- 1. Paying attention to details and weeding out potential vulnerabilities within our network**
- 2. Investigating new technologies and sharing with colleagues**
- 3. Being a supportive team player**

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 V.C Bird Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26 Boxing Day	27	28
29	30	31				

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**