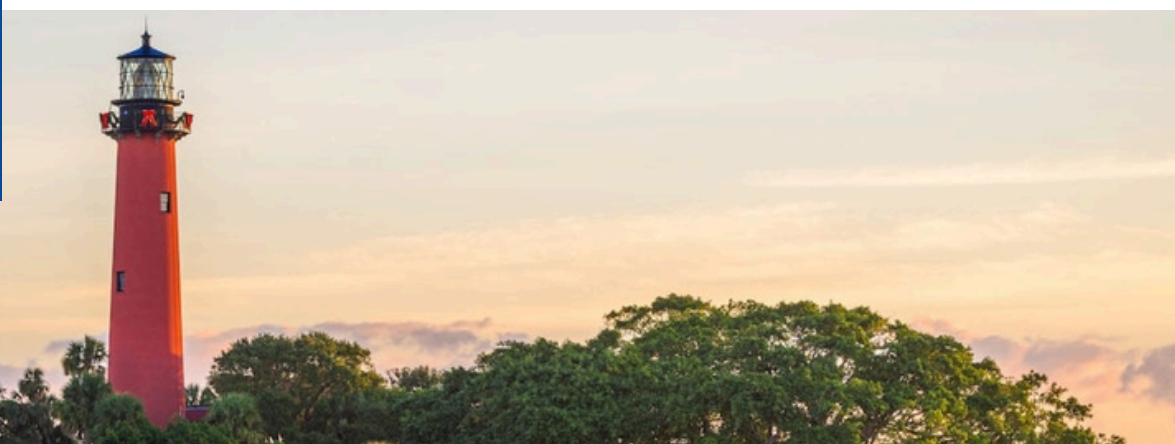


JULY 2025



A Message From Your Providers



Andria Volker, APRN,
FNP-C

You may have noticed that many of our recent social media posts have focused on preventative medicine—and for good reason. Taking steps to protect your health *before* problems arise is one of the most effective ways to stay well. In the link included below, nurse practitioner, Andi Volker, shares how screenings are a vital part of prevention, which screenings we recommend and how they can help catch medical issues early, when they're most treatable. We're here to help you stay proactive and informed about your health! Listen to her video:

<https://youtube.com/shorts/LLWwEtY0iUQ?si=93xRo56bEJU6YL09>

If you are not following us, you are missing out. See our Facebook QR code below.

Healthcare Provider Spotlight



Katherine "Katie" Hnis,
MSN, FNP-BC

Katie is a compassionate and highly skilled Board-Certified Family Nurse Practitioner who has been a valued member of Jupiter Internal Medicine Associates since 2019. She earned her Bachelor of Science in Nursing from Syracuse University in 1998 and went on to complete her Master of Science in Nursing at Molloy College in 2010.

Katie's clinical background includes extensive experience in emergency medicine and cardiac care, and she is deeply committed to preventive health and wellness. Her thoughtful, patient-centered

approach helps individuals manage chronic conditions and avoid unnecessary emergency room visits. Her transition from Registered Nurse to Family Nurse Practitioner is a reflection of her dedication to advancing patient care.

In addition to her role at Jupiter Internal Medicine Associates, Katie serves in a dual capacity by providing mobile medical care to homebound patients through HouseCall Specialists. This important service allows her to extend quality healthcare to individuals who are unable to visit the office, ensuring continuity of care and support in the comfort of their homes.

Outside of her professional responsibilities, Katie enjoys spending time with family and friends, working out, reading, and walking her dog. Learn more about House Call Specialists: <https://www.housecallspecialist.com/>

Make Health a Habit



When Should You Go to the ER, Urgent Care, or Call Your Jupiter Internal Medicine Doctor?

Deciding where to go when you're feeling unwell can be confusing. Patients of Jupiter Internal Medicine Associates are encouraged to first contact their internal medicine doctor for guidance—especially when the situation isn't clearly life-threatening. As Dr. Daniel Boss often advises, "Call your doctor first"—it may save you unnecessary stress, time, and expense.

Your internal medicine physician understands your full medical history and can help determine the best course of action. For example, symptoms like chest pain or signs of a stroke should always prompt a visit to the ER. However, for sore throats, mild fevers, or rashes, urgent care may be more appropriate—and in many cases, your internal medicine doctor can manage these issues directly, either in the office or via a virtual consultation. Reaching out to your doctor first helps you avoid unnecessary emergency visits, ensures continuity of care, and gives you peace of mind that you're taking the right steps for your health. Read the complete article at:

<https://www.jupiterinternalmedicine.com/emergency-room-urgent-care/>

Dr. Boss shares his thoughts about when to go to the ER here:

<https://youtube.com/shorts/LBLbqgBxN2Y?si=0nUWdcl054dxzki6>

Are you utilizing office offerings?



We want to hear from you!

At Jupiter Internal Medicine Associates, we believe that the best care starts with listening — and that includes listening to you. As you're checking out of the office, we invite you to take a moment to fill out one of our opinion cards. Whether it's a compliment, a concern, or a suggestion, your feedback helps us understand what's working well and what might need a closer look. We truly value every comment shared. Your insights guide us as we continually strive to improve our care, communication, and overall patient experience. Thank you for trusting us with your health—and for helping us grow even stronger together. For immediate feedback email us at info@jupiterinternalmedicine.com



HEALTHY LIVING



What's cooking this month?

GAZPACHO SOUP

Gazpacho, a chilled soup made with fresh tomatoes, cucumbers, and bell peppers, is a delicious way to stay cool and hydrated during the hot summer months. It's a favorite dish of Dr. Boss. 😊



Equipment

- Blender

Ingredients

- 1 1/2 lbs red heirloom or beefsteak tomatoes
- 19 ounce cucumber (peeled, plus more diced for garnish)
- 1 orange bell pepper (seeded and cored, plus more diced for garnish)
- 1/2 shallot
- 2 cloves garlic
- 2 tablespoons sherry vinegar
- 1 1/2 tablespoons extra virgin olive oil
- 2 1/2 teaspoons kosher salt
- 1 slice sourdough bread (about 1 ounce)
- micro greens (or fresh basil, optional topping)

Directions

1. Blanch tomatoes in a pot of boiling water for about 40 seconds or until the skin begins to peel off. Remove the skin.
2. Chop tomatoes, bell pepper and cucumber into large chunks. Place in the blender with the shallot, garlic, olive oil, vinegar and salt. Liquify until smooth.
3. Pour into glassware and refrigerate for 3 to 4 hours or overnight to allow flavors to meld.
4. To make homemade croutons, slice the bread into small cubes. Toast on a pan with a drizzle of olive oil over medium heat until the edges are golden. Top with a pinch of salt.
5. Transfer to 4 bowls and serve with a drizzle of olive oil, homemade croutons, micro greens and your choice of diced cucumber or bell pepper.

☀️ July Health Tip: Protect Your Skin!

Avoid sun ☀️ damage this summer by wearing sunscreen 🧴 (SPF 30+; preferably with zinc oxide), wide-brimmed hats 🧢, UV-blocking sunglasses 🕶️, and lightweight long-sleeve clothing. Don't forget to seek shade—especially between 10 AM and 4 PM. Your skin will thank you!

Healthcare Provider Spotlight



Dr. Beatrice Deshommes



Dr. Daniel Boss



Lia Demeter, APRN



Samantha Eisbree, APRN



Katherine Hnis, APRN



Andria Volker, APRN FNP-BC



Dawn White, CMOM



Michelle Clark, LPN