

A Message From Your Providers



Have you had your Medicare wellness visit?

Your Medicare Annual Wellness Visit is a no-cost opportunity to focus on prevention and long-term health. It's similar to a physical exam, with a chance to create a personalized plan with your doctor to help prevent illness and catch issues early. At your visit, we'll review your medical history and medications. We'll update the list of specialists you see, check vitals like blood pressure, and assess your risk for conditions like heart disease,

Watch Dr. D discuss this more here: <https://tinyurl.com/484k3h3n>

Healthcare Provider Spotlight



Andria Volker, APRN, FNP-C

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Andria "Andi" Volker, an exceptional board-certified Family Nurse Practitioner, has been with JIMA for nearly a year. Andi earned her Bachelor of Science in Nursing from the University of Central Florida and her Master of Science in Nursing from the University of West Florida. Before transitioning into her role as a nurse practitioner, Andi gained extensive clinical experience working with heart failure and transplant patients at the bedside. She later specialized in the cardiac catheterization lab and interventional radiology, serving patients in Orlando and West Palm Beach.

Andi enjoys traveling, boating, and spending time at the beach with her husband and their adorable black Labrador retriever. Visit here to learn more about her.

<https://tinyurl.com/5ex2uxvu>

If you haven't had the chance to meet Andi, we are confident you will love her kind, compassionate and comprehensive care. We highly recommend scheduling an appointment with her. You'll be in great hands!

Make Health a Habit



Why Low Glycemic Foods Matter for Your Health
Maintaining stable blood sugar isn't just important for people with diabetes; it's essential for anyone who wants to feel energized, reduce cravings and maintain a healthy weight. One effective way to support better blood sugar control is by choosing low glycemic index (GI) foods.

What Are Low GI Foods?

The glycemic index measures how quickly a food raises your blood sugar. Low GI foods digest slowly, resulting in a steady energy release instead of sugar spikes and crashes. Click here to read more. At Jupiter Internal Medicine Associates, our medical team encourages our patients to look into the preventive healthcare services that are available to you and your family. Primary healthcare shouldn't be looked at as a reactive service only used to help you recover, but rather as a proactive service to prevent diseases.

Are you taking advantage of office offerings?



Stay Connected With Us!

Follow us on social media to hear directly from your providers, get helpful and important health tips, stay updated on practice news, and even find easy, healthy recipes! It's a great way to stay informed and connected between visits.

Find us on Facebook, Instagram, YouTube and TikTok.- We'd love to have you join our online community!



Facebook: <https://www.facebook.com/share/155arDgb4Jf/?mibextid=wwXlfr>



Instagram: <https://tinyurl.com/ym9et4xf>



YouTube: <https://www.youtube.com/@JupiterInternalMed>



TikTok: www.tiktok.com/@jenlevinboss



JUNE 2025



June Health Tip

Fill Half Your plate 🍽️ with Fresh Produce
Summer ☀️ is the perfect time to enjoy seasonal fruits 🍓 and vegetables like tomatoes 🍅, cucumbers 🥒, berries, and leafy greens 🌿. Filling half your plate with colorful produce at each meal boosts your intake of fiber, vitamins, and antioxidants—supporting heart health, digestion, and energy levels. Visit a local farmers market and try something new this month!

What's cooking this month?

STUFFED TACO AVOCADOS (MAKES 3 SERVINGS)



Ingredients

- 14 ounces cooked 98% ground beef
- 1 Tablespoon chili powder
- 1 Teaspoon cumin
- ½ Teaspoon oregano
- ¼ Teaspoon garlic powder
- ¼ Teaspoon onion powder
- ½ Cup Rao's sauce
- 9 ounces avocado
- 1 Cup reduced fat cheddar cheese
- ½ Cup tomatoes
- 1 Cup lettuce

Directions

1. Add the ground beef to a medium size saucepan over medium heat until browned.
2. Drain the grease and add the seasonings and the tomato sauce. Stir to combine. Cook for about 3-4 minutes.
3. Remove the pit from the halved avocados. Load the crater left from the pit with the taco meat. Top with cheese, tomatoes, lettuce, cilantro and sour cream.

**If you want to make a larger area in the avocado for the toppings, spoon out some of the avocado and set aside to make guacamole! Then fill with toppings

Healthcare Provider Spotlight



Dr. Beatrice Deshommes



Dr. Daniel Boss



Lia Demeter, APRN



Samantha Elsbree, APRN



Katherine Hnis, APRN



Andria Volker, APRN
FNP-BC



Dawn White, CMOM



Michelle Clark, LPN