

A Message From Your Providers



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HAVE YOU TAKEN YOUR HEALTH RISK ASSESSMENT?

Dr. Boss wants to keep patients out of the hospital. He is asking everyone eligible to complete their health risk assessment, a series of 19 questions which arrives by email. It is one of our best tools to stay connected with our patients and provide the care they need. It helps determine how quickly a patient might need to be seen and what screenings might benefit that patient. If you haven't received this assessment, call the office at 561-748-1888.

Healthcare Provider Spotlight



Dr. Beatrice Deshommes, M.D., FACP Board Certified in Internal Medicine

As you may have heard, Dr. Deshommes started in April. She is already getting rave reviews!!

Beatrice Deshommes, M.D., FACP, is a board-certified internal medicine physician dedicated to providing comprehensive, patient-centered care. With over 20 years of experience, she focuses on preventive medicine, chronic disease management, and personalized treatment plans to help patients achieve and maintain their best health.

Dr. Deshommes earned her Doctor of Medicine degree from New York University School of Medicine and completed her residency in Internal Medicine at the University of Rochester Primary Care Program. She went on to serve as Chief Resident at Rochester General Hospital, refining her expertise in primary and specialized care. We can't wait for you to meet her. Call the office for an appointment.

Make Health a Habit



Being Proactive About Your Health

Typically there are two types of patients. Patients that are diligent about their health care needs and are invested in what the medical provider offers. The other type of patients are reactive and will only follow up with a medical provider when there is a health care crisis. Our view of health tends to help lay the medical road map to what health care needs lies ahead.

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.

Preventative medical care is just as important as reactive medical treatment, if not more so. According to the CDC, chronic diseases like heart disease, cancer, and diabetes are responsible for 7 out of 10 deaths in the United States each year. Many of these deaths are preventable through proactive treatment. Below is a helpful list of six preventive medical services that can help you improve your health, and avoid chronic diseases.

- Regular Medical Checkups
- Monitoring Your Blood Pressure
- Check Your Cholesterol
- Monitoring Your Blood Sugar
- Establish Annual Cancer Screenings
- Monitoring Your Weight

Sharing is caring!

Are You Taking Advantage of Office Offerings?



Are you enrolled in our chronic care management program? Care management is a Medicare program that gives you access to care in between regular office visits. The goal is to keep you healthy, offer assistance and prevent conditions from worsening. Care management can reduce unnecessary hospital visits, ER visits and overall healthcare costs.

MAY 2025



What's cooking this month?

MUSHROOM CHICKEN WITH SPINACH & GOAT CHEESE



Ingredients

- 1 pound boneless skinless chicken thighs; trimmed
- 2-3 packages mushroom variety
- Olive oil to coat pan
- 2 plus cups raw spinach
- 1-2 sweet onions
- Salt & Pepper to taste
- Paprika
- Unsweetened almond or cashew milk (about ½ a cup)
- 2-4 ounces goat cheese

Directions

1. Season chicken on both sides with salt, pepper and paprika.
2. Pan sear chicken on high in olive oil for a few minutes on each side until well browned.
3. Saute onions, then mushrooms for 5-10 minutes until soft.
4. Add chicken back to the pan with onions and mushrooms. Drain if needed. Add ½ plus cup of unsweetened milk. Cover pan to simmer and steam until chicken is cooked.
5. Add spinach to chicken, onion, mushroom mixture and allow it to wilt.
6. Sprinkle goat cheese over the dish just before serving.
7. Season more with salt and pepper as needed and serve.

☀️ Summer Hydration Tips 💧

Stay cool & energized all season long!

- ✓ Sip water all day (don't wait to feel thirsty)
- ✓ Add electrolytes after workouts or sweating
- ✓ Snack on hydrating foods: 🍉🥑🍊
- ✓ Cut back on alcohol & caffeine
- ✓ Keep a water bottle with you 24/7

#HydrationTips #StayCool
#SummerWellness #HealthyLiving

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