

A photograph of a young woman with blonde hair in a bun, wearing light blue medical scrubs, smiling and looking at an elderly man. The man has white hair and is wearing a grey V-neck sweater over a light blue collared shirt. He is holding a silver walker and looking back at the woman. The background is a bright, out-of-focus indoor setting. The entire image has a semi-transparent purple and teal gradient overlay.

The IMPACT *of your investment*

Rehab & Wellness

 JUPITER MEDICAL CENTER FOUNDATION

Your generosity and continued partnership in our shared mission and vision truly makes a difference. As the area's only independent, not-for-profit health system, the ongoing commitment of people like you enhances our ability to serve the health care needs of our region while continuing to deliver exceptional and compassionate care.

Number One Rated Hospital in Our Region

for patient safety and healthcare quality – and the leader in patient experience, significantly exceeding national benchmarks.



Jupiter Medical Center

JMC is the only CMS 4-star rated hospital in Palm Beach, Martin, and St. Lucie counties



402
Volunteers



SERVING
530,000+
patients every year

The Impact of Your Generosity in 2025



\$59,172,118
Total Amount Raised



1,817
Total Donors



525
New Donors



163
Honored
Caregivers



49
Recipients of
scholarships

 JUPITER MEDICAL CENTER FOUNDATION



YOUR SUPPORT MATTERS



As we celebrate the 10-year anniversary of our Cary Grossman Health and Wellness Center, we give thanks for your generous philanthropic support of Rehabilitation and Wellness Services at Jupiter Medical Center.

It's because of your generosity, we can continue to invest in the long-term health of our community by providing access to a variety of overall health and wellness services and programs that encompass body, mind and spirit, including:

- Rehabilitation Services
- Personal Training and Fitness Classes
- Balance Program
- Mindfulness Classes
- Support Groups

Rehabilitation Services

Rehabilitation is the key to a successful recovery. Jupiter Medical Center offers a wide range of comprehensive, individualized therapy services. These include occupational, physical, and speech-language therapy programs available to both inpatients and outpatients. Each service is carefully coordinated with the patient's attending physician to ensure optimal outcomes and help patients reach their maximum functional potential.



\$315,912

raised by **Jupiter Medical Center family and friends** this past year to support rehabilitation and wellness services close to home.

Therapy Services Offered:

- Physical Therapy
- Aquatic Therapy
- Prehabilitation (PREhab)
- Back Pain Rehabilitation
- Oncology Rehabilitation
- Orthopedic Rehabilitation
- Stroke Recovery and Rehabilitation
- Pelvic Floor Rehabilitation
- Vestibular Rehabilitation and Balance Training
- Occupational Therapy
- Cognitive Therapy
- Hand Therapy
- Lymphedema Therapy
- Speech-Language Therapy
- VitalStim Therapy (for swallowing difficulties)
- Pediatric Therapy
- LSVT BIG – Parkinson's Rehabilitation

Personal Training and Fitness Classes

At the Cary Grossman Health & Wellness Center, our skilled exercise physiologists work closely with clients to create a customized workout plan that fits their goals and lifestyle; and our fitness experts lead a variety of fitness classes, including chair yoga, high intensity interval training (HIIT), balance classes and more.

Balance Program

Designed to improve stability, coordination, and confidence in movement, participants of all ages are invited to find their balance and strength with Jupiter Medical Center's Balance Class offered every Tuesday and Thursday. For individuals who are looking to prevent falls, enhance mobility, or just stay active, our expert instructors guide the class through safe and effective exercises tailored for all fitness levels.



Mindfulness Classes

The Calcagnini Center for Mindfulness at Jupiter Medical Center offers a variety of classes and programs to help patients find calm and clarity on their journey to better health and well-being that encompass body, mind and spirit. The trained staff at the Center can help address issues, challenges, and symptoms that diagnostic tests cannot uncover through a variety of integrative tools and experiences, including Mindfulness-Based Stress Reduction, mindful movement, communication, and journaling to manage stress by taking charge of your thoughts, emotions, and approach to managing problems.

Support Groups

To round out our wellness services, Jupiter Medical Center offers a variety of support groups for those looking to share similar experiences and feelings, coping strategies and resources. We offer support groups for Alzheimer's and Dementia, Cancer, Diabetes, Heart, New Moms and Smoking Cessation.

Thank you, Jill Shutes! I have taken her caregivers tools program twice. It has made a huge impression on me and my wife who has Alzheimer's. Jill is very knowledgeable and professional. I can't thank her enough!"

— A Grateful Patient

Our health and wellness services continue to help patients reach their maximum functional potential with Outpatient Rehabilitation volumes growing—

4%

ANNUALLY,
ON AVERAGE.

Together we are greater! Your support has been instrumental in Jupiter Medical Center accomplishing many innovative and lifesaving achievements, as well as advanced certifications and specialized trainings.

A large part of having such a successful orthopedic program is the therapeutic services that follow surgery. Our orthopedic program continues to lead the way nationally, and we're grateful to everyone who helps make this level of care possible — from our physicians and nurses to the therapists and other teams behind the scenes.

Jupiter Medical Center has been recognized by U.S. News & World Report as a High Performing Hospital in five areas of care including Hip Fracture, Hip Replacement, Knee Replacement, Lung Cancer Surgery and Pneumonia.

This recognition is a true reflection of the dedication and expertise of our care teams — and it means even more knowing it's based on real patient outcomes and quality standards.



Outpatient Rehabilitation



Inpatient Rehabilitation

We're proud to celebrate our incredible Physical Therapy teams at Jupiter Medical Center who help patients rebuild strength, restore independence, and return to the activities they love most. Whether it's recovering from surgery, overcoming injury, or simply taking that first confident step forward — they are there every step of the way. These highly trained therapists serve both inpatient and outpatient settings. The newest inpatient service we offer is teaching new moms how to move with a new baby after c-section surgery.

Your support this past year has enabled 30 therapists to complete advanced certifications and specialized training. These certifications enhance care in Pediatrics, Obstetrics, Orthopedics, Stroke and Neurology, Oncology, and Neonatal Intensive Care.

- Pediatric/NICU Myofascial Release
- NICU Certification
- Pelvic Health Certification
- Lymphedema Certification and Advanced Courses
- LSVT Certification (Parkinson's Disease)
- Advanced Orthopedic and Neurological Training
- Advanced Pelvic Health Coursework
- Vestibular Certification
- Brain Injury Rehabilitation Training
- Mulligan Concept (Upper Quadrant)
- Advanced Aquatics Training
- Advanced NICU Training

Sunshine Award Winners Julia Stern, Speech Pathologist and Mark Roberts, RRT II, Respiratory Therapist were recently recognized for going above and beyond to make a positive difference for our patients and colleagues.

“Julia’s positivity is truly contagious,” and her peers recognize her for “always wearing a smile, her commitment to excellence and her outstanding work with every patient.

Mark was nominated by a patient who shared how his patience, kindness, and clear communication made her feel at ease during her visit. She wrote, “Mark was so kind and very gentle. He informed me of everything he was doing and why it was essential for me and my baby. He deserves all the recognition.”



JMC’s commitment to providing exceptional care extends well beyond our campus. Our Rehabilitation and Wellness teams enjoy offering essential education, preventative health screenings and fun activities aimed at promoting health and happiness at community health fairs, like the Community Wellness Fun Fair they attended at Edna W. Runner Education Center.



Left: Olivia Griffiths, DPT, CLT was recognized as Team Member of the Month. Olivia’s dedication to her patients and her commitment to helping them reach their recovery goals truly exemplify the spirit of excellence in our Physical Therapy Department.



Outpatient Rehabilitation

PAM Health Rehabilitation Hospital

This past year, the caregivers of Outpatient Rehabilitation and PAM Health Rehabilitation Hospital of Jupiter were named Honor a Caregiver recipients by grateful patients who made a donation to JMC Foundation in honor of their hard work, dedication and outstanding care.

Thank you for your generosity!