



Current Studies

Herniated Disc

Urinary Tract Infection

Gout

Post Surgical Nerve Pain **new**

Sciatic Nerve Pain **new**

Knee Osteoarthritis **COMING SOON**

Shoulder Arthritis **COMING SOON**

Hot Flash **COMING SOON**



APPLY TO PARTICIPATE:

Call 208-621-2503,
scan the QR Code, or head to
our website.

www.InjuryCareResearch.com

Letter from the Director

The last newsletter of 2021. This year has seemed like one of the longest years in history but at the same time has flown by. I'm sure many of you can relate. I'm sure many of you are also feeling a bit like me with the short days and all the dark going on outside. It is making me want to hibernate under a soft blanket and a good movie.

Thankfully, there are so many good holiday movies to get sucked into this time of year we'll have plenty of options.

While things are so dark, I figured it might be a good idea to provide some fun ideas of how we can brighten the lives of our community members with some great ideas for paying it forward that don't cost much. There is a quote from Love Actually, which has become one of the mainstays of our Christmas movie repertoire, "If you look for it, I've got a sneaky feeling you'll find that love is actually all around." What better way to see that love than through small acts of kindness.

Enjoy your holiday and all the good things in your life!

Jill

“

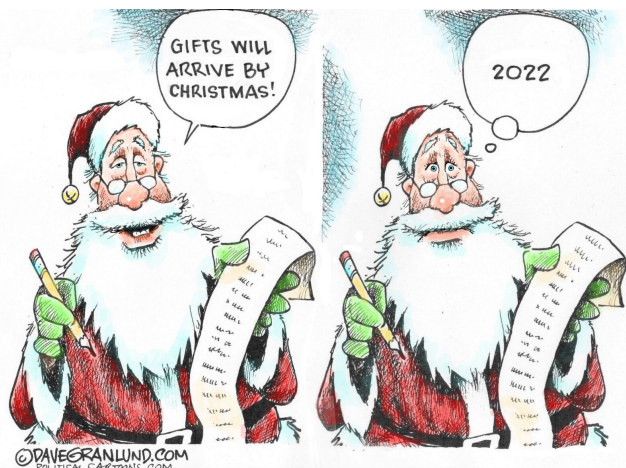
If you look for it, I've got a sneaky feeling you'll find that love is actually all around.

”

Clinical Research Myths and Facts

Clinical trial participants are never paid for their participation.

MYTH!! Not all clinical trials offer money to participants, but some do. You might be given a stipend or reimbursement for certain aspects of your participation, like meals or travel costs. At Injury Care Research and Family Care Research all of our clinical trials do compensate you for your time and travel expenses and they're paid via a card at the time of your visit.



Awareness Month

The holiday's are approaching and whether you celebrate Christmas, Hanukkah, Kwanza or no holiday at all there's always room for some winter kindness. Fifteen fun ideas that are great for adults or kids include:

1. Tape change to a vending machine for a stranger to find.
2. Donate food to your local food pantry.
3. Make a thank you card for your mail carrier.
4. Take supplies to an animal shelter.
5. Put change in the Salvation Army bucket.
6. Leave a popcorn surprise at the DVD rental machine.
7. Donate toys to charity.
8. Pay for a stranger's coffee.
9. Do yard work for a neighbor.
10. Let someone go ahead of you in line.
11. Make a sweet treat for your mailman.
12. Smile at everyone you see.
13. Pass out stickers to kids waiting in line.
14. Make a card for a neighbor.
15. Thank your sanitation worker with a yard sign



Eggnog Cheesecake

From: www.allrecipes.com/recipe/24308/eggnog-cheesecake-iii/

Calories : 277

Fat : 18.9g

Protein : 5g

Cholesterol : 82.2mg

Carbohydrates : 22g

Sodium : 186.7mg

INGREDIENTS:

- 1 cup graham cracker crumbs
- 2 tablespoons white sugar
- 3 tablespoons melted butter
- 3 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 3 tablespoons all-purpose flour
- $\frac{3}{4}$ cup eggnog
- 2 eggs
- 2 tablespoons rum
- 1 pinch ground nutmeg

DIRECTIONS:

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium bowl combine graham cracker crumbs, 2 tablespoons sugar and butter. Press into the bottom of a 9 inch spring form pan.
- Bake in preheated oven for 10 minutes. Place on a wire rack to cool.
- Preheat oven to 425 degrees F (220 degrees C).
- In a food processor combine cream cheese, 1 cup sugar, flour and eggnog; process until smooth. Blend in eggs, rum and nutmeg. Pour mixture into cooled crust.
- Bake in preheated oven for 10 minutes.
- Reduce heat to 250 and bake for 45 minutes, or until center of cake is barely firm to the touch. Remove from the oven and immediately loosen cake from rim. Let cake cool completely before removing the rim.