



# INJURY CARE FAMILY CARE RESEARCH

## Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Opioid Withdrawal

Urinary Tract Infection

Gout **NEW**

COVID-19 **NEW**



## Letter from the Director

Hello Study Participants and Friends,  
We're moving into what typically tends to be an incredibly busy month for all of us. It's typically filled with holiday plans, parties and get-togethers. This year, of course, it will be a bit different. With COVID most of the holiday office parties and large gatherings with my friends and family are cancelled or drastically reduced in size. Instead, I'm planning on snuggling in, getting in comfy pants and slippers instead of heels and dresses and sipping hot cocoa with my two daughters as we have

Christmas movie marathons. Can I tell you something? I am SO EXCITED for this low key and less stress form of celebrating the holidays. The expectations and commitments are so much lower. This pandemic has been a dark cloud over 2020 but this is one silver lining I'm going to fully appreciate.

Last year I bought a second Christmas tree in January when they were on sale. Now I have one upstairs and one downstairs. We have the beautiful, colorful ornaments and twinkle lights providing a bright glow in these dark days. The light festivals that are a tradition in many cultures this time of year bring hope and promise during the darkest days of the year. I'm looking forward to enjoying this final cozy season of 2020 and am looking forward to what 2021 will bring.

Stay safe and well,

**Jill**

“

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## Did you know?

### Jingle Bells was the first song played in space?

This prank almost went too far. Nine days before Christmas in 1965, the two astronauts aboard Gemini 6 sent an odd report to Mission Control that they saw an "unidentified flying object" about to enter Earth's atmosphere, traveling in the polar orbit from north to south. They interrupted the tense report with the sound of "Jingle Bells," as Wally Schirra played a small harmonica accompanied by Tom Stafford on a handful of small sleigh bells they had smuggled aboard.



### APPLY TO PARTICIPATE:

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

[InjuryCareResearch.com](http://InjuryCareResearch.com)



## 4 Reasons to Participate in Clinical Research

1. You play an active role in your own health care. Insurance is not necessary to participate in a clinical trial at Family Care Research or Injury Care Research. All trial-related treatment and medication is provided at no cost to you.

2. You gain access to potential treatments before they are widely available. In fact, a clinical trial is the only way you can receive cutting-edge treatments when they are first developed. All trial medications must pass rigorous FDA standards before they can be tested on clinical trial participants

3. You can help future generations by contributing to research. Medical research studies are a key component to the future of healthcare in the United States. Participating in a research study or a clinical trial has the potential to advance the knowledge of specific diseases and treatments.

4. You can offer hope to people with serious health conditions as well as researchers working hard to prevent, alleviate, or cure those conditions or diseases. Even if the treatment you try does not work, it helps scientists get one step closer to a breakthrough.



## Christmas Sour Cream Cookies

### INGREDIENTS

- 4 cups Flour
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1 cup Shortening or Butter
- 1¾ cups Sugar
- ½ tsp Salt
- 1 cup Sour Cream
- 2 Eggs
- 1 tsp Vanilla

### INSTRUCTIONS

Cream the shortening and sugar. Add salt, vanilla, and unbeaten eggs and beat well. Add the sour cream alternately with the sifted dry ingredients (flour, baking soda and baking powder). Chill for 1 hour. Roll dough thin and cut with floured cookie cutter. Place on LIGHTLY oiled cookie sheet. Bake until light brown at 350° (approximately 12min).