



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Opioid Withdrawal

Urinary Tract Infection

Post-Herpetic
Neuralgia **NEW**

Gout **NEW**

COVID-19 **NEW**



Letter from the Director

Hello Study Participants and Friends,

Ah, February, the month of love.

Whether you believe Valentine's is a "real" holiday or one manufactured by our greeting card and chocolate companies, I think we all feel that more love in this world is a good thing. This month our newsletter is all about love.

You don't have to believe in the bible to appreciate the quote, "Let all that you do be done in love" (Cor 16:14). It's one of my favorites and something I try to aspire to daily. To me, love means serving others, having empathy for our fellow neighbors, and treating people with respect. My child had a project at school that had her identify where love was in her home. What a great discussion, and it had me stop and look around at all the little ways we show each other love each day. Taking in a neighbor's garbage can, calling a friend to check-in, or bringing a co-worker chocolate they love (I was the recipient of this last example). Love often isn't found in the grand gestures but a million little ones. They let people know we're thinking of them and that we care for them. This month what little things can you do to show love to those around you? If you're stuck, check out our article on random acts of kindness. Or, be sure to hug someone one (COVID safe, of course).

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Stay safe and well,

Jill

Did you know?

Hugs are good for your health

Researchers have explored the connection between physical touch and physical health, measuring brain activity, brain chemistry, blood pressure, and more. Several research studies found that physical touch, usually in the form of a hug, is correlated with higher oxytocin levels and lower blood pressure. In short, frequent hugs can help reduce stress on your mind and body! This month do your heart a favor and share a few hugs with friends and family!



APPLY TO PARTICIPATE:

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

InjuryCareResearch.com



Awareness Month

“When you are kind to others, it not only changes you, it changes the world”

Harold Kushner

Random Acts of Kindness Day aims to “make kindness the norm!” On February 17th, people everywhere are encouraged to show some love to classmates, coworkers, and strangers. Created by a small nonprofit, the Random Acts of Kindness Foundation, this date calls attention to interpersonal actions and the power of kindness in everyday life.

This organization offers many free resources such as curriculum for grades K-12 and workplace kindness calendars. The school curriculum has lessons tailored for each grade and teaches age-appropriate social and emotional skills. Kindness calendars for the workplace give daily ideas for creating a kind work environment. Download your free 2021 kindness calendar or check out the curriculum for kids at www.randomactsofkindness.org



Tomato Soup

Courtesy of:

<https://www.goodhousekeeping.com/food-recipes/easy/a36637/tomato-soup/>

INGREDIENTS

- 2 tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 3 c. lower-sodium vegetable or chicken broth
- 1 28 oz. whole peeled tomatoes
- 2 bay leaves
- 4 slices white bread

INSTRUCTIONS

1. In 5- to 6-quart saucepot, heat oil on medium. Add onion and garlic; cook 10 minutes, stirring. Add broth, tomatoes, bay leaves and 1/2 teaspoon salt. Heat to boiling on high. Reduce heat; simmer 20 minutes, stirring occasionally.
2. Meanwhile, trim crusts from bread. With heart-shaped cookie cutter, cut 4 hearts from bread slices; toast hearts. Stir bread scraps into soup.
3. Remove and discard bay leaves. Stir in butter and sugar. In batches in blender or with immersion blender, blend soup until smooth. Stir in 1/4 teaspoon pepper. Serve topped with heart croutons.

About 220 cal, 4 g protein, 27 g carbs, 11 g fat (3 g sat), 3 g fiber, 928 mg sodium.