

## 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,  
Can we all take a deep breath now that we're out of 2020? What a year! I think most of us are grateful it's behind us. A new year is a mixed bag for some people. On the one hand it's a fresh start with new hopes and new goals. On the other hand it can have such a sense of expectation and overwhelm if you're feeling the pressure of those goals.

“

**Hope smiles from the threshold of the year to come, whispering 'it will be happier'...**

”

I'm a big believer of a "100-goals" list that I write at the beginning of the year. I then put it away until December and am always amazed at how many of those goals I've crossed off. I also go back through my lists from past years and am always pleased to find more goals from past year's I've crossed off. It's my way of making goals and getting them into my subconscious but then also leaving them alone for the year and not stressing about them. I highly recommend it.

I leave you with an Alfred, Lord Tennyson quote, "Hope smiles from the threshold of the year to come, whispering 'it will be happier'..." After a year like 2020 I sure hope the year to come will be happier.

Stay safe and well,

**Jill**

## Did you know?

Why do New Year's resolutions often fail in February? Life change means adjusting everyday habits, and this change is hard! You may have heard new habits form in 21 days. During a 2009 research study in the UK, participants took 18 to 254 days to adopt a new habit. Some participants occasionally skipped the habit one time and still mastered it. Our takeaway: you don't need to be perfect to change your habits, and 21 days is not realistic for everyone. Keep this in mind for your 2021 goals!



### APPLY TO PARTICIPATE:

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

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



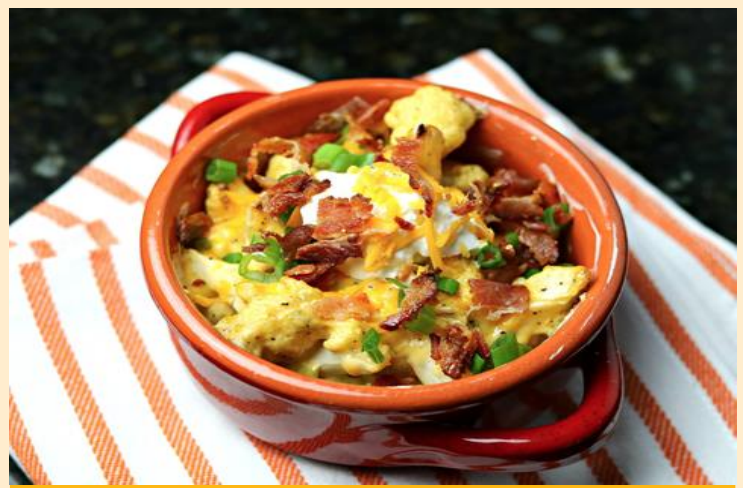
## Awareness Month

January is Blood Donor Month, and we salute those who make time and effort to give! This year brings great need for blood donations. Due to canceled blood drives and low donor numbers in 2020, the United States is experiencing a nationwide shortage.

A reliable blood supply allows hospitals and clinics to treat patients who need surgery, blood transfusions, and chemotherapy. Car crash victims and mothers who experience childbirth complications rely on donated blood to survive.

Blood donations typically decrease in January after the winter holidays. During the pandemic, donations have already plummeted. Many blood drives were canceled, limiting opportunities for those willing to give.

The result is record low supply levels in blood banks around the country. Consider searching for a blood drive near you this January. If you are not able to give yourself, encourage your friends and family to give. Every single blood donation makes a difference and helps save lives!



## Loaded Cauliflower

**Courtesy of:** <https://www.womenshealthmag.com/weight-loss/a20052572/healthy-dinner-recipes-0/>

### INGREDIENTS

- 1.25 lb cauliflower head, cut into florets
- 6 green onion, chopped into the green and white parts
- 2 tbsp butter
- 3 garlic cloves, minced
- 2 oz cream cheese
- ½ tsp sea salt
- ¼ tsp black pepper
- 1.5 tsp ranch seasoning Mix, optional
- ¾ c. organic heavy whipping cream
- 2 c. cheddar cheese, grated
- 4 slices sugar-free bacon, crumbled
- Olive oil for roasting the cauliflower
- Dollops of sour cream, optional

### INSTRUCTIONS

1. Preheat the oven to 425 degrees.
2. Toss the cauliflower with ~2 Tbsp of olive oil then add it to a baking sheet. Roast the cauliflower on a baking sheet for 25 minutes. The cauliflower will get tender and some parts will brown up.
3. While the cauliflower is roasting, make the cheese sauce: Add butter, the white parts of the green onions, and the garlic cloves to a skillet on medium heat. Sauté until the onions are translucent (~3 minutes).
4. Add heavy cream, cream cheese, salt, ranch seasoning (if you're using it), and pepper to the skillet with the onions, garlic and butter. Turn the heat to medium low and continue to cook until the cream cheese is melted. Stir in 1.5 cups of the cheddar cheese to finish the cheese sauce.
5. Mix the cheese sauce and the roasted cauliflower, then add it to a baking dish. Top it with the remaining cheddar cheese and roast for an additional 20 minutes, or until the cauliflower is tender.
6. Top the baked cauliflower, with some dollops of sour cream, the green parts of the green onions, and the crumbled bacon.