



# INJURY CARE FAMILY CARE

**RESEARCH**  
208-621-2503

## FROM THE MANAGER'S DESK

As we wrap up 2024, I want to express my gratitude to our team, participants, and community for making this year so impactful. Clinical research thrives because of your dedication and trust, and together, we're contributing to advancements that can change lives.

This month, we're embracing the season of giving and reflecting on the year's accomplishments. Outside of the clinic, Boise offers plenty of festive fun! Don't miss out on Winter Garden aGlow at the Idaho Botanical Garden or lace up your skates at the Village Ice Rink in Meridian.

As we prepare for the new year, we're excited about the opportunities ahead, including groundbreaking studies and continued partnerships with our amazing participants. Thank you for being part of our journey!

Happy Holidays from all of us at Injury Care & Family Care Research!

Warm regards,

*Victor Capetillo*

**Victor Capetillo, CRC, Site Manager**

**ENROLLING NOW**

Shoulder Osteoarthritis, Gout

**COMING SOON**

Degenerative Disc Disease

## 5 REASONS TO PARTICIPATE IN CLINICAL RESEARCH

- 1. Access to New Treatments:**  
Get early access to cutting-edge therapies.
- 2. Advance Medical Knowledge:**  
Help develop new treatments for future generations.
- 3. Personal Health Benefits:**  
Receive close monitoring and personalized care.
- 4. Altruism:**  
Contribute to research that can help others.
- 5. Financial:**  
Receive compensation for completed visits.



## LEARN MORE

**INJURY CARE AND  
FAMILY CARE RESEARCH**

Scan this QR  
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Our Website or  
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[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

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## DID YOU KNOW?

December showcases a kaleidoscope of diverse cultural celebrations around the globe. Christmas envelops the West in festive cheer, while Mexico's Las Posadas reenacts Mary and Joseph's journey. Hanukkah involves lighting the menorah over eight nights in Jewish homes, and Diwali's lights sparkle in Hindu, Jain, and Sikh celebrations. Japan's Emperor's Birthday and Kwanzaa, rooted in African heritage, add to the diverse tapestry, making December a month of vibrant, worldwide festivities.

<https://stacker.com/art-culture/20-celebrations-holiday-season-besides-christmas>



## SALTED MAPLE PECAN PIE ENERGY BITES

### From:

<https://www.ambitiouskitchen.com/pecan-pie-energy-bites/>

### INGREDIENTS

1 cup raw pecans  
1 cup pitted soft large Medjool dates (about 10 to 12 large dates)  
2 to 3 tablespoons pure maple syrup  
½ cup rolled oats (gluten-free if desired)  
½ teaspoon kosher salt  
1 teaspoon vanilla extract  
1 teaspoon ground cinnamon  
Flaky sea salt (for sprinkling on top)

### DIRECTIONS

1. In the bowl of a food processor, add all the ingredients except the flakey sea salt for finishing. Pulse until ingredients are well combined and sticky. You may need to scrape down the sides a few times with a spatula, then process again. The mixture may seem crumbly at first but see if you can squeeze a little bit between your fingers and if it sticks, you should be able to form it into balls.
2. Use your hands to roll 1 tablespoon balls of dough. Sprinkle each energy bite with a little flaky sea salt. Place in a reusable silicone zip top bag and store in the fridge for 1 week, or in the freezer for up to 3 months. They're delicious straight out of the freezer!

### NUTRITION FACTS

Serving: 1 Energy bite  
Calories: 168cal Carbohydrates: 23.1g Protein: 2.2g  
Fat: 8.7g Saturated Fat: 0.7g Fiber: 3.1g Sugar: 16.1g

## AWARENESS MONTH

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Some people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return. Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4-5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD. If you or someone you know is showing symptoms of SAD, talk to a health care provider or a mental health specialist about your concerns. A provider can help you decide not only the best treatment option but the best timing to help prevent SAD depressive episodes.

For more information and resources visit:  
<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>