

INJURY CARE FAMILY CARE

RESEARCH 208-621-2503

FROM THE MANAGER'S DESK

Hello from Injury Care and Family Care Research!

As we move into November, there's so much to appreciate—crisp air, changing leaves, and the spirit of community that fills this season. We're grateful for each of you and for your role in advancing research with us.

If you're looking to enjoy the local fall festivities, Boise has some wonderful events this month. Check out the Boise Farmers Market for seasonal produce, crafts, and live music on Saturdays. The Winter Garden aGlow event starts in mid-November at the Idaho Botanical Garden, lighting up the garden with thousands of twinkling lights. And for a little adventure, the Turkey Day 5K is a great way to kick off Thanksgiving morning with family and friends.

November is also a time to vote. Your participation helps shape the future of our community, and each vote counts. Be sure to check your local polling location and make your voice heard.

Thank you all for being part of our team, and here's to a meaningful November!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW Shoulder Osteoarthritis, Gout

COMING SOON Degenerative Disc Disease

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INJURY CARE AND Family Care Research

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NATIONAL GRATITUDE MONTH

Gratitude is a powerful tool for shifting our view of the world. It encourages us to recognize and value the positives in our lives, rather than dwelling on the negatives. By embracing gratitude, we learn to cherish the small joys that often go unnoticed, leading to a profound sense of fulfillment and nourishment.

Gratitude has been shown to significantly enhance psychological, physical, and personal wellbeing. Those who embrace gratitude tend to sleep better, experience lower stress levels, exercise more regularly, and maintain healthier eating habits.



DID YOU KNOW?

The Beaver Moon is the name traditionally given to the full moon that occurs in November. The term comes from Native American and colonial American folklore, where it was named after the time of year when beavers are most active in preparing for winter. November was when beaver traps were set before the swamps froze, ensuring a supply of warm furs for the cold months ahead.

<u>https://www.rmg.co.uk/stories/topics/what-are-names-full-</u> <u>moons-throughout-year</u>



AWARENESS MONTH

National Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages, and stories of Native American, Alaska Native, Native Hawaiian, and affiliated Island communities and ensure their rich histories and contributions continue to thrive with each passing generation. This month serves as an opportunity to raise awareness about the unique heritage of the first inhabitants of this land.

During National Native American Heritage Month, various events and activities take place across the country to highlight the traditions, languages, and artistry of Native American tribes. It is a chance for individuals to learn about the significant impact Native Americans have had on shaping the nation's past, present, and future.

As we celebrate National Native American Heritage Month, let us reflect on the resilience and strength of Native American communities. By acknowledging their contributions and preserving their cultural heritage, we can work towards fostering a more inclusive and understanding society for future generations.

For more information and resources visit: <u>https://www.bia.gov/NNAHM</u>



PUMPKIN SPICE FRENCH TOAST CASSEROLE

From:

<u>https://thecookingjar.com/pumpkin-spice-french-toast-casserole/</u>

INGREDIENTS

1 loaf baguette, torn into chunks or cubed
6 large eggs
2 1/2 cups milk
1 cup pumpkin puree
3/4 cup sugar
2 tablespoons vanilla extract
1 1/2 teaspoon pumpkin pie spice
Streusel:
1 1/4 cups flour
3/4 cup brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon salt
8 tablespoons butter
1 cup pecans/walnuts, chopped

DIRECTIONS

1.Tear or cube the French bread and place in a greased 9x13 casserole dish.

2.Combine the eggs, milk, pumpkin puree, sugar, vanilla extract, and pumpkin pie spice to form a custard. Whisk until smooth.

3.Pour the pumpkin mixture over the bread, making sure to gently press down on the bread to soak as much as you can.

4.For the streusel mix the flour, brown sugar, cinnamon, nutmeg, and salt.

5.Add butter and work it into the flour mix with your fingers or using a fork until crumbly with pea-sized bits of butter. Add in the pecans and mix well.

6.Cover both and refrigerate separately overnight.

7.To bake, sprinkle the streusel over the top of the casserole and bake at 350 degrees for 45 minutes or until set. A knife inserted in the center should come out clean. 8.Let it rest for 10 minutes before serving.