



INJURY CARE FAMILY CARE

RESEARCH
208-621-2503

FROM THE MANAGER'S DESK

Spring is in full bloom here in Boise and the Treasure Valley! This month, we're celebrating Cinco de Mayo and honoring Memorial Day—a time to reflect on the rich cultural contributions in our community and remember those who served our country with bravery and sacrifice.

We're also excited to announce that we are now enrolling for our gout study! If you or someone you know is managing gout, contact our team to learn more about how to participate.

Looking for a fun local event? Don't miss the Cinco de Mayo Street Festival on May 1st in downtown Nampa. Enjoy live performances, delicious food vendors, and a vibrant celebration of culture and community.

Thank you to our participants, partners, and team for your continued support. Together, we're making a difference—one study at a time.

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW

Shoulder Osteoarthritis, Gout

COMING SOON

Degenerative Disc Disease

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FAMILY CARE RESEARCH

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MEMORIAL DAY

Memorial Day (originally known as Decoration Day) is a federal holiday observed on the last Monday of May.

Memorial Day is a solemn occasion to honor and remember the brave men and women who sacrificed their lives in service to our country.

It is a time for reflection, gratitude, and unity, as we recognize the cost of our freedoms and pay tribute to those who gave everything to protect them.

By commemorating this day, we ensure that their legacy lives on and that their sacrifices are never forgotten.



DID YOU KNOW?

National Military Appreciation Month (NMAM) is observed every May to honor and recognize the service and sacrifices of the U.S. Armed Forces, veterans, and their families. Established by Congress, NMAM includes key military observances such as Loyalty Day, Victory in Europe (VE) Day, Military Spouse Appreciation Day, Armed Forces Day, and Memorial Day. It serves as a time for Americans to show gratitude, participate in commemorative events, and support those who have served and continue to serve the nation.

<https://veteran.com/national-military-appreciation-month>

Knock, knock!

Who's there?

Arthur

Arthur who?

Arthur any more nachos?



AWARENESS MONTH

May is Mental Health Awareness Month, a time dedicated to raising awareness, breaking stigma, and promoting the importance of mental well-being.

Established in 1949 by Mental Health America, this observance highlights the progress made in understanding mental health while recognizing the challenges that still exist. Historically, mental health treatment has evolved from misunderstood and often harmful practices to more compassionate, science-based approaches.

Today, awareness and education help foster open conversations, provide support, and ensure that those struggling know they are not alone. Prioritizing mental health is essential for individuals, families, and communities, reminding us that seeking help is a sign of strength, not weakness.

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

Mental health awareness is represented by a green ribbon.

For more information and resources visit:
<https://nationaltoday.com/mental-health-awareness-month/>



MEXICAN TACO MEATLOAF

From:

<https://www.allrecipes.com/recipe/269732/mexican-taco-meatloaf/>

INGREDIENTS

- 1 ½ pounds lean ground beef
- 1 small onion, chopped
- 1 cup crushed tortilla chips
- ¾ cup shredded pepper Jack cheese
- 1 (1 ounce) packet taco seasoning mix
- 2 large eggs, beaten
- ½ cup milk
- ¼ cup mild red taco sauce, or more to taste

DIRECTIONS

1. Gather all ingredients and preheat the oven to 350 degrees F (175 degrees C).
2. Mix together beef, onion, tortilla chips, pepper Jack cheese, and taco seasoning in a large bowl until combined.
3. Whisk together eggs, milk, and taco sauce in a medium bowl.
4. Add to beef mixture and stir until well combined.
5. Press mixture into a 9x5x3-inch loaf pan. Pour a strip of taco sauce down the center of loaf.
6. Bake in the preheated oven until cooked through and browned on top, 45 to 60 minutes. An instant-read thermometer inserted into the center of loaf should read at least 160 degrees F (72 degrees C).
7. Serve and enjoy!