



INJURY CARE FAMILY CARE

RESEARCH
208-621-2503

01 JULY 2025

FROM THE MANAGER'S DESK

Summer is here, and our team is working hard on multiple research studies while keeping patient care a top priority.

If you're looking for something fun this month, check out the scheduled events for the 4th of July celebration in Boise. Start the day in Cecil D. Andrus Park for the Veteran Entrepreneur Alliance (VEA) Pancake Breakfast. The parade starts at 10:00 am. For more information go to <https://boise4th.com/>.

Also, we're excited to announce that Injury Care & Family Care Research will have an informational booth at this year's Soul Food Festival at Julia Davis Park, August 8th.

We'd love for you to stop by, say hello, and learn more about the work we are doing.

Stay safe, stay hydrated, and enjoy the sunshine!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW

Shoulder Osteoarthritis (OA), Gout

COMING SOON

Knee OA, Degenerative Disc Disease

LEARN MORE

INJURY CARE AND
FAMILY CARE RESEARCH

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www.InjuryCareResearch.com

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INDEPENDENCE DAY

Honoring the 4th of July is a meaningful way to recognize the courage, sacrifices, and vision of those who fought for America's independence.

It serves as a reminder of the nation's founding principles—freedom, equality, and democracy—and encourages appreciation for the rights and opportunities we enjoy today.

Celebrating this day helps unite communities in patriotism and reflection, reinforcing the shared values that continue to define the American spirit.

To learn more about Boise's celebration go to: <https://www.cityofboise.org/events/parks/2025/july/4th-of-july-fireworks-celebration>



DID YOU KNOW?

July is Health Vision Month—a perfect time to focus on keeping your eyes healthy and your vision sharp! Our eyesight plays a huge role in daily life, so let's give it the care it deserves. Whether it's scheduling an eye exam, wearing UV-protective sunglasses, or giving your eyes a break from screens, small habits can make a big difference. Take this month as a reminder to see the world more clearly—literally!

<https://www.nei.nih.gov/>

Time-Out Chair for Adults



AWARENESS MONTH

July is Juvenile Arthritis (JA) Awareness Month, dedicated to increasing awareness about juvenile arthritis and other childhood rheumatic diseases. Alongside the JA community and partners, the Arthritis Foundation works to highlight the challenges faced by the hundreds of thousands of children in the U.S. living with this condition.

Most people are surprised to learn that arthritis isn't "just an old person's disease" and can affect children as young as just a few months old.

To better understand arthritis in children, it's important to note that juvenile arthritis is an umbrella term that refers to pediatric rheumatic diseases — including juvenile idiopathic arthritis and other musculoskeletal conditions — that can develop in children ages 16 and younger.

A key mission of Juvenile Arthritis Awareness Month is to educate the public that arthritis isn't just a disease affecting older adults—children, even infants, can develop it too. Many people are unaware that JA exists, making awareness and advocacy crucial in supporting affected families.

Through research, advocacy, and improved access to care, the Arthritis Foundation and its partners are committed to providing valuable resources and support for JA families, helping children live healthier, more fulfilling lives.

For more information and resources visit:
<https://www.arthritis.org/about-arthritis/juvenile-arthritis-awareness-month>



EASY CRAB CAKES

From:

<https://www.tasteofhome.com/recipes/easy-crab-cakes/>

INGREDIENTS

- 1 cup seasoned bread crumbs, divided
- 2 green onions, finely chopped
- 1/4 cup finely chopped sweet red pepper
- 1 large egg, lightly beaten
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 2 cans (6 ounces each) crabmeat, drained, flaked and cartilage removed
- 1 tablespoon butter

DIRECTIONS

1. In a large bowl, combine 1/3 cup bread crumbs, green onions, red pepper, egg, mayonnaise, lemon juice, garlic powder and cayenne; fold in crab.
2. Place remaining bread crumbs in a shallow bowl. Divide crab mixture into 8 portions; shape into 2-in. balls. Gently coat with bread crumbs and shape into 1/2-in.-thick patties.
3. In a large nonstick skillet, heat butter over medium-high heat. Add crab cakes; cook until golden brown, 3-4 minutes on each side.

NUTRITION FACTS

2 crab cakes: 239 calories, 11g fat (3g saturated fat), 141mg cholesterol, 657mg sodium, 13g carbohydrate (2g sugars, 1g fiber), 21g protein