



INJURY CARE FAMILY CARE

01 AUGUST 2025

RESEARCH
208-621-2503

FROM THE MANAGER'S DESK

Hello, Readers!

August is shaping up to be a busy and exciting month here at Injury Care & Family Care Research!

We're currently enrolling participants for our Shoulder Osteoarthritis study. If you or someone you know is experiencing shoulder pain and may be interested in participating, we'd love to connect. Please reach out to our Recruitment Specialist by calling the number listed in this newsletter. We'll be happy to share more details and determine if you qualify for the study.

Also, come see us at the **Soul Food Festival**, where we'll have an informational booth set up! It's a great opportunity to stop by, say hello, and pick up a free ice pack – we hear it's going to be a hot one!

Stay cool, and thank you for being a part of our growing community!

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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THINGS TO DO

August in the Treasure Valley is packed with fun and celebration! From the small-town charm of Kuna Days to the vibrant Boise Soul Food Festival, there's something for everyone.

Enjoy the magic of the Spirit of Boise Balloon Classic, explore local talent at the Festival of the Arts, take in the sights and sounds of the Western Idaho Fair, and don't miss the lineup of summer concerts lighting up the evenings.

It's a month full of music, culture, food, and family-friendly fun—come make the most of every moment!

For more information, visit:

[2025 Boise and Treasure Valley Area Annual Event Calendar](#)



DID YOU KNOW?

World Humanitarian Day, observed annually on August 19, honors humanitarian workers who have been killed or injured in the line of duty. It also recognizes the dedication of aid and health workers who continue to deliver life-saving assistance and protection to those in need. The day serves as a reminder of the significance, effectiveness, and positive contributions of humanitarian efforts.

<https://www.unocha.org/world-humanitarian-day>

Some people call August
the “end of summer.”
Some people call it
“Pumpkin Spice Eve.”



AWARENESS MONTH

This month, we're taking a moment to raise awareness for psoriasis, a chronic skin condition that affects millions of people worldwide. Psoriasis isn't just about the skin—it's an autoimmune disease that can have a significant impact on overall well-being. By fostering understanding and supporting those affected, we can make a meaningful difference.

Living with psoriasis can present both physical and emotional challenges. Symptoms like red, scaly patches and persistent itching can make daily life difficult. But beyond the visible signs, many individuals experience the burden of stigma and the frustration of managing a lifelong condition. Greater awareness and compassion from others can provide much-needed support and encouragement.

It's important to remember that psoriasis is not contagious and can be effectively managed with proper care. Supporting organizations that offer resources, sharing information, and advocating for inclusive spaces are just a few ways to stand in solidarity with those living with psoriasis.

We encourage you to spread the word, learn more about psoriasis, and offer kindness and understanding to those around you.

For more information and resources visit:
<https://www.psoriasis.org>



SUPER SIMPLE CAPRESE SALAD

From:

<https://www.asouthernsoul.com/super-simple-caprese-salad/>

INGREDIENTS

1 pint grape tomatoes – cut in half
8 ounces Mozzarella pearls or cubes
1 cup fresh basil leaves – torn
¼ cup olive oil
1 tablespoon balsamic vinegar
½ teaspoon Kosher salt
¼ teaspoon fresh cracked black pepper

DIRECTIONS

1. Add tomatoes, cheese and basil to a medium size bowl. Set aside.
2. In a small bowl or mason jar, mix olive oil and balsamic vinegar. Pour over salad and gently toss. Sprinkle with salt and pepper and toss to mix. Serve immediately.

****Best served at room temperature. Can be stored in refrigerator for two days.**

NUTRITION FACTS

Calories: 288kcal | Carbohydrates: 6g | Protein: 11g | Fat: 26g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 20mg | Sodium: 338mg | Potassium: 304mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1303IU | Vitamin C: 17mg | Calcium: 227mg | Iron: 1mg