

February 2022

The Huntington Post

Huntington Woods Care and Rehabilitation Center
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Celebrating February

Worldwide Renaissance of the Heart Month

Women Inventors Month

Black History Month

**Chinese New Year:
Year of the Tiger**
February 1

Groundhog Day
February 2

Winter Olympics Begin
February 4

Wear Red Day
February 4

Valentine's Day
February 14

World Day for Social Justice
February 20

President's Day
February 21

Digital Learning Day
February 22

Tooth Fairy Day
February 28

February Resident of the Month

Lucy Neumann



Lucy is originally from Belarus. Her family came to the United States when she was 7 years old to escape the war. She speaks four languages including Russian, German, Ukrainian, and Polish.

Lucy graduated from Rhodes High School in Cleveland. She then went to work at Sohio (now owned by BP) in downtown Cleveland. She enjoyed volunteering at Saint Herman's and St. Augustine churches, specifically to help the homeless.

Over 57 years ago, Lucy married the love of her life, Erich. They met at the German Central club. He asked her to dance and the rest is history! They now have four sons, eight grandchildren and two great-grandchildren.

Lucy spends her day at Huntington Woods doing a variety of group activity programs. She always loves a good snack, especially something chocolate!

Sharon's Short Stories



Sharon Nothstein has been a resident at Huntington Woods for almost a year. She is a talented story writer and is excited to share them with the Huntington Post! Her stories will be featured monthly, beginning in March. Sharon is happy to share a little about herself and her background. She grew up on a farm in Olmstead Township.

She loved helping with the animals on the farm. Tree climbing was a favorite childhood past time. As a teen, she was a member of the Olmstead Falls High School band. Sharon was quite the traveler and has been to 47 states, the Bahamas and Canada. Currently, Sharon spends her time reading, writing, and attending a variety of group activities at Huntington Woods. Her favorite activities include arts & crafts, bingo and sports talk. Look for Sharon's stories in the March post!

Staying Heart Healthy in February

Try this heart healthy *Chicken Salad Collard Wrap* recipe:



Ingredients

Kosher Salt
Pepper
8 large collard-green leaves
¾ c. plain low-fat Greek yogurt
2 tbsp. fresh lemon juice
1 tbsp. Dijon mustard
2 stalks celery, finely chopped
2 scallions, finely chopped
½ c. dill, roughly chopped

4 c. shredded white meat chicken breast
1 small avocado, diced
1 mango, thinly sliced
Tomato-and-cucumber salad, for serving.

Directions

Bring a large pot of water to boil. Fill a large bowl with ice water. Add 2 tsp. salt to boiling water, then add collard leaves and cook until wilted, about 30 seconds. Immediately transfer to bowl of ice water. Once cool, lay to dry.

In a bowl, combine yogurt, lemon juice, mustard, and ¼ tsp. each salt and pepper. Fold in celery, scallions, and dill, then add chicken and avocado and gently toss to coat.

Lay collard greens and fill each with chicken salad and mango slices, then wrap like a burrito. Serve with tomato and cucumber salad.

Year of the Tiger



Resident Dennis Reber is enjoying an egg roll at the Chinese New Year social.

Chili Cook-Off

CHILI
Cook-Off
Prizes for Winners!!
FEB 7
12 PM
Bring in a pot of your best chili to share!
Taste test, then choose a bowl of your fave