



NOOK & CRANNY

Monthly Newsletter

FEBRUARY 2022



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FEBRUARY IS HEART HEALTH MONTH

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to increase your heart
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CLEANING THE LINEN CLOSET

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COMFORT FOOD RECIPE

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month for Chicken
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GIFT CERTIFICATE 



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American Heart Month

Every February is American Heart Month, and the National Heart, Lung, and Blood Institute celebrates and motivates Americans to adopt healthy lifestyles to prevent heart disease.

- Heart disease is the leading cause of death in the US
- Prioritizing your heart can help you avoid severe illness
- Self-care is heart-health care

7 Days of Self-Care

#MindfulMonday  Know your blood pressure numbers and other heart stats	#TastyTuesday  Try a tasty, heart-healthy recipe	#WellnessWednesday  Put your heart into your wellness routine
#TreatYourselfThursday  Treat your heart to some relaxation and fun	#FollowFriday  Share who inspires you to show your heart more love	#SelfieSaturday  Post about your favorite way to take care of your heart



#OurHearts

Uncontrolled high blood pressure (hypertension) is too common and dangerous. It puts people at risk for heart disease, stroke, heart failure, kidney failure, vision loss, peripheral artery disease, sexual dysfunction, pregnancy complications, and cognitive decline.

What are the symptoms of heart disease? Although some women have no symptoms, others may have

- Angina (dull and heavy or sharp chest pain or discomfort)
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back



NATIONAL WEAR RED DAY



National Wear Red Day® is the first Friday in February. Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.



Be sure to read all of [The Nook & Cranny Newsletters](#) on the Regal Cleaning website



Don't turn your nose to your pet's bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet's teeth and gums but its internal organs as well.

To address the significance of oral health care for pets, the AVMA sponsors National Pet Dental Health Month every February. Take part by learning more about how you can improve the dental (and overall) health of your pets.

[Read More](#)



WHAT DOES YOUR WEEKEND
LOOK LIKE?

Cleaning Linen Closet

It's cold outside, so embrace the nesting instinct of the cold months.

Is it a catch-all for items you don't know what to do with? For example, are tablecloths you no longer use or napkins?

Let's clear this out, empty it starting with the top of the bottom; it's up to you. Lie the items out so you can easily see what you have. Now that the closet is empty, wipe it down, and shelves and floor.



Now, that' you've emptied the space, let's start sorting. Towels, blankets, sheets, etc. and it is the time to purge those items you no longer use. If you haven't used them in 6-12 months, it's a safe bet you won't use them going forward. These are items to donate to rescue shelters - towels, blankets.

Now, as we put the item back, it's about coordination and organization. I suggest putting things most used in the middle, as they are accessible. Then winter blankets can be stored up at the top.

As you return items to the space, make sure they are neatly folded and less likely to tumble when opening the door5.

Labeling is a great idea, especially if you have children, then use the closet also—for example, label bed linens according to sizes or child's name.

Keep it neat; baskets are a great way to store face clothes, so they are easy to grab.

You're all set with a great smelling, neatly organized linen closet - give yourself a round of applause!

Instant Pot Chicken Noodle Soup

We've included an Instant Pot recipe that's super easy and not time-consuming. If you don't have a pressure cooker, don't fret, then there are slow cooker recipes on the internet.

Here's the complete recipe at Jo Cooks.

[Read More](#)



INGREDIENTS

- 2 tbsp butter - unsalted
- 1 large onion - chopped
- 2 medium carrots - chopped
- 2 stalks celery - chopped
- 1 tsp salt or to taste
- 1 tsp pepper or to taste
- 1 tsp thyme dry (1 tbsp fresh)
- 1 tbsp parsley - fresh, chopped
- 1 tbsp oregano - fresh, chopped (1 tsp - dry)
- 4 c chicken broth (no sodium added)
- 2 lb chicken (with skin & bones, at least one breast)
- 4 c water
- 5 oz egg noodles (uncooked - 2 cups)

INSTRUCTIONS

1. Turn your Instant Pot to the saute setting *
2. Add butter and cook until melted. Add onion carrots and celery. Saute for 3 minutes until the onion softens and becomes translucent.
3. Season with salt and pepper, add the thyme, parsley, oregano, and stir. Pour in chicken broth. Add the chicken pieces and 4 cups of water.
4. Close the lid*. Set the Instant Pot for the **Soup** setting and set the timer to 7 minutes.
5. Once the Instant Pot cycle is complete, wait until the natural release cycle is complete, which should take about 10 minutes*. Carefully unlock and remove the lid from the appliance.
6. Remove the chicken pieces from the soup and shred with two forks.
7. Add the noodles to the soup and set the Instant Pot to the saute setting again. Cook for another 6 minutes uncovered, or until the noodles are cooked.
8. Turn off the Instant Pot by pressing the cancel button. Add the shredded chicken back in the Instant Pot, taste for seasoning, and adjust as necessary. Garnish with additional parsley if preferred.

*Follow the manufacturer guide for detailed instructions on how to use your Instant Pot or appliance.