

DeVille

Apartment Builders Inc.

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Happening in November...

U.S. Election Day, Nov. 8. Get out and vote!

Veterans Day, Nov. 11. Honoring the men and women who have served in the U.S. armed forces, observed on the date of the conclusion of World War I.

Thanksgiving, Nov. 24. Turkey, football, pumpkin pie, and family—what could be better?

Military Family Appreciation Month. Throughout November, military families serving around the world are honored and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

Native American Heritage Month. Established at the turn of the 20th century as an effort to gain a day of recognition for the significant contributions the first Americans. In 1990 President George H. W. Bush approved a joint resolution designating that November "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

It's Time to Fall Back in the Fall!

Daylight Saving Time ends at 2 am on Sunday, November 6th. Be sure to set your clocks back one hour before going to bed on Saturday night and enjoy the extra hour of sleep!

America Recycles Day is Nov. 15

The Keep America Beautiful organization believes that each of us has an obligation to preserve and protect our environment. Through our everyday choices and actions, we have a huge impact on our world. The organization sponsors America Recycles Day to promote recycling and buying recycled products.

- Save a tree by recycling paper. Gather newspapers and discarded printer paper and recycle them.

- Recycle steel cans that held pet food, coffee, and vegetables, for example. No need to remove labels.

- Recycle magazines, slick inserts, and catalogs.

- Recycle electronics. Don't just put these in the trash: old cell phones, computers and monitors. All electronics can be recycled.

- Recycle corrugated boxes, the shipping containers products come in.

- Recycle glass bottles and jars, like those that contain pickles, spaghetti sauce and wine.

Before sending to the center, remove the caps. They are made from different materials

- Recycle plastics. Milk bottles are always accepted, as are most other plastic bottles.

If you don't have space for all recyclables, pick two or three you can handle. You will still help.

Visit www.americarecyclesday.org for more tips and information.

The Great American Smoke-Out

On the third Thursday of November, Americans will extinguish their cigarettes in observance of the Great American Smoke-Out. If you are trying to quit, remember the benefits of a smoke-free lifestyle. You'll look, smell and feel better and add years to your life. When you quit you'll say good-bye to sick days and welcome increased health and vigor.



November 2016

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Lifestyle

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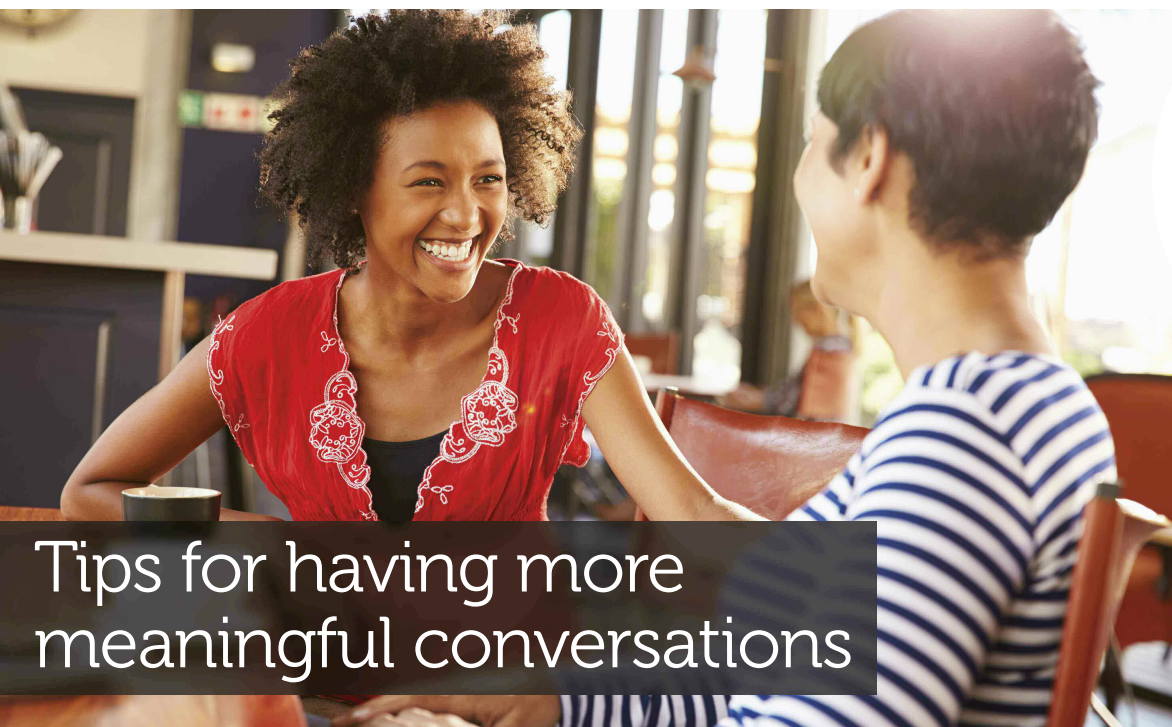
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Tips for having more meaningful conversations

Conversation is not just about meeting new people. It is a way to learn and grow. The catch is, not just any conversation has that potential. To have a meaningful conversation, you need to connect with people.

Malavika Varadan, a radio host, has a great way to think of conversations, especially if you're the kind of person who is intimidated by starting conversations with strangers. She said in a 2016 TED Talk that conversations are links. Every conversation we have opens the door and builds a stronger link. Here are a few tips to take the dread out of talking with new people.

■ **Enter a conversation to learn about the other person.** Conversation, especially with

new acquaintances, is not an opportunity to hold forth with your opinions. Instead, it is a chance to learn about someone else, who they are, what they love, and what they believe.

■ **Focus on the conversation.** It shows greater respect for the people you speak with if you put your phone away and truly concentrate on what is happening in the conversation. According to radio host and conversation advocate Celeste Headlee, "there's no reason to show you're paying attention if you're paying attention."

■ **Do not equate your experience with theirs.** If the person you're talking to is going through something, you want to show that you can empathize, but when you start talking about your experience with the same

life situation, it has the opposite effect and can make the conversation unpleasant.

■ **Don't be afraid to ask a somewhat personal question.** Varadan recommends starting a conversation by asking where a person is from.

■ **Be brief, don't repeat, and eliminate the details.** When you're trying to prove a point, and you repeat the same information several times, it impedes connection. Don't dig to find names and dates that the other person doesn't know and doesn't care about.

With these five dos and don'ts, you may just find that you're enjoying conversations more, and avoiding the meaningless discussions of the weather and other safe conversations.



No flu for you!

Flu season is upon us and one shot could save you two weeks of suffering, says the Centers for Disease Control (CDC).

This is recommended for everyone over the age of six months, except for those who may be adversely affected because of a weakened immune systems.

There are a variety of vaccine options available to help individuals avoid the virus, or to lessen its impact, and they come in multiple forms - typically a shot, or a nasal spray.

This year, the CDC says that the nasal spray vaccine should not be used during the 2016-2017 flu season.

The CDC recommends the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). There are vaccines with three components (a trivalent shot) or four components (a quadrivalent shot). No matter which you choose, it usually takes about two weeks for the vaccination to fully take effect.

If you're going to get a flu shot, now is the time to do it - too early and you may suffer later on, from waning immunity around the time that flu peaks next January or February.



A meatless Thanksgiving?

A vegetarian Thanksgiving isn't a contradiction of terms. The traditional turkey may be a favorite, but you've got other options available that don't force you to compromise your principles or your enjoyment. Consider these meatless alternatives:

- **Butternut squash with stuffing.** Take four medium-size butternut squash, $\frac{3}{4}$ cup of raw wild rice, a cup of chopped red onion, and other spices and ingredients. Then follow the recipe on vegkitchen.com/tips/vegetarian-thanksgiving for a dish that serves eight people.
- **Lasagna.** A good, filling entrée that can be prepared with all kinds of vegetables and meat substitutes (like tofu). Spinach, zucchini, and mushrooms are popular ingredients.
- **Winter squash risotto.** Risotto calls for patience and lots of careful stirring, but can result in a satisfying and delicious meal. One medium butternut squash, or 2 to 3 delicata squash, can be used in a risotto recipes found on Veggie Table's site at theveggietable.com.



ALLIED The story of intelligence officer Max Vatan (**Brad Pitt**), who in 1942 North Africa encounters French Resistance fighter Marianne Beausejour (**Marion Cotillard**) on a deadly mission behind enemy lines. Reunited in London, their relationship is threatened by the extreme pressures of the war.



Photo credit:
Jan Thijs

ARRIVAL When mysterious spacecrafts touch down across the globe, an elite team - lead by expert linguist Louise Banks (**Amy Adams**) - is brought together to investigate. As mankind teeters on the verge of global war, Banks and the team race against time for answers - and to find them, she will take a chance that could threaten her life, and quite possibly humanity. **Jeremy Renner** and **Forest Whitaker** also star.

LOVING Celebrates the real-life courage and commitment of an interracial couple, Richard and Mildred Loving (**Joel Edgerton** and **Ruth Negga**), whose civil rights case, *Loving v. Virginia*, went all the way to the Supreme Court.

DOCTOR STRANGE **Benedict Cumberbatch** stars as a self-centered New York surgeon robbed of his touch after a car accident. After a stint as a wandering derelict, he encounters a healer in the Himalayas and learns to tap into psychic powers to battle wrongdoers. **Rachel McAdams**, **Tilda Swinton** and **Chiwetel Ejiofor** also star.

ALMOST CHRISTMAS **Gabrielle Union**, **Omar Epps** and **Danny Glover** star in the festive story of a beloved patriarch who asks his family for one gift this holiday season: to get along. If they can honor that wish and spend five days under the same roof without killing one another, it will be a Christmas miracle.

HACKSAW RIDGE The extraordinary true story of conscientious objector Desmond Doss (**Andrew Garfield**) who, in Okinawa during the bloodiest battle of WWII, saved 75 men without firing a gun. Believing that the War was just but killing was nevertheless wrong, he was the only American soldier in WWII to fight on the front lines without a weapon. As an army medic Doss single-handedly evacuated the wounded near enemy lines, braved fire while tending to soldiers and was wounded by a grenade and hit by snipers. He was the first conscientious objector to ever win the Congressional Medal of Honor.

FANTASTIC BEASTS AND WHERE TO FIND THEM The film opens in 1926 as Newt Scamander (**Eddie Redmayne**) has just completed a global excursion to find and document an extraordinary array of magical creatures. Arriving in New York for a brief stopover, he might have come and gone without incident...were it not for a No-Maj

(American for Muggle) named Jacob, a misplaced magical case, and the escape of some of Newt's fantastic beasts, which could spell trouble for both the wizarding and No-Maj worlds.

DOG EAT DOG Ex-cons Troy (**Nicolas Cage**), Mad Dog (**Willem Dafoe**) and Diesel (**Christopher Matthew Cook**) are hired by an eccentric mob boss to kidnap a baby for a large ransom. When the abduction goes awry, the trio find themselves on the run from the mob and the cops. Vowing to stay out of prison at all costs, getting away with the crime is literally a matter of life and death.

RULES DON'T APPLY A romance blossoms between a pious actress (**Lily Collins**) and a right-wing chauffeur (**Alden Ehrenreich**), even though both work for reclusive billionaire Howard Hughes (**Warren Beatty**), who forbids his employees to date each other.

THIS MONTH ON DVD & BLU-RAY

November 1	Bad Moms
November 1	Star Trek Beyond
November 1	Nine Lives
November 15	Finding Dory
November 22	War Dogs
November 22	Hell or High Water
November 29	The BFG



Happy Thanksgiving

The entire community staff joins in wishing each of our residents a Happy and Blessed Holiday!

		tuesday	wednesday	thursday	friday	saturday
		1 Rent Due	2 <i>Deviled Egg Day</i>	3 <i>Men Make Dinner Day</i>	4 <i>King Tut Day</i>	5
sunday	monday	6 Daylight Saving <i>Saxophone Day</i>	7 <i>Hug a Bear Day</i>	8 Election Day <i>Cook Something Bold Day</i>	9 <i>World Freedom Day</i>	10 <i>Sesame Street Day</i>
11 <i>Veterans Day</i>	12 <i>We salute our Veterans!</i>	13 <i>Chicken Soup for the Soul Day</i>	14 <i>World Kindness Day</i>	15 <i>Loosen Up, Lighten Up Day</i>	16 <i>Clean Out Your Refrigerator Day</i>	17 <i>National Fast Food Day</i>
18 <i>Great American Smokeout</i>	19 <i>Mickey Mouse Day</i>	20 <i>Name Your PC Day</i>	21 <i>World Hello Day</i>	22 <i>Go for a Ride Day</i>	23 <i>Happy Thanksgiving!</i>	24 <i>Black Friday</i>
25 <i>Cake Day</i>	26 <i>French Toast Day</i>	27 <i>Square Dancing Day</i>	28 <i>French Toast Day</i>	29 <i>Square Dancing Day</i>	30	

Nov. 2016