

DeVille

Apartment & Builders Inc.



August 2022
Inside this issue

Organizational strategies
Virtual meeting tips
Eat to beat the heat, and more.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in August...

Book Lovers Day, Aug. 9. An unofficial holiday encouraging everyone to celebrate reading and literature. People are advised to put away their smartphones and technological distractions and pick up a book to read.

National Farmers Market Week, Aug. 7–13. National Farmers Market Week is a great opportunity to show the nation how much value markets bring to their communities. With fun events, specials, contests, and activities, the week helps to boost market attendance and visibility.

National Vinyl Record Day, Aug. 12. We celebrate the significance of vinyl recordings on the anniversary of the invention of the phonograph by Thomas Edison in 1877. Though we live in a digital world, there still remains a wealth of audio recordings that exist only on vinyl discs. Take a trip down memory lane, and play something from your collection.

Women's Equality Day, Aug. 26. Women's Equality Day commemorates the passage of women's suffrage in the U.S. and reminds everyone of the hurdles overcome by the women who faced violence and discrimination to propel the women's movement forward.

The Dog Days of Summer Are Here!

During the dog days of August, the most indispensable appliance in your apartment is the air conditioner. To increase its efficiency, keep the temperature set at 78 degrees. The exception to this rule would be the hours preceding a get-together. To cool things off, turn the A/C down one degree per guest two hours prior to their arrival. Close all windows and doors, pull the shades down to insulate from solar heat and turn off any unnecessary lights.

Tips for Selecting a Day-Care Center

When choosing a day-care center for your child, try to spend an entire school day at each center. Questions to ask yourself: Am I comfortable in this environment...how do the caregivers relate to the kids...how do the kids relate to the caregivers...are the kids involved...are they happy? Questions to ask them: How is toileting handled...how and when is food served...are the snacks nutritious...where and for how long do the kids rest...what kind of discipline is used...what safety measures are taken...what playthings are available...are toys in good repair...what is the adult-to-child ratio?

Symptoms Of Alzheimer's

Be aware of signs of the onset of Alzheimer's in an aging parent or friend: • Change in personality. Suspicion, fear or dependence. • Misplacing or unusual placement of items such as an iron in the freezer. • Drastic mood/behavior changes. • Disorientation with place and/or time. Alzheimer's patients may get lost on their own street. • Memory loss and difficulty performing familiar tasks. Visit your doctor or www.alz.org for more information.

We'll Jump At the Chance...

To be of service to our residents! Remember, we have an open door policy at DeVille Apartments & Builders Inc.. If you have any questions, problems, or suggestions, then stop by the Management Office. We're happy to do all we can to assist you!

YOUR COMMUNITY STAFF

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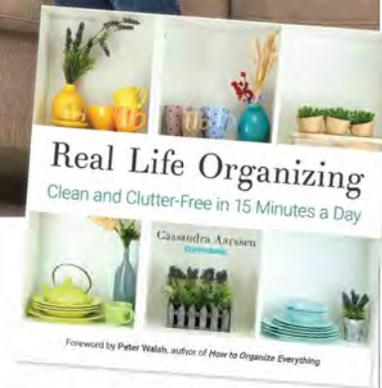
Simple strategies to get organized

In an effort to banish clutter, Cassandra Aarssen, author of *Real Life Organizing: Clean and Clutter-free in 15 Minutes a Day*, suggests employing the following six items in your home:

- **Landing strip.** Maybe it's a tray on a console table near the front door, or a shelf near the kitchen door. Whatever and wherever it is, this is the spot where you can place your keys and maybe your wallet and phone when you come in the door so you always know where to find them.
- **Command center.** This communal calendar contains important dates and upcoming

events for everyone in your home, and it can easily reside on your refrigerator or some other common area in your kitchen.

- **Action file.** We don't quite live in a paperless world yet, but we're moving in that direction. Until then, bills, contracts, warranties, renewals, receipts and other printed items that require our attention should reside in folders in an area where they can be reviewed or filed away for future reference.
- **Cord box.** Extra phone chargers, cables, and miscellaneous power cords should be labeled and neatly stored in a closet storage bin, where they can be accessed when needed.



- **Cleaning caddy.** Keep your cleaning supplies in a bucket under the sink or in a laundry room cabinet. You'll have everything you need to complete your chores in one portable container.
- **Lost sock bag.** This is a temporary home for all of the unmatched socks in your drawer and the others just coming out of the dryer. Go through the bag at the end of each month, and see how many matching pairs you can find.



How to start your morning off right

Starting your day on the wrong foot can make the rest of it more difficult, but the opposite also holds true. Here are three simple things you can do to start your day off right.

- **Smell the Good** Scientists have discovered that smelling lemons releases serotonin (a feel-good hormone) and lowers norepinephrine (a stress hormone). Put lemon in your tea, use essential oils, or light a lemon-scented candle. Not into lemons? Try basil, juniper, or lavender.
- **Snag a Snuggle** Hugging is another serotonin kick. Grab your special someone and snuggle up!
- **Get Giggling** Some say reading a new joke each morning can help set your day up for delight. In fact, a recent study out of Loma Linda University in Southern California found that healthy, older adults who watched a funny video distraction-free for 20 minutes performed memory tests better than those who didn't. They also showed a decrease in stress hormones.

How you can eat to beat the heat



- **Load up on juicy fruits and vegetables.** They're an excellent source of water, so consuming them helps you stay cool and well hydrated. (You'll get important nutrients as well.)
- **Make low-fat eating a priority.** It's more than just a health plus. Fatty foods take longer to digest than carbohydrate or protein—and digestion generates heat. So you'll be cooler and more comfortable if you eat more quickly digested foods—such as fruits, vegetables, starches, lean meats and low-fat dairy products.
- **Tap the cooling flavors of fresh herbs.** Mint contains chemical compounds that create a feeling of coolness in your mouth and nose. Other herbs in the mint family (thyme, rosemary, basil) also add a refreshing note to the foods they're used in.
- **Even if your appetite flags, eat something.** Occasionally, frozen yogurt and fruit is fine for lunch or salsa with chips is okay for supper. Have unconventional meals, but don't skip eating altogether, because food supplies energy. If you're not eating, you will not feel as good.



Virtual meeting tips

While virtual meetings have likely been a part of your daily work routine for some time now, it's still easy to fall victim to some major meeting faux pas. Virtual meeting etiquette is a whole new ball game compared to in-person meetings, as many people have been learning lately.

To help keep your meetings stay professional and productive, follow these virtual meeting etiquette rules and tips.

Leave the keyboard alone.

Whether you're diligently taking notes like a model employee or sneakily chatting with your work bestie, the sound of your typing is distracting. It's not only distracting everyone else in the meeting (because your laptop's internal

microphone is inches away from your keyboard), it's also preventing you from devoting your full attention to the meeting. Opt for a quality headset or pick up your notebook and pen to take meeting notes instead.

Dress appropriately. One of the magical things about working remotely is the freedom to wear anything to work. It's the dream, right? Still, there's no reason to show your co-workers your PJs and bedhead. Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.

Be aware of your surroundings. Your coworkers won't be

able to hear your ideas or take you seriously when there is a pile of dirty clothes in the corner behind you. You also want to avoid looking like you work from the inside of a cave because of bad lighting.

Mute your microphone when you're not talking. There's nothing more frustrating than hearing that alien echo noise from conflicting microphones. Save everyone from the ear-splitting madness by joining the meeting while on mute!

Speak up. When you enter a small meeting (around two to five people) announce yourself when you join. It can be awkward to hear the "someone-just-joined" ding followed by silence. When you hop on the meeting, introduce yourself and say hi -

just make sure not to interrupt someone mid-sentence.

No food allowed. Eat a snack before your meeting. No one wants to see you stuff your face with chips while discussing important business matters. Not only is it distracting to others, you won't be able to focus on the task at hand because you'll be worrying about dropping crumbs all over your keyboard.

Stay seated and stay present. It may be tempting to check your inbox or carry on a side conversation during a dull moment in a meeting, but don't do it! You might miss out on key information or an opportunity to give input. If you're using your webcam, use attentive body language: sit up straight, don't make big movements, and don't let your eyes wander too much.

Germs love to hide in these places

You might think your bathroom is the germiest place in your home. You'd be wrong, according to the MSN website. Watch out for these locations that have lots more germs than your toilet:

▪ **Cutting boards.** To keep them free of germs, don't just rinse them in the sink. Wash your cutting board in water and dish soap, then soak in water mixed with bleach—two teaspoons for plastic, two tablespoons for wood.

▪ **Smartphones.** You take them everywhere, including the bathroom, and you usually don't wash your hands every time you pick yours up. Clean your phone with a cloth soaked in a solution of 60% water and 40% rubbing alcohol. Wring the cloth out well so that the moisture doesn't damage your phone.

▪ **Keyboards.** Computer keyboards can be covered with 20,500 more bacteria than the average toilet seat. Clean your keyboard with a cotton swab dipped in rubbing alcohol while it's unplugged. Use compressed air to get rid of dirt around the keys.



Good friends make the best neighbors.

Refer a Friend and get a great Referral Bonus Award, plus you'll get a great neighbor!



Some conditions may apply. Please contact the Leasing Office for complete referral program details.

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rent Due	2 <i>National Night Out</i>	3 <i>National Watermelon Day</i>	4 <i>National Chocolate Chip Cookie Day</i>	5 <i>International Beer Day</i>	6 <i>Farmworker Appreciation Day</i>
sunday	7 <i>National Friendship Day</i>	8 <i>Happiness Happens Day</i>	9 <i>National Book Lovers Day</i>	10 <i>Smithsonian Day</i>	11 <i>August is National Peach Month</i>	12 <i>International Youth Day</i>
	13 <i>International Lefthanders Day</i>	14 <i>August is National Fishing Month</i>	15 <i>National Relaxation Day</i>	16 <i>Roller Coaster Day</i>	17 <i>National Thrift Shop Day</i>	18 <i>National Bad Poetry Day</i>
	19 <i>National Aviation Day</i>	20 <i>Break The Monotony Day</i>	21 <i>National Senior Citizens Day</i>	22 <i>Eat a Peach Day</i>	23 <i>Romance Awareness Month</i>	24 <i>Pluto Demoted Day</i>
	25 <i>Kiss and Make Up Day</i>	26 <i>Women's Equality Day</i>	27 <i>National Just Because Day</i>	28 <i>National Bow Tie Day</i>	29 <i>More Herbs, Less Salt Day</i>	30 <i>National Slinky Day</i>
	31 <i>Overdose Awareness Day</i>	<h1>Aug 2022</h1>				