

DeVille

Apartment & Builders Inc.



August 2023

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in August...

National Girlfriends Day, Aug. 1. The world would be a lonely place without your BFFs. Hang with your gal pals today and celebrate the bonds of friendship.

National Watermelon Day, Aug. 3. Healthy, refreshing, and at least 92 percent water. With over 300 varieties grown in North America alone, it's the perfect summer fruit, snack, or dessert.

Simplify Your Life Week, Aug. 7-13. It's not at all complicated. If it doesn't serve a purpose, isn't working, and can't be fixed, get rid of it.

Happiness Happens Month. Of all the random things that can happen in your life, choosing happiness can have a powerful influence on your quality of life. Embrace joy, smile more, choose kindness, and let the good vibrations flow.

Be Kind to Humankind Week, Aug. 25-31. What the world needs now is for people to show more kindness to each other. This week, allow courtesy, respect, and mindfulness to shape your conversations and actions.

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.

Get Organized!

Your apartment only has so much room, so face it, you can't keep everything! Getting organized is basically a matter of developing good habits. Organize your time, home and work space for more productive living. 1. Survey your belongings: Examine what you have and throw out, sell or donate what you don't use. 2. Keep things you use frequently in accessible places. 3. Get boxes for seasonal items you are storing. 4. Buy a file cabinet and create files for personal documents like insurance policies, credit reports, social security cards, unpaid bills, bank statements, and home-maintenance papers (warranties, receipts, manuals). 5. Carry a complete address book, and keep it updated. Electronic organizers can also be very convenient. 6. Manage your time efficiently by planning activities on a calendar and making to-do lists. 7. Get in the habit of cleaning up after yourself. 8. Handle each item exactly once – when you're sorting through your mail, don't look at an item briefly and leave it on the counter "for later." 9. Throw away junk mail immediately, file bills in the appropriate bin or folder.

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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Ensure success on your next big project

You've been put in charge of a major project at work, and you know that many potential pitfalls stand between you and its success. If you can anticipate them, you'll be better able to get the job done—and show people that you can be trusted with responsibility and authority. Here's what to do:

- **Get real support from the top.** For every major project, some people and departments will be reluctant to share information or change how they do things. Before you get started, make sure upper management is behind you. If you sense that they're not

really committed to the project, slow down and find out what kind of initiative they would be more enthusiastic about.

- **Gather input from all relevant stakeholders.** No one likes to be uprooted or shoved around without consent, and a project that calls for major change will run into problems if the people involved feel like you haven't taken their needs into account. Remember to address the interests of three major groups: the people who will implement the plan, everyone who will be affected by it, and those who have to pay for it.

- **Decide on details up front.** You'll bog down quickly if you're constantly changing the specs of a project. People won't act with urgency if they don't know exactly what they're trying to do, and how. Your input from stakeholders will help you define the project's requirements.

- **Keep expectations realistic.** Tell people how your initiative will benefit them, but don't oversell it. Let them know as accurately as possible what the project will accomplish, and when, but caution them not to expect the sun, moon, and stars on the first day it's implemented.



Puzzle This

Facing a tough choice? Thinking about it may be the worst thing you can do. **You'll be more satisfied with your decision if you leave it to your subconscious mind,** suggest a study in the journal *Science*. Researchers asked 20 people deciding which car to buy to read a complex series of facts about the cars, and then either do word puzzles or to ponder the car info for 4 minutes. In the end, the puzzle players picked the better cars. "The capacity of our unconscious exceeds that of our conscious," says study coauthor Maarten Bos, Ph.D. "Think consciously about simple matters, but delegate more complex issues to your unconscious." So put off a big decision until you've had a chance to sleep on it, or distract yourself with a crossword puzzle, magazine, TV show, or friend.



Croissant Chicken Salad Sandwich

With so many customizable options for bread, meats, toppings and more, it's easy to create the perfect sandwich. For example, this Croissant Chicken Salad Sandwich is served on a fluffy, mouthwatering croissant and features a hearty mixture of chicken, bacon and veggies to give you that boost you have been craving.

- Croissants, halved
- 6 strips bacon
- 1 rotisserie chicken, shredded
- 1/2 cup mayonnaise
- 1/4 cup green onions, chopped
- 1/2 teaspoon pepper
- 1/2 cup cherry tomatoes, quartered
- Sprouts

In skillet, arrange bacon and cook until slightly crispy. Drain bacon over paper towel; allow to dry. Crush into pieces.

In large bowl, stir chicken, mayonnaise, green onions and pepper until combined. Add bacon and tomatoes; stir until combined.

Cut croissants in half. Spoon generous portion of chicken salad over bottom croissant. Top with sprouts. Replace top croissant. Servings: 6

Find more recipes at [Culinary.net](https://culinary.net) and watch the video here: <https://rb.gy/ghvi4f>



Try resistance bands for strength

Stronger, leaner and healthier -- according to the experts at the Mayo Clinic, regular strength training can provide all of those benefits. And if heading to the gym to hit the weights isn't your speed, resistance bands and bodyweight exercises offer a portable, affordable option that you can do almost anywhere.

According to Harvard Medical School, resistance bands are a great addition to body weight exercises that can help you preserve and build lean muscle. Resistance band training can also help improve your balance, gait and flexibility, and they're user-friendly for even fitness novices, according to NBC News.

Resistance bands are available in various styles, including single lengths of stretchy elastic, closed loops or rubber tubes with handles. You may want to invest in a few types of bands with varying levels of

resistance -- don't worry, their compact size means that even several bands are easy to stow away.

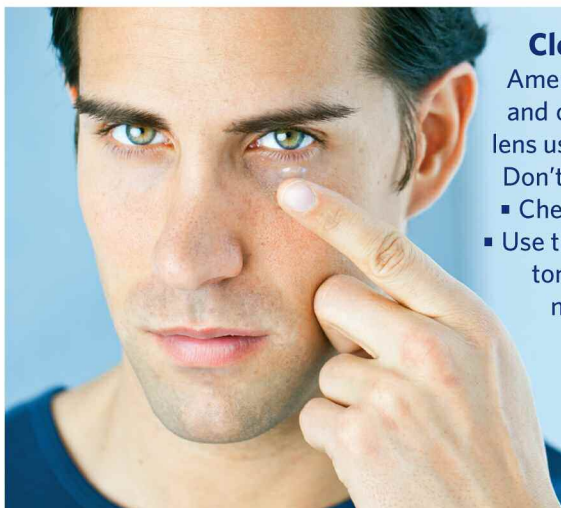
Banded squat Place a loop or mini-loop resistance band (a length tied in a circle also works) around your thighs just above your knees and stand with your feet slightly more than hip-width apart. Slowly push your hips back into a seated position while bending your knees. When you reach a seated position and your knees are at a 90-degree angle, hold the position for a few seconds and then slowly move back into a standing position. Make sure to squeeze your glutes -- these strong muscles provides the bulk of the power for this movement. Perform two to three sets of eight to 12 reps.

Banded lunge With the band around your mid-to-lower thighs, just above your knees, take a big step forward and lower down until your back knee hovers just above the ground.

Lift yourself back into a standing position by driving through the heel of your front leg. Perform two to three sets of eight to 12 reps on each side.

Banded chest punch Loop the exercise band around your back and under your armpits. Hold an end or a handle in each hand by your shoulders. Slowly and deliberately, punch your right arm out on a slight diagonal in front of your body before repeating with the other side. This counts as a single rep -- perform two to three sets of eight to 12 reps.

Seated resistance band row Sit on the floor with your legs straight in front of you, feet more than shoulder-width apart. Loop your resistance band (a band with handles is best for this exercise) and cross the handles in front of you to make an X shape. Pull the handles slowly and carefully into your ribs, making sure to sit up straight and let your back muscles do the work.



Clear and clean: Take good care of your contact lenses More than 24 million Americans wear contact lenses, along with many more millions around the world. They're easy and convenient to use--so simple, in fact, that according to one study, fewer than 2 percent of lens users faithfully follow all the guidelines for safely cleaning them.

Don't put your eyes at risk. Pay attention to these basic but necessary rules:

- Check your hands. Always wash and dry your hands before handling your lenses.
- Use the right cleaning solution. Don't rinse or store them in tap water, and don't use your tongue or saliva to moisten them. Use fresh solution, and don't "top off" old solution with new; the active ingredients in many solutions can break down over time.
- Keep them away from water. Remove your contact lenses before swimming or entering a hot tub.
- Take care of your lens case. Clean it often, and replace it every three months.
- Replace your lenses as necessary. Stick to the schedule your eye doctor recommends.

Cool Coffee Treats

Ice cream is a classic summertime treat and a favorite indulgence for people of all ages. Now, this palate pleaser gets a modern makeover with recipes that cater to the most sophisticated tastes.

Give simple cookouts and festive dinner parties alike an artful finale with creative desserts that make the most of Starbucks ice cream. They're simple to make, easy on the wallet and a sure-fire way to impress your guests.

Super-premium ice cream, inspired by popular Starbucks beverages, turns floats, tiramisu and even bananas Foster into gourmet desserts that put a smile on everyone's face.

Delight your friends and family all summer long with these delicious, unexpected flavors. For more information, visit starbucksicecream.com.



Mocha Soda Floats

2 servings

Prep Time: 5 minutes

2 tablespoons chocolate syrup

1 can (12 ounces) chilled cream soda

1 cup Starbucks Mocha Frappuccino ice cream

2 dollops sweetened whipped cream

Evenly divide chocolate syrup into 2 tall glasses. Scoop 1/4 cup ice cream into each glass. Add soda, then top with remaining ice cream. Garnish with whipped cream. ■

Coffee Bananas Foster

2 servings

Prep Time: 15 minutes

Cook Time: 5 minutes

2 medium bananas, sliced

1/4 cup firmly packed light brown sugar

1/4 cup heavy or whipping cream

2 tablespoons butter

2 tablespoons dark or light rum

2 slices prepared pound cake (about 1/2 inch thick), toasted

1 cup Starbucks Caramel

Macchiato ice cream

Bring bananas, sugar, cream, butter and rum to a boil over medium heat in 10-inch non-stick skillet. Cook, stirring occasionally, 2 minutes or until sauce is slightly thickened. Remove from heat.

Arrange cake on 2 dessert dishes. Top with ice cream, then banana mixture. ■

Tiramisu Parfaits

2 servings

Prep Time: 15 minutes

1 cup sweetened whipped cream,

plus extra for topping

1/2 cup mascarpone

1/3 cup strong-brewed Starbucks coffee or espresso

1 cup chopped crunchy ladyfinger cookies

1 cup Starbucks Java Chip Frappuccino ice cream

Fold 1/4 cup whipped cream into mascarpone in medium bowl. Fold in remaining whipped cream; set aside.

Spoon 1/2 of mascarpone mixture into 2 parfait dishes. Sprinkle about 1/4 of the cookies and 1/4 of the coffee mixture into each dish.

Evenly scoop ice cream into dishes, then top with remaining ingredients. Garnish, if desired, with additional whipped cream, grated chocolate or chocolate covered espresso beans. ■

AUG.

sunday

monday

tuesday

wednesday

thursday

friday

saturday

1	2	3	4	5
Rent Due	National Coloring Book Day	National Watermelon Day	National Chocolate Chip Cookie Day	August is Happiness Happens Month
6	7	8	9	10
Farmworker Appreciation Day	National Lighthouse Day	Happiness Happens Day	National Book Lovers Day	National Lazy Day
11	12	13	14	15
August is National Peach Month	International Youth Day	International Lefthanders Day	August is National Fishing Month	National Relaxation Day
16	17	18	19	20
Roller Coaster Day	National Thrift Shop Day	National Bad Poetry Day	National Aviation Day	National Radio Day
21	22	23	24	25
National Senior Citizens Day	Eat a Peach Day	Romance Awareness Month	Pluto Demoted Day	Kiss and Make Up Day
26	27	28	29	30
Women's Equality Day	National Just Because Day	National Bow Tie Day	More Herbs, Less Salt Day	National Slinky Day
31				
Overdose Awareness Day				

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