

DeVille

Apartment Builders Inc.



February 2024

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Happening in February...

Groundhog Day, Feb. 2. If the groundhog sees its shadow, prepare for another six weeks of winter (or possibly a showing of the 1993 Bill Murray movie).

National "Wear Red" Day for Women's Heart Health, Feb. 2. Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

Chinese New Year, Feb 10. Happy 4722, the Year of the Dragon!

Valentine's Day, Feb. 14. Show the people you love how much you care for them, with cards, flowers, and kindness.

Presidents Day, Feb. 19. Celebrating George Washington, Abraham Lincoln, and other U.S. presidents through the years.

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

February Maintenance Tips

February can be a messy month outside. Here are some tips to help you keep the mud, water and mess from coming inside with you: • Use the sidewalks. It may mean adding a step or two but will save your carpet and shoes from extra cleaning. • Put mats outside and inside your door. This way your guests can wipe their feet twice. • If you own a pet, keep a box of baby wipes inside your door. When you get back from a walk, just wipe their paws clean.

Valentine's Day Trivia

The first Valentine card that was decorated and poetic is attributed to the imprisoned Charles, Duke of Orleans, in 1415. He eased the pain of imprisonment by writing love verses to his wife.

By the 1700s, manufactured cards became the most popular way to declare love. The cards were elaborately hand-painted and decorated with gold leaf, satins, silks, and exotic feathers.

Retailers now say that chocolates and roses are the best symbols of love. Candy or not, the 14th of February remains the one day of the year given over to romance.

Be Romantic, but Stay Safe!

If you're planning a Valentine evening for your sweetheart, be sure not to leave lighted candles unattended or near anything flammable.

February is Responsible Pet Owners Month

Taking good care of your pets is a year-round labor of love. Remember to spay or neuter your pet to prevent overpopulation, visit the veterinarian regularly, give your pet plenty of exercise, and offer your pet the kind of unconditional love he or she gives you. And being the responsible pet owner and good neighbor that you are, we thank you for always remembering to clean up after your pets when walking.

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Resolution Reboot

Scrapped your New Year's vows? Give yourself a do-over with simpler strategies for reaching your goals



Oops—you forgot to...

Lose weight

Instead, try: eating breakfast daily. If you're still skipping it, you may be setting yourself up for a major binge later, studies show. Opt for a meal high in fiber (e.g., cereal and fruit) so you'll stay full longer.

Hit the gym for an hour five times a week.

Instead, try: playing throughout the day. Dance wildly; whirl a hula hoop; jump rope. Doing 10- to 15-minute bouts of activity is easier than committing an hour at the gym. The proof:

Wii Boxing with a friend for 15 minutes (108 calories) + rope skipping for 10 minutes (119 calories) = 227 calories burned.

No elliptical necessary!



Get out of debt

Instead, try: paying cash with new bills. You'll spend less than if you use grimy dollars, found a Canadian study. That may be because pristine currency seems more valuable. Apply any \$



left in your wallet to your credit card bill.

See friends more

Instead, try: making an errand date. If you've cancelled your umpteenth girl's night out and are feeling disconnected from your crew, add hang-out time to your daily docket. Invite a neighbor for a fast walk around the block or hit the farmers' market. You'll score much needed face time *and* cross one more thing off your to-do list.

Be more patient

Instead, try: declaring Sunday a nag-free day. Acting like a drill sergeant is draining (and it probably isn't working). So give your vocal cords a rest; chores may not get done as fast, but you'll discover better ways to communicate.

Get out and volunteer

Instead, try: doing good from your couch. Your days are so jam-packed, you hardly have time to help an elderly lady cross the street, let alone save the planet. Rather than feeling guilty, consider micro-volunteering. Websites like volunteermatch.org hook you up with projects that fit your interests—like knitting for needy children or recording an audiobook—so you can change the world without even putting on your coat.

Spices just for the health of it

According to the website totaste.com, some very common spices offer some pretty amazing health benefits...



Black Pepper. Piperine has antioxidant effects, which means that it can protect us from harmful compounds that damage our bodies. Antioxidants keep our bodies healthy and fight off disease.



Cinnamon. The compound that gives cinnamon its taste and color, cinnamaldehyde has anti-diabetic and glucose-lowering effects. These effects may promote steady blood sugar levels after a meal.



Turmeric. Turmeric has anti-inflammatory properties. Moderate acute inflammation is fine, but chronic inflammation increases your risk of developing chronic diseases. To maximize turmeric's health benefits, combine with black pepper.

Black pepper increases turmeric's bioavailability by up to 2000%!



Ginger. The active compounds in ginger are called oleoresins and are beneficial for improving digestion and relieving nausea.

hello February!

57

PERCENT

That's how much less likely you are to develop heart disease if you eat chocolate 5+ times a week.

Dark chocolate is the experts' go-to because it's high in antioxidants that can help prevent damage to blood vessels. Look for chocolate that's at least 70 percent cacao and limit it to 1 ounce.



\$147 DOLLARS

THE AVERAGE
AMOUNT
PEOPLE SPEND
ON VALENTINE'S
DAY GIFTS.

NOT SURE WHAT TO GET YOUR BELOVED?

Spend your money on a fun date, such as a show at the theater, cooking class, or wine tasting. Research shows experiences make people happier than material things.

FEBRUARY 17

National Random Acts of Kindness Day

Performing kind acts—sending an uplifting text to a friend, complimenting a coworker—causes your body to release oxytocin, a feel-good chemical that relaxes blood vessels.

What's more, research shows that people who do altruistic things like volunteer have lower blood pressure and less anxiety, pain, and stress. For more ideas on what to do, check out randomactsofkindness.org.

How to make your cut flowers last longer

We know how you feel. Fresh cut flowers are so beautiful...but they have woefully short lives! Here's a way to help them last...

Most tap water contains minerals that make it alkaline. And alkaline water has a hard time moving through cut flower stems. This means that the life of cut flowers in a vase will be shortened because the flowers do not get the hydration or nutrition they need to thrive.

To overcome this challenge, simply lower the pH of the water...or acidify it. You can do this by adding one part of non-diet lemon-lime soda (such as Sprite or 7UP) to three parts of water in your flower vase. The citric acid in the soda helps lower the pH, and the sugar in the soda gives the flowers an energy boost.



Wishing All Our Residents
a Very HAPPY

Valentine's

»» — DAY — ««

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sunday	monday	tuesday	wednesday	thursday	friday	saturday
4	5	6	7	8	9	10
National Thank a Mail Carrier Day	February is Black History Month	National Frozen Yogurt Day	Wave All Your Fingers at Your Neighbors Day	Fat Thursday	National Pizza Day	Chinese New Year
11	12	13	14	15	16	17
Super Bowl Sunday	National Football Hangover Day	Mardi Gras	Valentine's Day Happy Valentine's Day	Singles Awareness Day	Do a Grouch a Favor Day	Random Acts of Kindness Day
18	19	20	21	22	23	24
Pluto Day	Presidents' Day National Family Day	National Family Day	National Muffin Day	Single Tasking Day	National Tootsie Roll Day	National Tortilla Chip Day
25	26	27	28	29		
National Clam Chowder Day	Play More Cards Day	No Brainer Day	February is Library Lovers Month	Leap Year Day		