

DeVille

Apartment & Builders Inc.



4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in June...

Leave the Office Early Day, June 2. It's the first Friday of June, the weather is great, and there's somewhere you'd rather be. Punch out early, and live a little.

Flag Day, June 14. This day commemorates the adoption the Stars and Stripes as the national flag by the Continental Congress in 1777.

Father's Day, June 20. Tell Dad how much you appreciate everything he's done for you.

Summer Solstice, June 20. An instant in time when the Earth's axial tilt is most inclined toward the sun in the northern hemisphere, and when summer traditionally begins.

Get in the Swim Of Things

Before enjoying some "fun in the sun" this season, take a moment to review "The Rules" posted in the Pool Area. We are happy to provide our residents with recreational amenities, but ask that you "brush up" on the following community policies: The Rules Of Safety and Pool Hours Of Operation. Our hope is that everyone enjoy this facility, stays safe and remembers to be considerate of your neighbors while "in the swim of things" this summer. Thank you!

Life Hacks

- **Safety tip.** Many phones, including iPhones, save GPS data to picture files by default. So if you take a picture at your home and send it to someone, you are potentially giving them your exact address without even knowing it.
- **Looking for a healthy replacement for butter?** You can substitute coconut oil for butter in almost any recipe. It has a rich, lightly sweet tastes, and it's better for you.
- **Laptop tip.** By charging your laptop battery only to 80 percent instead of 100 percent, you can greatly extend the usable lifespan of the battery.
- **Planning a vacation?** Always make sure to add a few extra days onto the end of your vacation for when you return—to unpack, relax, and still be in the holiday mode. This way, going back to work won't be as daunting.

Sofa-Buying Basics

A sofa can be an big investment, so choose one that stands up to sitting over the years. The three key components of a durable piece include cushion, frame and springs. Look for foam cushions that are hand-wrapped with a high grade of Dacron. Some upgraded cushions even include coils within the foam to produce a firmer seating surface. Your frame should be made with kiln-dried hardwood and double-bolted for durability. Springs should be hand-tied. Ethan Allen says a quality sofa frame will last 20 years or more, so be sure to choose a style that you and your guests are comfortable living with—and sitting on.

Summertime and the Living is Easy!

We are pleased to welcome all of our new residents to DeVille Apartments & Builders Inc.! We're so happy you've chosen our community to call home. If there is anything we can do to make your stay more enjoyable, please don't hesitate to contact us!

YOUR COMMUNITY STAFF

London Square

330-477-6717

Perry Hills Colony

330-478-2246

Woodlawn Village

330-478-1467

OFFICE HOURS

Monday thru Friday

8:00 am–4:30 pm

Saturday

Closed

Sunday

Closed

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the smartphone DETOX & declutter

By Michelle Seitzer

To the beach or to the mountains? Planning a summer getaway brings these decisions to mind, but you may also want to consider taking a tech vacation.

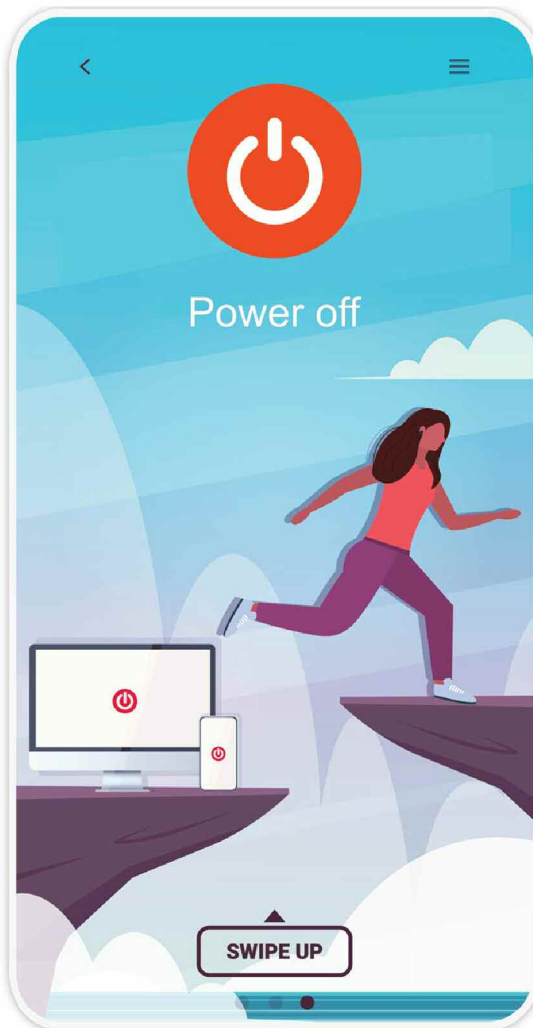
We're not just spending down time on social media anymore. We're actually *working* longer hours thanks to our gadgets: Recent studies suggest 60 percent of professionals are connected to work 13.5 hours a day during the week and approximately five hours during the weekend for a whopping total of 72.5 working hours a week. No wonder we dream of longer vacations!

Here are some easy ways to do a digital detox:

- **Set your boundaries.** While it may be unrealistic to leave your smartphone behind, you don't have to carry it everywhere—and you don't have to get online 24-7 either. Put your phone in airplane mode during the hours you find yourself wanting to kill time on social media. Turn your phone off when you're doing something fun with the family. Choose a time of day to respond to emails and social media postings, but limit the window: for example, only get online for an hour in the afternoon, or first thing in the morning before you venture out for the day's activities.

- **Set up alternative ways to communicate.** If you're truly concerned about missing an important business call or social media connection, let people know how to reach you—but specify that it must only be regarding an urgent matter. Use your email provider's vacation setting or out-of-office auto-responder to share the time frame for your absence, and offer the alternate mode of communication that way.

- **Embrace your tech-free time.** Ditch your "electronic leash" and be present. Drink in every sunset and enjoy every poolside afternoon without the constant interruptions of hashtags, breaking news, and who's doing what. You're on vacation, remember?!



“Remember, you're the functioning human, and you get to decide what is working and what's not, then make changes so you can have a relationship that feels better to you.” CATHERINE PRICE

Catherine Price, science journalist and author of *How to Break Up with Your Phone*, offers these additional digital detox tips:

START HERE

1

PURGE

Go through your apps—news, email, games, social media.

Look at each one, considering function as well as whether using it makes you feel good or lousy. Delete liberally. “People forget that you can put an app right back on,” Price says.

2

ORGANIZE

Your home page is prime real estate. Reserve it for the practical apps and tools you require regularly throughout your day or any that support habits you hope to build.

3

REVIEW

A personal photo on your locked screen only strengthens your emotional connection to your phone. Price suggests putting that picture in a frame on your desk and opting for a plain background or inspirational quote on your phone.

Check out Catherine's website and sign up for her newsletter at www.catherineprice.com



Save by paying yourself first

Save, save, save! This is advice everyone hears throughout their lives, mostly from those older than they are. Given that the average American's saving rate is a paltry 5.7 percent, it appears as though many are not heeding this good advice.

According to financial blog Get Rich Slowly, one of the best ways to ensure that people are saving enough is to pay themselves first. This strategy means that money is put into a savings account before paying bills and before spending money on food and cell phones. Handling money in this way ensures that it is being prioritized and helps to develop healthy financial habits.



June is Tea Time!

June is National Iced Tea Month – and what better way to celebrate than with a tall glass of the cold stuff? It may even improve your health: studies have found that the antioxidants and flavonoids in tea may help lower cholesterol, reduce the risk of breast cancer, and fight type 2 diabetes. Oh, and it tastes good too.

Summer's also the perfect time to make sun tea. As the mercury breaks 100°F on these hot summer days, a great way to make some tea without heating up your kitchen is to use the power of the sun to make sun tea.

- **MAKE THE TEA.** Put 4 to 8 tea bags into a clean 2 quart or gallon glass container (4 teabags for a 2-quart container, 8 tea bags for a gallon container). Fill with water and replace the jar lid.

- **PLACE IN THE SUN.** Place outside where the sunlight can strike the container for about 3 to 5 hours. Move the container if necessary to keep it in the sun. When the tea has reached its desired strength, remove it from the sun and put it in the refrigerator.

- **STORE THE TEA.** Because you didn't use boiling water, you should refrigerate the tea and drink it up pretty quickly—a day or two. It will not keep as well as iced tea made from boiling water.



Sunblock for your eyes

You've taken the steps to prevent sunburn on your skin, but what about your eyes? The sun can burn your eyes just like your skin.

Overexposure to the sun can cause inflammation of the cornea called keratitis. The eyes feel as if you have sand in them for 24 to 48 hours. Repeated bouts of keratitis can lead to serious, chronic inflammation which may have to be surgically treated.

Look for sunglasses that protect you from 99 to 100 percent of both UVA and UVB light. Wearing a wide-brimmed hat to shade your eyes is also recommended.



PISTACHIOS LOWER CHOLESTEROL. A daily 1.5-ounce serving (74 nuts) can drop LDL 9 percent, significantly cutting your risk of heart disease. The nuts' phytosterols appear to help stop the absorption of cholesterol from other foods you eat. That amount equals 240 calories, but it's the same as 1.5 ounces (48) of not-so-heart-healthy corn chips.

Source: Pennsylvania State University

Don't forget Dad! Father's Day is Sunday, June 18th



June 2023

				thursday	friday	saturday
				1 Rent Due	2 National Donut Day	3 National Cancer Survivors Day
sunday	monday	tuesday	wednesday	8 Best Friends Day	9 June's Birth Flower is the Rose	10 National Iced Tea Day
4 National Cheese Day	5 Hot Air Balloon Day	6 National Yo-Yo Day	7 National VCR Day	11 National Corn on the Cob Day	12 Superman Day	13 World Softball Day
14 Flag Day	15 National Smile Power Day	16 June is Great Outdoors Month	17 Eat Your Vegetables Day	18 Father's Day	19 June is National Soul Food Month	20 National American Eagle Day
21 Summer Solstice	22 National Kissing Day	23 National Let it Go Day	24 June's Birth Stone is the Pearl	25 Log Cabin Day	26 Please Take My Children to Work Day	27 International Pineapple Day
28 Insurance Awareness Day	29 National Bomb Pop Day	30 International Asteroid Day				