

# DeVille

Apartment & Builders Inc.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Happening in November...

**National Native American Heritage Month.** Established to commemorate America's first people, this month offers Native Americans an opportunity to share their culture, traditions, music, and philosophy of life.

**National Alzheimer's Disease Month.** Signed into law by President Ronald Reagan in 1983, National Alzheimer's Disease Month recognizes the efforts to treat and cure Alzheimer's while supporting individuals and families struggling with the disease.

**Military Family Appreciation Month.** In this month-long celebration of those who support the men and women serving in America's armed forces, the Department of Defense, and the nation, honors the commitment and sacrifices made by the families of U.S. service members.

**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.

**National Games and Puzzles Week, Nov. 20-26.** Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.

## It's Time to Fall Back in the Fall!

Daylight Saving Time ends at 2 am on Sunday, November 5th. Be sure to set your clocks back one hour before going to bed on Saturday night and enjoy the extra hour of sleep!

## 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.

## A Salute to Our Veterans

Veterans Day is a very important holiday in our country for it honors all of those, living and dead, who served with the U.S. armed forces in times of war. This day was formerly known as Armistice Day, and was first proclaimed by President Woodrow Wilson on November 11, 1919, to mark the one year anniversary of the ending of World War I. In 1954, following World War II and the Korean Conflict, Armistice Day became known as Veterans Day. This commemorative day is observed each year on November 11th. In reality, the day to honor our veterans should be every day, for we owe so much to the brave men and women who have fought for freedom around the world.

## We're Thankful for You!

November is the month we all pause to reflect on all our blessings and to give thanks for all we have. At DeVille Apartments & Builders Inc., we value each and every one of our residents. If you've recently joined our community, thank you for choosing DeVille Apartments & Builders Inc.! If you've been with us a while, thank you for your continued residency! It takes great people like you to make our community a great place to call home!



November 2023

Inside this issue

Friendsgiving tips

Avoiding holiday weight gain

Food safety tips and more.

### 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

### CONTACT DIRECTORY

#### Corporate Office

(330) 492-8650

#### Corporate Fax

(330) 492-8671

#### Website

[www.devilleapts.com](http://www.devilleapts.com)

#### Corporate Email

[deville@devilleapts.com](mailto:deville@devilleapts.com)







# Stress free Friendsgiving Tips



## Simple food safety tips for Thanksgiving

- The best way to thaw a turkey is in a refrigerator, according to USDA recommendations. Allow 24 hours for each four to five pounds, in a refrigerator cooled to 40 degrees or below. Be sure to let the turkey thaw in a container so juices will not drip onto other foods.

- If you must thaw a turkey in cold water, be sure it is in a leak-proof bag. The bird should be submerged in cold water. Allow 30 minutes per pound. USDA recommends changing the water every 30 minutes.

- Cook turkey to 165 degrees in thickest part of the breast, inner thigh, and inner wing.

- Wash hands with soap and water for at least 20 seconds before touching any food.

- Don't wash the turkey. According to the USDA, loosely attached bacteria can contaminate the kitchen when you wash meat or poultry. Studies have found bacteria cling to sinks, sponges and towels. Bacteria is effectively killed in the oven. The best idea is to take the turkey out of the package and put it straight into the pan.

Since we can't always make it home for Thanksgiving, this holiday gives folks a different way to enjoy the day. For first-time Friendsgiving hosts and guests, here are some tips to make sure it all goes as smoothly as possible:

- **Assign turkey duty to the host.** Transporting a fully cooked turkey all but guarantees a cold supper, so the bird and gravy should be made at the host's place.

- **Let friends pick their dishes.** A group text or a shared spreadsheet (with categories like appetizers, side dishes, veggies and desserts) will make planning much easier.

Your friends can simply add their name and what they plan to bring.

- **Don't forget the drinks.** Make sure one person doesn't get stuck with the whole haul. Instead, have each guest bring a favorite libation.

- **Make sure there's plenty of food to go around.** After confirming guests and significant others, make sure everyone knows how much food to prepare for the number of guests attending the party.

- **Arrive ready.** Make sure your dish is as close to finished as possible before heading over to the festivities. With oven space at a premium, slow cooker dishes are a great choice.

- **Make sure you have enough seating.** With the guest list set ahead of time, plan seating accordingly.

- **Stock up on the basics.** More people in your home means going through things like bathroom tissue, paper towels and garbage bags. Shop ahead to make sure you won't run out. And while you're at the store, it's not a bad idea to grab some paper plates and utensils for backup. (If you need to go out and grab a few last-minute food items, make sure you know which stores are open Thanksgiving this year.



## How to avoid the 5-pound holiday weight gain

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.





# it's November!

It's the  
superfood  
of the  
season:

½ cup of  
pumpkin  
supplies  
**100%** of  
your daily  
vitamin A  
and **10%** of  
your vitamin  
C needs.

And 1 ounce of  
roasted pumpkin  
seeds delivers  
5 grams of protein,  
1 gram of iron,  
and 23 per



## NOVEMBER 23 IS NATIONAL FAMILY HEALTH HISTORY DAY

Find out what  
conditions are in your  
family tree so you can  
take the right steps  
to protect your own  
health. Talk to relatives  
and ask about their  
health issues (such  
as high blood pressure  
or diabetes) and the  
age they were  
diagnosed. For more  
questions to ask and a  
tool to save your family's  
health history, visit  
[phgkb.cdc.gov/FHH](http://phgkb.cdc.gov/FHH).

NOVEMBER 15

## AMERICA RECYCLES DAY

Along with paper, plastic and glass, many  
other items are recyclable, including  
electronics, batteries, and even eyeglasses.  
Visit [americarecyclesday.org](http://americarecyclesday.org) for a list of  
recyclables and where to take them.



## THE AVERAGE SHOPPER SPENDS \$430 ON BLACK FRIDAY.

TIPS TO HELP YOU SCORE THE BEST DEALS

- 1 WORK THE SOCIAL MEDIA ANGLE** Many stores will post special offers on Facebook and X, formerly know as Twitter.
- 2 USE APPS LIKE SHOPSAVVY AND SHOPKICK** to scan bar codes and compare prices while you are shopping in the store. Websites like JoinHoney.com lets you install a browser extension so you can find the internet's best coupon deals when shopping online.
- 3 SAVE UP FOR SMALL BUSINESS SATURDAY** to support local shops, as well as Cyber Monday—when experts say you will be likely to get better deals on laptops, clothing, and travel.

You are  
**THREE  
TIMES**  
more likely  
to make  
an *impulse*  
purchase  
on *Black  
Friday*.

**TIP:** Set a spending  
limit. If you're shopping  
at a store, withdraw  
cash and leave the  
credit cards at home.

DAYLIGHT SAVING TIME ENDS NOVEMBER 5



## TIME TO FALL BACK AN HOUR.

**ALTHOUGH THE EXTRA HOUR IS A GOOD THING,  
IT CAN THROW OFF YOUR SLEEP AND ENERGY LEVELS.**

To help your body adjust, go to bed and get up  
15 to 30 minutes earlier starting the week before.  
Learn why Arizona and Hawaii are the only two states that do not  
observe Daylight Saving Time at <https://tinyurl.com/3f74whpb>





• THANKSGIVING •



# November

			wednesday	thursday	friday	saturday
			1 Rent Due	2 Men Make Dinner Day	3 Japanese Culture Day	4 Use Your Common Sense Day
5 Daylight Saving American Football Day	6 National Nachos Day	7 Election Day Don't Forget to Cast Your Ballot!	8 National Cappuccino Day	9 World Freedom Day	10 Veterans Day Observed US Marine Corps Birthday	11 Veterans Day We Salute Our Veterans. Thank You for Your Service!
12 Chicken Soup for the Soul Day	13 World Kindness Day	14 Loosen Up Lighten Up Day	15 Clean Out Your Refrigerator Day	16 Great American Smokeout	17 National Take a Hike Day	18 Apple Cider Day
19 November's Birthstone is Topaz	20 Name Your PC Day	21 National Gingerbread Cookie Day	22 November's Birth Flower is Chrysanthemum	23 Thanksgiving Have a Happy and Blessed Thanksgiving!	24 Black Friday	25 Small Business Saturday
26 National Cake Day	27 Cyber Monday	28 National Day of Giving	29 November is National Gratitude Month	30 November is National Native American Heritage Month		

# 2023