

DeVille

Apartment & Builders Inc.



October 2024

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Quick reads and more.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

October is...

National Fire Prevention Month. In a typical home fire, you may have as little as one to two minutes from the time the smoke alarm sounds to escape safely. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

National Breast Cancer Awareness Month. Professional medical associations and government agencies work together to promote breast cancer awareness, share information and provide greater access to services during October and throughout the year. Visit www.nationalbreastcancer.org for more information.

Carve Out Some Time for Family Fun

One pleasant way to spend a day in October is to carve Halloween pumpkins with your family. Here are some tips on carving the perfect jack-o-lantern:

- Draw a pattern for the pumpkin face on a piece of paper.
- Trace your design onto the pumpkin's exterior.
- Cut into the top of the pumpkin at a 45-degree angle to create a "ledge" that won't allow the top to fall back inside when you place it back on.
- Scoop out the seeds and insides of the pumpkin, leaving about one inch in thickness.
- Slice out the pattern, working from the center of the design outward. Cut the larger areas in chunks to make them easier to remove.

Fire Safety Tips

National Fire Prevention Week is October 6-12. The National Fire Protection Association (NFPA) wants to remind us of danger in the kitchen: the possibility of a cooking fire. According to the latest NFPA research, cooking is the leading cause of home fires. One out of three home fires begins in the kitchen, more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

When called to a fire that started in the kitchen, firefighters say the residents often tell them that they only left the kitchen for a few minutes. Sadly, that's all it takes for a fire to start. Here are some safety tips to keep in mind:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period, turn off the stove.
- When you are simmering, baking, or roasting food, check it regularly. Stay home and use a timer.
- If you have young children, use the stove's back burners whenever possible.
- Keep young children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.

Warmest October Wishes

Whether you choose to celebrate this October by dressing up in a costume, decorating your home with warm, fall colors or just love to watch the leaves change color...we wish you all the best of the season. If you have any questions or comments regarding your home, please stop by the Management Office. We're always glad to see you and are available if you should need assistance.

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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Protect your food from spoilage — and yourself from getting sick

Does something smell foul inside your refrigerator? It may be food gone bad. Two kinds of bacteria that can spoil food: pathogenic bacteria, which causes foodborne illness; and spoilage bacteria, which causes food to smell, taste, and look bad. Keep these tips in mind for storing food safely:

- **Watch the temperature.** Bacteria grow the fastest between

temperatures of 40 degrees Fahrenheit and 140 degrees Fahrenheit. A refrigerator set at 40 degrees Fahrenheit or lower will protect most foods.

- **Eat or refrigerate promptly.** Don't eat food that's been stored at temperatures above 40 degrees Fahrenheit for longer than two hours.
- **Divide up.** Divide large dishes, like stew or soup, into small portions and put them in shallow

containers before you refrigerate them.

- **Use the meat and vegetable drawers.** They provide the optimal storage environment for these types of foods.
- **Don't let foods dry out.** Cover foods or wrap them in plastic to retain moisture.
- **Eat promptly.** A general rule of thumb for cooked leftovers is to toss after four days; one to two days for raw poultry and meats.



Cat lenses: It's all fun, until you can't see

Cat lenses could look great with your costume this Halloween. But ask yourself one question: Can you afford to lose your vision for eight weeks or so?

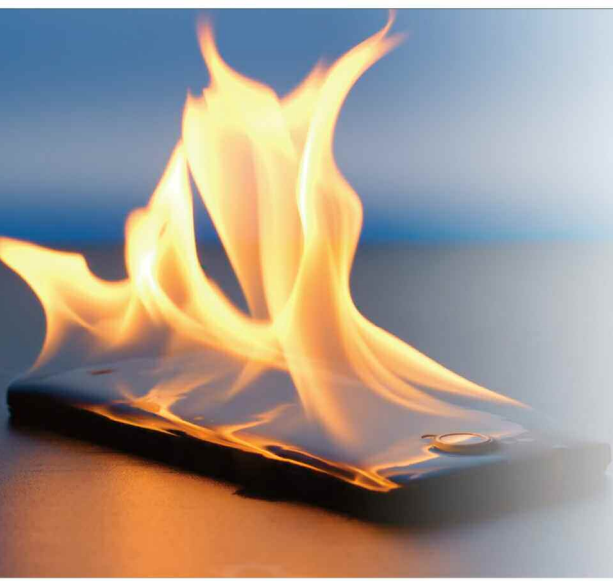
That is what happened to one woman, according to the American Academy of Ophthalmology.

The AAO reports that the West Virginia woman wore illegally made, colored lenses for 10 hours. The lens stuck like a suction cup to her eyeball. She required four weeks to recover from the pain associated with the damage to her cornea and infection.

She now lives with a scar on her cornea, a drooping eyelid and vision damage — a bad trade for one night out.

Because of incidents like this, it is illegal to sell costume contact lenses without a prescription. But some unscrupulous vendors do exist.

No contact lenses are 'one size fits all.' Your eye must be measured and the proper lens prescribed, or you risk infection, vision damage and more.



If you charge your phone near your bed, you're playing with fire.

More than 60 percent of adults sleep with their phone within arm's reach, but it's a dangerous practice. Charging your phone or tablet near your bed is a fire hazard that most people don't know about, according to the National Sleep Foundation.

In particular, you don't want to fall asleep with your phone on your bed, or especially under your covers. A phone releases a lot of heat to keep the device cool. If it is under a blanket, for example, heat can build up and damage the phone or cause it to overheat. In extreme cases, it could burn you or catch fire.

Instead, charge the phone on a flat, open surface with plenty of ventilation.

The biggest safety risk is a damaged and swollen lithium-ion battery. You might notice some loose adhesive between the screen and the housing, according to Tom's Guide. Or you might see the screen pull away from the housing. That means your device battery is swollen. If this happens, do not charge it. Stop using it immediately. Place it on a flat, cool, fire-resistant surface and keep an eye on it, allowing the battery to run down. Contact the manufacturer or a repair shop.

October
10
WORLD
Mental Health
DAY

Know your risk for depression.

Find a source for a free mental illness screening or use an online version at helpyourselfhelpothers.org. Also check nami.org for resources to seek help.

OCTOBER 21
IS CLEAN YOUR VIRTUAL DESKTOP DAY.

Take the time to clear your desktop and drop files into folders. Or try a Mac app like Declutter that sorts them for you. It'll free up RAM—and headspace.



A healthier way to
order a coffee

Can't wait to swap your daily latte for the seasonal mocha-pumpkin-double whip? Not so fast. Those concoctions can pack 600 calories and 80 g sugar. Indulge wisely with these tips from Culinary Dietitian, Sara Haas, R.D.N.

SIZE IT RIGHT Stick with the smallest cup, which is usually 8 oz.—and savor each sip.

CHOOSE YOUR ADD-ONS "With the extra flavor come extra calories since they're in the form of a sugary syrup," Hass says. Pick one or two splurges. Can't pass up the creaminess of whole milk? Skip the whipped cream, which tacks on at least 100 calories. Wait all year for the gingerbread flavor shot? Get it, but hold the caramel drizzle.

MAKE A FEW TWEAKS Ask the barista to go light on the whipped cream or chocolate shavings. You can also request one pump of flavored syrup instead of the usual two or three. Even better, skip the flavored syrup altogether and ask for a sprinkle of cinnamon or pumpkin spice right into your cup.

Visit sarahasrdn.com for recipes and meal planning tips.

TRICK OR TREAT!

25
PERCENT
OF PARENTS
SNEAK THEIR KID'S CANDY WHILE THEY'RE ASLEEP OR AT SCHOOL.

3.6
BILLION
DOLLARS
THE AMOUNT SPENT ON **HALLOWEEN DECORATIONS**. CUT COSTS BY SHOPPING IN NOVEMBER FOR NEXT YEAR.



OCTOBER IS
NATIONAL POPCORN POPPIN' MONTH
Tasty recipes for Cajun Corn, Halloween-Jack-o-Lantern Popcorn Balls, Mocha Popcorn and more at Popcorn.org.

YOU'RE MORE LIKELY TO

RECOVER FROM A COLD QUICKER IF YOU TAKE A **ZINC LOZENGE.**

Research shows that 70% of people who sucked on one as soon as they had cold symptoms felt better by the fifth day compared to 27% of those who had a placebo lozenge.

Put trash in its place.



- Trash bags should be tied securely before placing in the dumpster.
- Place bags completely inside the dumpster, not beside it. If a dumpster is full, carry your trash to another one.
- Dumpsters are for household trash only and cannot be used to dispose of toxic or items, mattresses, furniture, etc.

Thanks for helping keep our community beautiful!

Oct.		tuesday	wednesday	thursday	friday	saturday
		1 Rent Due	2 Name Your Car Day	3 October is Fire Prevention Month	4 National Truckers Appreciation Day World Smile Day	5 Do Something Nice Day
6 October's Birthstones are Opal & tourmaline	7 National Inner Beauty Day	8 National Face Your Fears Day	9 October is National Pizza Month	10 Hug a Drummer Day	11 National Spread Joy Day	12 Farmers Day
13 Breast Cancer Awareness Day	14 Columbus Day/ Indigenous Peoples' Day Be Bald and Be Free Day	15 I Love Lucy Day	16 October's Birth Flowers are the Marigold and Cosmos	17 National Pasta Day	18 Family History Month	19 Evaluate Your Life Day
20 Information Overload Day	21 Back to the Future Day	22 Smart is Cool Day	23 National Boston Cream Pie Day	24 National Bologna Day	25 Frankenstein Friday	26 National Pumpkin Day
27 Cranky Co-Workers Day	28 National First Responders Day	29 October is Breast Cancer Awareness Month	30 National Candy Corn Day	31 Halloween Happy Halloween!		

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