

DeVille

Apartment & Builders Inc.



February 2022

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Happening in February...

Chinese New Year, Feb 12. Happy 4720, the Year of the Tiger!

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, Feb. 4. Nearly 500,000 women lose their lives to heart diseases each year. The first Friday of each February is a day to reenergize an ongoing movement to focus on women's health and heart disease. Learn more at www.goredforwomen.org

Valentine's Day, Feb. 14. Paying homage to romance and love, we celebrate this day by showering gifts and affections upon those who hold special places in our hearts. Make your words and actions count today.

President's Day, Feb. 21. The day honors George Washington (born Feb. 22), and Abraham Lincoln (born Feb. 12) and all U.S. presidents.

Black History Month. This month long celebration of the accomplishments of African Americans throughout history began in the early 20th century as a result of the efforts of Dr. Carter G. Woodson and the organization he founded, The Association for the Study of African American Life and History.

Valentine's Day Around the World

America and Canada are not the only countries that enjoy Valentine's Day. Here are how other countries celebrate the day:

Denmark. Danes exchange white flowers called snowdrops and send humorous notes in which the sender signs his or her name in dots (one dot for each letter). If the recipient guesses the correct name, the sender will give him or her a candy egg at Easter.

Italy. On this day, many couples either become engaged or announce their engagements.

Mexico. On "Dia del Amor y la Amistad" (Love and Friendship Day), Mexicans randomly assign secret friends to receive anonymous gifts (similar to the Secret Santa tradition).

February Maintenance Tip

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.

Transfer Balances with Caution

Know all the details of the offer if you plan to use a splashy credit card balance transfer offer. Here are three points to look at:

Deferred interest: With this plan, if you haven't paid off the balance by the time the introductory offer expires, you'll be charged retroactive interest for the entire amount.

New purchase rates: Never make a new purchase on a balance transfer card. According to Forbes, new purchases can and will be charged a fat interest rate.

Missed payment penalties: Always set up automatic minimum payments. If you miss one payment on your transferred balance, you will lose your low-interest deal.

Lifestyle

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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.



How to host a "Super" party

Millions of fans will be tuning into watch Super Bowl LVI. They may be cheering for their favorite team, enjoying the event as true-blue football fans, tuning in with hopes of seeing some funny TV commercials or just plain socializing. Whatever the case, one thing's for certain: if any of them are coming to your home for the game, you'd better be prepared to entertain. Here are some easy tips to make sure your guests don't throw a penalty flag on your Super Bowl Party hosting skills:

Decorations: Make color your decorating companion. A few streamers and a dozen balloons in the competing teams' colors will go a long way to making your home the Home of Super Bowl LVI. And remember, colorful paper plates, plastic cups and disposable silverware can actually

add some decorative flair, while saving you from dishwashing duties.

Games: Hosting a few games will spice up the on-screen action and help draw some of the less football-savvy into the game. Ask guests to predict which team will score the first touchdown, what the score will be at half time, etc., and award small prizes to those who have the winning predictions.

Football: A Super Bowl Party without television is about as interesting as a Super Bowl without a football. So, while there may be exceptions, most of your guests are probably expecting to watch a little football at your party. When you're setting up the main viewing area, make sure you have plenty of seating and good sightlines to the TV.

Food: Everyone enjoys a party except, usually, the host. That doesn't

have to be the case at your Super Bowl party. Focus on recipes that go together quickly and require minimal fuss. Finger foods reign at a Super Bowl party; the fewer utensils required the better.

While pretzels, chips and dip, and cheese and crackers are time-tested, don't be afraid to bring a little culinary sophistication to your party. At the right is a suggestion to get you started.

Tex-Mex Tarts

- 1/2 cup cooked taco meat or refried beans
- 1/4 cup shredded cheddar and Monterey Jack cheeses
- 1 package (15 count) Athens® Mini Fillo Shells
- Garnish suggestions:
1/3 cup chunky salsa
1/4 cup sour cream
1/4 cup guacamole
2 tablespoons chopped ripe black olives

DIRECTIONS: Spoon 1 teaspoon of taco meat or beans and 1 teaspoon of cheese into each Fillo Shell. Bake in a preheated 350°F oven for 5 minutes. Garnish with any or all of the following: salsa, sour cream, guacamole and olives.



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 — ««

	tuesday	wednesday	thursday	friday	saturday			
	1 Rent Due	2 <i>Groundhog Day</i>	3 <i>Optimist Day</i>	4 <i>National Wear Red Day</i>	5 <i>Ice Cream for Breakfast Day</i>			
sunday	monday	8 <i>National Kite Flying Day</i>	9 <i>National Pizza Day</i>	10 <i>National Giving Hearts Day</i>	11 <i>National Make a Friend Day</i>	12 <i>Lost Penny Day</i>		
6 <i>February is Black History Month</i>	7 <i>Wave All Your Fingers at Your Neighbors Day</i>	13 <i>National Jell-O Week</i>	14 Valentine's Day <i>Happy Valentine's Day</i>	15 <i>National Gumdrop Day</i>	16 <i>Random Acts of Kindness Day</i>	17 <i>National Caregivers Day</i>	18 <i>Tug of War Day</i>	19 <i>Tug of War Day</i>
20 <i>National Muffin Day</i>	21 President's Day <i>National Sticky Bun Day</i>	22 <i>Single Tasking Day</i>	23 <i>National Pink Day</i>	24 <i>National Chili Day</i>	25 <i>National Clam Chowder Day</i>	26 <i>National Tell a Fairy Tale Day</i>		
27 <i>No Brainer Day</i>	28 <i>Play More Cards Day</i>							

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