

DeVille

Apartment & Builders Inc.



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Happening in August...

National Girlfriends Day, Aug. 1. The world would be a lonely place without your BFFs. Hang with your gal pals today and celebrate the bonds of friendship.

National Watermelon Day, Aug. 3. Healthy, refreshing, and at least 92 percent water. With over 300 varieties grown in North America alone, it's the perfect summer fruit, snack, or dessert.

Simplify Your Life Week, Aug. 1-7. It's not at all complicated. If it doesn't serve a purpose, isn't working, and can't be fixed, get rid of it.

Happiness Happens Month. Of all the random things that can happen in your life, choosing happiness can have a powerful influence on your quality of life. Embrace joy, smile more, choose kindness, and let the good vibrations flow.

Be Kind to Humankind Week, Aug. 25-31. What the world needs now is for people to show more kindness to each other. This week, allow courtesy, respect, and mindfulness to shape your conversations and actions.

A Fire-Prevention Checklist

Though most of us practice commonsense safety every day, we all need to be reminded not to overlook hazards that may be "hiding" in our familiar surroundings. Uncovering them, takes a little extra effort. Here are some things to look for, according to the Fire Protection Association in Quincy, Mass. • **Electrical:** Overloaded outlets or circuits. If a breaker goes off or a fuse blows, find out why. • **Living Room:** Make sure TV's have space around them to prevent overheating. • **Kitchen:** Don't leave cooking unattended, pot holders on the stove or store things on shelves over the stove. If a grease fire starts, cover the pan to smother the flames and turn the burner off. • **Bedrooms:** Never smoke in bed. Have an alternate escape route from the bedroom.

Household Hint

Bleach is a great way to clean and disinfect, but many people unknowingly use it incorrectly. According to *Good Housekeeping*, the worst thing you can do is dilute bleach with hot water. Hot water can render useless the active ingredients in bleach. Always dilute in cold water.

The Dog Days of Summer Are Here!

During the dog days of August, the most indispensable appliance in your apartment is the air conditioner. To increase its efficiency, keep the temperature set at 78 degrees. The exception to this rule would be the hours preceding a get-together. To cool things off, turn the A/C down one degree per guest two hours prior to their arrival. Close all windows and doors, pull the shades down to insulate from solar heat and turn off any unnecessary lights.

Different Strokes

While you may be getting ready for a night on the town, others are putting on their pajamas and calling it a night. In our diverse community many residents have different hours. Everyone appreciates courteous neighbors. If you're a night owl, **please be considerate of neighbors, who may be early birds.** We appreciate your cooperation in keeping the noise level down.

LifeStyle

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Too busy to think?

You may suffer from 'hurry sickness'

In today's connected culture, we are becoming more and more frantic and impatient. The reason, according to *Fortune* magazine, is that many people are suffering from what psychologists have named "hurry sickness."

Symptoms include:

- Repeatedly pushing the button to close the door on the elevator
- Finding the urge to multitask while waiting 30 seconds for the microwave to finish
- Getting extremely frustrated waiting in lines
- Working while brushing teeth and eating lunch

Now, these might not seem like symptoms that are egregious to health, but all of these activities take a toll on the body in the long run as the body interprets this constant need to do more, faster, as stress. Hurry sickness, as far as the body is concerned, means that the stress hormone cortisol is produced double-time. This hormone has been linked with heart disease and can suppress the immune system.

Managing hurry could be a critical element of a person's plan to stay healthy, and *Success*

magazine suggests three ways to become more balanced and efficient each day while reducing the amount of unnecessary hurry.

Turn off the electronics. In a society that stays connected at all times, severing that connection can make all the difference. Being glued to the constant updates and newsfeeds on a smartphone has trained people never to rest. The issue is not that people want to get information; it is that once read, they simply crave the next bit in an endless cycle. Nothing is thoughtfully considered or analyzed before moving on.

Breathe. At its most basic level, the body's instincts will tell it to seek flight, fight, or freeze when it encounters danger. When faced with unnecessary stress, the body often subconsciously slows or stops its breathing. A lack of oxygen overstimulates the brain and causes poor decision making.

Focus. Many tout multitasking as an excellent skill, but in reality, many multitaskers are merely good at not-quite-finishings lots of tasks at once. Slowing down and focusing on what is important will lead to better results in the long run.



Berries aid thinking

Two separate clinical studies show that berries appear to give a boost to brain power.

In one study, healthy men and women ages 60 to 75 were given two cups of strawberries for 90 days. They showed improved scores for word recognition and spatial memory.

In another study, researchers showed that older adults who ate the equivalent of one cup of blueberries for 90 days didn't repeat themselves as often.

Quoted in *Tufts Health & Nutrition Letter*, Barbara Shukitt-Hale said researchers speculate that the anthocyanins in berries have certain anti-inflammatory properties that have direct effects on the brain.

Supplements, she said, don't appear to work. It is the combination of nutrients in berries that seem to have a benefit.



Play it safe in the kitchen

A kitchen is perhaps the busiest room in the home – and the most dangerous. The ingredients of extreme heat, blade-sharp utensils, breakables, heavy-gauge cookware, the pressures of time and bustling activity in the kitchen can combine for a perilous mixture of mayhem.

According to the National Fire Protection Association, most home fires are caused by cooking-related accidents.

- Keep the handles of cookware away from the edge of the stove where they can be bumped or grabbed by young children. Watch also that handles don't extend over adjacent burners.
- Never leave cooking food unattended, particularly when heating a skillet. Foods and oils can get so hot that they will smoke and burst into flames if left unattended.
- Keep a fire extinguisher within easy reach of the stove, yet away from direct heat.



THE MEG A massive creature attacks a deep-sea submersible, leaving it disabled and trapping the crew at the bottom of the Pacific Ocean. With time running out, rescue diver Jonas Taylor (**Jason Statham**) must save the crew and the ocean itself from an unimaginable threat — a 75-foot-long prehistoric shark known as the Megalodon.



CRAZY RICH ASIANS Rachel Chu (**Constance Wu**) is happy to accompany her longtime boyfriend, Nick (**Henry Golding**), to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse — Nick's disapproving mother.

THE SPY WHO DUMPED ME The film tells the story of Audrey (**Mila Kunis**) and Morgan (**Kate McKinnon**), thirty-year-old best friends from Los Angeles, who are unexpectedly thrust into an international conspiracy when Audrey's ex-boyfriend (**Justin Theroux**) shows up at her apartment with a team of deadly assassins on his trail. Much to their own surprise, the duo jump into action, and find themselves on the run in Europe from the assassins and a suspiciously charming British agent (**Sam Heughan**), as they hatch a plan to save the world.

DISNEY'S CHRISTOPHER ROBIN In the heartwarming live action adventure, the

young boy who shared countless adventures with his band of lovable stuffed animals in the Hundred Acre Wood is now grown up and living in London but he has lost his way. Now it is up to his childhood friends to venture into our world and help Christopher Robin rediscover the joys of family life, the value of friendship and to appreciate the simple pleasures in life once again.

REPLICAS Brilliant neuroscientist Will Foster (**Keanu Reeves**) works day and night on brand new technology that would allow him to transfer human consciousness into a computer, but his work leaves him little time for his family. However, when his wife Mona and their three children are killed in a tragic car accident, he refuses to accept the truth. With help from a fellow scientist, Foster replicates all four by cloning their bodies and teleporting their minds into the new bodies.

THE DARKEST MINDS When teens mysteriously develop powerful new abilities, they are declared a threat by the government and detained. Sixteen-year-old Ruby, one of the most powerful young people anyone has encountered, escapes her camp and joins a group of runaway teens seeking safe haven. Soon this newfound family realizes that, in a world in which the adults in power have betrayed them, running is not enough and they must wage a resistance, using their collective power to take back control of their future.

SEARCHING David Kim (**John Cho**) becomes desperate when his 16-year-old daughter Margot disappears and an immediate police investigation leads nowhere. He soon uses Margot's laptop to contact her friends and look at photos and videos for clues to her whereabouts.

KIN Chased by a vengeful criminal (**James Franco**), the feds and a gang of otherworldly soldiers, a recently released ex-con (**Jack Reynor**) and his adopted younger brother (**Myles Tritt**) are forced to go on the run with a weapon of mysterious origin as their only protection.

THE HAPPYTIME MURDERS Set in the seedy underbelly of Los Angeles where puppets and humans coexist, two clashing detectives with a shared secret, one human (**Melissa McCarthy**) and one puppet, are forced to work together again to solve the brutal murders of the former cast of a beloved classic puppet television show.

HOME ENTERTAINMENT RELEASES

August 7	Life of the Party
August 7	Breaking In
August 7	Book Club
August 14	Bad Samaritan
August 21	Show Dogs

Cool Coffee Treats

Ice cream is a classic summertime treat and a favorite indulgence for people of all ages. Now, this palate pleaser gets a modern makeover with recipes that cater to the most sophisticated tastes.

Give simple cookouts and festive dinner parties alike an artful finale with creative desserts that make the most of Starbucks ice cream. They're simple to make, easy on the wallet and a sure-fire way to impress your guests.



Super-premium ice cream, inspired by popular Starbucks beverages, turns floats, tiramisu and even bananas Foster into gourmet desserts that put a smile on everyone's face.

Delight your friends and family all summer long with these delicious, unexpected flavors. For more information, visit starbucksicecream.com.

Mocha Soda Floats

2 servings

Prep Time: 5 minutes

2 tablespoons chocolate syrup
1 can (12 ounces) chilled
cream soda

1 cup Starbucks Mocha Frappuccino ice cream

2 dollops sweetened
whipped cream

Evenly divide chocolate syrup into 2 tall glasses. Scoop 1/4 cup ice cream into each glass. Add soda, then top with remaining ice cream. Garnish with whipped cream. ■

Coffee Bananas Foster

2 servings

Prep Time: 15 minutes

Cook Time: 5 minutes

2 medium bananas, sliced

1/4 cup firmly packed light
brown sugar

1/4 cup heavy or whipping
cream

2 tablespoons butter

2 tablespoons dark or light rum

2 slices prepared pound cake
(about 1/2 inch thick), toasted

1 cup Starbucks Caramel
Macchiato ice cream

Bring bananas, sugar, cream, butter and rum to a boil over medium heat in 10-inch non-stick skillet. Cook, stirring occasionally, 2 minutes or until sauce is slightly thickened. Remove from heat.

Arrange cake on 2 dessert dishes. Top with ice cream, then banana mixture. ■

Tiramisu Parfaits

2 servings

Prep Time: 15 minutes

1 cup sweetened whipped
cream,

plus extra for topping

1/2 cup mascarpone

1/3 cup strong-brewed Starbucks coffee or espresso

1 cup chopped crunchy
ladyfinger cookies

1 cup Starbucks Java Chip
Frappuccino ice cream

Fold 1/4 cup whipped cream into mascarpone in medium bowl. Fold in remaining whipped cream; set aside.

Spoon 1/2 of mascarpone mixture into 2 parfait dishes. Sprinkle about 1/4 of the cookies and 1/4 of the coffee mixture into each dish.

Evenly scoop ice cream into dishes, then top with remaining ingredients. Garnish, if desired, with additional whipped cream, grated chocolate or chocolate covered espresso beans. ■

August

			wednesday	thursday	friday	saturday
			1 Rent Due.	2 Coloring Book Day	3 Watermelon Day	4 Sister's Day
5 Friendship Day	6 Wiggle Your Toes Day	7 August is Happiness Happens Month	8 Bowling Day	9 Book Lovers Day	10 August is Fishing Month	11 Play in the Sand Day
12 Vinyl Record Day	13 International Left-handers Day	14 August is Peach Month	15 Relaxation Day	16 Tell a Joke Day	17 Thrift Shop Day	18 Bad Poetry Day
19 Humanitarian Day	20 Cupcake Day	21	22 Be an Angel Day	23 Burger Day	24	25 Kiss and Make Up Day
26	27 Banana Lovers Day	28 Bow Tie Day	29 More Herbs, Less Salt Day	30 Slinky Day	31 National Matchmaker Day	

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