

DeVille

Apartment & Builders Inc.



February 2019

Inside this issue

Healthy eating tips

How to keep flowers fresh

Movie previews and more!

Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in February...

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

National "Wear Red" Day for Women's Heart Health, Feb. 1. Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

Groundhog Day, February 2. While waiting for the groundhog this year, consider that these hibernating mammals also go by "woodchuck," "marmot," and "whistle pig" — the latter because groundhogs sometimes emit a loud, sharp whistle when frightened. Let's hope for clouds; legend has it that if the groundhog sees his shadow, we're in for six more weeks of winter.

Make a Friend Day, Feb. 11. Friends are the jewels that enrich our lives. Reach out and make a connection with someone.

Valentine's Day, Feb. 14. Show the people you love how much you care for them, with cards, flowers, and kindness.

Presidents' Day, Feb. 18. Held on or around the birthday of the first U.S. president, George Washington.

Chinese New Year, Feb 19. Happy 4717, the Year of the Pig!

Home Is Where the Heart Is

We're delighted that you have chosen to reside at DeVille Apartments. Our management team strives to create a warm and caring living environment designed to make you feel right at home. Please don't hesitate to contact the Management Office with any comments, questions or concerns. Have a Happy Valentine's Day!

Heart Attack: Watch for the Signs

Because February is American Heart Month, we thought it appropriate to educate our residents about the early warning signs of a heart attack. Of the approximately 540,000 people who die from heart attacks every year, 350,000 die outside the hospital within the first two hours of the arrest. Watch for any of the following signs and call 911 immediately:

- Uncomfortable pressure, squeezing, fullness, or dull pain in the center of the chest lasting longer than two minutes
- Pain that may radiate into the areas of the shoulders, arms, neck or jaws
- Sweating
- Nausea
- Shortness of breath
- Feeling of weakness
- Pale and sick looking.

Winter Weather Car Tips

- Remove road salt from carpets with a solution of equal parts vinegar and water.
- Carry a blackboard eraser in your car to remove fog from the inside of windows.
- Leave the window open a crack to prevent frost from building up inside the car.
- Keep a broom with a shortened handle in the trunk of the car to dust off snow.

YOUR COMMUNITY STAFF

Chalet DeVille

330-492-8650

Chateau DeVille

330-492-8650

DeVille Northgate

330-492-8650

DeVille Regency

330-492-8650

DeVille Village

330-834-1396

DeVille Grandeur

330-834-1396

Fontaine DeVille

330-488-1051

Little Williamsburg

330-488-1051

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

Corporate E-Mail

deville@devilleapts.com





Try these six tips for healthy eating habits

If you've already slipped off your New Year's diet, it's not too late to get back on track. Just follow these tips for healthy weight loss from the Harvard Health Publishing website:

- **Make a list.** Keep track of what you eat and drink for at least three days. Include what you consume, where, how much, and so forth.
- **Set a goal.** Be specific—do you want to lose a certain number of pounds, lower your blood pressure, or something else? Identify strategies for reaching your goal in a reasonable amount of time.
- **Anticipate obstacles.** What might prevent you from hitting your goal? If a busy schedule might keep you from working out, plan to get up a little earlier. If an empty pantry tempts you to

order take-out, spend some time looking up healthy recipes, then go to the grocery store for ingredients and make enough for a few nights of leftovers.

- **Control your portion size.** A standard single serving of meat or poultry is about the size of a deck of cards, and a serving of pasta is about half a cup. Check on portion sizes so you don't overeat.
- **Listen to your body.** Try not to eat just because you're worried or angry. Train yourself to stop eating before you feel full—it takes about 20 minutes for your brain to recognize that you've had enough.
- **Eat slowly and mindfully.** Don't rush your meals. Take the time to enjoy every bite. You'll eat less and still feel full when you're finished.



Cast a love spell on Valentine's Day

Did you forget to make dinner reservations for Valentine's Day? Nice job! Here are some tips to make it seem like you planned a romantic "evening in" all along...

Takeout to the rescue! All you have to do is go a step above fast food and pick up some slightly exotic finger-food fare, such as sushi, gourmet tacos, shish kebab or satay (available at Indonesian and southeast Asian restaurants). Be sure to call the eatery ahead—hours before you think you'll be ready to eat—because you're not the only love-day procrastinator.

Fill your home with romantic scents. Dot a drop or two of jasmine essential oil on a light bulb here and there. (Do it when the bulb is cold, please.) According to Laurie Steelsmith, ND, LAc, jasmine oil emits a sweet, musky aroma that prompts the release of pleasure-supporting brain chemicals such as endorphins. It rouses passion... and helps establish an ambience of intimacy. Who needs a restaurant?



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.



Photo credit: Jess Miglio



WHAT MEN WANT Passed up for a well-deserved promotion, sports agent Ali Davis (**Taraji P. Henson**) wonders what else she needs to do to succeed in a man's world. Hoping to find answers from a psychic, Ali drinks a weird concoction that suddenly allows her to hear what men are thinking. Using her newfound ability, Ali starts to turn the tables on her obnoxious male colleagues while racing to sign the next basketball superstar.

ISN'T IT ROMANTIC New York City architect Natalie works hard to get noticed at her job but is more likely to be asked to deliver coffee and bagels than to design the city's next skyscraper. And if things weren't bad enough, Natalie, a lifelong cynic when it comes to love, has an encounter with a mugger that renders her unconscious, waking to discover that her life has suddenly become her worst nightmare—a romantic comedy—and she is the leading lady. **Rebel Wilson** and **Liam Hemsworth** star.

COLD PURSUIT **Liam Neeson** stars as Nels Coxman, a family man whose quiet life with his wife (**Laura Dern**) is upended following the mysterious death of their son. Nels' search for justice turns into a vengeful hunt for Viking, a drug lord he believes is connected to the death. As one by one each of Viking's associates "disappear," Nels goes from upstanding citizen to ice-cold vigilante, letting nothing - and no one - get in his way.

JACOB'S LADDER After losing his brother in combat, Jacob Singer returns home from Afghanistan only to be pulled into a mind-

twisting state of paranoia as he realizes that his brother is alive and life is not what it seems. **Michael Ealy**, **Jesse Williams**, and **Nicole Beharie** star.

ARCTIC A man stranded in the Arctic after an airplane crash must decide whether to remain in the relative safety of his makeshift camp or to embark on a deadly trek through the unknown in hopes of making it out alive. **Mads Mikkelsen** stars.

THE RHYTHM SECTION After the death of her family in an airplane crash on a flight that she was meant to be on, Stephanie Patrick (**Blake Lively**) discovers the crash was not an accident. She then seeks to uncover the truth by adapting the identity of an assassin to track down those responsible. **Jude Law** also stars.

FLASKY Fred Flasky (**Seth Rogen**), an unemployed journalist battered by his own misfortune, endeavors to pursue Charlotte Field (**Charlize Theron**), his childhood crush and babysitter who now happens to be one of the most powerful and unattainable women on the planet.

EVERYBODY KNOWS The film follows Laura (**Penélope Cruz**) on her travels from Argentina to her small home town in Spain for her sister's wedding, bringing her two children along for the occasion. Amid the joyful reunion and festivities, the eldest

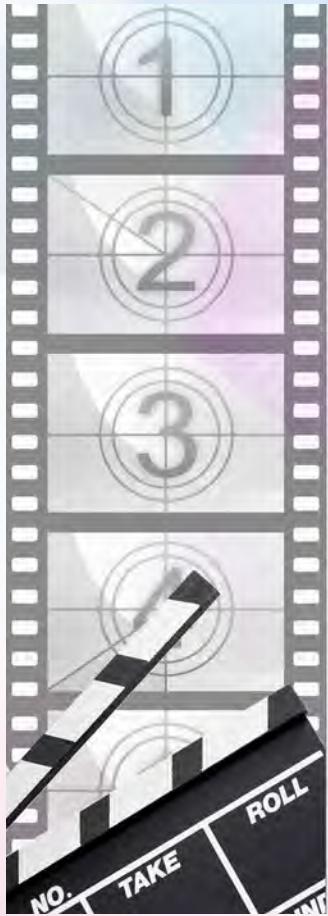
daughter is abducted. In the tense days that follow, various family and community tensions surface and deeply hidden secrets are revealed. **Javier Bardem** also stars.

FIGHTING WITH MY FAMILY Reformed gangster and former wrestler Ricky, his wife Julia, daughter Saraya and son Zak make a living performing in tiny venues across the country. Ricky and Julia want a better life for their children and when brother and sister get the chance to audition for the WWE, it seems the family dream is coming true and all their troubles will be solved. However, Saraya and Zak are about to learn that becoming a WWE Superstar demands more than they ever imagined possible as athletes and siblings.

THE TURNING A caretaker is hired to look after two orphaned children at their family's isolated estate. Upon the caretaker's arrival, the young woman finds that the children are not quite what they seem, and that she might be losing them to evil spirits with a secret tie to their past.

HOME ENTERTAINMENT RELEASES

Feb. 5	Dr. Seuss' The Grinch
Feb. 5	The Girl in the Spider's Web
Feb. 5	Widows
Feb. 19	A Star is Born
Feb. 12	Bohemian Rhapsody
Feb. 12	The Front Runner
Feb. 19	Robin Hood



Valentine's Day Movie Trivia

What better way to celebrate Valentine's Day than with a romantic movie?

To get in the mood, match these quotations with the famous love story they came from.

- a) "I don't know how to say goodbye. I can't think of any words."
- b) "Promise me you'll survive. That you won't give up, no matter what happens, no matter how hopeless."
- c) "What can you say about a twenty-five-year-old girl who died? That she was beautiful and brilliant? That she loved Mozart and Bach, the Beatles, and me?"
- d) "I think I was a little in love with her."
- e) "Winter must be cold for those with no warm memories. And we've already missed the spring."
- f) "It's gonna be really hard. We're gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, you and me, every day."
- g) "Kiss me. Kiss me as if it were the last time."
- h) "I know that this is the beginning of the end. Not the end of my loving you but the end of our being together. But not quite yet, darling. Please. Not quite yet."
- i) "And when I shall die, take him and cut him up in little stars, and he will make the face of heaven so fine that all the world will fall in love with night and pay no worship to the garish sun."
- j) "You should be kissed and often, and by someone who knows how."

1. *Dr. Zhivago*
2. *Gone With the Wind*
3. *The Notebook*
4. *Brief Encounter*
5. *Romeo & Juliet*
6. *Titanic*
7. *Love Story*
8. *An Affair to Remember*
9. *Roman Holiday*
10. *Casablanca*

Answers: a (9); b (6); c (7); d (1); e (8); f (3); g (10); h (4); i (5); j (2)

February 2019

					friday	saturday
					1	2
					Rent Due.	Ice Cream for Breakfast Day
sunday	monday	tuesday	wednesday	thursday		
3	4	5	6	7	8	9
Dump Your Significant Jerk Day	World Cancer Day	Chocolate Fondue Day		Wave All Your Fingers at Your Neighbor Day	Kite Flying Day	Read in the Bathtub Day
10	11	12	13	14	15	16
February is Library Lovers' Month	Make a Friend Day	Lost Penny Day	Radio Day	Valentine's Day Happy Valentine's Day!	Gumdrop Day	World Whale Day
17	18	19	20	21	22	23
Random Acts of Kindness Day	Presidents' Day Pluto Day	February is Black History Month		Sticky Bun Day	World Yoga Day	Play Tennis Day
24	25	26	27	28		
World Bartender Day	Play More Cards Day		Polar Bear Day	Chili Day		