

# DeVille

Apartment & Builders Inc.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Happening in May...

**Cinco de Mayo, May 5.** A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

**Mother's Day, May 12.** The second Sunday of May. Whether you send a card, make a phone call, or cook dinner, show your mother you care.

**Memorial Day, May 27.** Remember the people who died while serving in the United States' armed forces.

**National Creativity Day, May 30.** Make something today. Tap your imagination, and let your creativity flow.

**National Women's Health Week, May 12–18.** Women's health needs change as they age. Visit [www.womenshealth.gov/nwhw/to](http://www.womenshealth.gov/nwhw/to) take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

## Mother's Day Quotes

"Biology is the least of what makes someone a mother." ~*Oprah Winfrey*

"Any mother could perform the jobs of several air traffic controllers with ease." ~*Lisa Alther*

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." ~*Unknown*

"My mother had a great deal of trouble with me, but I think she enjoyed it." ~*Mark Twain*

"The world is full of women blindsided by the unceasing demands of motherhood, still flabbergasted by how a job can be terrific and torturous." ~*Anna Quindlen*

"My mother could make anybody feel guilty—she used to get letters of apology from people she didn't even know." ~*Joan Rivers*

"The best way to keep children home is to make the home atmosphere pleasant—and let the air out of the tires." ~*Dorothy Parker*

## Memorial Day Observed

We honor the memory of all the brave men and women who have fought for our country. Our residents are encouraged to attend events commemorating the holiday and to express their thanks to the families of fallen heroes. **Our Offices will be closed on Memorial Day, Monday, May 27th.**

## How to Save on Travel Costs

- Buy your tickets six weeks or more in advance. Or wait until the last minute and check you favorite airline's costs on twitter.
- Don't forget baggage costs. A cheap ticket may not be worth it if your family has to pay for five or six bags. Southwest and JetBlue allow at least one free checked bag per passenger.
- According to Family Circle, if you reserve your hotel room through Tingo.com (part of Smarter Travel Media, a Trip Advisor company), your reservation will get automatically rebooked at a lower rate if the hotel drops its prices, and you'll be refunded the difference.
- Bid for a vehicle through Priceline or Hotwire, which both use major car rental companies, or browse Breezenet.com.



May 2019

Inside this issue

Healthy travel tips

How to plan a relaxing vacation

Movie previews and more!

## Lifestyle

### YOUR COMMUNITY STAFF

#### Chalet DeVille

330-492-8650

#### Chateau DeVille

330-492-8650

#### DeVill Northgate

330-492-8650

#### DeVill Regency

330-492-8650

#### DeVill Village

330-834-1396

#### DeVill Grandeur

330-834-1396

#### Fontaine DeVill

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

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#### Corporate E-Mail

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







# How to stay healthy when you travel

**C**an your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

▪ **Get a smoke-free room.**

Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.

▪ **Resist the minibar.**

Decline a minibar key when you check in. You'll be free of temptation to indulge in

unhealthy (and expensive) drinks and snacks.

▪ **Ditch the bed cover.** Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.

▪ **Bring your own disinfectant.** Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.

▪ **Pack your own snacks.** You won't want to raid the minibar or visit the vending machines if you bring your own snacks with you. Dried fruit,

trail mix, and other nutritious options will help you avoid overindulgence in your room and when you eat out.

▪ **Use fresh cups.** Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.

▪ **Exercise.** Take some time out to stretch, run in place, or do some simple aerobics or yoga.

▪ **Check the exits.** Make sure you and your family (or fellow business travelers) know how to get out of the hotel quickly in the event of a fire or other emergency.



## Breakfast: It really is for champions

Breakfast really is the most important meal of the day. People who skip the morning meal tend to struggle more with weight problems, as well as low energy all day long.

Why? The hours between dinner and breakfast are usually the longest span between any of the meals in the day. While sleeping, the body still needs fuel to keep your body in working order. That fuel comes from glucose stored in the blood, liver, and muscles. By morning, the glucose is depleted.

"Breakfast skippers" can feel fine and full of energy in the first few hours after waking up, because the body and mind are refreshed after a night's sleep. But that energy fades as the increasing demands of the day add stress to a body already running low on fuel. By lunchtime, even if you eat a healthful meal, regaining the energy that you would have had if you had eaten breakfast is close to impossible.



## Start planning a relaxing summer vacation today

If you're planning this year's summer vacation, you want to make sure it's safe and enjoyable for everyone in your family. Follow these tips for a vacation that's truly relaxing:

▪ **Do your homework.** Once you've selected a destination, find out what's available in terms of activities and amenities. Discuss what you want to do ahead of time so you can stay organized and avoid burning out from trying to do too much, or getting bored because you're doing too little.

▪ **Think about nutrition.** Don't go overboard on fast food or expensive dinners. Pack some healthy snacks, like carrot sticks or granola, for the road. Bring plenty of water. Find out what restaurants are available at your destination and along the way so you can plan at least some healthy meals.

▪ **Be flexible.** Planning is useful, but don't let your schedule dictate everything you do. Build enough time into your itinerary to explore the unexpected. Let everyone have the chance to decide what to do and where to go so long trips don't turn into extended family fights.





**ALADDIN** A thrilling and vibrant live-action adaptation of Disney's animated classic, "Aladdin" is the exciting tale of the charming street rat Aladdin (**Mena Massoud**), the courageous and self-determined Princess Jasmine (**Naomi Scott**) and the Genie (**Will Smith**) who may be the key to their future.

Photo credit:  
Christian Black

**THE HUSTLE** Anne Hathaway and Rebel Wilson star as female scam artists, one low rent and the other high class, who team up to take down the dirty rotten men who have wronged them.

**JOHN WICK: CHAPTER 3 - PARABELLUM** John Wick (**Keanu Reeves**) is on the run for two reasons... he's being hunted for a global \$14 million dollar open contract on his life, and for breaking a central rule: taking a life on Continental Hotel grounds.

**LONG SHOT** Fred Flarsky (**Seth Rogen**) is a gifted and free-spirited journalist who has a knack for getting into trouble. Charlotte Field (**Charlize Theron**) is one of the most influential women in the world—a smart, sophisticated and accomplished politician. When Fred unexpectedly runs into Charlotte, he soon realizes that she was his former baby sitter and childhood crush. When Charlotte decides to make a run for the presidency, she impulsively hires Fred as her speechwriter—much to the dismay of her trusted advisers.

**ROCKETMAN** An epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story—set to Elton John's most beloved songs and performed by star **Taron Egerton**—tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture.

**THE INTRUDER** When a young married couple (**Michael Ealy** and **Meagan Good**) buys their dream house in the Napa Valley, they think they have found the perfect home to take their next steps as a family. But when the strangely attached seller (**Dennis Quaid**) continues to infiltrate their lives, they begin to suspect that he has hidden motivations beyond a quick sale.

**BOOKSMART** On the eve of their high school graduation, two academic superstars and best friends realize they should have worked less and played more. Determined not to fall short of their peers, the girls try to cram four years of fun into one night. **Kaitlyn Dever** and **Billie Lourd** star.

**TOLKIEN** As a young student, J.R.R. Tolkien finds love, friendship and artistic inspiration among a group of fellow outcasts. These early

life experiences soon inspire Tolkien to write the classic fantasy novels "The Hobbit" and "The Lord of the Rings."

**MA** Octavia Spencer stars as Sue Ann, a lonely, middle-aged woman who befriends a group of teenagers and decides to let them party at her house. Just when the kids think their luck couldn't get any better, things start happening that make them question the intention of their host.

**THE SUN IS ALSO A STAR** Natasha (**Yara Shahidi**) and her family have less than 24 hours before they are scheduled to be deported from New York to Jamaica. Further complications soon arise when Natasha meets and falls in love with Daniel (**Charles Melton**), the son of Korean immigrants.

#### HOME ENTERTAINMENT RELEASES

May 7	What Men Want
May 14	Cold Pursuit
May 14	Apollo 11
May 14	Fighting with My Family
May 21	The Upside
May 21	Isn't it Romantic
May 21	How to Train Your Dragon: The Hidden World



Mother's Day is Sunday, May 12th



Memorial Day is  
Monday, May 27th

May 2019

			wednesday	thursday	friday	saturday
			1 Rent Due.	2 Password Day	3 Two Different Colored Shoes Day	4 Star Wars Day (May the Fourth Be with You)
5 Happy Cinco de Mayo!	6 May is Golf Month	7 Cosmopolitan Day	8 No Socks Day	9 Teacher Appreciation Day	10 Military Spouse Appreciation Day	11 Eat What You Want Day
12 Mother's Day Happy Mother's Day	13 Frog Jumping Day	14 Chicken Dance Day	15 Chocolate Chip Day	16 Sea Monkey Day	17 Work From Home Day	18 Visit Your Relatives Day
19	20 World Bee Day	21 I Need a Patch for That Day	22 May is Get Caught Reading Month	23 Lucky Penny Day	24 Brother's Day	25 Geek Pride Day
26 Indianapolis 500	27 Memorial Day We Honor Those Who Made the Ultimate Sacrifice	28 Hamburger Day	29 May is Asian Pacific Heritage Month	30 Mint Julep Day	31 No Tobacco Day	