

DeVille

Apartment & Builders Inc.

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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.

Happening in August...

National Coloring Book Day, Aug. 2. This falls on a Friday. Why not end the day early and spend time coloring with your co-workers or at home with your family? It's fun and relaxing, and you don't have to stay within the lines if you don't want to.

National Farmers' Market Week, Aug. 4–10. Buy and eat local. Support the farmers in your area and the tireless efforts of the folks selling all sorts of good stuff this season.

National Vinyl Record Day, Aug. 12. We celebrate the significance of vinyl recordings on the anniversary of the invention of the phonograph by Thomas Edison in 1877. Though we live in a digital world, there still remains a wealth of audio recordings that exist only on vinyl discs. Take a trip down memory lane, and play something from your collection.

World Photo Day, Aug. 19. Reorganize your photo albums, scan copies of family photographs to preserve them in a digital format, or go exploring with your camera ready to capture the action unfolding around you today.

August is National Win with Civility Month. Take the high road this month in your dispute resolutions, mediations, and negotiations anytime you are faced with conflict.

The ABCs of Back to School

A. Arrange a tour for your child. Visit the classroom, meet his/her teacher, and find the bathrooms, cafeteria, bike racks and library. **B. Buy** supplies in bulk to save money over the year. **C. Cancel** "sleeping in" a week or two prior to classes to reset your child's internal clock!

Exercise Links Physical and Mental Health

The centuries-old wisdom that physical activity over a lifetime helps the body and mind are being proved again today.

Exercise is not just for the young. At every age, it lowers the risk of diseases that become chronic in middle age and beyond. These include heart disease, various cancers, hypertension, osteoporosis, diabetes and Alzheimer's disease.

Stained Coffee Mugs?

If your ceramic mugs have stubborn tea and coffee stains, try a baking soda paste. Mix a little water into several teaspoons of baking soda; just enough to make the mixture pasty. Now rub the paste over the offending coffee stains with a soft cloth or sponge. Clean off with a wet sponge and dry. The mixture also has other uses: Scuff marks on the floor, chrome on golf clubs or stainless steel in the kitchen, according to hunker.com.



August 2019

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Lifestyle

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Saturday

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Sunday

Closed

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How to be happy at work

Most jobs aren't perfect, but that doesn't mean you have to be miserable all day. Monster.com offers these tips for making it through the day with a positive outlook:

- **Keep personal problems at home.** Don't spend your day brooding about crises outside the office that you can't do anything about. Concentrating on what you can control at work will help you remember that you're capable and competent, which will improve your mood throughout the day.
- **Build a workplace nest.** Decorate your office or cubicle with some simple things that make you happy—photos of your family, brochures for a vacation you'd like to take, motivational books, and the like. You'll feel more comfortable and relaxed surrounded by things you like.
- **Create a workplace support system.** Make friends with your co-workers so they can help you stay positive. Don't complain about what's going wrong—talk about what you enjoy and look forward to so you'll stay focused on the positive.

- **Get organized.** A messy workspace and poor time management can be dispiriting and prevent you from doing your best work. Eliminate clutter, and plan your day so you can succeed and feel good about it.

- **Move around.** Don't sit in your chair all day. Get up often for a walk around the office to get your blood flowing. Take a walk at lunch for some fresh air. Exercise improves your mood as well as your health.

- **Eat right and drink lots of water.** Junk food may taste good, but it can lead to afternoon blahs that don't help you feel positive about your work. Try a diet high in fruits, vegetables, and protein, not salt, fat, and carbs. Drink plenty of water to stay hydrated throughout the day.

- **Don't try to change your co-workers.** Some of your colleagues may be irritating, but trying to change them is a futile effort. Minimize your contact with people you don't get along with, and learn to accept people for who they are instead of wasting time wishing they were different.



Make Your Own Popsicles

Popsicle molds are available in most kitchen supply stores and supermarkets. *Can't find them?* No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

- **Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.

- **Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.

- **Piña Colada:** Puree pineapple chunks with coconut milk, sugar to taste.

- **Orange Julius:** Combine orange juice, just enough half-and-half to make it creamy, vanilla, and sugar to taste.

- **Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.

FITNESS FOR EVERY MOOD

Tired? Bored? Stressed? There's a workout fix out there for you! Find out which one suits your current state of mind.

If you're **irritable**, boost your mood by busting a move. Dance-based fitness, such as Zumba or Dance Cardio, combine high-energy grooves with dance moves that feel more like a night out with friends than a day in at the gym.

If you're **stressed or depressed**, mellow out with a calming regime. Yoga or Pilates are core focused so they ground you into a centered state of mind. You'll "Namaste" your way to a better day.

If you're feeling like you **overdid it** with the bread basket last weekend, sweat out your

cheat day and get back on track in a high intensity interval training (HIIT) class or at the spin studio.

If you're **tired**, throw on your running shoes and hit the open road or the treadmill. Sounds counterintuitive but sometimes a quick run is more invigorating than a power nap, especially if you complement it with your favorite workout playlist.

As you can see, regardless of how you're feeling, working out is the ultimate mood booster. So match up your mood and start making some fitness moves!





HOBBS & SHAW When cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever, two sworn enemies, Luke Hobbs and Deckard Shaw (Dwayne Johnson and Jason Statham), will have to partner up to bring down the only guy who might be badder than themselves.

47 METERS DOWN Four teen girls diving in a ruined underwater city quickly learn they've entered the territory of the deadliest shark species in the claustrophobic labyrinth of submerged caves.

In exchange for not blowing JJ's cover Sophie convinces him to spend time with her and teach her to be a spy. Despite his reluctance JJ finds he is no match for Sophie's disarming charm and wit.

THE ART OF RACING IN THE RAIN A heartfelt tale narrated by a witty and philosophical dog named Enzo (voiced by Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia), an aspiring Formula One race car driver, Enzo has gained tremendous insight into the human condition and understands that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

ANGEL HAS FALLEN Secret Service Agent Mike Banning (Gerard Butler) is framed for the attempted assassination of the President (Morgan Freeman) and must evade his own agency and the FBI as he tries to uncover the real threat.

READY OR NOT follows a young bride (Samara Weaving) as she joins her new husband's (Mark O'Brien) rich, eccentric family (Adam Brody, Henry Czerny, Andie MacDowell) in a time-honored tradition that turns into a lethal game with everyone fighting for their survival.

THE KITCHEN Melissa McCarthy, Tiffany Haddish and Elisabeth Moss star as three 1978 Hell's Kitchen housewives whose mobster husbands are sent to prison by the FBI. Left with little but a sharp ax to grind, the ladies take the Irish mafia's matters into their own hands—proving unexpectedly adept at everything from running the rackets to taking out the competition...literally.

WHERE'D YOU GO BERNADETTE A loving mom (Cate Blanchett) becomes compelled to reconnect with her creative passions after years of sacrificing herself for her family. Her leap of faith takes her on an epic adventure that jump-starts her life and leads to her triumphant rediscovery.

MY SPY follows JJ a hardened CIA operative (Dave Bautista) who has been demoted and finds himself at the mercy of a precocious 9-year-old girl, named Sophie (Chloe Coleman) where he has been sent undercover begrudgingly to surveil her family. When Sophie discovers hidden cameras in her apartment she uses her tech savviness to locate where the surveillance operation is set.

BRIAN BANKS The inspirational true story of Brian Banks, an all-American high school football star who finds his life upended when he's wrongly convicted of a crime he didn't commit. Despite the lack of evidence, Banks gets railroaded through a broken justice system and sentenced to a decade of prison and probation. Years later, with the support of Justin Brooks and the California Innocence Project, Banks fights to reclaim his life and fulfill his dreams of playing in the NFL.

HOME ENTERTAINMENT RELEASES

Aug. 6	Pokémon Detective Pikachu
Aug. 6	Poms
Aug. 13	Avengers: Endgame
Aug. 13	Unplanned
Aug. 20	The Hustle
Aug. 20	A Dog's Journey
Aug. 27	The Secret Life of Pets 2
Aug. 27	Godzilla: King of the Monsters

Thank you for not smoking.

Please remember that our community policy
prohibits smoking in common areas.
Your cooperation is appreciated.



August 2019

				thursday	friday	saturday
				1	2	3
				Rent Due.	Coloring Book Day	Watermelon Day
sunday	monday	tuesday	wednesday	4	5	6
Friendship Day	August is Happiness Happens Month	Wiggle Your Toes Day	Purple Heart Day	8	9	10
				Bowling Day	Book Lovers Day	Middle Child's Day
11	12	13	14	15	16	17
	Vinyl Record Day	International Lefthanders Day		Relaxation Day	Rollercoaster Day	Thrift Shop Day
18	19	20	21	22	23	24
Bad Poetry Day	Cupcake Day		Senior Citizen's Day	Be an Angel Day	Valentino Day	Pluto Demoted Day
25	26	27	28	29	30	31
Kiss and Make Up Day	WebMistress Day	Banana Lovers Day	Bow Tie Day	More Herbs, Less Salt Day	Slinky Day	Trail Mix Day