

# DeVille

## Apartment & Builders Inc.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

### Happening in February...

**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. 7.** Nearly 500,000 women lose their lives to cardiovascular 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. Wear red today and be a part of the movement. Learn more at [www.goredforwomen.org](http://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.

**Leap Year Day, Feb. 29.** Here's an extra day to make the most of!

**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.

### 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 shoulders, arm, neck or jaws
- Sweating
- Nausea
- Shortness of breath
- Feeling of weakness
- Pale and sick looking.

### Whispering Sweet Nothings?

When you decide to declare your true love, make sure you whisper those three magic words in your lover's left ear. Research at the Sam Houston State University found that we're more likely to remember emotional words if they're spoken into our left ear. Why? The left ear is controlled by the right side of the brain. And the right side of the brain is responsible for processing emotional stimuli.

### Be Romantic, But Stay Safe!

If you're planning a Valentine evening for your sweetheart, be sure not to leave lighted candles unattended or near anything flammable.

### February is Responsible Pet Owners Month

Taking good care of your pets is a year-round labor of love. Remember to spay or neuter your pet to prevent overpopulation, visit the veterinarian regularly, give your pet plenty of exercise, and offer your pet the kind of unconditional love he or she gives you. And being the responsible pet owner and good neighbor that you are, we thank you for always remembering to clean up after your pets when walking.



## Lifestyle

#### 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](http://www.devilleapts.com)

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







## New parent? Avoid these common money mistakes

Becoming a parent for the first time is exciting—and it can also be expensive. USA Today shares these all-too-common mistakes to avoid when you're starting out:

- **Buying every gadget.** You'll feel deluged by ads for everything from baby-wipe warmers to blenders that make gourmet food for infants. Resist the temptation to buy it all. You can make do with the basics—a crib, a changing table, clothes, food, and diapers—without blowing your budget.

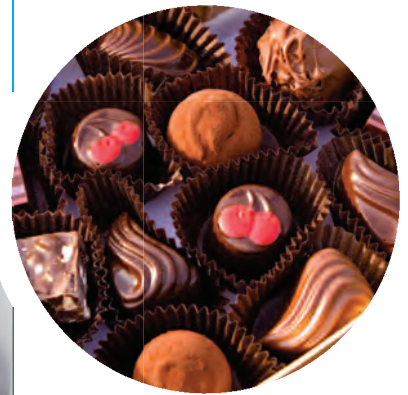
- **Stocking up excessively.** You don't have to buy

six months' worth of diapers in one swoop, no matter how great the deal may seem. Remember that kids grow quickly, and chances are they'll grow out of infant clothes in a short time—which means you don't need dozens of outfits no matter how cute they are. Focus on just-in-time purchases during the first few years.

- **Buying brand-new.** Check resale shops for clothes, toys, and other baby necessities. Many parents donate their used supplies once their kids have outgrown them. Friends and relatives with kids may also be happy

for the opportunity to unload some of their old gear on you.

- **Not planning in advance.** You should put your finances in order long before going to the hospital. Look into your insurance options for the new addition to your family—both health care for your child and life insurance for you. Set up an emergency fund. Think about your child care options (day care, or will one parent stop working?) so you can be prepared for the expense or drop in income.



## Chocolate may be the perfect cough medicine

Good news if you've got a cough you can't get rid of—especially if you're a chocolate lover. The *Shape* magazine website reports that an influential authority on respiratory medicine believes chocolate can do a great job of soothing coughs because it forms a protective coating inside your throat that shields the nerve endings that make you cough. Melted chocolate's viscosity permits a natural ingredient to defend those nerve endings and help them calm down.

The expert notes that drinking hot chocolate won't have the same cough-soothing effect because it's too diluted to have a long-lasting effect on throat nerves. You're better off sucking on a piece of chocolate and letting it melt down slowly to coat your throat.



## Simple tips for a healthier heart

Close to 2,200 people die each day in the United States because of cardiovascular problems. That's one every 40 seconds. Because February is Heart Health Month, here's some advice from the WMC Action News website on how to keep your heart healthy:

- **Laugh a lot.** Laughter dilates your blood vessels, increases blood flow, and lowers your blood pressure.
- **Snuggle.** Hugging releases oxytocin, a hormone that relieves stress and can reduce blood pressure.
- **Get the right amount of sleep.** Both oversleeping and getting less than six hours of sleep a night raises your heart attack risk. Aim for about eight hours every night.
- **Drink coffee.** Studies suggest that caffeine can stabilize your heart rhythm if you have an abnormal heart rate. Check with your doctor.
- **Move around.** Standing and moving around one hour per day can reduce cardiovascular disease risk in women by 25%, according to a University of California, San Diego, study.





**BIRDS OF PREY** After splitting with the Joker, Harley Quinn (**Margot Robbie**) joins superheroes Black Canary, Huntress and Renee Montoya to save a young girl from an evil crime lord, Black Mask in Gotham City.

Photo credit: Claudette Barius



Photo Credit: Graham Bartholomew

**BLOODSHOT** After he and his wife are murdered, marine Ray Garrison (**Vin Diesel**), is resurrected by a team of scientists. Enhanced with nanotechnology, he becomes a superhuman, biotech killing machine - Bloodshot. As Ray first trains with fellow super-soldiers, he cannot recall anything from his former life. But when his memories flood back and he remembers the man that killed both him and his wife, he breaks out of the facility to get revenge, only to discover that there's more to the conspiracy than he thought.

**WHAT ABOUT LOVE** Two young lovers change the lives of their parents forever when the parents learn from the joyful experience of their kids, and allow themselves to again find their love. **Sharon Stone** and **Andy Garcia** star.

**FIRST LADY** Katherine Morales (**Nancy Stafford**), a woman not married to the President, runs for First Lady, but she winds up getting a better proposal than she ever expected. First Lady is a classic romantic comedy with the backdrop of Presidential Politics and Royal Charm.

**BRAHMS: THE BOY II** Unaware of the terrifying history of Heelshire Mansion, a young family moves into the estate, where their young son soon makes an unsettling new friend, an eerily life-like doll he calls Brahms. **Katie Holmes** and **Eric Reid** star.

**DOWNHILL** In Downhill, barely escaping an avalanche during a ski vacation in the Alps throws a seemingly picture-perfect family into disarray as they are forced to reevaluate life, and how they truly feel about each other.

**EMMA** Handsome, clever, and rich, Emma Woodhouse is a restless queen bee without rivals in her sleepy little town. In this glittering satire of social class and the pain of growing up, Emma must adventure through misguided matches and romantic missteps to find the love that has been there all along.

**FANTASY ISLAND** The enigmatic Mr. Roarke makes the secret dreams of his lucky guests come true at a luxurious but remote tropical resort. But when the fantasies turn into nightmares, the guests have to solve the island's mystery in order to escape with their lives.

**SONIC THE HEDGEHOG** Sonic tries to navigate the complexities of life on Earth with his newfound best friend -- a human named Tom Wachowski. They must soon join forces to prevent the evil Dr. Robotnik (**Jim Carrey**) from capturing Sonic and using his powers for world domination.

**THE INVISIBLE MAN** Trapped in a violent, controlling relationship with a wealthy and brilliant scientist, Cecilia Kass (**Elisabeth Moss**) escapes in the dead of night and disappears into hiding, aided by her sister (**Harriet Dyer**), their childhood friend (**Aldis Hodge**) and his teenage daughter (**Storm Reid**).

**THE CALL OF THE WILD** Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world. **Harrison Ford** stars.

#### HOME ENTERTAINMENT RELEASES

Feb. 4	Playing with Fire
Feb. 4	Last Christmas
Feb. 4	Doctor Sleep
Feb. 4	The Good Liar
Feb. 11	Ford v Ferrari
Feb. 18	21 Bridges
Feb. 18	Midway
Feb. 18	A Beautiful Day in the Neighborhood





## 2 Ingredient Strawberry Fudge

This homemade fudge recipe, made from strawberry frosting and white chocolate, is sweet, creamy and SUPER simple to make.



### Ingredients:

- 1 (16 oz) can of strawberry frosting
- 1 12 oz bag of white chocolate chips

### Instructions:

- Prepare a 9×9 pan by spray lightly with cooking spray.
- Over a double boiler, or in the microwave, melt your white chocolate chips.
- When chips are melted, remove from heat and stir in your strawberry frosting, evenly.
- Spread in your prepared pan and place in fridge to set for 30 minutes.
- Cut into squares to serve.
- Store in refrigerator in an airtight container for up to a week.

Recipe courtesy of CookiesandCups.com **COOKIES & CUPS**  
LIFE-SWEET LIVING

# February 2020

saturday

sunday	monday	tuesday	wednesday	thursday	friday	1
2 Super Bowl 54	3 Carrot Cake Day	4 World Cancer Day	5 February is Library Lovers' Month	6 Frozen Yogurt Day	7 Wear Red Day	8 Kite Flying Day
9 The Beatles appear on the Ed Sullivan Show 1964	10 Clean Out Your Computer Day	11 Make a Friend Day	12 Lost Penny Day	13 February is Black History Month	14 Valentine's Day Happy Valentine's Day!	15 Single's Awareness Day
16 Do a Grouch a Favor Day	17 President's Day Random Acts of Kindness Day	18 Eat Ice Cream for Breakfast Day	19 February is Vegan Cuisine Month	20 John Glenn Orbits the Earth 1962	21	22 National Margarita Day
23 Single Tasking Day	24 National Dance Day	25 Mardi Gras	26 Pink Shirt Day	27 National Chili Day	28 Final Episode of M.A.S.H. Aired 1983	29 Happy Leap Day!