



June 2020

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LifeStyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Father Knows Best

Remember Robert Young, who portrayed the classic television dad of the 1950s and 60s? Father Knows Best dad, Jim Anderson, knew how to turn the tables on all the neighborhood bullies and fix every childhood crisis. Well, we know dads aren't superheroes; but they sure are close. The award-winning role you play as a father is as challenging and important today as it was 50 years ago. We applaud you! We wish all of our dads at DeVille Apartments & Builders Inc. a wonderful Father's Day.

Happening in June...

National Cancer Survivors Day, June 7. Thousands worldwide speak up to honor cancer survivors and to show the world that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

Men's Health Week, June 10-16. The goal of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Flag Day, June 14. This day commemorates the adoption the Stars and Stripes as the national flag by the Continental Congress in 1777.

Summer Solstice, June 20. An instant in time when the Earth's axial tilt is most inclined toward the sun in the northern hemisphere, and when summer traditionally begins.

Father's Day, June 21. Tell Dad how much you appreciate everything he's done for you.

Fun in the Sun?

This spring and summer, homeowners are out mowing their lawns, pruning bushes, planting flowers, cleaning gutters and trying to avoid getting sunburned under the hot summer sun. When they're not outside taking a beating from the heat, they're inside maintaining their air conditioning or paying someone else hundreds of dollars to repair it. All of this and it's back to work on Monday!

Now, isn't DeVille Apartments a cool place to live? You can spend your weekends enjoying the sun on a walk of our professionally landscaped grounds or relaxing in the air conditioned comfort of your home. Leave the work to us and we'll leave the summer fun to you!

Earth Watch

Easy ways to conserve water: Turn off the tap while brushing your teeth or shaving/4 to 10 gallons per day...keep showers short/5 to 7 gallons per minute...fill the sink with water when washing dishes, instead of running water continuously/8 to 15 gallons per day...wash vegetables in a basin, using a brush to clean them instead of running water/2 to 4 gallons per day.

Air Conditioning Problem?

To prevent the possibility of additional damage to your air conditioning system, **please turn the unit off as soon as you notice that it is not cooling properly.** Then, contact the Management Office to submit a Maintenance Request.

YOUR COMMUNITY STAFF

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DeVill Regency

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Fontaine DeVill

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Little Williamsburg

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London Square

330-477-6717

Perry Hills Colony

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Monday thru Friday

8:00 am-4:30 pm

Saturday

Closed

Sunday

Closed

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Blast Binges and Eat Better—Even When You're Bored

Being isolated at home means daily life is a lot different. For many of us, 24/7 of the same thing makes eating seem all the more exciting. While mindless munching may satisfy your cravings, it's doing a number on your waistline. Plus, most of the stuff you're snacking on is probably not the best.

Eat better when you're bored—healthfully and heartily. Here's how:

Stay out of the kitchen.

Looking through the fridge, sitting around the table, and peeking into cabinets may pass some time, but proximity leads to passive eating. Only go into the kitchen to prep a meal or get a beverage. Otherwise, you're bound to grab something "just because."

Aim for three squares, two snacks. Some nutritionists say grazing all day is the way to go, but in these times, sticking to a schedule is your best bet. Plan **three healthy meals and two smart snacks daily**. Unless you have a medical need to eat otherwise, this routine will stop you from filling up unnecessarily.

Drink up. You may think you're hungry, but it may just be thirst—or boredom—that's the issue. Before biting into anything, down a glass of water. You may realize all you wanted was a refresher and drinking water is an uncanny way to curb your caloric intake since it helps keep you feeling full. If you're still hungry, grab a piece of fresh fruit to fill the void.

Don't stock up on tempting treats. Supermarkets may be out of many things, but don't load up on junk you wouldn't normally buy. Need be, shop online for healthier options you can have delivered.

Snooze to stave off snacking. Stress can affect sleep, so do what you can to catch those Zzzs. Without proper rest, your hormones can go haywire, which can make you even hungrier. Worse yet, your body may try to make up for the lack of energy by overeating. Clear your mind, stick to a bedtime schedule, and set an alarm. When you wake, aim for a healthy breakfast to set the tone for the whole day.



June is National Iced Tea Month

Sweet iced tea has been called "the house wine of the South," but folks from the East, West and North sure have been known to enjoy a big ol' pitcher of the unsweetened stuff. It's a cinch to make and inexpensive to serve to a crowd.

Basic Iced Tea Recipe

Make a tea base by steeping two family-sized or 4-6 standard bags (or the loose equivalent) of your favorite Earl Are, oolong, orange pekoe, herbal or other tea in 2 cups of freshly-boiled water for ten minutes. Remove the tea bags, taking care not to squeeze them, as this can add bitterness.

While the brew is still hot, stir in any desired sweetener until it thoroughly dissolves. Pour this concentrate into a 2-quart pitcher, and add cold water until it reaches your desired strength. Tea can cloud if it's refrigerated while still warm, so wait for it to reach room temperature before further chilling.



Hot baths may aid your health

Want to relax during these days of tension and worry about COVID-19? A long, hot bath can relieve your stress—and maybe help your heart.

The Web MD website reports that a study of more than 30,000 adults in Japan found that a nice, steamy soak may reduce one's incidence of high blood pressure and stroke. "We found that frequent tub bathing was significantly associated with a lower risk of hypertension, suggesting that a beneficial effect of tub bathing on risk of [heart disease] may in part be due to a reduced risk of developing hypertension," said the study's lead scientist at Osaka University.

After accounting for other factors, the researchers found that taking a daily hot bath was associated with a 28% lower risk of heart disease and a 26% lower risk of stroke, compared with subjects who bathed only once or twice a week.

So relax in the tub, and try to take your mind off your worries. It's good for your body and soul.



Virtual meeting tips

While virtual meetings have likely been a part of your daily work routine for some time now, it's still easy to fall victim to some major meeting faux pas. Virtual meeting etiquette is a whole new ball game compared to in-person meetings, as many people have been learning lately.

To help keep your meetings stay professional and productive, follow these virtual meeting etiquette rules and tips.

Leave the keyboard alone. Whether you're diligently taking notes like a model employee or sneakily chatting with your work bestie, the sound of your typing is distracting. It's not only distracting everyone else in the meeting (because your laptop's internal microphone is inches away from your keyboard), it's also preventing you from devoting your full attention to the meeting. Opt for a quality headset or pick up your notebook and pen to take meeting notes instead.

Dress appropriately. One of the magical things about working remotely is the freedom to wear anything to work. It's the dream, right? Still, there's no reason to show your co-workers your PJs and bedhead. Take a few minutes to throw on a clean shirt and brush your hair. The best part of actually getting ready while working remotely is that you'll put yourself in the right headspace to be productive.

Be aware of your surroundings. Your coworkers won't be able to hear your ideas or take you seriously when there is a pile of dirty clothes in the corner behind you. You also want to avoid looking like you work from the inside of a cave because of bad lighting.

Mute your microphone when you're not talking. There's nothing more frustrating than hearing that alien echo noise from conflicting microphones. Save everyone from the ear-splitting madness by joining the meeting while on mute!

Speak up. When you enter a small meeting (around two to five people) announce yourself when you join. It can be awkward to hear the "someone-just-joined" ding followed by silence. When you hop on the meeting, introduce yourself and say hi – just make sure not to interrupt someone mid-sentence.

No food allowed. Eat a snack before your virtual meeting. No one wants to see you stuff your face with chips while discussing important business matters. Not only is it distracting to others, you won't be able to focus on the task at hand because you'll be worrying about dropping crumbs all over your keyboard.

Stay seated and stay present. It may be tempting to check your inbox or carry on a side conversation during a dull moment in a meeting, but don't do it! You might miss out on key information or an opportunity to give input. If you're using your webcam, use attentive body language: sit up straight, don't make big extraneous movements, and don't let your eyes wander too much.

Play it safe in the kitchen

These days, the 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.



Put trash in its place.



- Trash bags should be tied securely before placing in the dumpster.
- Place bags completely inside the dumpster, not beside it. If a dumpster is full, carry your trash to another one.
- Dumpsters are for household trash only and cannot be used to dispose of toxic or items, mattresses, furniture, etc.

**Thanks for helping keep
our community beautiful!**

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rent Due.	2 June is Iced Tea Month	3 Wonder Woman Day	4	5 National Doughnut Day	6 Drive-In Movie Day
sunday	7 Cancer Survivors Day	8 Best Friends Day	9 June is Care For Your Grandparents Month	10 Race Unity Day	11 Corn on the Cob Day	12 Flip-Flop Day
13 Softball Day	14 Flag Day	15 Cupcake Day	16 Smile Power Day	17 June is PTSD Awareness Month	18 Eat Your Vegetables Day	19 International Picnic Day
20 Ice Cream Soda Day	21 Father's Day	22 International Yoga Day	23 World Rainforest Day	24 Let It Go Day	25 Fairy Day	26 Bomb Pop Day
27 Sunglasses Day	28 Insurance Awareness Day	29	30 Social Media Day			

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