

# DeVille

Apartment & Builders Inc.



July 2020  
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Kitchen basics

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Eat to beat the heat, and more.

## Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

### Stay Healthy While Cooped Up at Home

You're probably worried about staying healthy and safe in self-isolation, no matter how long the pandemic lasts. Here's some advice from the Hackensack Meridian Health website for keeping illness at bay:

- **Maintain a clean environment at home.** Clean and disinfect doorknobs, light switches, remotes, and other surfaces you touch frequently once a day. If you must go out, wash your hands with soap for 20 seconds before and after you leave home.
- **Exercise.** Can't get to the gym? Find a workout video that will get your body moving. Walk around your home. Try bodyweight exercises like pushups, sit-ups, and wall squats.
- **Stick to a regular meal schedule.** Don't fall victim to the temptation to snack all day long. Eat breakfast, lunch, and dinner at the normal times, and plan healthy meals with lots of fruits and vegetables. Limit takeout food, which is convenient but can be loaded with fats and calories.
- **Stay hydrated.** Drink lots of water. This keeps your body in better shape to fight off infections and diseases. Avoid soda, or replace it with seltzer. Drink a glass of water before every meal to fill your stomach so you won't overeat.

### Happening in July...

**National Postal Workers Day, July 1.** Many famous people have worked as postal employees, including presidents Abraham Lincoln, William McKinley, and Harry S. Truman, along with entertainers like Bing Crosby, Walt Disney, and Rock Hudson.

**Independence Day, July 4.** Celebrate the date that the 13 colonies announced their independence from Great Britain.

**Global Forgiveness Day, July 7.** A day to seek peace and ease conflict by forgiving those who have offended or harmed us.

**National Hot Dog Day, July 17.** Whatever you put on your dog, enjoy one today.

**Independent Retailer Month.** Now more than ever, independent retailers need your support to survive. Independent Retailer Month encourages consumers to shop local and celebrate indie retailers, creating more sustainable cities, towns, and communities.

### July is National Parks and Recreation Month

It's hard to imagine a world without parks. Fortunately, more communities are realizing the significance of recreation, parks, and open space.

The National Recreation and Park Association says that all across the country, people are seeing the potential of parks and their contributions to a healthy lifestyle.

July is the perfect time to visit a park near you. Take a picnic, visit the playground, play softball or tennis. Or just take a walk and enjoy the trees, flowers, and fresh air.

### Our Declaration of Dependence

At DeVille Apartments & Builders Inc., we know how important each individual resident is to our community. Quite frankly, if it wasn't for great people like you, we wouldn't be here! That's why we make every effort to provide you with the comfortable, convenient lifestyle you deserve. If we can ever be of assistance, we hope you won't hesitate to call on us.

#### 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)

**Corporate E-Mail**

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





# Kitchen Basics



## Don't Skip Breakfast

It's a fact: If you skip breakfast, you'll pay for it later. Here's why:

- Breakfast will help you avoid a midmorning brain-energy slump. Your brain needs glucose from good carbs in order to work well.

- Regularly skipping breakfast leads to higher bad cholesterol levels, according to studies by the University of Nottingham in England.

- Eating breakfast gets your metabolism going. You'll eat less during the day and weigh less in the long run.

- The same English study showed regular breakfast skippers were more resistant to insulin, which increases diabetes risk.

*Emergency breakfasts.* Grab a slice of whole wheat bread and some cheese when you leave home.

Keep some hard-boiled eggs in the fridge. Eat an egg and piece of fruit on the way to work.

Mix up a bag of cold cereal, almonds and raisins and keep it handy.

Have some whole-grain crackers (such as Triscuits) and a piece of fruit.

Whether you're starting from scratch, fresh off a college meal plan or your family's home cooking, or just replacing some worn kitchen supplies, this list of the most important pieces of kitchen equipment will give you an idea of where to begin.

New York food writer Melissa Clark, author of *The Instant Gourmet* (Penguin Books) and *Learning To Cook* (Berkeley Books), offers this list:

- **Two knives.** A paring knife and a chef's knife will handle almost every cutting need you'll have in your kitchen. Go to your friendly local department store and grip each one. Find the one that fits best in your hand, regardless of price, and buy it. Different hands grip a bit differently, so it may be that the most expensive knife is the best fit for you or the cheapest knife is the best fit. Just get the chef's knife that fits your grip the best and the paring knife that fits your grip the best.

- **A very big bowl.** For salads, cake mixes, pasta, just about anything. "Get a nice ceramic one you can also serve in."

- **A very sturdy cutting board.** Clark prefers wood boards over plastic for aesthetic reasons. She notes that contrary to the old wisdom, the latest research shows that wood does not encourage bacterial growth any more than plastic. Of course, no matter what kind of board it is, you must wash it thoroughly in soap and hot water after cutting raw meats.

- **A vegetable peeler.** This is one of the very few kitchen "gadgets" that's worth its salt. Although you can peel potatoes, zucchini, squash, and so forth with a knife, a vegetable peeler is incredibly efficient at its task. You can use a knife and/or a box grater in place of this item, but it's very inexpensive and the efficiency it adds to many food preparations (especially in a vegetable-heavy diet) is immense.

- **A large pot, a small pot, and a skillet.** You need three pots, that's all. The large pot is for cooking stews, boiling beans and pasta, and so forth. The smaller pot is perfect for making sauces, boiling small amounts of vegetables, and so on. A single large skillet (with a tight-fitting lid) will be your primary stove top cooking tool. Don't skimp and get teflon-coated pans or else you'll just be tossing them in a couple of years when the teflon begins to chip off. Instead, invest now and get some hard-anodized aluminum ones, especially the small pot and the skillet. You'll still be using good ones when you retire.

- **A baking sheet.** Something to toss things on when you bake them in the oven, from pizza and vegetables to cookies and bread. Again, just get the cheap one - an air bake one is a nice extravagance, but not vital.



## New clothing: Wash, then wear

Should you wash that new shirt or sweater before wearing it? Probably, especially if it's clothing for a child.

Dr. Jennifer Shu, a pediatrician who answers questions on the CNN website, cautions that clothes have probably been handled by many different people in factories and stores before reaching your shelves.

In addition, clothing may have been sprayed or treated with chemicals to prevent bacterial growth or keep them smelling fresh. Wash new clothes, or at least air them out thoroughly, before letting them get close to any sensitive skin.



# 5 ideas for a virtual family adventure

**A** dream vacation is the perfect antidote to stress and the monotony of daily life. When a getaway isn't in the cards, you can still escape and explore new places virtually.

A virtual trip can be a great way to explore destinations you might consider for a future vacation, or it may be a chance to see remarkable sights around the world that you wouldn't get to experience otherwise. Virtual travel can also engage kids in learning when you pair the experience with lessons on culture, geography or even a homemade take on local culinary treats.

Add authenticity to the experience with special touches that mimic the ambiance. If you're visiting the beach, kick up the heat and turn on a fan for some breeze. Light a coconut-scented candle and enjoy a bowl of ice cream while you take in the sights.

Get your virtual adventures underway with these selections from the travel experts at Vrbo:

**Sneak inside the San Diego Zoo.** Get up close and personal with the resident apes, penguins, pandas, giraffes, elephants and tigers in real time via one of the many live cams positioned to spot wildlife from the comfort of your couch.

**Walk the Great Wall of China.** Make your Great Wall goals a reality. Get a glimpse of this 300-mile wonder of the world with a cyber stroll before dreaming up your own future family trip.

**Look around the Louvre in Paris.** Explore the Egyptian Antiquities, remains of the Louvre's Moat and Galerie d'Apollon by virtual museum tour as you head inside this iconic art lover's institution.

**Watch big wave surfing in Maui.** Transport yourself to the beach as you watch white-knuckle surfing at its most surreal. Whether you're a super fan or first-time spectator of the sport, it's a compelling beach-cam watch and a welcome escape from the everyday.

**Travel 352 million miles to Mars.** Feel a world away as you explore Mars from aboard NASA's Curiosity Rover. Learn as you roam between its different mission sites for a virtual, yet realistic, view of the Red Planet's remarkable landscape.

For families who miss traveling together, you can share the joys of your virtual journey through videoconferencing and adding some extra ambiance and a change of scenery by downloading a travel wallpaper for your meeting background. If the virtual destinations inspire you to visit in person someday, use resources like Vrbo's Trip Boards to create a list of places to stay as soon as you can get away, and keep the dream going by sending the link to family members and asking them to vote and comment on their favorites.

Find more travel-inspired ideas to pass your time at home at [vrbo.com](https://www.vrbo.com).

## How you can eat to beat the heat

- **Load up on juicy fruits and vegetables.** They're an excellent source of water, so consuming them helps you stay cool and well hydrated. (You'll get important nutrients as well.)

- **Make low-fat eating a priority.** It's more than just a health plus. Fatty foods take longer to digest than carbohydrate or protein—and digestion generates heat. So you'll be cooler and more comfortable if you eat more quickly digested foods—such as fruits, vegetables, starches, lean meats and low-fat dairy products.

- **Tap the cooling flavors of fresh herbs.** Mint contains chemical compounds that create a feeling of coolness in your mouth and nose. Other herbs in the mint family (thyme, rosemary, basil) also add a refreshing note to the foods they're used in.

- **Even if your appetite flags, eat something.** Occasionally, frozen yogurt and fruit is fine for lunch or salsa with chips is okay for supper. Have unconventional meals, but don't skip eating altogether, because food supplies energy. If you're not eating, you will not feel as good.



## Leave it to the Pros!

The entire staff of DeVille Apartments & Builders Inc. joins in wishing everyone a safe and happy 4th of July! It is for your safety and protection that we remind everyone that Fireworks are strictly prohibited in our community.

## Different Strokes

While you may be getting ready for a night on the town, others are putting on their pajamas and calling it a night. In our diverse community many residents have different hours. Everyone appreciates courteous neighbors. **If you're a night owl, please be considerate of neighbors, who may be early birds.** We appreciate your cooperation in keeping the noise level down.

## Just for Laughs

A group of senior citizens, socially distanced, stood in a long line at 7:45 a.m. at a grocery store that opened at 8 a.m. for seniors only.

A young man ran from the parking lot and tried to cut in at the front of the line, but an old lady beat him back with her cane.

When he tried to cut in again, an old man punched him in the gut, then kicked him to the ground and rolled him away.

As he approached the line for the third time, he said, "Listen, if you don't let me unlock the door you'll never get in there."

## Strawberry-Mango Milk Shake

- 2 cups halved fresh strawberries
- 1 cup chopped mango
- 1-1/2 cups vanilla frozen yogurt
- 1/4 cup milk
- Sliced fresh strawberries
- Sliced mango

Place the 2 cups berries, chopped mango, frozen yogurt, and milk in a blender container. Cover and blend until smooth. Divide mixture between 2 tall glasses. Top each serving with strawberry and mango slices. Makes 2 servings.

July 2020			wednesday	thursday	friday	saturday
			1 Rent Due.	2 World UFO Day	3 Compliment Your Mirror Day	4 Independence Day Have a Safe & Happy Fourth!
5 Bikini Day	6 International Kissing Day	7 Global Forgiveness Day	8 July is Picnic Month	9 Sugar Cookie Day	10 July is Cell Phone Courtesy Month	11 Free Slurpee Day
12 July is Ice Cream Month	13 Embrace Your Geekness Day	14 Shark Awareness Day	15 Gummi Worm Day	16	17 World Emoji Day	18
19 National Ice Cream Day	20 World Jump Day	21	22 Hot Dog Day	23	24 Tell An Old Joke Day	25 Carousel Day
26 Parent's Day	27	28	29 International Chicken Wing Day	30 Friendship Day	31 Talk in an Elevator Day	