

DeVille

Apartment & Builders Inc.



October 2020

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Halloween 2020 and more.

Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in October...

World Smile Day, Oct. 2. Created by commercial artist Harvey Ball, creator of the ubiquitous "smiley face," who believed that all of us should devote one day each year to smiles and kind acts.

National Taco Day, Oct. 4. Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.

Fire Prevention Week, Oct. 4-10. In a typical home fire, you may have as little as one to two minutes from the time the smoke alarm sounds to escape safely. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

National Breast Cancer Awareness Month. Professional medical associations and government agencies work together to promote breast cancer awareness, share information and provide greater access to services during October and throughout the year.

Cleaning & Disinfecting Tips

Now more than ever, it is important to clean and disinfect frequently touched surfaces in your home. This includes doorknobs, light switches, countertops, cabinet hardware, telephones, computer keyboards, and television remotes.

Prior to disinfecting. Clean dirty surfaces with soap and water or detergent before disinfecting.

Use disposable gloves. When cleaning and disinfecting, use disposable gloves and throw them away when you're done. Remember to wash your hands afterwards.

Disinfect. Use diluted household bleach solutions, alcohol solutions with at least 70% alcohol, or an EPA-registered household disinfectant. To prepare a bleach solution, mix the following: 1/3 cup (5 tablespoons) bleach per gallon of water, or 4 teaspoons bleach per quart of water. *Important:* Never mix household bleach with ammonia or any other cleanser.

Timely Quotes

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." —Martin Luther King, Jr.

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." —Nelson Mandela

Life Without You Would Be Frightful!

We work hard to attract and keep great residents at DeVille Apartments & Builders Inc. If your lease is about to expire and you'd like to renew, take a moment to call the Management Office and let us know. We'll be happy to prepare the paperwork, so all you have to do is stop by and sign. We love having you here and hope you will stay.

Pulp Fiction

Fact or fiction: Halloween pumpkins last for weeks outdoors. The truth is, unless the temperature drops, they turn to mush after about 72 hours. **That's why we ask our residents to dispose of their jack-o-lanterns in a timely fashion**—before they liquefy on your patio or doorstep. Thanks for your cooperation.

YOUR COMMUNITY STAFF

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OFFICE HOURS

Monday thru Friday

8:00 am–4:30 pm

Saturday

Closed

Sunday

Closed

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October is
breast cancer
awareness month

Is it time to get your annual breast exam?

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk.

Live a healthy lifestyle. Maintain a healthy body mass index. Don't smoke. Avoid alcohol.

Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage.

The National Institutes of Health offers these pros and cons for women in their 40s to consider.

Some factors are out of a person's control, but these known risk factors should make women more vigilant.

- **Family history.** If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.

- **Breast density.** Women with high breast density have a higher risk of getting breast cancer. This could be in part because the more dense the breast tissue, the more difficult it is to detect small abnormalities.

- **Hormone replacement therapy at menopause** can be a risk factor for breast cancer.

One key idea: Don't let COVID-19 fears stop you from getting your annual mammogram.

A taste for greatness: Origins of familiar foods

Where do our favorite foods come from? If your answer is "the supermarket," dig a little deeper. Here are the origins of some time-honored products:

- **Coca-Cola.** John Pemberton, a pharmacist in Atlanta, first concocted the soft drink in 1886 as a cure for upset stomach. He marketed it as a cure for morphine addiction, neurasthenia, headache, and impotence.

- **Quaker Oats.** Before this product was sold on grocery shelves, it was stored in open barrels, where it spoiled easily. Its store packaging was introduced in 1891. Quick-cooking oatmeal came in 1921—one of the first convenience foods.

- **Wonder Bread.** In 1921, a Taggart Baking Co. executive by the name of Elmer Cline was put in charge of naming a new brand of bread. He came up with Wonder Bread after he saw hundreds of balloons fill the sky one day—a sight that filled him with wonder.



Halloween is scarier than usual this year

The COVID-19 pandemic has cancelled lots of celebrations and events this year—including possibly Halloween. Many communities are weighing the risks of letting children go trick-or-treating from house to house collecting candy.

How can you celebrate safely? Consider these options from the Retail Me Not website:

- **Decorate your home.** Spooky lanterns, carved pumpkins, cobwebs, and hanging skeletons can still induce that thrill that makes Halloween so enjoyable.
- **Zoom parties.** Host a costume party via Zoom. Invite friends and kids to show up in their scary costumes and display their creativity.
- **Trunk-or-treating.** Some communities are organizing events in schools, church parking lots, or neighborhood driveways. Trunks are filled with candy, so kids can go trick-or-treating from car to car. Keep plenty of responsible adults on hand to supply hand sanitizer as costumed children collect their goodies.
- **Drive-in movies.** With indoor movie theaters shut down for the duration, drive-ins are experiencing a renaissance. Older kids may enjoy being creeped out by *Night of the Living Dead*, *A Nightmare on Elm Street*, or even (obviously) *Halloween*.



Figuring out your monthly food budget

When creating the family's budget, it is easy to look at individual categories and determine that they are too expensive or that there are cheaper alternatives elsewhere.

If the cell phone bill is \$200 a month, a basic online search could reveal that another provider offers the same service for half the price. In this respect, budgeting is often a very apples-to-apples comparison that promises easy decisions.

Food, on the other hand, is a bit different. A family does not want to overpay for the specific items that they buy, but finding the total dollar figure for the budget can be a little nebulous. People may say they want to spend less, but how low is low enough?

What is a normal budget?

Luckily, the USDA tries to do a little bit of the homework when it comes to food spend-

ing. According to their monthly reports, for instance, a thrifty family of four should be paying \$554 per month while the liberally spending family spends \$1,084. There is quite a gap, but at least it provides some baseline for spending.

Tallying up spending over a few months will show the monthly average which can then be compared to the national averages, but remember that budgeting is highly dependent on factors such as income and location as well as food preparation habits. There is no one-size-fits-all number.

How to reduce spending

According to Forbes, there are many ways to help reduce spending at the grocery store such as:

- **Plan menus two weeks ahead:** Planning ahead helps avoid impulse buys and fast food.

It also makes dinner quicker to prepare on busy nights.

- **Limit Alcohol:** Alcohol can be a very expensive addition.

- **Bulk up:** Making bread at home or bulk cooking staples like rice or beans can save time and money

- **Have a meal prep day:** Take a few hours every week or two to make

casseroles, soups and simple meals that can be frozen and quickly prepped later.

Remember that making changes to a budget should happen step-by-step to avoid giving up quickly due to discomfort. Incremental changes are easier to maintain and help to make adapting easier.



What's in a name? Plenty if it could potentially harm your credit.

- **INCLUDE YOUR COMPLETE NAME ON APPLICATIONS.** The more complete your name, the better your chances that it won't get mixed up with another person with a similar name. Be sure to use the Jr. or Sr. designation, if applicable.
- **USE YOUR NAME CONSISTENTLY.** All your credit cards should have the same exact name. If one has Jane Davis, another has Jane J. Davis, and yet another J.J. Davis, mistakes can easily creep in.
- **WRITE CLEARLY ON ALL DOCUMENTS.** If you're hasty, your "J" initial can look like an "I" to a busy application processor.
- **CORRECT ERRORS RIGHT AWAY.** Contact creditors directly and be persistent. The last thing you want to do is argue with a collection agency over a bill that isn't yours.



We're always on the lookout for great new residents, just like you!

Do you know someone who's looking for a new place to call home? Please be sure to tell them about the wonderful lifestyle you have discovered with us!

Just have that person mention your name on their initial visit and if they sign a lease and move in, we'll show you our appreciation with a great Thank You Gift!

*Certain conditions or restrictions may apply.
Please contact the Leasing Office for complete details.

October '20

				thursday	friday	saturday
sunday	monday	tuesday	wednesday	1 Rent Due.	2 Name Your Car Day	3 October is Fire Prevention Month
4 National Taco Day	5 World Teachers Day	6 October is Hispanic Heritage Month	7 Random Acts of Poetry Day	8 World Octopus Day	9 Curious Events Day	10 Hug a Drummer Day
11 October is Family History Month	12 Columbus Day Native American Day	13 Train Your Brain Day	14 Emergency Nurses Day	15 October is Breast Cancer Awareness Month	16 Dictionary Day	17 Forgive an Ex Day
18 Chocolate Cupcake Day	19 Clean Your Virtual Desktop Day	20 Information Overload Day	21 Count Your Buttons Day	22 October is National Pizza Month	23	24 Make a Difference Day
25 International Artists Day	26 Pumpkin Day	27 Navy Day	28 National Chocolate Day	29 Hermit Day	30 Candy Corn Day	31 Halloween Have a Safe & Happy Halloween!