

DeVille

Apartment & Builders Inc.



October 2021

Inside this issue

Protect yourself from spoiled food
Breast Cancer Awareness Month
Money saving tips and more.

Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in October...

World Smile Day, Oct. 1. 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.

Fire Prevention Week, Oct. 3-9. This year's campaign, "Learn the Sounds of Fire Safety!" works to educate everyone about the different sounds smoke and carbon monoxide alarms make. Knowing what to do when an alarm sounds will keep you and your family safe.

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.

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.

A Spook-tacular Offer!

You don't have to get all dressed up in a fancy costume and act ghoulish to get a great treat at DeVille Apartments & Builders Inc.. If you know someone whose current accommodations are driving them a little "batty," be sure to tell them about the wonderful lifestyle we have to offer. If that person signs a lease and moves in as a result of your efforts, **we'll treat you to a special thank you gift!** Please contact the office for full details.

Get Loud When Your Child Gets Lost

Losing your child in a grocery store or shopping mall is every parent's worst nightmare. What should you do when you glance down and realize your child isn't beside you?

The PopSugar website suggests making some noise. Instead of just looking around, loudly announce that you're looking for someone: "I'm trying to find my son, he's eight, in a red shirt and jeans," for example. This puts everyone else within earshot on alert, and they'll start looking too. Most of the time they'll spot him right away and bring him over. In the very unlikely event that someone is actually trying to kidnap your child, that person will likely give up and flee rather than risk being seen and caught.

The Heat Is On!

Autumn is here! Days are growing a little shorter and nights are getting cooler. You may be using your heating system for the first time of the season. Should you notice a slight burning smell when turning up your thermostat, don't worry! This is only accumulated dust burning off of the furnace coils. Should the odor persist, or if your system isn't heating as it should, please don't hesitate to contact your Management Office

Furniture Shopping?

A good rule of thumb when furnishing your apartment is to create seating for six people in your living room. If your sofa area is too small for a love seat or armchair, look for oversized pillows to throw on the floor. In a pinch, you can always drag over kitchen or desk chairs when a crowd gathers in your home.

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Protect your food from spoilage — and yourself from getting sick

Does something smell foul inside your refrigerator? It may be food gone bad. Two kinds of bacteria that can spoil food: pathogenic bacteria, which causes foodborne illness; and spoilage bacteria, which causes food to smell, taste, and look bad. Keep these tips in mind for storing food safely:

- **Watch the temperature.** Bacteria grow the fastest between

temperatures of 40 degrees Fahrenheit and 140 degrees Fahrenheit. A refrigerator set at 40 degrees Fahrenheit or lower will protect most foods.

- **Eat or refrigerate promptly.** Don't eat food that's been stored at temperatures above 40 degrees Fahrenheit for longer than two hours.

- **Divide up.** Divide large dishes, like stew or soup, into small portions and put them in shallow

containers before you refrigerate them.

- **Use the meat and vegetable drawers.** They provide the optimal storage environment for these types of foods.

- **Don't let foods dry out.** Cover foods or wrap them in plastic to retain moisture.

- **Eat promptly.** A general rule of thumb for cooked leftovers is to toss after four days; one to two days for raw poultry and meats.



Carve your jack-o'-lantern with your family

One of the best ways to spend an October day or evening is to carve pumpkins with the family. Here are some tips on carving the perfect jack-o'-lantern:

- On a piece of paper, draw a pattern for the pumpkin face.

- Use the pattern to trace onto the pumpkin.

- Cut the top of the pumpkin, cutting at a 45-degree angle to create a "ledge" that won't allow the top to fall back inside when you place it back on.

- Scoop out the seeds and insides of the pumpkin, leaving about one inch in thickness.

- Slice out the pattern, working from the center of the design outward. Cut the larger areas in chunks to make them easier to remove.



October is fire prevention month

They look nice and smell good, but candles have become a serious nationwide problem. While fires from other causes have dropped over the past decade, the number of candle fires continues to rise.

This year, Fire Prevention Week is October 3rd thru 9th and we want to take this opportunity to remind everyone to be careful when using candles in the home.

- Place them correctly in a fire-safe holder and on a sturdy table that is not close to anything flammable.

- Never place a candle in a small enclosed area such as a bookshelf.

- Check your candles frequently to make sure they haven't burned too low. Never leave them unattended.

- Put candles out if you are dozing in a chair.

- Don't use candles around small children. They may be fascinated by the flame and knock the candle over.

- Be sure to always have a fire extinguisher available.



October is Breast Cancer Awareness Month

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

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.



Conserve your cash with these tips

Saving money is smart in good times and bad. With a little effort and planning, you can cut your personal costs by following some of these handy hints:

- **Unplug appliances.** Don't just turn your TV off—unplug it when you're not watching anything. Even switched off, most appliances such as TVs and computers consume some electricity. Pulling the plug saves on money and energy.
- **Drive less.** Cutting your car use in half can save you hundreds of dollars or more a year. Carpool or use public transportation to get to and from work. You'll save on gas, maintenance, and insurance.
- **Eat at home.** The average person spends more than \$2,200 a year eating at restaurants. Cook your own meals, and take your lunch to work instead of buying food every day.
- **Wait before buying.** Implement a 24-hour rule before buying anything (and a 30-day rule for major purchases). Don't buy anything on impulse. Wait the required amount of time, and then decide how much you really need or want the item. You may be surprised by what you can live without.



The Fabulous Flavors of Fall

Fall brings a whole new set of flavors to the table, and that's reason enough to celebrate with friends.

Award-winning celebrity chef and cookbook author Michael Chiarello has created some delicious seasonal dishes that make the most of autumn's bounty and make it easy to entertain.



Chef Michael Chiarello

"If you want to create beautiful food for your friends and family, the most important thing you can do is start your recipes with the best possible ingredients," says Chiarello. "Progresso makes it easy to fill your pantry with the very finest ingredients." Using Progresso 100% natural broth and panko bread crumbs,

Chiarello has created dishes with exceptional flavor and paired them with the award-winning wines of the Cavit Collection.

Find more seasonal recipes at www.progressofoods.com.

Mama Chiarello's Stuffed Eggplant

Makes 4 servings

Prep Time: 30 minutes

Start to Finish: 1 hour 20 minutes

- 1 large eggplant
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon grey sea salt
- 1/4 teaspoon black pepper
- 1/2 pound ground beef
- 1 onion, diced small (about 1 cup)
- 1 red bell pepper, diced small (about 1 cup)
- 3 cloves garlic, finely chopped
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil leaves
- 1 1/4 cups grated pecorino Romano cheese
- 1/2 cup Progresso plain panko crispy bread crumbs
- 1 whole egg
- 2 chopped tomatoes

Heat oven to 350°F.

Cut eggplant in half and scoop out center, leaving enough meat inside the skin so that it holds its shape when baked. Chop eggplant that has been scooped out of the inside; place in saucepan, cover with water and boil until very soft, 10 to 12 minutes.

Meanwhile, in medium sauté pan, heat 1 tablespoon olive oil over medium heat. Salt and pepper the beef. Add seasoned ground beef to pan, and sauté until all of its liquid is evaporated and beef begins to brown slightly. Let cool briefly, and chop cooked beef so that there are no large chunks of meat. In another medium sauté pan over medium heat, add remaining 2 tablespoons olive oil, and sauté the onion, pepper and garlic together in oil.



In bowl, mix together cooked eggplant, vegetables, beef, herbs, 1 cup cheese, 1/4 cup bread crumbs and egg. Fill scooped-out eggplant halves with this mixture, dividing it evenly between the two halves.

Top with chopped tomatoes, remaining 1/4 cup cheese, remaining 1/4 cup bread crumbs, and season with salt and pepper. Place on an oiled oven tray or baking dish, and bake for 50 minutes. Let cool briefly; slice widthwise and serve.

Enjoy with Pinot Noir, Merlot or Cabernet Sauvignon.

October 2021

friday

saturday

					1	2
					Rent Due	Name Your Car Day
sunday	monday	tuesday	wednesday	thursday	8	9
3 Techies Day	4 October is Hispanic Heritage Month	5 Balloons Around the World Day	6 Random Acts of Poetry Day	7 Bathtub Day	8 World Octopus Day	9 Fire Prevention Day
10 Hug a Drummer Day	11 Columbus Day Native American Day	12 Old Farmers Day	13 Train Your Brain Day	14 Be Bald and Free Day	15 Boss' Day	16 Dictionary Day
17 Forgive an Ex Day	18 Clean Your Virtual Desktop Day	19 Evaluate Your Life Day	20 Suspender's Day	21 Count Your Buttons Day	22 Smart is Cool Day	23 Make a Difference Day
24 Mother-In-Law Day	25 World Pasta Day	26 Pumpkin Day	27 Cranky Co-Workers Day	28 October is Fire Prevention Month	29 Frankenstein Friday	30 Candy Corn Day
31 Happy Halloween!						