

DeVille

Apartment & Builders Inc.



January 2018
Inside this issue

Hate your job? Try this.

Winter driving tips

Movie previews and more!

Lifestyle

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Happening in January...

Book Blitz Month. This is a time for authors of all genres to put themselves out there and promote their work. For the rest of us, it's a time to celebrate literacy, set personal goals to read more, and curl up with a good book.

Martin Luther King Jr.'s birthday, Jan. 15. Holiday marking the birth of the influential civil rights leader.

National Clean Out Your Inbox Week, Jan. 22-29. This can be a challenge of epic proportions for those who don't prioritize, sort, and organize incoming emails. Use this week to unsubscribe from or change delivery preferences for electronic communications cluttering your inbox. Save only what's necessary. Delete, delete, delete.

National Compliment Day, Jan. 24. Be sincere as you offer a few words of praise to those you might encounter today.

National Plan for Vacation Day, Jan. 31. There's a disturbing trend that the average American worker fails to use any or most of their vacation days. Let's change that in 2018. Set aside time in your schedule on this day to plan a getaway.

International Creativity Month. Whether you're a homemaker, student, employee, employer, or retiree, this is the month to challenge yourself and your usual way of doing things. Try something new, explore, innovate, broaden your horizons of expression, and create something.

Choose the Right Foods to Combat Stress

We all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- **Leafy greens.** Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- **Turkey.** The tryptophan in turkey boosts serotonin levels, relieving depression.
- **Salmon.** Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.
- **Cashews.** The zinc in these nuts can reduce anxiety and depression.

A Few Words on Bed Bugs

In the developed world, bed bugs were largely eradicated as pests in the early 1940s. Why has this pest surfaced once again? There are a number of theories. First, there is much more world travel. Also, more people visit from other countries that have bedbug problems. This pest is carried from one place to another in luggage and on clothing. With more bedbug problems, hotel and motel travelers run a greater risk of contact with bedbugs and may eventually bring bedbugs home with them.

You're most likely to encounter bedbugs at places with a high turnover of nighttime guests. To prevent bringing bedbugs home with you, place your luggage on a table or dresser instead of the floor. You should also beware of secondhand furniture and mattresses.

If you suspect bedbugs, inspect the areas where people rest. Look in tiny spaces for the bugs as well as for spots of blood, which indicate bedbug biting. Once bedbugs are discovered, please let the management office know immediately.

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Saturday

Closed

Sunday

Closed

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Don't bail out of your job before considering your options



Coffee+nap= more energy

Want to take a nap that will leave you refreshed and ready to go again? Try drinking a cup of coffee first.

It sounds counterintuitive, but that's the advice from the Health.com website. Why it works: The caffeine in a cup of coffee takes about 30 minutes to kick in. After a 30-minute nap, you'll wake up just as the caffeine takes effect.

Research backs the idea up. In 1997 the journal Psychophysiology reported that sleepy adults who drank 200 mg of caffeine (twice the amount in 8 ounces of brewed coffee) and then took a short nap performed better on a simulated driving test than people who got only the caffeine.



Do you hate your job? Many of us trudge through the workday without stopping to think about why we dislike our work so much and what we could do to change that. Short of quitting, try these steps to determine what's wrong and how to improve your situation:

▪ **Make a list.** Take some time outside of work to list the specific aspects of your job that you don't like. Your manager? Boring work? Irritating co-workers? The physical workplace? Don't just say "everything." Dig down for details.

▪ **Make a second list.** Identify what you like about your job. The work itself? Friendly colleagues? The perks? Again, get as specific as possible.

▪ **Look for solutions.** Can you do anything to get rid of the things you hate? Maybe you can transfer to another department, learn new skills, request a new cubicle, or try something else that would alleviate the problem.

▪ **Expand the positives.** Look again at what you like, and try to find ways to enhance those aspects. Can you focus more on the tasks

you enjoy? Spend more time with your friends at work? Ask for assignments in areas where you can make a difference?

▪ **Seek development opportunities.** Often advanced training or more education can position you for a job you like better. Look for professional seminars and courses at your local college in areas where you'd like to learn more, or community causes you can volunteer for. Making an effort to enhance your skills shows your commitment to your industry and makes you more employable overall.



Driving in a blizzard? Follow these tips

The winter months can be dangerous for driving, especially if a blizzard hits your town or city. Don't take any chances. Respect the power of a blizzard, and remember these guidelines for staying safe:

▪ **Check weather conditions.** Don't set out in a blizzard unless you absolutely have to. Call ahead to make sure the roads are safe all the way to your destination.

▪ **Fill up your tank.** Don't risk running out of gas in a snowstorm. Stop at the gas station to top your tank off before heading out.

▪ **Dress appropriately.** Don't jump into the car in just a sweater and sneakers. Always bring a warm coat, heavy gloves, and winter boots.

▪ **Carry adequate supplies.** In your trunk you should have a shovel, road flares, booster cables, emergency food, a sleeping bag, and any other supplies that will help you stay warm and safe.

▪ **Prepare for the worst.** If you get stuck in the snow, stay inside your vehicle until help arrives. Run your motor to warm up the interior for no more than 10 minutes an hour. Don't risk draining your gas tank or suffering from carbon monoxide poisoning.



THE COMMUTER In this action-packed thriller, **Liam Neeson** plays an insurance salesman, Michael, on his daily commute home, which quickly becomes anything but routine. After being contacted by a mysterious stranger (**Vera Farmiga**), Michael is forced to uncover the identity of a hidden passenger on his train before the last stop. As he works against the clock to solve the puzzle, he realizes a deadly plan is unfolding and is unwittingly caught up in a criminal conspiracy. One that carries life and death stakes, for himself and his fellow passengers.

Photo credit: Jay Maidment



Photo Credit: Niko Tavernise

THE POST Katharine Graham (**Meryl Streep**) is the first female publisher of a major American newspaper—The Washington Post. With help from editor Ben Bradlee (**Tom Hanks**), Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers—and very freedom—to help bring long-buried truths to light.

DEN OF THIEVES A Los Angeles crime saga in the vein of Heat, Den of Thieves follows the intersecting and often personally connected lives of an elite unit of the LA County Sheriff's Dept. and the state's most successful bank robbery crew as the outlaws plan a seemingly impossible heist on the Federal Reserve Bank of downtown Los Angeles.

WHITE BOY RICK White Boy Rick is set in 1980s Detroit at the height of the crack epidemic and the War on Drugs, and tells the moving story of a blue-collar father (**Matthew**

McConaughey) and his teenage son, who became an undercover informant and later a drug dealer, before he was dropped by his handlers and sentenced to life in prison.

PROUD MARY Taraji P. Henson is Mary, a hit woman working for an organized crime family in Boston, whose life is completely turned around when she meets a young boy whose path she crosses when a professional hit goes bad.

12 STRONG In the wake of Sept. 11, Capt. Mitch Nelson (**Chris Hemsworth**) leads a U.S. Special Forces team into Afghanistan for an extremely dangerous mission. Once there, the soldiers develop an uneasy partnership with the Northern Alliance to take down the Taliban and its al-Qaida allies. Outgunned and outnumbered, Nelson and his forces face overwhelming odds in a fight against a ruthless enemy that takes no prisoners.

MAZE RUNNER: THE DEATH CURE In the epic finale to the Maze Runner saga, Thomas leads his group of escaped Gladers on their final and most dangerous mission yet. To save their friends, they must break into the legendary Last City, a WCKD-controlled labyrinth that may turn out to be the deadliest maze of all. Anyone who makes it out alive will get answers to the questions the Gladers have been asking since they first arrived in the maze.

FOREVER MY GIRL Liam Page (**Alex Roe**) is a country music superstar who left his bride Josie (**Jessica Rothe**) at the altar to pursue fame and fortune. Page never got over Josie, his one true love, or forgot his Southern roots in the small community where he was born and raised. Now, he must unexpectedly face the consequences of his actions when he returns to his hometown for the funeral of his best friend from high school.

PLEASE STAND BY Wendy (**Dakota Fanning**) sees things differently: she's fiercely independent, with a brilliant mind and a mischievous sense of hilarity. Wendy also has autism. To her, people are an indecipherable code and the world's a confusing place. Inspired by her no-nonsense caregiver, Wendy comes of age and escapes from her care home on the road trip of a lifetime to deliver her 500-page script to a writing competition.

HOME ENTERTAINMENT RELEASES

Jan. 10	The Accountant
Jan. 10	Deepwater Horizon
Jan. 17	The Girl on the Train
Jan. 24	Inferno
Jan. 31	Jack Reacher: Never Go Back
Jan. 31	Masterminds
Jan. 31	Boo! A Madea Halloween

Szczęśliwego Nowego Roku!
 ★ **Happy New Year!** ★
 新年快乐
Felice Anno Nuovo!
 С Новым Годом!
 Frohes neues Jahr!
 Gott nytt år!
 Καλή Χρονιά!
 ¡Feliz Año Nuevo!
 عام سعيد
 Feliz Ano Novo!
 Godt Nyttår!
 Yeni yılınız kutlu olsun!
 새해복많이받으세요!
 Bonne année!
2018
 新年おめでとう
 Hyväää uutta vuotta!
 Gelukkig Nieuwjaar!

	monday	tuesday	wednesday	thursday	friday	saturday
	1 New Year's Day Rent Due.	2 <i>Weigh-In Day</i>	3 <i>Drinking Straw Day</i>	4 <i>Trivia Day</i>	5	6 <i>Cuddle Up Day</i>
sunday	7 <i>Fruitcake Toss Day</i>	8 <i>Bubble Bath Day</i>	9 <i>Clean Off Your Desk Day</i>	10 <i>Houseplant Appreciation Day</i>	11 <i>Learn Your Name in Morse Code Day</i>	12 <i>Marzipan Day</i>
	13 <i>Rubber Duckie Day</i>	14 <i>Organize Your Home Day</i>	15 MLK, Jr. Day <i>Federal Offices and Most Banks Closed Today</i>	16 <i>Nothing Day</i>	17 <i>Ditch New Year's Resolutions Day</i>	18 <i>Thesaurus Day</i>
	19 <i>Popcorn Day</i>	20 <i>Disc Jockey Day</i>	21 <i>International Sweatpants Day</i>	22 <i>Hot Sauce Day</i>	23 <i>Pie Day</i>	24 <i>Belly Laugh Day</i>
	25 <i>Opposite Day</i>	26 <i>Australia Day</i>	27 <i>National Fun at Work Day</i>	28 <i>Blueberry Pancake Day</i>	29 <i>Puzzle Day</i>	30 <i>Bubble Wrap Appreciation Day</i>
	31 <i>Gorilla Suit Day</i>					

Jan. 2018