

DeVille

Apartment & Builders Inc.



September 2022

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in September...

National Bring Your Manners to Work Day, Sep. 2. Greet your co-workers when you enter the office. Make a fresh pot of coffee when you take the last cup. Hold the door open for the person behind you. Don't microwave smelly food in the kitchen. Be a good citizen of your workplace.

National Tailgating Day, Sept. 3. The first Saturday of September is when we celebrate the return of football, sport our favorite team's colors, and fill our bellies with food served off the grill by men and women who know how to party in a stadium parking lot.

Labor Day, Sept. 5. Celebrate the American labor movement, and the social and economic achievements of workers everywhere.

National Grandparents Day, Sept. 11. Send Grandma and Grandpa a card, call them, celebrate their lives.

Patriot Day, Sept. 11. A national day of Service and Remembrance in memory of the nearly 3,000 people killed in the September 11, 2001 attacks.

Constitution Day, Sept. 17. Celebrate the signing of the U.S. Constitution on this day in 1787.

Pouring Enthusiasm Your Way!

September 1-7 is International Enthusiasm Week, and we think there's no better way to celebrate than to extend a warm welcome to our newest residents. If you notice a new neighbor in the community, please make a point to introduce yourself.

We know you'll love the new friends we're bringing your way as much as we do. If you've just moved in, we're delighted you've joined us and we look forward to knowing you for years to come.

Remember Your Grandparents!

Many grandparents are forgotten. Did you know that 60 percent of nursing home residents never have a visitor? The first Sunday after Labor Day is National Grandparents Day. Celebrate by providing compassion and caring to America's forgotten, frail elderly...whether homebound or in convalescent-type care.

Enjoy the Fruits of Your Labor

Labor Day is Monday, September 7th and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Management Office will be closed for the day, so our staff can also have time to spend with their loved ones.

How To Be A Great Neighbor

National Good Neighbor Day is September 28th but we encourage you to celebrate all year long! Remember these suggestions to make your neighborhood a high courtesy zone.

- Keep the noise level down. Enjoy radio and television entertainment without allowing the sound to escape your home.
- Keep your home clean. No one likes to look at trash bags or boxes stored on balconies, patios, breezeways or hallways. Make that quick trip to the dumpster or trash chute!
- Remain courteous by taking responsibility for your guests and observing other community policies.

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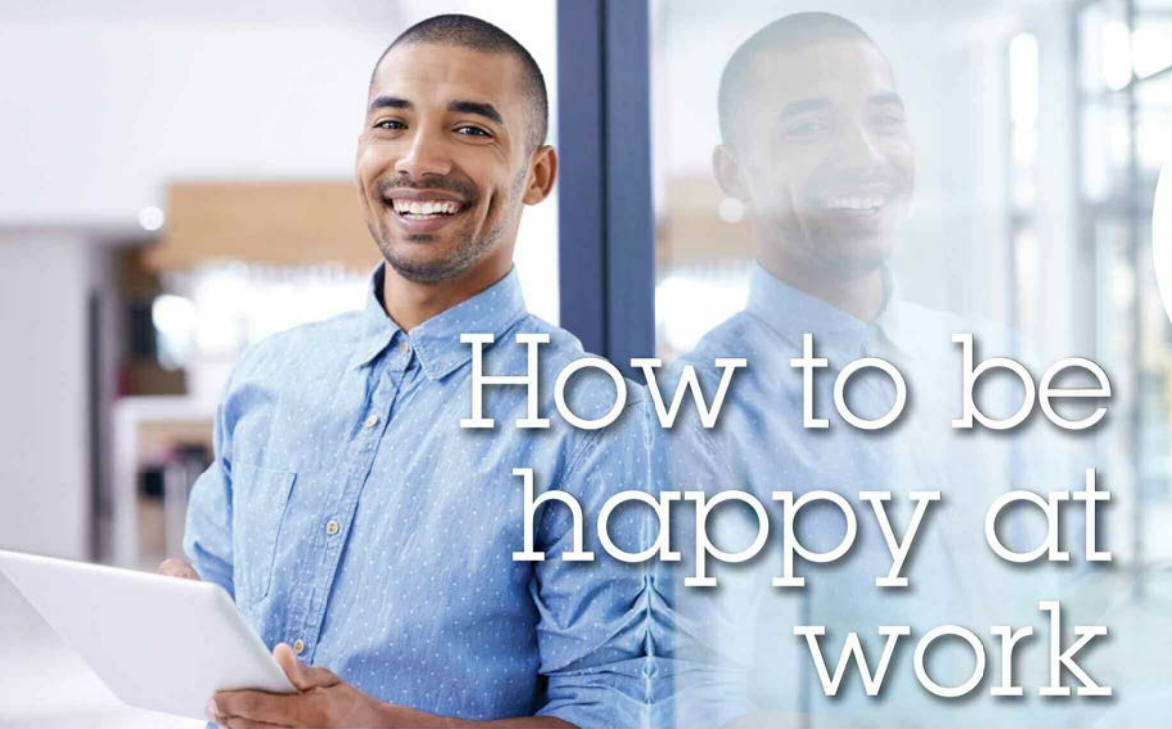
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How to be happy at work



How to stop robocalls

Does your recent calls list have more unknown numbers than calls from friends and family? Try these easy ways to reduce the spam.

▪ **Get registered.** You first want to get your number on the National Do Not Call Registry (DoNotCall.gov) so that any law-abiding telemarketers know they are unwanted before they even try to dial your number.

▪ **Block away.** The easiest thing to do is pull up your recent calls list, find the offending number, tap into its info, and select the option to block it.

▪ **Contact your carrier.** Several cell phone carriers have their own way of blocking unwanted calls, such as AT&T's Call Protect app, Verizon's free Call Filter service, and T-Mobile's series of scam protection tools.

▪ **Get the app for that.** Apps like Nomorobo and Hiya tap into their own databases of known scammers and spoofer to prevent their calls and texts from ever reaching your phone.

▪ **Ghost 'em.** If all else fails, let every unrecognized number go to voicemail. Connecting with a robo-caller lets it know you have a working phone number, so it will likely call again and again.

Most jobs aren't perfect, but that doesn't mean you have to be miserable all day. Monster.com offers these tips for making it through the day with a positive outlook:

▪ **Keep personal problems at home.** Don't spend your day brooding about crises outside the office that you can't do anything about. Concentrating on what you can control at work will help you remember that you're capable and competent, which will improve your mood throughout the day.

▪ **Build a workplace nest.** Decorate your office or cubicle with some simple things that make you happy—photos of your family, brochures for a vacation you'd like to take, motivational books, and the like. You'll feel more comfortable and relaxed surrounded by things you like.

▪ **Create a workplace support system.** Make friends with your co-workers so they can help you stay positive. Don't complain about what's going wrong—talk about what you enjoy and look forward to so you'll stay focused on the positive.

▪ **Get organized.** A messy workspace and poor time management can be dispiriting and prevent you from doing your best work. Eliminate clutter, and plan your day so you can succeed and feel good about it.

▪ **Move around.** Don't sit in your chair all day. Get up often for a walk around the office to get your blood flowing. Take a walk at lunch for some fresh air. Exercise improves your mood as well as your health.

▪ **Eat right and drink lots of water.** Junk food may taste good, but it can lead to afternoon blahs that don't help you feel positive about your work. Try a diet high in fruits, vegetables, and protein, not salt, fat, and carbs. Drink plenty of water to stay hydrated throughout the day.

▪ **Don't try to change your co-workers.** Some of your colleagues may be irritating, but trying to change them is a futile effort. Minimize your contact with people you don't get along with, and learn to accept people for who they are instead of wasting time wishing they were different.

FITNESS FOR EVERY MOOD

Tired? Bored? Stressed? There's a workout fix out there for you! Find out which one suits your current state of mind.

If you're **irritable**, boost your mood by busting a move. Dance-based fitness, such as Zumba or Dance Cardio, combine high-energy grooves with dance moves that feel more like a night out with friends than a day in at the gym.

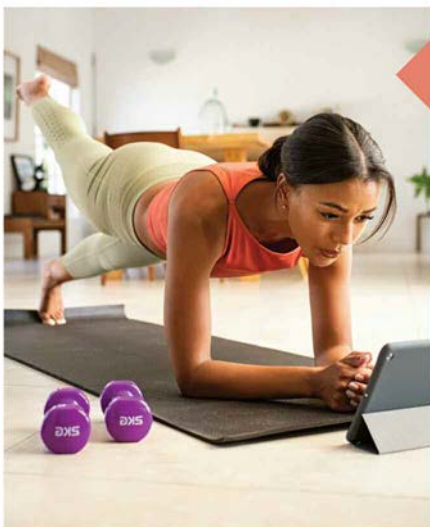
If you're **stressed or depressed**, mellow out with a calming regime. Yoga or Pilates are core focused so they ground you into a centered state of mind. You'll "Namaste" your way to a better day.

If you're feeling like you **overdid it** with the bread basket last weekend, sweat out your

cheat day and get back on track in a high intensity interval training (HIIT) class or at the spin studio.

If you're **tired**, throw on your running shoes and hit the open road or the treadmill. Sounds counterintuitive but sometimes a quick run is more invigorating than a power nap, especially if you complement it with your favorite workout playlist.

As you can see, regardless of how you're feeling, working out is the ultimate mood booster. So match up your mood and start making some fitness moves!





Plan a Family Game Night



Even with all of the worries about today's economy, families can still enjoy fun, entertaining evenings together and stay on budget by playing board games.

While board games can certainly be played and enjoyed at any time, a designated family game night provides an opportunity for families to share an economical night of staying in, having fun and creating new memories together.

Hasbro, the maker of Parker Brothers and Milton Bradley games, suggests a few tips to maximize your family game night so it is something the whole family will look forward to week after week:

Schedule it: Decide in advance which day will be your family game night. It doesn't matter which night of the week you choose - any night will do! As long as the date is marked on a calendar that everyone can see and the parents make it a priority to keep the appointment, the night will be one to remember!

Involve everyone in the planning: Involve the whole family in the planning process by allowing the kids to pick the games or choose

the snacks. For variety, rotate responsibilities each time you have a family game night.

Create a tradition: Whether it's a specific family-favorite dinner before game night, the way that teams are chosen or a 30-minute extension on bedtime, establish an activity on family game night that becomes a family tradition. This element will create even more excitement with everyone in the family.

Keep a family scoreboard: From week to week, recognize the family member who won the last game night by posting their name on a special scoreboard - perhaps it's a place of honor on the refrigerator. Or, create a family crown that can be worn by the winner at dinner or during the next game night.

Remind everyone: To keep the date with the family, set up reminders to make sure that game night happens. Set up an alarm on a handheld device or on the family computer. For the kids, put a note in their lunchbox reminding them about family game night. By building anticipation for family game night, you will help build excitement for family time.

Mix it up with special guests: To expand the fun, invite other families in your neighborhood to participate in a family game night tournament. Or, if you have extended family members staying with you or if you are traveling during a scheduled game night, invite everyone to participate!

Games for all ages

Families with kids ages 6 to 8: Pictureka!, Sorry! Sliders, Operation, Monopoly Jr.

Families with kids ages 8 to 10: Clue, Monopoly, Cranium Family Edition, The Game Of Life

Families with kids ages 10 to 12: Monopoly, Yahtzee, Clue

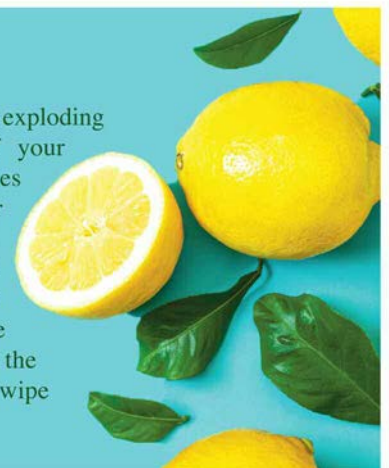
Families with teenagers: Monopoly Here & Now: The World Edition, Scrabble, Cranium Wow, Jenga, Catch Phrase, Trivial Pursuit
For more ideas, visit .

What to do when life gives you lemons...

Clean greasy messes. Greasy pans? Splattered stove tops? Messy counters? If your kitchen has been the victim of some sloppy sauteing, try using lemon halves before bringing out possibly toxic chemical cleaners. Sprinkle some salt (for abrasion) on a juiced lemon half and rub on the greasy areas, wipe up with a towel.

Clean your tea kettle or coffee pot. For mineral deposit build up in your tea kettle, fill the kettle with water, add a handful of thin slices of lemon peel and bring to a boil. Turn off heat and let sit for an hour, drain, and rinse well. For coffee pots, add ice, salt and lemon rinds to the empty pot; swish and swirl for a minute or two, dump, and rinse. Hello, sparkly.

Clean your microwave. All it takes is one exploding bowl of food to render the interior of your microwave officially gunked, sometimes gunked with cement-like properties. Rather than using strong chemical cleaners, try this: Add lemon rinds to a microwave-safe bowl filled halfway with water. Cook on high for 5 minutes, allowing the water to boil and the steam to condense on the walls and tops of the oven. Carefully remove the hot bowl and wipe away the mess with a towel.





Decadent Heath Bar Cake

Close to the check-out registers of practically every grocery or drug store, you're likely to see a box of Heath bars. Since 1928, Americans have enjoyed the nutty and crunchy texture of this chocolate-coated toffee.

In 2014, the Heath Brothers Confectionery, in Robinson, Illinois, is celebrated its 100th year.

Brothers Bayard and Everett Heath, with their schoolteacher father's backing, opened a combination candy store, ice cream parlor, and manufacturing process in 1914. Allegedly, a salesman representing a Greek confectioner gave them the toffee recipe they used to market Heath English Toffee.

The bar was so popular and had such a long self-life, the U.S. Army included one in the rations of soldiers during WW II. In the fifties, stores nationwide sold the Heath Toffee Ice Cream Bar; and later, Heath within other forms.

It's not surprising that home cooks have found ways to use Heath in their desserts. A favorite passed on through families and friends is a cake recipe with the same ingredients, but different names: Heath Bar Cake; Better Than Sex Cake; Better Than "Anything" Cake; Better Than Almost Anything Cake; and others.

Decadent Heath Bar Cake

1 box German chocolate (or devil's food) cake mix
 1 cup caramel ice cream topping
 1 can (14 ounce) sweetened condensed milk
 1 (12 ounce) container frozen whipped topping (defrosted)
 3 to 4 Heath candy bars, chopped

Bake the cake mix according to package directions and spread in a 9 x 13 x 2-inch pan.

While still hot, punch holes in top of cake with a skewer, straw or clean pencil.

Pour sweetened condensed milk and caramel topping over hot cake. Let cake cool. Cover and refrigerate until ready to use.

When cooled, spread with whipped topping and sprinkle liberally with chopped Heath bars.

September '22

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 Rent Due	2 Bring Your Manners to Work Day	3 World Beard Day
4	National Pet Rock Day	5 Labor Day National Cheese Pizza Day	6 National Read a Book Day	7 September Birthstone is Sapphire	8 Star Trek Day	9 Stand Up to Cancer Day	10 National TV Dinner Day
11	National Grandparents Day	12 National Video Games Day	13 Positive Thinking Day	14 September's Birth Flowers are Aster and Morning Glory	15 World Afro Day	16 Locate an Old Friend Day	17 National Dance Day
18	Wife Appreciation Day	19 Talk Like a Pirate Day	20 National Fried Rice Day	21 Miniature Golf Day	22 Business Women's Day	23 Native American Day	24
25	National Comic Book Day	26 National Family Day	27 Ancestor Appreciation Day	28 National Good Neighbor Day	29 September is Hispanic Heritage Month	30 Save the Koala Day	