

DeVille

Apartment & Builders Inc.

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Happening in May...

International Firefighters' Day, May 4. A day when the world's community can recognize and honor the sacrifices that firefighters make to ensure that their communities and environment are as safe as possible.

Cinco de Mayo, May 5. A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

Mother's Day, May 9. Send a card, make a call, or meet on Zoom to remind mom how much you love her.

National Hurricane Preparedness Week, May 9–15. Hurricane season typically runs July through October, but it's not too early to plan for disaster if you live in an area where these storms are common. Visit the DHS at www.ready.gov/hurricane-toolkit for safety tips and tools.

National Women's Health Week, May 12–18. Women's health needs change as they age. Visit www.womenshealth.gov/nwhw/to take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

Memorial Day, May 31. A day to remember those who gave their lives for their country.

Give Mom Something Different this Year

Doesn't your mother deserve more than a generic greeting card on Mother's Day? Here are some ideas for a personal, thoughtful gift she'll treasure:

• **A photo album.** Fill it with photos that mean something to her: pictures of your family, pets, and places you've lived, as well as quotations, ticket stubs, post cards, etc.

• **A tribute video.** It doesn't have to be long or involved. Use your digital camera to record a sincere message. If you have the resources, mix in a montage of photos or her favorite songs.

• **A special class.** Enroll her in a seminar on something she loves or has always wanted to do but has never taken the time to pursue. Do some research so it's a really good fit. Give a gift that goes along with it: A sketchpad if you're signing her up for an art class, for example.

Driving is No Time to Multitask

It's no surprise that talking on the phone while driving is distracting. But now researchers at the University of Warwick have quantified it. A mobile phone conversation impairs a driver's visual attention so much that it can add more than 18 feet to the braking distance of a car traveling 60 MPH and cause 83 percent more errors in driving. What's more, these findings apply even to drivers who are merely listening on the phone and using hands-free devices.

Memorial Day Office Hours

We honor the memory of all the brave men and women who have fought for our country. Our residents are encouraged to attend events commemorating the holiday and to express their thanks to the families of veterans. **Our Office will be closed on Memorial Day, Monday, May 31st.**



May 2021

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Remote job advice

Choose the right car seat

Tea brewing tips and more!

Lifestyle

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Get off to the right start on your new remote job



It's Tea Time

Here are some tips for brewing the perfect cup of tea from Kevin Hickey of the

English Tea Store. Hickey says loose tea brewed in a teapot makes the best-tasting tea. He recommends one teaspoon of loose tea per person plus one for the pot.

- Use freshly drawn water. Water loses oxygen when it stands and that keeps the full flavor of the tea from being released.

- Warm the pot first. It helps to maintain the brewing temperature long enough to extract more flavor from the tea.

- Use boiling water to make the tea. Water that is "off the boil" does not allow the tea to brew properly.

- Brew for 3 to 5 minutes. Shorter times will not reveal the full flavor and quality of the tea. Longer brewing will result in a bitter-tasting tea as tannin will start to be extracted from the tea leaves.

- Stir the tea in the pot once or twice while it is brewing.

- For tea bags, the same brewing directions apply.

- In a cup, brew 1 to 2 minutes.

These days, your new job may very well be a remote position. Even as workplaces open up, many employers are seeing the benefits of a WFH workforce. How can you make your mark, though, when you don't have regular personal contact with your boss or your co-workers? The Make It website tells you how:

- **Set up your space.** Take a look around the room where you do your work. What does it say about you? People who see you in virtual meetings will notice the pictures on your wall, the books on your shelves, the clutter on your desk, and more. Clean up before your first day to ensure you show a neat, professional profile.

- **Communicate with your manager.** During the first few days and weeks, make a point

of communicating with your manager often. Don't bug him or her, but talk in depth about your role, the manager's expectations, how you'll be evaluated, and other crucial elements of doing your job well. Learn his or her priorities and get a solid idea of the organization's big-picture goals.

- **Learn how to communicate with everyone.** You can't peek over a cubicle or stroll down the hall to talk with a co-worker or manager, so you have to know how best to contact them. Does your boss prefer phone calls or emails? Are team meetings held via Zoom? How quickly do people expect responses to emails or texts? Figure out the best way to communicate with each person on your team to avoid misunderstandings.

- **Get to know people.** Your boss probably won't take you to lunch with the team on Day One so you can all get to know each other, so you've got to take a different approach. Reach out to team members one by one to introduce yourself and find out what makes them tick.

- **Understand the pandemic's impact on your organization.** Chances are your employer has been through some big changes in the past year—layoffs, new products, shifting priorities, adjusting to remote work, and many other issues. As you talk to people, find out what's changed and what has stayed intact. This will give you a good idea of the organization's values and priorities.



GREEN LIVING TIP: Household electronics can use energy even when they are turned off. Leaving an appliance plugged in allows it to draw a small amount of electricity at all times. To eliminate this energy draw, unplug your electronics and appliances when not in use. You can also use a power strip with an on/off switch. Turn the power off at the strip whenever you turn the appliance off.

SAFETY TIP: It is a good idea to have a fire extinguisher in your kitchen, but it won't do you any good if you don't know how to use it. Be sure to read all the instructions with your extinguisher. It should be rated for use on residential cooking equipment. Use the PASS method to extinguish the fire: Pull the safety pin, Aim at the base of the fire, Squeeze the handle slowly, and Sweep from side to side. If the fire is not extinguished, immediately leave your home and call 911 for help.

HEALTHY LIVING TIP: Getting a good night's sleep doesn't just make you feel better during the day. It could also save your life. A recent study suggests that sleeping less than six hours a night can lead to an increase in heart attack or stroke risk. Chronic sleep deprivation increases chemicals and hormones in your body that can increase the risk of cardiovascular disease. It can also lead to higher cholesterol, high blood pressure, diabetes, and obesity. So try to get to bed earlier for your health.

FOOD TIP: Garlic, onions, and potatoes should be stored in your pantry, not your refrigerator. They need to be kept in a cool and dry environment, away from heat and light. You should not, however, store these foods together. Each should be in their own bin or basket.

Want to get smarter?

Watch what you eat!

Want to increase your brainpower? Cybernetic implants aren't the answer (except in science fiction stories), but some foods may actually help your brain work better. No guarantees, but try some of these mental boosters:

- **Walnuts.** A Spanish study found that people who eat a small handful of walnuts a day saw their memory improve by 19 percent.

- **Coffee.** It helps you wake up, and a British study suggests that just 20-30 milligrams of caffeine (less than one cup) can enhance mental agility.

- **Spinach.** Magnesium in Popeye's favorite food may not make you instantly stronger, but it can increase the blood flow to your brain along with the rest of your body—at least according to a Japanese research team.

- **Mussels.** Seafood is considered brain food, right? Mussels provide high levels of vitamin B12, which can help insulate your brain cells as you age.

- **Asparagus.** Eating your vegetables is good for you. Asparagus is packed with folate, which can decrease the risk of depression.



Precious cargo: How to choose the right car seat.

Safety is your No. 1 concern when driving with small children. The proper car seat is crucial. Here's how to choose one that protects your most precious cargo:

- **Get the seat that fits your child.** Infant seats are designed for children from birth to about 20-35 pounds. Some can be converted to hold a child up to about 40 pounds. Otherwise, you'll need a front-facing safety seat capable of holding children until they reach 40 pounds,

and after that a booster seat can be used until they hit about 80 pounds. Keep careful track of how big your children grow.

- **Check the safety label.**

Make sure it meets or exceeds federal safety requirements for carrying children.

- **Be cautious used seats.** A previously owned seat that's more than six years old may not be safe. Look for missing parts, cracks, or other signs of wear and tear.

Call the manufacturer to ask about durability and recalls.

- **Learn the safety belt test.**

When your child is between 8 and 12 years old, he or she may be ready to ride with just a seat belt. Do the child's knees bend at the edge of a regular car seat? Does the belt ride low on his or her hips? Does the shoulder belt lie on the child's collar or shoulder? Does the child sit comfortably with seat belt and shoulder strap correctly fastened? If any of the answers to these questions are no, keep the child in a safety seat until he or she has grown sufficiently.

SHOPPING FOR SHEETS? Nice soft sheets can make drifting off to never-never land a pleasure, but duplicating that feel in your next set can be a little tricky. It's important to consider both the thread count and the quality of those threads.

Thread count refers to the number of threads in a square inch of fabric both lengthwise and widthwise. A thread count of 200 or more is considered percale. Many high-thread-count sheets have the sateen finish. They are beautiful and have a wonderful feel.

Europeans don't designate a thread count in their sheets. Instead packages tell how the sheet is made and what kind of cotton it is made of.

Egyptian cotton from the Nile Valley is the best. Its fibers are up to 2 inches in length, compared with Pima cotton which has fibers 7/8-inches long. The longer the fiber, the finer the cotton.

Some sheets boast thread counts of 600, 800, or 1,000. Generally, however, it's hard to tell the difference as counts go higher than 600.



Mother's Day is Sunday, May 9th



Memorial Day is Monday, May 31st

May 2021

						saturday
sunday	monday	tuesday	wednesday	thursday	friday	1
2 World Laughter Day	3 Two Different Colored Shoes Day	4 Star Wars Day (May The Fourth Be With You)	5 May Is Military Appreciation Month	6 No Diet Day	7 May Is Bike Month	8 Windmill Day
9 Mother's Day Lost Sock Memorial Day	10 Gold Day	11 Twilight Zone Day	12 Donate A Day's Wages To Charity Day	13 Frog Jumping Day	14 Chicken Dance Day	15 Bring Flowers to Someone Day
16 Sea Monkey Day	17 World Baking Day	18 Museum Day	19 May Is Hamburger Month	20	21 I Need A Patch For That Day	22 World Fiddle Day
23 Lucky Penny Day	24 Brother's Day	25	26 Senior Health & Fitness Day	27 Cellophane Tape Day	28	29
30 Indianapolis 500	31 Memorial Day No Tobacco Day	Geek Pride Day				Paper Clip Day

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