

# DeVille

Apartment & Builders Inc.



September 2025

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Happening in September...

**Labor Day, Sept. 2.** A day off and a day to pay tribute to working men and women.

**National Wildlife Day, Sept. 4.** Also celebrated on Feb. 2, National Wildlife Day serves to bring awareness of endangered animals nationally as well as globally.

**National Grandparents Day, Sept. 8.** Send Grandma and Grandpa a card, call them, celebrate their lives.

**National Day of Service and Remembrance, Sept. 11.** Held on the anniversary of the attacks on the World Trade Center and Pentagon.

**National POW/MIA Recognition Day, Sept. 20.** This honors those who were prisoners of war (POWs) and those who are still missing in action (MIA). It is most associated with those who were POWs during the Vietnam War.

**Talk Like a Pirate Day, Sept. 19.** Arr, matey! Hoist the mainsail, and spend the day channeling your inner buccaneer!

**National Self-Improvement Month.** Is there something in your life that you want to improve? September is National Self-Improvement Month. Usually there is a list of things people want to change about their lives. Many items on that list are often things over which we have no control. Stop dwelling on them and focus on what you can change—you.

## Enjoy the Fruits of Your Labor

Labor Day is Monday, September 1st 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.

## It's Children's Good Manners Month

September is designated as the month for children to learn good manners and practice using them. If you have children, you can teach them important lessons by giving them tips about respecting property while they play in the community. Sometimes it's helpful to remind children that everything belongs to someone, even sidewalks, fences, buildings, lawns and flowerbeds. Taking good care of the community they live in is a good way to be polite and respectful of neighbors. As a parent, you can make sure your child receives proper supervision after school and point out appropriate and inappropriate play areas and activities. At DeVille Apartments & Builders Inc., we're as proud as you are of our polite younger residents!

## Walking Your Dog Responsibly

In September, the American Kennel Club promotes Responsible Dog Ownership, and we'd like to join them by saluting those of you who take special care to follow community pet policies. One of the most important things a dog owner can do is to keep the area where their pet walks and plays free of unsanitary agents that can be harmful to both dogs and humans. You'll find litter bags at the Fido Stations located in areas where it is permissible to walk your dog. Please use them. Your neighbors will thank you for keeping your dog leashed and picking up responsibly.

### YOUR COMMUNITY STAFF

#### London Square

330-477-6717

#### Perry Hills Colony

330-478-2246

#### Woodlawn Village

330-478-1467

### OFFICE HOURS

#### Monday thru Friday

8:00 am–4:30 pm

#### Saturday

Closed

#### Sunday

Closed

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# Happiness tips from an expert life coach



Life Coach Tony Robbins has been talking about life satisfaction and happiness for nearly 50 years. During that time 100 million people have heard his message of self-improvement and happiness.

Among his most famous messages: What happy people do not do:

▪ **They don't take things for granted.** They are aware of the goodness that is already present in their lives (and this goodness is everywhere). They are thankful for what they already have.

▪ **Happy people don't hold onto resentments.** They forgive because they know holding onto anger leaves you at the mercy of powerful emotions. They choose emotional well-being even when things don't turn out the way they want.

▪ **They don't blame others for their problems.** Even if someone else is partially re-

sponsible for a problem, by solving it themselves they have the power to set things right.

▪ **They don't take things personally.** They know, "It's not all about me." Taking things personally is the voice of a shaky ego trying to protect itself.

▪ **Happy people don't live in the past.** If an old failure comes to mind, they remember how they rebounded and what they learned. They have truly mastered living in the moment.

▪ **Happy people don't seek validation from others.** They know depending on others' approval separates them from their authentic selves. They aren't influenced by what others think. They define themselves.

▪ **Happy people have multiple interests.** Be it in friends, family, hobbies or organizations. It reduces the risk that one great loss will cripple them.

▪ **They don't undermine others.**

They never feel that another's success makes them less successful themselves. They help others achieve their goals instead of putting up roadblocks that slow everyone down.

▪ **Happy people don't give up.** They may have a few self-doubts, but they keep going and don't give up on their dreams. They do give up their need to always be right, their limiting beliefs, and their resistance to change.

▪ **Happy people don't sweat the small stuff.** They have found ways to put things into perspective and think of problems as potential teachers. Problems can teach you patience, emotional intelligence and mind control.

## 48PERCENT OF AMERICANS DON'T HAVE EMERGENCY SUPPLIES ON HAND

Stash at least a three day supply of water for you and your family. Also have a first aid kit, copies of important personal documents, a portable charger for your phone, and a seven-day supply of all medicines you take regularly.



### September 5th is NATIONAL FOOD BANK DAY

These nonprofit groups provide food and resources to those who need them, but three in four say they struggle to provide for their communities. To find out where you can donate (or receive) food, visit [feedingamerica.org](http://feedingamerica.org).

### September 7th is NATIONAL GRANDPARENTS DAY

*Having a strong family bond lowers the risk of depression in both grandparents and grandkids.*

Today's grandparents are living longer than those in past generations, due to advances in medical care and a focus on healthier lifestyles which include exercise and participation in sporting activities.

Social media means a lot to older adults. AARP's 2025 report indicates that 72 percent of adults 50+ are on Facebook.

If you want to honor your grandparents this year, spend some time with them. Ask them about their childhood, the challenges they had to overcome in their lives, and what advice they would give you for your own life.

### September 28th is NATIONAL GOOD NEIGHBOR DAY

It is a blessing to have a good neighbor, but it is even a greater thing to BE a good neighbor. Good neighbors often become friends. They watch out for each other, lend a helping hand, and are there for advice when asked.

Why not use National Good Neighbor Day as an opportunity to lend a proverbial cup of sugar, and get to know the people who live nearby? According to the National Good Neighbor Day website, "It Starts With Hello." A simple hello. Absolutely doable.



## How to care for your furniture

Few things transform a room or feel quite as satisfying to look at as brand new furniture. Keep that feeling alive (and your interior looking fresh) with these basic furniture care tips.

- For wood furniture, use a soft cloth with a gentle cleaning agent that's appropriate for the finish. Do not use soaking wet cloths or saturate the wood. Use a different clean cloth to dry.

- Vacuum and dust leather upholstery first to remove dirt and debris, and then use a soft cloth with a half-vinegar and half-water solution.

- Fabric upholstery should be vacuumed first to remove dirt and dust, then spot-cleaned according to instructions on the care label. If you can't find the label, test any cleaning solution in a hidden spot first before tackling larger sections.

- Natural wicker should be thoroughly vacuumed to remove as much dust and dirt as possible, then washed with mild dish soap and warm water. Use a soft cloth or sponge, or an old toothbrush for hard-to-clean areas. Rinse with a damp cloth and allow to dry completely before using it again.

# QUICK COURSE

## 4 Easy Pasta Suppers



Cook a pound of penne (or other pasta) per package directions. Meanwhile, fix one of these delicious sauces in a large nonstick skillet. Drain the pasta and return to the skillet; add sauce and toss.

With a green salad and a basket of bread you'll have supper for 4 or leftovers you can enjoy for a few days.

Be sure to check our nonstick skillet care tips below.

### Shrimp Fra Diavolo

Cook 2 garlic cloves, minced, ¼ teaspoon salt, and ¼ teaspoon crushed red pepper in 2 tablespoons olive oil over medium heat, 30 seconds. Add one 28-ounce can plum tomatoes in puree; heat to boiling. Cook 5 minutes. Stir in ¾ pound cleaned medium shrimp; cook 2 minutes or until shrimp turn opaque throughout. About 620 calories, 11 g fat per serving.

### Mushrooms & Sausage

Brown 8 ounces sweet Italian-sausage links, casings removed, with 2 garlic cloves, minced, over medium-high heat. Increase heat to high; add 16 ounces sliced mushrooms and cook until browned. Stir in one 28-ounce can plum tomatoes, 1 teaspoon sugar, and ¾ teaspoon salt. Simmer on low, uncovered, 5 to 8 minutes. About 675 calories, 17 g fat per serving.

### Sun-dried Tomatoes & Olives

Cook 3 garlic cloves, minced, in 2 tablespoons olive oil over medium heat, 30 seconds. Add ½ cup chopped sun-dried tomatoes and 1¾ cups chicken broth; simmer 10 minutes. Add ½ cup Kalamata olives, chopped, and ¼ cup chopped parsley. Top with 2 ounces crumbled goat cheese. About 580 calories, 15 g fat per serving.

### Light Alfredo

Cook 1 small onion, diced, and 1 garlic clove, minced, in 2 teaspoons vegetable oil over medium heat until golden. Mix 2 cups skim milk, 1 cup chicken broth, 3 tablespoons flour, ½ teaspoon salt, ¼ teaspoon coarse black pepper; stir into onion mixture until thickened. Stir in ½ cup grated Parmesan. After pasta has cooked 9 minutes, add 16 ounces of broccoli flowerets to cooking water. About 605 calories, 9 g fat per serving.



## Bring on the Spices

Are you a fan of spicy foods? Hot flavors may actually have health benefits, according to an article on Today.com. Just be careful how much you add. Take a look at these pros and cons:

### The Pros

- **INCREASED LIFESPAN.** A study of more than half a million Chinese citizens discovered that eating really hot foods six times a week may reduce your risk of death by 14 percent.

- **WEIGHT LOSS.** Eating hot peppers may curb your appetite, according to a Purdue University study that found that people consume less fat after eating spicy foods. The capsaicin that gives food a hot flavor may also increase the body's ability to burn calories.

### The Cons

- **MOUTH BURN.** Strong hot peppers can scorch your taste buds, although the effect is usually temporary. The best immediate remedy is a glass of whole milk.

- **BLOOD THINNING.** Capsaicin acts as a blood thinner, which can cause problems for those on certain medications like warfarin.

## THE DOS & DON'TS OF NONSTICK COOKWARE

- **Skip the cooking spray.** Nonstick cooking sprays often contain propellants, which can burn and compromise the surface. Instead, heat the pan and brush with oil.
- **No metal utensils.** Sharp edges dig into the nonstick surface causing premature wear. Stick to heat-safe plastic, silicone, nylon, or wood tools.
- **No scrubs.** When it comes to cleaning, stay away from abrasive scrubbers or cleansers. Soak pans in warm, soapy water and wash gently with a sponge.
- **Skip the dishwasher.** Dishwashers hit high temperatures during wash and dry cycles, which can cause wear and tear to nonstick coatings. Hand-wash instead.
- **Avoid extremes.** To prevent warping, don't cool a hot nonstick pan suddenly in water. Cool it to room temp, then wash.
- **Wash up.** Don't leave food in a nonstick pan overnight. Although it won't cause corrosion, it can stain, and oil residue can make food stick in future uses.

## Apple Pie - An Autumn Classic

As the chill of autumn arrives, our palates pine for home-made apple pie. Apples are available in abundance, and Deep Dish Apple Pie is easy and delicious with this step-by-step recipe from the Wilton Test Kitchen.

The tips to success are simple. For convenience, start with refrigerated pie crusts; the mixing and rolling out are done for you. The fabulous filling is a snap...just combine peeled and sliced apples, lemon juice, flour, cinnamon and sugar. Be sure to choose apples appropriate for baking such as Granny Smith, Rome, Braeburn, Northern Spy or Cortland because they hold their shape and won't become too soft as they bake.

Note also that this is a deep dish pie, so the correct size pie pan is a must; otherwise the filling will overflow the pan. The top crust requires cutting slits or some other type of openings to allow steam to escape and prevent the crust from becoming soggy.

Wilton has created an innovative way to both decorate the top crust, and vent the

steam. Using a mini apple-shaped cutter, make cut-outs and place the crust over the apple filling. Seal the edges and arrange the apple cut-outs on the crust. Brush with egg white (for a glossy golden brown finish), and bake. Cool the pie at least an hour before serving for easier cutting.



For more ways to bake, decorate, and celebrate the season, visit [www.wilton.com](http://www.wilton.com).

### Deep Dish Apple Pie

6 cups sliced, peeled and cored baking apples (about 6 large apples)  
1 tablespoon lemon juice  
3/4 cup granulated sugar

2 tablespoons all-purpose flour  
1 teaspoon ground cinnamon  
1 package (15 ounces) refrigerated pie crust  
1 egg white, lightly beaten

Preheat oven to 400 °F. In large bowl, combine apple slices and lemon juice. In small bowl, combine sugar, flour and cinnamon. Sprinkle sugar mixture over apple slices; mix well to coat.

Line deep dish pie pan with pie crust; fill with apple mixture. Using apple cutter, cut out vents in remaining pie crust. Place crust over filling, crimping and fluting edges. Arrange cut out pastry on top of pie; brush crust with egg white.

Bake 45-50 minutes or until apples are bubbly and crust is deep golden brown.\* Remove pie from oven. Cool pie in pan on cooling rack at least 1 hour before serving.

\*To keep edges from overbrowning, use thin strips of aluminum foil to cover edge of pie. Remove foil during last 20 minutes of baking.

Courtesy of Family Features.

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Labor Day  <b>Rent Due</b>	2  National Live Fearless Day	3  September is Children's Good Manners Month	4  National Eat an Extra Dessert Day	5  International Day of Charity	6  Fight Procrastination Day (Procrastinate Later)
sunday	7  National Grandparents Day	8  September Birthstone is Sapphire	9  Wonderful Weirdos Day	10  National TV Dinner Day	11 Patriot Day  National Day of Service	12  Stand Up to Cancer Day
	13  Bald is Beautiful Day	14  September's Birth Flowers are Aster and Morning Glory	15  World Afro Day	16  Mexican Independence Day	17  Constitution Day	18  National Cheeseburger Day
	19  National POW/MIA Recognition Day	20  Batman Day	21  Wife Appreciation Day	22  First Day of Autumn	23  Go With Your Gut Day	24  September is Friendship Month
	25  National Hit-Wonder Day	26  Native American Day	27  National Singles Day	28  National Good Neighbor Day	29  Police Remembrance Day	30  National Love People Day

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