

DeVille

Apartment & Builders Inc.



January 2024

Inside this issue

New year, new budget

Easy sports party tips

January numbers and more!

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in January...

Someday We'll Laugh About This Week, Jan. 2-8. Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

National Use Your Gift Card Day, Jan. 21. Don't start out the year hoarding and forgetting about the gifts you've been given. Gather your unused gift cards, and do a bit of shopping for yourself and others.

Martin Luther King Jr. Day, Jan. 15. A national U.S. holiday celebrating the groundbreaking civil rights leader (born Jan. 15, 1929).

National Slavery and Human Trafficking Prevention Month. Aimed at raising awareness of the many forms of human trafficking that still plague the world today: "Children forced to take part in armed conflict or sold to brothels by their destitute families, men and women who toil for little or no pay, who are threatened and beaten if they try to escape," as the 2013 presidential proclamation put it.

Tips for Keeping Your Fitness Resolutions

One week into the new year and already you've chowed down on a dozen brownies and missed going to the gym? Don't be too hard on yourself, but don't give up on the diet and exercise resolution either. Follow this advice:

- **Be realistic.** If you're trying to drop 20 pounds, don't try to lose it all in a month. Set your sights on losing no more than a pound or two a week.
- **Set specific goals.** Don't say you'll exercise more. Instead, commit to walking 30 minutes during your lunch break three days a week.
- **Find a partner.** You'll find sticking to your resolutions easier with a mutual support system. Get together with a buddy who's trying to accomplish the same goals and give each other encouragement and company.
- **Log your progress.** Writing down how much weight you've lost, or how many times you've gone to the gym in the past week gives you a sense of accomplishment—and the encouragement to keep going. Also, it helps you to track any trouble spots and allows you to find solutions.

Jack Of All Trades?

Our Maintenance Personnel are not trash collectors. Picking up litter takes them away from responding to your service requests. **Please properly dispose of your cigarette butts, gum wrappers, etc.** If you notice a piece of litter on property, take a moment to pick it up. With just a little effort we all can make DeVille Apartments & Builders Inc. a better place to call home.

Happy 2024!

The entire staff of DeVille Apartments & Builders Inc. join in wishing all of our residents a happy and prosperous New Year. Whether you've just joined our community or you've been here for some time, we appreciate each and every resident. We look forward to serving your needs in the coming year, simply call the Management Office if we can be of assistance.

YOUR COMMUNITY STAFF

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Saturday

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New Year's budget resolution? Try this!

If your goal is to make 2024, a better financial year, try Zero-Sum Budgeting. Zero-Sum Budgeting revolves around two main ideas: Budgeting to zero and paying for next month's expenses with this month's income.

What is budgeting to zero?

Budgeting to zero means spending every single dollar on a specific goal.

You could have goals like paying a bill, saving for a vacation or adding to an investment. Over time you can identify overspending in one or multiple categories and make adjustments.

How to Pay for Next Month's Expenses Today

The second main goal for the zero-sum method is to pay for the month ahead with the current month's income. This allows for two benefits:

- No issues paying bills on time

- Safety net of at least one month's income in case of emergency

Accomplishing these two goals would put someone far ahead of the average American. According to a recent Federal Reserve survey, 59 percent of Americans don't have enough savings to cover an emergency.

Given this reality, paying bills a month ahead can take time unless a person already has savings. Once accomplished, this goal can provide financial security and peace of mind.

Tips for Implementing the Zero-sum Budget

Start with your monthly bank statement in hand. Make a list of spending categories.

Assign expenditures to one of these categories. This helps you

see what you actually spend and where.

Now, decide where you can cut spending and where you can add spending, to suit goals such as paying off bills. Make sure every single dollar you bring in has a 'home' in your budget.

A few recommendations for someone trying this, or any other, budgeting method:

- Use an app, tool, or spreadsheet to help stay organized and accurate. This makes the process so much easier. SmartAboutMoney.org has great some great tools and tips.

- Find an accountability partner.

- If overspending is a problem, roll with the punches and work to get back on track.



Easy Sports Party Tips

No matter the sport, it's a tradition to get together with friends for some fun while watching the game. Although the competition is enough to keep everyone excited, there are some party tips that help ensure everyone is having fun.

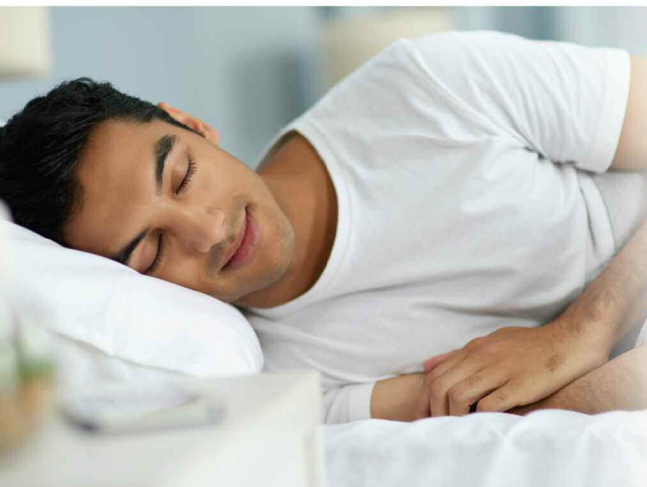
Here are a few tips for planning a fun party from Food Network.

Pre-Game Strategy Start by making a list and then, to cut down on time, visit a warehouse store, like Sam's Club, to get all your party supplies in one stop. Since you're shopping for a group, buy in bulk to get better deals.

Menu Party food should be delicious, but it should also be fun and casual - this isn't an occasion for champagne and caviar.

Stadium Seating Arrange furniture in an "L" shape with extra chairs around the perimeter of the room. That way, most guests will have a good view of the television and they can also sit and talk.

Post-Game To avoid hours of clean-up after the game, use disposable paper products for everything from tablecloths to plates and napkins.



Good sleep habits encourage rest

If you do the same things every night before you sleep, you can expect to fall asleep faster and sleep deeper. Called Sleep Hygiene, these considerations make sleeping better:

- Don't eat large meals before bed.
- Avoid caffeine, nicotine, and alcohol before bedtime. Chocolate milk is no good because it has caffeine.
- Establish a bedtime routine. Read in a chair for a time before bed, for example. Brush your teeth. Put on pajamas. Whatever you do, make it a regular part of your sleep routine.
- Don't read in bed, play with your phone or watch television in bed. The bed should be associated with sleep.
- Consider not reading the news or your favorite websites before bed. You want to retire with a calm mind.

During the day, you can exercise to help you feel tired at night. Be sure you are exposed to natural light, which maintains a healthy sleep and wake cycle.

hello January!



Brush your teeth **two to three times a day** to lower your risk of developing diabetes.

Brushing twice should be a given. A third session reduces your risk even more, according to a study in the journal *Diabetologia*. People who brushed three times a day reduced their risk of diabetes by 8 percent. Brushing reduces the bacteria that causes inflammation, which can lead to the disease. Add that to your list of resolutions!



January 8
**NATIONAL
BUBBLE
BATH DAY**

Four great reasons to take a good long soak: The warm water helps relax muscles and relieve stress. Research shows it may also boost circulation and improve your heart health.

January 24
**NATIONAL
COMPLIMENT
DAY**

Find a reason to give someone a shout-out. It can be as simple as an appreciative "Thanks for being a great friend." Research shows both the giver and receiver get an emotional boost. In fact, one study showed that getting a compliment has the same positive effect as receiving a cash reward.

360 MILLION GLASSES of sparkling wine are consumed on New Year's Eve.

Although red wine gets the glory when it comes to health benefits, sparkling wine also contains the heart-healthy antioxidants called polyphenols. Plus, a glass of dry bubbly is lower in calories—about 80 calories compared to wine's 125. But keep your toast glass to 5 ounces or the calories will add up.



—YOU ARE—

10
TIMES
MORE
LIKELY

TO CHANGE
YOUR HABITS
IF YOU MAKE A
**NEW YEAR'S
RESOLUTION.**
UP YOUR ODDS
OF SUCCESS
EVEN MORE BY:

TWEETING

Sharing your efforts on social media creates accountability and support. Try something like, "I'm starting an eat-healthier plan! This week's goal: #moreveggies. Any favorite recipes?"

TRACKING

Keep a journal or download an app to record how far you've come. Stridesapp.com and goalmap.com help you set goals and monitor progress.

TREATING

Reward yourself every time you succeed. It'll prompt the production of feel-good chemicals, motivating you to stay on track.



Happy New Year!!

	monday	tuesday	wednesday	thursday	friday	saturday
	1 New Year's Day Rent Due	2 <i>National Science Fiction Day</i>	3 <i>National Fruitcake Toss Day</i>	4 <i>National Trivia Day</i>	5 <i>January's Birthstone is Garnet</i>	6 <i>January is Be Kind to Food Servers Month</i>
sunday	7 <i>Harlem Globetrotter's Day</i>	8 <i>National Clean Your Desk Day</i>	9 <i>Law Enforcement Appreciation Day</i>	10 <i>Houseplant Appreciation Day</i>	11 <i>January Flower: Carnation</i>	12 <i>National Youth Day</i>
	13 <i>Korean American Day</i>	14 <i>January is National Hobby Month</i>	15 <i>MLK Jr. Day</i>	16 <i>National Nothing Day</i>	17 <i>Ditch New Year's Resolutions Day</i>	18 <i>National Thesaurus Day</i>
	19 <i>National Popcorn Day</i>	20 <i>Take a Walk Outdoors Day</i>	21 <i>International Sweatpants Day</i>	22 <i>Celebration of Life Day</i>	23 <i>National Pie Day</i>	24 <i>Macintosh Computer Day</i>
	25 <i>National Opposite Day</i>	26 <i>Australia Day</i>	27 <i>National Geographic Day</i>	28 <i>National Kazoo Day</i>	29 <i>National Puzzle Day</i>	30 <i>National Plan for Vacation Day</i>
	31 <i>National Hot Chocolate Day</i>					

January '24