

# DeVille

Apartment & Builders Inc.



May 2024

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Healthy Travel Tips

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May by the numbers and more!

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Happening in May...

**Star Wars Day, May 4.** May the fourth be with you today.

**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 12.** Don't forget to give your mother a gift, send a card, or buy her some nice flowers to show her how special she is.

**Memorial Day, May 27.** A holiday in the United States honoring U.S. military personnel who have died while serving in the United States armed forces.

**National Creativity Day, May 30.** Make something today. Tap your imagination, and let your creativity flow.

**National Women's Health Week, May 12-18.** Women's health needs change as they age. Visit [www.womenshealth.gov/nwhw](http://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.

## Life Hacks

**Freeze grapes to chill your drink without it getting watered down.** The next time you're making a drink that you don't want to be diluted by the water when it melts (such as white wine, lemonade, or orange juice) use frozen grapes instead of ice cubes. That way when it melts, your drink won't be watered down.

**Put a paper towel under your fruit and vegetables in the fridge.** If you're storing loose fruit and vegetables in the fridge, pop a paper towel under them. This way, it will soak up all the water and help them to last longer.

**Freeze fresh herbs with olive oil in an ice cube tray.** Place herbs in ice cube trays before topping them up with olive oil and putting them in the freezer. When you want to use them, you can simply take out a frozen herby olive oil cube and voila!

## Planning a Summer Vacation?

Memorial Day marks the start of the "summer vacation" season. If you are planning a trip this summer, remember to make the proper arrangements so that you will not only enjoy your trip, but return to a secure home. DeVille Apartments & Builders Inc. offers a few tips to help you prepare your home for your absence.

**Invest in light timers.** Just having the lights on in your home can deter crime.

**Clean out your refrigerator.** Remove all dairy products, fresh fruits and vegetables. They spoil or lose their nutritional value after sitting in the refrigerator for a week.

**Have a friend collect your mail.** An overloaded mail box is a signal to criminals.

**Don't forget the rent!** To avoid coming home to late charges, be sure to pay your rent prior to departure if your plans have you out of town when payment is due.

## Memorial Day Observed

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 fallen heroes. Our Offices will be closed on Memorial Day, Monday, May 27th.

### 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

### CONTACT DIRECTORY

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# How to stay healthy when you travel

**C**an your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

▪ **Get a smoke-free room.**

Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.

▪ **Resist the minibar.**

Decline a minibar key when you check in. You'll be free of temptation to indulge in

unhealthy (and expensive) drinks and snacks.

▪ **Ditch the bed cover.** Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.

▪ **Bring your own disinfectant.** Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.

▪ **Pack your own snacks.** You won't want to raid the minibar or visit the vending machines if you bring your own snacks with you. Dried fruit,

trail mix, and other nutritious options will help you avoid overindulgence in your room and when you eat out.

▪ **Use fresh cups.** Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.

▪ **Exercise.** Take some time out to stretch, run in place, or do some simple aerobics or yoga.

▪ **Check the exits.** Make sure you and your family (or fellow business travelers) know how to get out of the hotel quickly in the event of a fire or other emergency.



## Be wary of travel scams

If you're already planning your summer vacation, here's some advice from the Consumer Information Center on how to avoid travel scams that will waste your money and ruin your holiday:

▪ **Beware offers that are too good to be true.** Be leery of "free" trips or ridiculously cheap prices. If you're offered a "two-for-one" deal, a "free stay," or such, make sure to find out what the deal really involves.

▪ **Ask, and ask again.** Get as many details as you can about each travel offer. Be sure you fully understand all the terms before agreeing to buy. Ask for specific names of airlines, hotels, restaurants, tour providers, or any other vendor mentioned as part of the package. Also ask whether there's a cancellation policy.

▪ **Get all promises in writing.** Consider trip insurance for additional protection, too.

▪ **If you're asked to pay in advance, ask if you can pay a deposit.** Using a credit card is safest because of your right to dispute the charges if the services were misrepresented or never delivered.

## Quick Tips

**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.



# hello May!

## May 24

### IS DON'T FRY DAY

to raise awareness about sun safety and to encourage everyone to take steps to protect against skin cancer.

And don't forget your eyes. Five to 10 percent of skin cancer cases occur on the eyelids, and repeated unprotected UV-ray exposure can lead to cataracts. Safeguard your eyes with sunglasses that block UVA and UVB rays and a hat with a brim at least 3 inches wide.

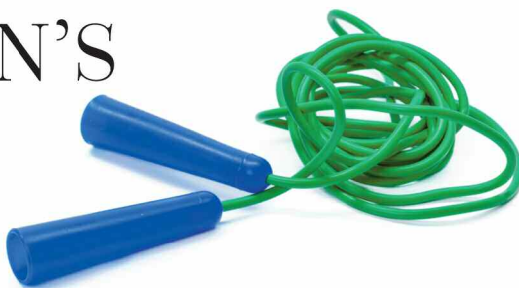


**MAY 12-18**

## *national* WOMEN'S HEALTH WEEK

**THE GOAL:** EMPOWER WOMEN TO MAKE THEIR OWN HEALTH A PRIORITY.

This week, put your mind and body first: Schedule a workout, a massage, and 10 minutes a day to recharge. Mark them on your calendar as you would a doctor's appointment. [womenshealth.gov](http://womenshealth.gov)



One great reason to pour a cup of java: A review of studies found that men who drink two to nine cups daily are 9% less likely to develop prostate cancer.



**EACH CUP OF COFFEE WAS ASSOCIATED WITH A 1% DROP IN PROSTATE CANCER RISK.**

The researchers say coffee's antioxidant and anti-inflammatory effects may protect against the disease.



**MAY 27**

This Memorial Day, Walk or Run Wearing Blue in memory of fallen military members.

Find a run by visiting [wearbluetoremember.org](http://wearbluetoremember.org). You can also organize one yourself or pledge to walk in someone's honor.



# 2

## HOURS OR LESS

That's the maximum time per day you should spend on social media to safeguard your happiness.

In a study of nearly 1,000 young adults, 3½ to 5 hours a day on social media doubled the risk of depression; 5 or more tripled it. Track and limit your time on social media via your phone settings or an app like Moment.





# May 2024

			wednesday	thursday	friday	saturday
			1 Rent Due	2 National Brothers and Sisters Day	3 Two Different Colored Shoes Day	4 Star Wars Day (May The Fourth Be With You)
sunday	monday	tuesday	5 Happy Cinco de Mayo!	6 International No Diet Day	7 National Teachers' Day	8 May is National Hamburger Month
9 Happy Mother's Day!	10 Children of Fallen Patriots Day	11 National Decency Day	12 National Chocolate Chip Day	13 National Waiters Day	14 National Pizza Party Day	15 Armed Forces Day
16 Stepmother's Day	17	18 I Need a Patch for that Day	19 National Solitaire Day	20 National Lucky Penny Day	21 Brother's Day	22 Geek Pride Day
23 108th Running of the Indianapolis 500	24 We may not know them all, but we owe them all.	25 National Hamburger Day	26 National Flip Flop Day	27 National Mint Julep Day	28 National Smile Day	
29 Memorial Day	30	31				