



June 2024

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Summertime and the Living is Easy!

We are pleased to welcome all of our new residents to DeVille Apartments & Builders Inc.! We're so happy you've chosen our community to call home. If there is anything we can do to make your stay more enjoyable, please don't hesitate to contact us!

Happening in June...

Leave the Office Early Day, June 2. It's the first Friday of June, the weather is great, and there's somewhere you'd rather be. Punch out early, and live a little.

Flag Day, June 14. This day commemorates the adoption the Stars and Stripes as the national flag by the Continental Congress in 1777.

Father's Day, June 18. Tell Dad how much you appreciate everything he's done for you.

Summer Solstice, June 20. An instant in time when the Earth's axial tilt is most inclined toward the sun in the northern hemisphere, and when summer traditionally begins.

All About Dad

According to an old joke, Father's Day is mainly about giving Dad a new tie. But, the fact is, ties are not at the top of the list. According to statisticbrain.com, the top gift for the 68 million fathers is going to dinner or a sports event, followed by clothing. Interestingly, in recent research, Dads said they really wanted a card or something homemade for Father's Day. More than 70 percent of Dads said that Father's Day improved their relationships with their children. More than 65 percent said a gift on Father's Day increased their satisfaction as a parent.

Get in the Swim Of Things

Before enjoying some "fun in the sun" this season, take a moment to review "The Rules" posted in the Pool Area. We are happy to provide our residents with recreational amenities, but ask that you "brush up" on the following community policies: The Rules Of Safety and Pool Hours Of Operation. Our hope is that everyone enjoy this facility, stays safe and remembers to be considerate of your neighbors while "in the swim of things" this summer. Thank you!

June is National Sun Safety Month

Practice sun safety this month and all year round to protect your skin and eyes. For example: Beware of sunburn, which increases your risk of developing skin cancer. Check your local UV Index for important information to help you plan your outdoor activities and prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.

The ABCs of A/C

With warmer weather here, the most indispensable appliance in your home is the air conditioner. To increase its efficiency, keep the temperature set at 78 degrees. The exception to this rule would be the hours preceding a party or get-together. To cool things off, turn the A/C down one degree per guest, two hours prior to their arrival.

Close all windows and doors and pull the shades to insulate from the outdoor heat. Turn off any unnecessary lights. Stay cool!

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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FUN AND SIMPLE STAYCATION IDEAS

Summer blues have you down? Can't afford the time or the money for a vacation away from home? Here are four "staycation" ideas to chase those blues away!

By L. LaRae Redford

"YOU" TIME. Learn something new. Check Groupon or LivingSocial for discounts on classes and experiences. Learn how to blow glass, paint Bob Ross-style, or enhance your photography skills. Whatever you choose to fill your agenda, make sure you do something for you!

LET HISTORY REPEAT ITSELF. Remember falling in love with your partner? Re-create your favorite night on the town, rent the movie you first watched

together, or play an old board game you used to love. Better yet, go dancing or enjoy the same meal you did on your first date. Who says a staycation is *not* for lovers?!

GO ON A FAMILY TREASURE HUNT. Lose the "I'm bored" complaints by finding hidden treasures. Geocachers hide little troves of items in parks, hiking trails, or just in their neighborhood for other 'cachers to find using GPS coordinates. They, in turn, leave other unique

things for the next person. Put a GPS app on your smartphone, create a free account on GeoCaching.com, and take the family on a treasure-hunting adventure!

BECOME A "BACKYARD TOURIST." Make a travel itinerary and hit the tourist hot spots in your town. Hike, bike, or drive. Visit the historical sites in your community, and see how much you didn't know!

The key to a great staycation is treating it as something special, not something you have to settle for. With these fun ideas, your staycation may just be one to remember!



The health benefits of apple cider vinegar

According to Healthline.com, clean eating and the addition of a small amount of apple cider vinegar to your daily routine can help support healthy digestion, weight range maintenance, healthy glucose levels and a functioning immune system. In fact, some experts recommend consuming 1 ounce of apple cider vinegar each day as a shot or part of a recipe.

Blueberry Apple Cider Vinegar Smoothie

Total time: 5 minutes Servings: 2

- 1 cup spinach
- 1/2 cup water
- 2 tablespoons apple cider vinegar
- 1 tablespoon almond butter
- 1/2 cup bananas, frozen
- 1/2 cup blueberries, frozen
- 1 tablespoon chia seeds
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon ginger, minced
- 1/2 cup almond milk yogurt, plain
- fresh blueberries, for garnish

In blender, blend spinach, water, organic apple cider, almond butter, frozen bananas, frozen blueberries, chia seeds, cinnamon, ginger and yogurt until smooth. Pour into two glasses and garnish with fresh blueberries.

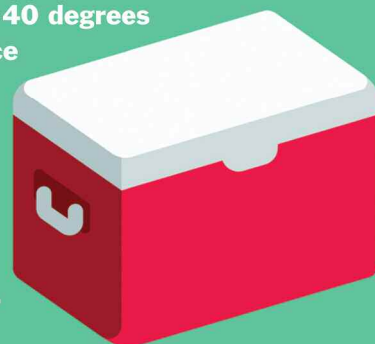
Summertime food safety

Potlucks and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind:

KEEP IT COOL. Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

SEPARATE PLATES. If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

COOKS SHOULD WASH HANDS. If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.



June

 QUICK READS



JUNE IS NATIONAL ICED TEA MONTH

Sweet iced tea has been called “the house wine of the South,” but folks from the East, West and North sure have been known to enjoy a big ol’ pitcher of the unsweetened stuff.

It’s a cinch to make and inexpensive to serve to a crowd.

BASIC ICED TEA RECIPE

Make a tea base by steeping two family-sized or 4-6 standard bags (or the loose equivalent) of your favorite Earl Grey, oolong, orange pekoe, herbal or other tea in 2 cups of freshly-boiled water for ten minutes. Remove the tea bags, taking care not to squeeze them, as this can add bitterness.

While the brew is still hot, stir in any desired sweetener until it thoroughly dissolves. Pour this concentrate into a 2-quart pitcher, and add cold water until it reaches your desired strength.

Tea can cloud if it’s refrigerated while still warm, so wait for it to reach room temp before further chilling.

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FIND A LOCAL FARMERS MARKET NEAR YOU AT LOCALHARVEST.ORG.



weeks

is all it takes to feel an energy boost after upping your intake of

FRUITS & VEGGIES.

People who increased the amount of produce they ate to four servings a day felt a mood boost



Americans spend an average of
\$273
each month on subscription services.

But a survey showed that few knew the exact amount actually spent, and 66 percent were off by more than \$200.

One reason may be not looking carefully at online banking and credit card statements.

Go over yours each month so you are not spending money on a seldomly used service.



1 in 3

Americans skip breakfast.

If you’re among them, you may be missing out on key nutrients. Research from the Ohio State University found that those who didn’t eat breakfast tended to have lower levels of folate, calcium, iron, and vitamins A, B, and D. They also ate more snacks which were high in sugar, carbs, and fat.

Try to have a simple bite—like yogurt with fruit, a PB&J, or just a banana and a glass of milk.

Don't forget Dad! Father's Day is Sunday, June 16th

World's Best

DAD



June 2024

saturday

						1
sunday	monday	tuesday	wednesday	thursday	friday	Rent Due
2 National Cancer Survivors Day	3 Love Conquers All Day	4 National Cheese Day	5 Hot Air Balloon Day	6 National Yo-Yo Day	7 National Donut Day	8 Best Friends Day
9 June's Birth Flower is the Rose	10 National Iced Tea Day	11 National Corn on the Cob Day	12 Superman Day	13 World Softball Day	14 Flag Day	15 National Smile Power Day
16 Father's Day Happy Father's Day!	17 Eat Your Vegetables Day	18 National Splurge Day	19 Juneteenth	20 Summer Solstice	21 June is Great Outdoors Month	22 National Kissing Day
23 National Let it Go Day	24 June's Birth Stone is the Pearl	25 Please Take My Children to Work Day	26 Forgiveness Day	27 National Bingo Day	28 Insurance Awareness Day	29 June is National Rose Month
30 Social Media Day						