

# DeVille

## Apartments & Builders Inc.



September 2024

Inside this issue

Overcoming the friend deficit  
The “keys” to home security  
September quick reads and more.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Enjoy the Fruits of Your Labor

Labor Day is Monday, September 2nd 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.

## 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.

## Life Hacks

**Hydration matters.** We often take a morning shower to start our day, but we also need to be taking internal showers, by drinking a full glass of water when we first wake up. Our bodies are 60% water, we need to replenish them!

**Want to keep your family or roommates in the loop?** Start a household email. Send/forward things like rent, utilities, appointments, wifi passwords, logins for streaming, insurance, etc. This way everyone has access to information and one single person isn't responsible.

**Good to the last pop.** Stop wasting all those extra kernels at the bottom your popcorn bag. They can be popped, and more importantly eaten, if you just store your kernels in the refrigerator. It's been proven that by storing popcorn kernels colder places, they have a much higher chance of popping into popcorn. Giving you more bang for your buck, and more popcorn for your belly.

**Unhackable passwords.** You can easily make unhackable passwords on your phone by using accented letters. To access these letters simply hold down a letter on the keypad. The symbols will appear above it.

## It's Back to School and Good-bye to the Pool

The community pool is scheduled to close on September 3rd. So be sure to slip into your bathing suit, grab your favorite beach towel and head down to the pool before the sun sets on all the fun!

### 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 overcome the friendship deficit

## Friendship makes an impact on happiness

There is a loneliness crisis. About 20 to 30 percent of the population say they are lonely and friendless. And those are just the ones who have acknowledged it. Many more people are at risk of serious loneliness if they lose their spouse, a relative, or a single social acquaintance.

Research shows that friendships equal health and wealth.

Oxford psychologist Robin Dunbar and her coauthors reported in their book *The Social Brain: The Psychology of Successful Groups*, that having a larger number of quality friendships has a more dramatic effect on health than even weight, exercise, diet, or air pollution. In a recent study,

researchers found that having a regular friend is equivalent to the happiness from making an extra \$150,000 per year.

But friendships are down, partly due to the COVID-19 pandemic. One recent survey found that about half of Americans lost touch with friends during the lockdown.

### How to connect

*What's your go-to method to connect with people? Texting?* It is certainly low-risk, easy to do, and you don't impose on the other person's time.

But it is also somewhat impersonal, lacking emotional nuance and tone, and not ideal for meaningful conversations.

Sometimes, it is worth it to actually impose on someone's time. A phone call has the advantage of allowing for real-time conversation and

feedback. Hearing a voice adds emotional depth to the conversation. When you have something important to talk about, a phone call is much better than a text. When you want to either establish or reestablish a friendship, a phone call might be better.

In-person visits are less welcome than in the past, when most social contacts were done in person by necessity. Still, seeing people in person is an important human need. When you can talk to someone live, do it.

The key to connection is investing your time. If an acquaintance wants to meet for coffee or have lunch, make it a point to accept the invitation. If you want to connect, extend the invitation yourself.



## Some "keys" to home safety

To maintain the security of your home, you should be able to immediately identify the location of all keys. *Here are some additional tips:*

- If you have a peg board to hang extra keys for your home or car, don't keep it in plain sight for anyone coming into the home to see.
- When you have additional keys of any kind, keep them labeled and in a secure spot so you won't forget where they are or what they unlock.
- Never hide keys outside the home where intruders can find them.
- Never attach anything to your key ring that lists your name, address, or telephone number.
- Separate your house keys from your car keys when leaving the car for service or parking.
- When going out of town, only give a key to someone who will guard it like it was their own.
- Always lock the door when you leaving your home—an obvious safety measure that's not always taken.

## What to do when life gives you lemons...

**Clean greasy messes.** Greasy pans? Splattered stove tops? Messy counters? If your kitchen has been the victim of some sloppy sauteing, try using lemon halves before bringing out possibly toxic chemical cleaners. Sprinkle some salt (for abrasion) on a juiced lemon half and rub on the greasy areas, wipe up with a towel.

**Clean your tea kettle or coffee pot.** For mineral deposit build up in your tea kettle, fill the kettle with water, add a handful of thin slices of lemon peel and bring to a boil. Turn off heat and let sit for an hour, drain, and rinse well. For coffee pots, add ice, salt and lemon rinds to the empty pot; swish and swirl for a minute or two, dump, and rinse. Hello, sparkly.

**Clean your microwave.** All it takes is one exploding bowl of food to render the interior of your microwave officially gunked, sometimes gunked with cement-like properties. Rather than using strong chemical cleaners, try this: Add lemon rinds to a microwave-safe bowl filled halfway with water. Cook on high for 5 minutes, allowing the water to boil and the steam to condense on the walls and tops of the oven. Carefully remove the hot bowl and wipe away the mess with a towel.



# hello September!



# 4

# 90%

OF PEOPLE  
DON'T EAT THE  
RECOMMENDED  
1 1/2 CUPS OF  
FRUITS AND  
2 1/2 CUPS OF  
VEGETABLES  
EACH DAY.

## FILL HALF YOUR PLATE WITH FRUITS & VEGGIES

*at each meal to up your intake.*

### September 8th is **NATIONAL GRANDPARENTS DAY**

Having a strong family bond lowers the risk of depression in both grandparents and grandkids. Here are a few ideas to stay connected: Send video messages with the Marco Polo app ([marcopolo.me](http://marcopolo.me)), play Uno online ([letsplayuno.com](http://letsplayuno.com)), or read a book together virtually (\$10 a month; [readeo.com](http://readeo.com)).

### WORKOUTS A WEEK CAN BOOST YOUR MOOD

If you're feeling anxious or depressed, four 35-minute sweat sessions a week can help. Participants in a recent study reported a 35 percent drop in symptoms after four months. Keep workouts brisk: about 70 percent of your max heart rate or until you're a little breathless.

## September 17th is National Voter Registration Day.

Millions of Americans miss out on voting each year because they don't know how to register, missed a deadline, or didn't realize they needed to update their registration. Use the tools at [nationalvoterregistrationday.org](http://nationalvoterregistrationday.org) to check your status and register if you need to.

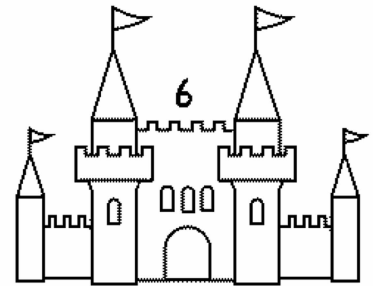
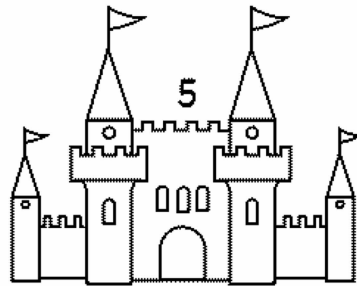
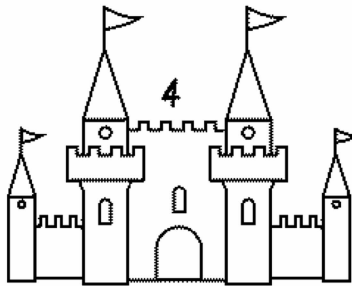
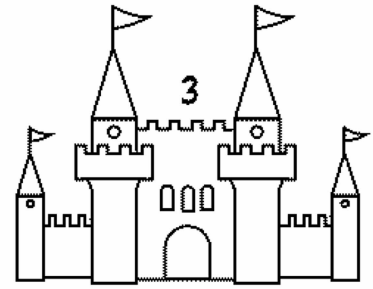
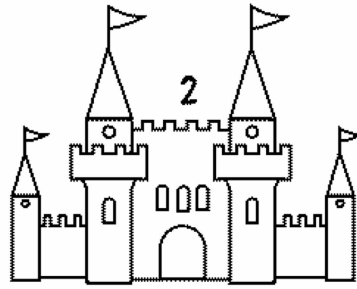
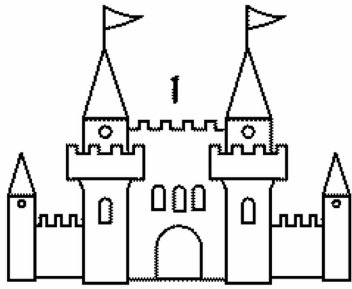




# Kids

Find the twins. Which two are exactly alike?

Just for



sunday    monday    tuesday    wednesday    thursday    friday    saturday

1 <b>Rent Due</b>	2 Labor Day <i>Happy Labor Day!</i>	3 <i>September is Children's Good Manners Month</i>	4 <i>Happy Labor Day!</i>	5 <i>International Day of Charity</i>	6 <i>Fight Procrastination Day (Procrastinate Later)</i>	7 <i>September Birthstone is Sapphire</i>
8 <i>Grandparents Day</i>	9 <i>Wonderful Weirdos Day</i>	10 <i>National TV Dinner Day</i>	11 <i>Patriot Day</i>	12 <i>National Day of Encouragement</i>	13 <i>Bald is Beautiful Day</i>	14 <i>September's Birth Flowers are Aster and Morning Glory</i>
15 <i>Wife Appreciation Day</i>	16 <i>Mexican Independence Day</i>	17 <i>Constitution Day</i>	18 <i>Locate an Old Friend Day</i>	19 <i>Talk Like a Pirate Day</i>	20 <i>National POW/MIA Recognition Day</i>	21 <i>National Singles Day</i>
22 <i>First Day of Autumn</i>	23 <i>National Family Day</i>	24 <i>September is Friendship Month</i>	25 <i>National Daughters Day</i>	26 <i>National Pancake Day</i>	27 <i>American Indian Day</i>	28 <i>National Good Neighbor Day</i>
29 <i>VFW Day</i>	30 <i>National Love People Day</i>					

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