

# DeVille

Apartment & Builders Inc.



September 2023

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## Happening in September...

**Labor Day, Sept. 4.** 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. 10.** 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. 15.** 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.

## Remember Your Grandparents!

Many grandparents are forgotten. Did you know that 60 percent of nursing home residents never have a visitor? The first Sunday after Labor Day is National Grandparents Day. Celebrate by providing compassion and caring to America's forgotten, frail elderly...whether homebound or in convalescent-type care.

## Holiday Office Hours

Labor Day is Monday, September 4th and we hope everyone will be able to relax and enjoy the holiday with friends and family. The office will be closed for the day, so our staff can also have time to spend with their loved ones.

## Americans Are Living Longer

Life expectancy in America has increased nearly 30 years in the last century. Research attributes this to changes in our lifestyle and advances in medicine. Scientists are now researching the effect of diet and genes on the aging process. Many believe the process of aging can be slowed down. For now, exercise and a healthy diet in addition to regular vitamin consumption are the keys to a long life.

## Pouring Enthusiasm Your Way!

September 1-7 is International Enthusiasm Week, and we think there's no better way to celebrate than to extend a warm welcome to our newest residents. If you notice a new neighbor in the community, please make a point to introduce yourself.

We know you'll love the new friends we're bringing your way as much as we do. If you've just moved in, we're delighted you've joined us and we look forward to knowing you for years to come.

### 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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# Timesaving Clothes-Care Strategies

## Try these tips to keep your wardrobe looking great...

- Designate one day of the week for laundry and stick to that schedule. Find an activity to occupy your time between trips to the laundry room.

If you use your community laundry machines or a laundromat, keep a supply of quarters on hand. (Keep a small box on your dresser to deposit quarters from spare change.)

- Be sure you are always well stocked with detergent and fabric softener: Buy these items two at a time and purchase a replacement when you finish the first bottle or box. (Purchasing supplies from a laundromat dispenser can be costly.)

- Separate darks, whites and light-colored clothing right in the room where your hamper or laundry bag is. If you have enough space, keep two or three different hampers or laundry bags, and separate the clothes each night as you get undressed.

- Put machine-washable delicates in lingerie bags to protect them and keep them together.

- Generally, whites are washed in hot water, darks in cold, but carefully follow the instructions on clothing labels. Never attempt to machine- or hand-wash something marked “dry clean only.”

- As soon as the spin cycle is finished, put your belongings into the dryer. Immediately hang up any clothing that cannot go into the dryer to air dry.

- If you are laundering for the family, save folding time by insisting that everyone put clothes into the hamper right-side out. To eliminate sorting troubles, set up a color-coding system: Put a small dot on the label of each person’s items with different-color markers.

- To hand-wash any fine fabric: Fill a sink or tub with cool water and a capful of detergent for fine washables. Let the article of clothing soak briefly, then swish it through the soapy water. Softly rub any spots or stains together in a fold of material. Rinse the article with cool water until the water runs clear; wring it out very gently (unless label says not to) and hang it up to dry.



**WALKING WONDERS** When you’re too swamped to hit the gym, just put on your walking shoes in the A.M. According to an Indiana University study, a few short walks per day can keep you fitter than one sustained workout.

Researchers asked 20 people with borderline high blood pressure to walk on a treadmill at 2 ½ to 4 miles per hour for 40 minutes. On a different day, the subjects walked on the treadmill for four 10-minute periods over the course of 3 ½ hours. The exercisers’ blood pressure dropped significantly in each case, but the effect lasted 11 hours when they broke the workout up and 7 hours when they walked continuously. So when you don’t have time for a sweaty run, stay healthy by fitting a few walking breaks into your day.

## 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.





## 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,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  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  $\frac{3}{4}$  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  $\frac{3}{4}$  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  $\frac{1}{2}$  cup chopped sun-dried tomatoes and  $1\frac{3}{4}$  cups chicken broth; simmer 10 minutes. Add  $\frac{1}{2}$  cup Kalamata olives, chopped, and  $\frac{1}{4}$  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,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon coarse black pepper; stir into onion mixture until thickened. Stir in  $\frac{1}{2}$  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.





# Back TO SCHOOL

**Please be sure to slow down  
and exercise extra caution  
while driving through the  
community and in  
school zones.**

## September 2023

					friday	saturday
sunday	monday	tuesday	wednesday	thursday	1	2
3 National Pet Rock Day	4 Labor Day Happy Labor Day!	5 National Cheese Pizza Day	6 National Read a Book Day	7 September Birthstone is Sapphire	8 Star Trek Day	9 National Teddy Bear Day
10 National Grandparents Day	11 Patriot Day	12 National Video Games Day	13 Positive Thinking Day	14 September's Birth Flowers are Aster and Morning Glory	15 World Afro Day	16 Locate an Old Friend Day
17 Constitution Day	18 U.S. Air Force Day	19 Talk Like a Pirate Day	20 National Fried Rice Day	21 Miniature Golf Day	22 Native American Day	23 National Singles Day
24 September is Friendship Month	25 National Family Day	26 Lumberjack Day	27 Ancestor Appreciation Day	28 National Good Neighbor Day	29 September is Hispanic Heritage Month	30 National Love People Day