

DeVille

Apartment & Builders Inc.



February 2025

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in February...

Groundhog Day, Feb. 2. If the groundhog sees its shadow, prepare for another six weeks of winter (or possibly a showing of the 1993 Bill Murray movie).

National "Wear Red" Day for Women's Heart Health, Feb. 7. Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

Valentine's Day, Feb. 14. Show the people you love how much you care for them, with cards, flowers, and kindness.

Presidents Day, Feb. 17. Celebrating George Washington, Abraham Lincoln, and other U.S. presidents through the years.

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

Valentine's Day Origins

Valentine's Day, which today is memorialized in thousands of cards, started out as a religious holiday in honor of St. Valentine. Just why this day came to be associated with courtship is unknown but according to the authors of *Saints Preserve Us!*, it may be because medieval people believed birds chose their mates on this day.

If you don't like that explanation, you might rather think of a lesser-known Saint Dwyn, the patroness of lovers (and sick animals). Dwyn was a Welsh maiden of the fifth century who was inclined to romance. She was smitten with a young man named Maelon. Alas, they had a fight and the heartbroken Dwyn asked heaven for help. In answer to her plea, an angel appeared and bid her drink a potion. Unfortunately, this did nothing for Maelon's affections, but it did turn him into stone. This was not the result Dwyn was hoping for so she asked for and was granted three wishes. First, that Maelon would be restored to life. Second, she asked that all true lovers who invoke her name be united with their love. And third, she wished the desire to marry be taken from her and that she would never marry.

February Maintenance Tips

February can be a messy month outside. Here are some tips to help you keep the mud, water and mess from coming inside with you: • Use the sidewalks. It may mean adding a step or two but will save your carpet and shoes from extra cleaning. • Put mats outside and inside your door. This way your guests can wipe their feet twice. • If you own a pet, keep a box of baby wipes inside your door. When you get back from a walk, just wipe their paws clean.

Super Bowl Fever?

According to research by Kronos Inc., a personnel management software company, Super Bowl fever is a real disease, afflicting 1 percent of the U.S. workforce or 1.4 million people and forcing them to call in sick for work the Monday after the big game. In cities with a team in the Super Bowl, the absenteeism rate is even higher.

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

Corporate Office

(330) 492-8650

Corporate Fax

(330) 492-8671

Website

www.devilleapts.com

Corporate Email

deville@devilleapts.com



Timesaving Clothes-Care Strategies

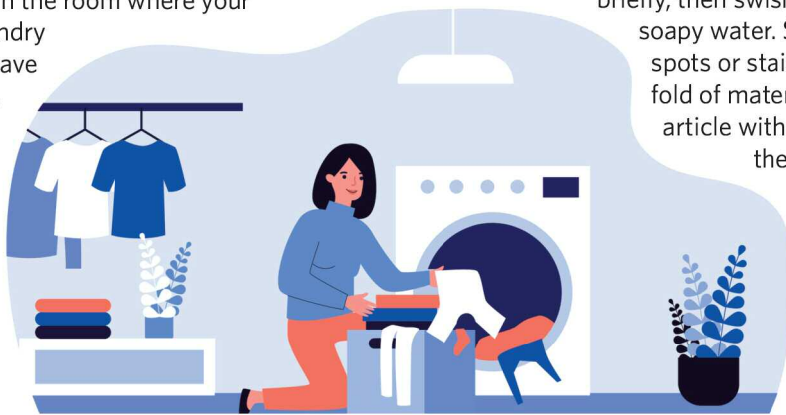
Try these tips to keep your wardrobe looking great...

- 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.



Chocolate may be the perfect cough medicine

Good news if you've got a cough you can't get rid of—especially if you're a chocolate lover. The *Shape* magazine website reports that an influential authority on respiratory medicine believes chocolate can do a great job of soothing coughs because it forms a protective coating inside your throat that shields the nerve endings that make you cough. Melted chocolate's viscosity permits a natural ingredient to defend those nerve endings and help them calm down.

The expert notes that drinking hot chocolate won't have the same cough-soothing effect because it's too diluted to have a long-lasting effect on throat nerves. You're better off sucking on a piece of chocolate and letting it melt down slowly to coat your throat.

Simple tips for a healthier heart

Close to 2,200 people die each day in the United States because of cardiovascular problems. That's one every 40 seconds. Because February is Heart Health Month, here's some advice from the WMC Action News website on how to keep your heart healthy:

- **Laugh a lot.** Laughter dilates your blood vessels, increases blood flow, and lowers your blood pressure.

- **Get the right amount of sleep.** Both oversleeping and getting less than six hours of sleep a night raises your heart attack risk. Aim for about eight hours every night.

- **Snuggle.** Hugging releases oxytocin, a hormone that relieves stress and can reduce blood pressure.

- **Drink coffee.** Studies suggest that caffeine can stabilize your heart rhythm if you have an abnormal heart rate. Check with your doctor.

- **Move around.** Standing and moving around one hour per day can reduce cardiovascular disease risk in women by 25%, according to a University of California, San Diego, study.



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.

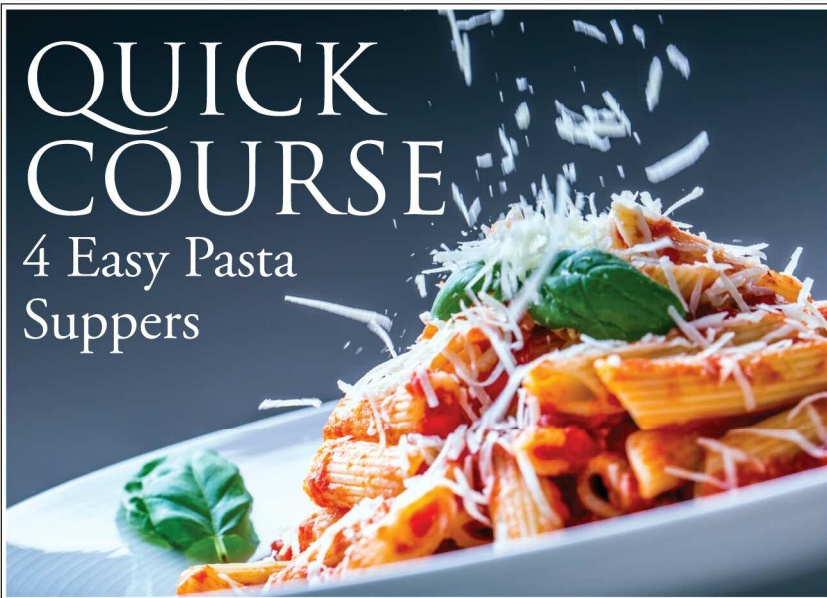
- Vacuum and dust leather upholstery first to remove dirt and debris, and then use a soft cloth with a half-vinegar and half-water solution.

- 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, ¼ teaspoon salt, and ¼ 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 ¾ 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 ¾ 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 ½ cup chopped sun-dried tomatoes and 1¼ cups chicken broth; simmer 10 minutes. Add ½ cup Kalamata olives, chopped, and ¼ 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, ½ teaspoon salt, ¼ teaspoon coarse black pepper; stir into onion mixture until thickened. Stir in ½ 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.



February is
American
Heart Month

www.Heart.org



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						saturday
sunday	monday	tuesday	wednesday	thursday	friday	1
2 Groundhog Day	3 February is National Library Lover's Month	4 National Thank a Mail Carrier Day	5 February is Black History Month	6 Valentine Shopping Reminder Day	7 Wave All Your Fingers at Your Neighbors Day	8 National Boy Scout Day
9 Super Bowl Sunday	10 National Football Hangover Day	11 National Make a Friend Day	12 February's Birthstone is amethyst	13 Get a Different Name Day	14 Valentine's Day Happy Valentine's Day	15 Singles Awareness Day
16 Do a Grouch a Favor Day	17 President's Day Most Banks Closed No Mail Delivery	18 Pluto Day	19 Tug of War Day	20 National Muffin Day	21 National Caregivers Day	22 Single Tasking Day
23 National Tootsie Roll Day	24 National Tortilla Chip Day	25 National Clam Chowder Day	26 Play More Cards Day	27 No Brainer Day	28 February is Library Lovers Month	