

# DeVilleville

Apartment & Builders Inc.



January 2026  
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## Happy New Year!

The entire staff of DeVille Apartments & Builders Inc. join in wishing all of our residents a happy and prosperous New Year. Whether you've just joined our community or you've been here for some time, we appreciate each and every resident. We look forward to serving your needs in the coming year, simply call the Management Office if we can be of assistance.

## Happening in January...

**New Year's Day, Jan. 1.** Ring in the new year with good cheer and some smart resolutions.

**Someday We'll Laugh About This Week, Jan. 2-8.** Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

**National Use Your Gift Card Day, Jan. 18.** Don't start out the year hoarding and forgetting about the gifts you've been given. Gather your unused gift cards, and do a bit of shopping for yourself and others.

**Martin Luther King Jr. Day, Jan. 20.** A national U.S. holiday celebrating the groundbreaking civil rights leader (born Jan. 15, 1929).

## Make Resolutions You'll Actually Keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- **Focus.** Set a definite target: "Lose 10 pounds by June" is better than "Lose some weight."
- **Challenge.** Your resolution should be neither too hard, nor too easy.
- **Commitment.** Share your resolutions with others who will help you work on them.
- **Presence.** Write down resolutions in detail, and post your list where you'll see it often.
- **Vision.** Visualize the results you want to achieve every day.

## Life Hacks

**Make Eggs Last Longer.** Want your eggs to outlive their "best before" date? Just coat them with a thin layer of mineral oil and store them in the fridge. It seals the shell's pores, keeping out bacteria and locking in freshness. Boom — seven extra days of perfect omelets and sunny-side-ups!

**Walk it off (literally).** Did you know walking 3 miles actually burns more calories than running 1 mile? Plus, it's easier on your joints and your mind. Throw on your favorite playlist or podcast and take a stroll — you'll burn calories and clear your head at the same time.

**Double your coffee, halve your cost.** Brew a second pot by sprinkling a little fresh coffee on top of used grounds. It tastes nearly the same and still packs plenty of caffeine. Smart, thrifty, and caffeinated—the perfect trio.

**The Truth About Online "Sales."** That "50% off" deal might not be what it seems. Many sellers raise prices just before putting them "on sale." Use tools like Keepa.com or CamelCamelCamel.com to check the real price history, and make sure you're getting a real deal, not a marketing trick.

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# Resolution Strategies

How to put change ahead of comfort



## How to make your own baby food

Making your own baby food is a great way to have more control over what your child is eating and it doesn't have to be expensive, according to *WhatToExpect.com*.

All-in-one gadgets are readily available that will both cook and puree the food, but all you need is a food processor or blender to get started.

Fruits and vegetables have to be peeled, pitted, and steamed or boiled. After that, use a food processor or blender to puree. Depending on the ingredients, you might need to add water, breast milk, or formula to make it a little more soupy in the beginning. Babies will need less liquid added as they get older.

Meats, grains, and cereals follow a similar process. Add different ingredients to create a complete meal.

Baby food can be stored for up to four days in the fridge or three months in the freezer, making it affordable in the long run. Use ice cube trays or specialized storage containers to make single servings that can be thawed.

The urge for self-improvement is strong at the start of a new year. It's a time for looking back to see what kind of person we have been, and a time for looking forward and visualizing ourselves as the person we want to be.

Here we come to a big question: Is the urge for change more powerful than the drive to revert to what is comfortable to you? At first, change seems manageable, but as time goes on we may tire like the runner in a long race. Then, as difficulties of our daily lives surround us, returning to the comfort zone could seem more important than making the change.

Keep these points in mind when making resolutions:

- **When one resolution involves an important life-style change, don't make any others.** If you want to quit smoking, lose weight, and learn a foreign language, you won't be able to do all three things at once.

- **Study the obstacles to your resolution and determine ways to deal with them.** If you want to lose weight, for example, decide to skip the ice cream and have a low-calorie icicle instead. Tell friends you are not eating rich desserts so they won't tempt you.

- **Think about professional help.** Medical assistance could be valuable in stopping an

addictive habit.

- **Keep your focus and monitor your progress.** Keep a notebook and record how often the behavior you want to change occurs, who you were with, and how you felt. You'll see a pattern that could be avoided in the future.

- **If you break a resolution, don't give up on the effort.** See it as an opportunity for self-understanding. Treat yourself kindly.

New Year's resolutions are supposed to make you feel good about yourself. If not keeping them makes you think badly about yourself, they aren't worth the effort. Work at it, but lighten up and feel good.

## On Martin Luther King Day: Give someone the gift of forgiveness

Martin Luther King Day, January 19, is the only federal holiday that marks the contributions of a private American citizen.

To honor the man and his philosophy of peace, let us pause to honor the man whose philosophy of nonviolent, but pointed demonstrations, created civil rights laws and changed hearts.

Dr. King said:

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us."

"The old law of 'an eye for an eye' leaves everybody blind."

"Life's most persistent and urgent question is, what are you doing for others?"

"Hate cannot drive out hate; only love can do that."

"Forgiveness is not an occasional act. It is a permanent attitude."





# Celebrate the new year with one-day projects

Maybe instead of making a long-term new year's resolution ("I will save money all year!"), you could try doing one satisfying thing. Here are some choices:

## Clean up your computer

- **Start with photos.** You probably have a lot of them from the last year and this is a great way to reminisce while usefully deleting the junk. You can rename photos to make them searchable. If you are feeling organized, make some coherent groups for them.

- **Programs and downloads are next.**

Chances are last year you added a dozen or so junk apps and downloaded the same pdf three times. Clean out those downloads and programs. Uninstall properly.

- **Email.** You have a ton of stuff you will never look at.
- **Old computers.** Shouldn't you do

something with them besides just storing them? Remove the hard drive first and then recycle.

## Get organized

On a lot of people's resolution list, getting organized can streamline your life. Maybe instead of saying you'll organize everything, you could pick a project you can do in one day.

The closet, and all those clothes that don't fit. If you do lose weight, you won't want to wear them anyway.

File cabinets and all those files you can't find. Buy a labeler and simplify.

Kitchen, seriously how many crockpots and coffee cups do you need?

Ruthlessly winnow down possessions: Throw away, recycle, donate.

## Need something simpler?

Donate blood. There is a month for that and it's January. Go to [redcross.org/blood](http://redcross.org/blood) for information.

## To pitch, or not to pitch?

So you've just attacked the clutter and a question arises. How to dispose of the discards? Instead of tossing, consider recycling.

**Eyeglasses:** The Lions Club has been recycling eyeglasses for approximately 80 years. Visit [LionsClubs.org](http://LionsClubs.org) for more information.

**Clothing:** Unwanted apparel can be donated to a charities such as Salvation Army, Goodwill or sold to a consignment shop.

**Blankets, towels, and bedding:** These can be donated to your local animal shelter for use as bedding.

**Cans, glass containers, and plastics:** Many areas have recycling centers where such materials can be dropped off. Call for specific information as different areas accept different items.

**Computers:** Some schools and charities accept computers. Check out other options at [ComputersWithCauses.com](http://ComputersWithCauses.com).

**Books:** Your old friends can be donated to a library for their book sale or given to an assisted living facility that might need books for their library.

**Computer printer and copier ink cartridges:** Many business supply stores, including Staples, accept them.



## INCLUDE FAMILY IN YOUR NEW YEAR'S RESOLUTIONS

Making New Year's resolutions with your family is a great way to nurture everyone's growth throughout the year. Consider these goals for the next 12 months:

- **Cut down on activities.** If your family is busier than ever, make room for consistent togetherness time. Suggesting cutting back on work and extracurricular activities so everyone can eat dinner together most nights.
- **Strengthen your children's confidence.** Some parents spend a lot of time pointing out their kids' weaknesses. Remember that successful people focus on their strengths, and do the same for your kids. You'll give them the confidence to tackle their weaknesses.
- **Make personal resolutions a family affair.** If you've decided that you need to do more charitable work, consider making your personal goal a family goal. Volunteering as a family is a powerful way to build self-esteem and establish a sense of community in yourself and your children.



Happy New Year!!

# January 2026

				thursday	friday	saturday				
				1 New Year's Day  <b>Rent Due</b>	2  National Science Fiction Day	3  National Fruitcake Toss Day				
sunday	monday	tuesday	wednesday	4  National Trivia Day	5  January's Birthstone is Garnet	6  National Take Down the Christmas Tree Day	7  Harlem Globetrotter's Day	8  National Bubble Bath Day	9  Law Enforcement Appreciation Day	10  Houseplant Appreciation Day
11  January Flower: Carnation	12  Kiss a Ginger Day	13  Korean American Day	14  January is National Hobby Month	15  National Hat Day	16  National Nothing Day	17  Ditch New Year's Resolutions Day				
18  National Thesaurus Day	19 Martin Luther King Jr. Day  National Popcorn Day	20  Penguin Awareness Day	21  International Sweatpants Day	22  Celebration of Life Day	23  National Pie Day	24  National Compliment Day				
25  National Opposite Day	26  Australia Day	27  Holocaust Remembrance Day	28  National Kazoo Day	29  National Puzzle Day	30  January is Be Kind to Food Servers Month	31  National Hot Chocolate Day				