

DeVille

Apartment Builders Inc.



May 2025

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Happening in May...

Star Wars Day, May 4. May the fourth be with you today.

Cinco de Mayo, May 5. A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

Mother's Day, May 11. Don't forget to give your mother a gift, send a card, or buy her some nice flowers to show her how special she is.

National Hurricane Preparedness Week, May 4–10. Hurricane season typically runs July through October, but it's not too early to plan for disaster if you live in an area where these storms are common. Visit the DHS at www.ready.gov/hurricane-toolkit for safety tips and tools.

National Women's Health Week, May 11–17. Women's health needs change as they age. Visit www.womenshealth.gov/nwhw/to take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

Memorial Day, May 26. A day to remember those who gave their lives for their country.

Memorial Day Weekend

Though you realize that Memorial Day will be a solemn day of remembrance, the three-day break from work offers two days before Memorial Day when you can rest, organize your thoughts, or put them aside for a time. You can have a picnic or barbecue with family or friends and celebrate life before honoring the fallen.

Have a good time on Saturday and Sunday, but show some respect on Monday and your weekend will be complete. Our office will be closed on Memorial Day, Monday, May 26th.

Mother's Day Quotes

"Biology is the least of what makes someone a mother." ~Oprah Winfrey

"Any mother could perform the jobs of several air traffic controllers with ease." ~Lisa Alther

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." ~Unknown

"My mother had a great deal of trouble with me, but I think she enjoyed it." ~Mark Twain

"The world is full of women blindsided by the unceasing demands of motherhood, still flabbergasted by how a job can be terrific and torturous." ~Anna Quindlen

"My mother could make anybody feel guilty—she used to get letters of apology from people she didn't even know." ~Joan Rivers

"The best way to keep children home is to make the home atmosphere pleasant—and let the air out of the tires." ~Dorothy Parker

Outdoor Exercise

Think all exercise is created equal? Think again. Outdoor exercise can give you even more benefits than an equivalent amount of indoor exercise. Here are a few of the factors:

- The sun helps your body produce needed vitamins.
- Your oxygen intake is greater outdoors, reducing dizziness and overexertion.
- Navigating terrain during outdoor exercise works your mind as well as your body.

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Saturday

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Sunday

Closed

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How to deal with a messy roommate

If you and your roommate don't quite see eye to eye on what's messy and what's not, the discord could make your living situation unbearable. Before it goes too far, clean up any potential chaos with these actionable tips.

- **Be realistic.** You're bound to be disappointed if you expect to keep 100% of a shared residence exactly the way you like it. Try not to worry about the mess in your roommate's room and focus solely on your shared spaces when you speak about the issue. Whatever you do, steer away from an accusatory tone. Instead, aim for an honest, yet positive conversation.

- **Sweep in some compassion.** You might assume your room-

mate leaves his stuff lying around because he just doesn't care—about the home, his things, or even you—but it's possible he isn't aware of the epic mess left in his wake. It could be that's his nature, or he's preoccupied with work stress, relationship problems, or family hardships. There's no need to play armchair therapist, but adding a touch of compassion as you try to understand what's going on in his life will help you approach the cleanliness issue from the best—and most successful—angle.

- **Do a clean exchange.** If your roommate has a lot on her plate (or is genuinely not good at cleaning), offer up a duty swap. Take on more of the clean-

liness chores in exchange for her covering other roles like grocery shopping or sorting the bills. Determine your strengths and weaknesses as a pair and then fill in the spaces where the other lacks.

- **Call in the pros.** if you just don't have the time to take on more cleaning responsibilities yourself—or the mess has gotten insurmountably bad—you can always seek professional help. If you can afford to split the bill for a one-time cleaning session, it can get your home back to square one. Or, if clutter is the issue, share the cost of a storage unit. Seeing the place reach its cleanest potential just might inspire your roommate to keep it that way.



How to keep your kitchen clear of germs

One key to preventing illness is keeping your kitchen clean. Follow these simple tips for maintaining a germ-free cooking area:

- Wash all countertops often with hot, soapy water and a clean sponge, especially before preparing any meals.
- Clean up spilled food right away.
- Keep your counters free of foreign objects—mail, newspapers, bags, etc.—that might leave dirt or germs behind.
- Wash dish towels, sponges, and other cleaning items regularly.



Fresh or frozen? The choice is yours

Mom may have told you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—"individually quick frozen"—for the highest quality.

Make cut flowers last longer

Fresh cut flowers are so beautiful...but they have woefully short lives! Here's a way to help them last...

Most tap water contains minerals that make it alkaline. And alkaline water has a hard time moving through cut flower stems. This means that the life of cut flowers in a vase will be shortened because the flowers do not get the hydration or nutrition they need to thrive.

Here's a tip: Simply lower the pH of the water...or acidify it. You can do this by adding one part of non-diet lemon-lime soda (such as Sprite or 7UP) to three parts of water in your flower vase. The citric acid in the soda helps lower the pH, and the sugar in the soda gives the flowers an energy boost.



48%

That's how much less likely people who ate the highest amount of flavonols (a type of antioxidant) are to develop Alzheimer's disease.

Research behind a study published in the journal *Neurology* say that antioxidants have been shown to reduce inflammation that may contribute to Alzheimer's. Foods high in flavonols include pears, apples, spinach, kale, and tea.

May 12 is National Women's Checkup Day.

Seeing your doctor annually is crucial for preventing illnesses or catching them in the earliest stages. The average checkup lasts just 18 minutes, so make the most of that time: Bring your biggest concerns at the start of the visit and have a list of questions for the doc to answer.



MAY 26

THIS MEMORIAL DAY, **WALK OR RUN WEARING BLUE** IN MEMORY OF FALLEN MILITARY MEMBERS.

To find a run, visit wearblueruntoremember.org. You can also organize one yourself or pledge to walk in someone's honor.



35%
OF MOMS
WOULD
RATHER
HAVE
A BREAK
FROM THE
MAMA
ROUTINE
*than a physical gift
for Mother's Day.*

Treat her to a day to herself. Consider a gift certificate to a spa or an experience, such as a food tour or golf lesson.



May 2025

				thursday	friday	saturday
sunday	monday	tuesday	wednesday	1 Rent Due	2 National Brothers and Sisters Day	3 National Creativity Day
4 Star Wars Day (May The Fourth Be With You)	5 Happy Cinco de Mayo!	6 International No Diet Day	7 May is National Hamburger Mont	8 No Socks Day	9 Tear the Tags off the Mattress Day	10 May is Asian American & Pacific Islander Heritage Month
11 Mother's Day Happy Mother's Day!	12 National Women's Check-up Day	13 Children of Fallen Patriots Day	14 National Decency Day	15 National Chocolate Chip Day	16 National Waiters Day	17 May is National Smile Month
18 Happy Stepmother's Day!	19 National Sun Safe Week	20 Be a Millionaire Day	21 I Need a Patch for that Day	22 Buy a Musical Instrument Day	23 National Road Trip Day	24 Brother's Day
25 Geek Pride Day	26 Memorial Day We may not know them all, but we owe them all.	27	28 National Flip Flop Day	29 National Paperclip Day	30 May is Family Wellness Month	31 National Smile Day