

DEVON COMMUNITY NEWS

Upcoming events

Holiday Party

Get in the holiday spirit by joining your neighbors at the annual Devon holiday party on Sunday, December 15, from 4:00 to 6:00 PM. The festivities include music, food and beverage.

All Devon owners and residents are welcome; however, we regret that we are unable to accommodate guests.

Hope to see you there!

Holiday Fund

The Devon Holiday Fund is in appreciation for the courteous and diligent work of our employees. Please make contributions payable to "Devon Holiday Fund."

From Monday, 12/2 through Friday, 12/13, the locked box will be in the office, with a book signing, between 9AM and 3PM. Additionally, starting Monday 12/2, the Holiday Fund Committee will collect contributions in the lobby from 4PM to 6PM. All gifts must be received by 6PM on Friday, 12/13.

The division of the money is calculated on the basis of job classification and years of service.

Helpful Tips: Cold Weather and Your Car

The cold weather is harsh on your car. In order to avoid expensive repairs – and dangerous accidents – check out what the sub-zero temperature can do to your car, and what you can do to help prevent problems.

Tires Harden and Lose Pressure

A drop-in temperature can cause your tires to quickly deflate. Also keep in mind that many tires are still made with rubber materials, and these materials will harden when the weather gets cold.

Battery Troubles

When the weather gets seriously cold, your battery may struggle to operate correctly. Make sure your battery is not too old – most batteries are in their peak condition for around 3 years.

Engine Fluids Thicken When Cold

In cold weather, the build-up of water vapor is especially noticeable if you only run your engine for half an hour or so at a time. Try leaving your car running to stabilize your engine and get rid of accumulated water vapor. Heaters will also sap heat away from your engine, so avoid immediately turning on your heater when starting your car.

Windshield and Wipers Vulnerable to Damage

Use the right kind of coolant, never wash a windshield with hot water in cold weather, and take special care of your wipe blade so that they don't freeze to your windshield.

Engine Block Vulnerable to Cracking

Older or more delicate engines may also be in danger of cracking if the engine block is vulnerable to sub-zero temperatures and your coolant is contaminated or inferior. Keep that coolant topped off and use the recommended formula.

Do you have a key buddy?

Having a "key buddy" is not only convenient, it could be lifesaving. In an emergency, responders look to see if a key is available. If not, they may need to break the lock to get in if the resident can't get to the door. The time it takes to do that may be the difference between life and death. Let the office know your "key buddy" so that responders can contact them in case of an emergency.

Package pick up request

“Taking Arms Against a Sea of Parcels”

With the holiday season here and packages arriving daily, please plan on picking up your parcels within one day. There is insufficient room to store packages.

Also, please break up boxes and place them in the dumpster outside near the garage door. Only boxes that are 14 inches or smaller should be flattened and placed in the newspaper container.

If people leave the boxes intact, it makes the job of our maintenance men difficult and more time consuming. Your cooperation is greatly appreciated.

Secure entry available

The new “Entraguard System” in the vestibules enables residents to buzz in visitors and/or food delivery persons.

Simply have the person call you on the system (not on his/her cell phone), and you just hit the number 6 on your mobile phone and/or landline to open the door.

News to share?

We want this newsletter to be community focused, so we need your input.

Please feel free to provide a brief description, along with your contact information (for follow up purposes) and leave it in the drop box outside Kathleen’s office.

Wellness tips for coping with cold weather

Adapted From: Nov 17, 2015 10:00:00 AM / Melissa Woodward, Regional Director of Resident Care at The Arbor Company.

Cold weather can be hard on you. So, here are some helpful tips:

Guard Against Hypothermia

You can lose body heat fast, especially if you have underlying health conditions like arthritis or diabetes or are taking over-the-counter cold medications. This means that even after relatively short exposure to cold weather or a slight drop in temperature, you could develop hypothermia, which can lead to heart attacks, kidney problems or liver damage.

On very cold days the best plan of action might simply be to stay indoors. However, if you do go out, put on a heavy coat, wearing loose-fitting, layered clothing underneath (the air between the layers helps to keep you warm). Make sure to wear a scarf and hat as well as mittens, which tend to be warmer than gloves. Head indoors if you start shivering, as it's a warning sign that you're losing body heat— but don't rely on shivering alone as a sign of hypothermia, since people tend to shiver less when their body temperature drops. Other hypothermia symptoms to watch out for include dizziness, lack of coordination, slurred speech or mumbling, confusion, and increased heart rate.

Cover Your Skin

Frostbite can occur when the skin and body tissues are exposed to extreme cold for as little as 30 minutes. Typically affecting the smaller, more exposed areas of the body (fingers, toes, nose, ears and cheeks), signs of frostbite include red, white, pale or grayish-yellow skin; hard or waxy-looking skin; a cold or burning feeling; and numbness.

Cover up all parts of your body when you go outside in extreme cold, and if your skin turns red or dark or starts hurting, go inside right away.

Be Vigilant Around Ice

Falls are one reason people are admitted to the hospitals for trauma, so you need to exercise caution whenever it's icy or snowy out. When it comes to footwear, think safety instead of fashion—this means boots with low heels and non-skid soles.

Drink Lots of Water

Heated indoor air can cause your skin to lose moisture, increasing your daily fluid requirements, and you may need extra water if you exercise or exert yourself while wearing insulated clothing. Signs of dehydration include dizziness or lightheadedness.

Winter does come with a set of wellness challenges for older adults, but if you've got awareness and common sense and take basic precautions, there's no reason not to enjoy life no matter what time of year.

DEVON OFFICE HOURS: Monday to Friday 9am-Noon & 1pm-3pm

If you have good news, a concern, or a complaint, please contact:
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