



# Commonwealth

REAL ESTATE SERVICES

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*Keeping In Touch - August*

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**Wellness Corner**



## Healthy mind, body, and spirit

Mental and emotional wellness are important parts of your overall health. Being good to your mind is just as important as being good to your body – and that means living a healthy lifestyle, paying attention to how you feel, and doing simple things to take care of the whole you.

### Stick to a sleep schedule

Lack of sleep affects your mood, mental sharpness, and ability to handle stress. It's also linked to mental health conditions like depression and anxiety. To create a healthy routine, go to bed and wake up at the same time every day – even on weekends.

### Move your body, lift your mood

Exercise can release tension, tame stress, and improve your sense of well-being. Plus, it can relieve some symptoms of depression and anxiety as effectively as certain medications – all with no side effects.

### Find your words

Speak up if you're struggling. The people in your life are there for a reason, so be honest with your loved ones if you're having a rough time. They can't help unless they know you need their support.

### LOOKING FOR MORE HEALTHY INSPIRATION?

Visit [findyourwords.org](http://findyourwords.org) and follow us @kpthrive.



Please recycle. 60644909 November 2017

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KAISER PERMANENTE  thrive

# New Property Alert!

PLEASE GIVE A WARM WELCOME TO THE  
NEWLY AQUIRED PROPERTIES FOR  
COMMONWEALTH.



## OREGON

Filbert Grove Cooperative  
~Springfield, OR

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### CHS Manager Recognition

Congratulations to all the managers who have sold  
homes recently through CHS!

Phil Sapp

Missy Sapp  
Matt Young  
Linda Fandrey  
Mara Picco  
Cassy Hamel  
Sean Stephens  
Denise Stephens  
Michelle Gruetter  
Michelle Enrici



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## Commonwealth Anniversary Dates

**Phil Sapp - 20 years 8/15**  
**Marc Scott - 15 years 8/1**  
**Dennis & Tina Meeker - 13 years 8/1**  
**Bruce & Linda Bailey - 6 years 8/7**  
**Duane Richmond - 5 years 8/17**  
**John Gonzalez - 3 years 8/1**  
**Chuck Larsen - 3 years 8/29**  
**John Unger - 2 years 8/21**  
**Malachi Welter & Christina Ward - 2 years 8/26**  
**John Coy - 2 years 8/29**  
**Adam Ball - 2 years 8/28**



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**SAFETY CORNER**



# August is Brake Safety Month

Seven Signs Your

## Brakes Need To Be Inspected



**1** **Noise**  
Screeching, grinding, or clicking noises when applying the brakes.

**2** **Pulling**  
Vehicle pulls to one side while braking

**6** **Vibration**  
Brake pedal vibrates or pulses, even under normal braking conditions.

**3** Brake pedal nearly touches the floor before engaging **Low Pedal**

Must apply extreme pressure to the pedal before brakes engage.

**5** **Grabbing**  
Brakes grab at the slightest touch to the pedal

**7** **Light** Brake light is illuminated on your vehicle's dashboard

**4** **Hard Pedal**

*"The Key to Safety is in Your Hands!"*

# PREVENTING WASP AND HORNET ATTACKS



## Early Action Prevents Later Trouble

You can often avoid severe yellow jacket, wasp and hornet problems by eliminating workers and nests in late spring and early summer when the workers are few and their nests are still small.

### YELLOW JACKETS

- If there is a chronic problem with yellow jackets around your community, playgrounds or picnic areas, inspect the area to locate the nests.
- Nests can be found in the ground, under eaves and in wall voids of buildings.
- Ground nests are frequently located under shrubs, logs, rock piles and other protected sites.
- Entrance holes sometimes have bare earth around them. Nest openings in the ground or in buildings can be recognized by observing the insects entering and leaving.
- Yellow jacket nests can also be found in fence posts, play equipment and picnic table supports with unsealed openings.
- Contact your RM if you identify an active Yellow Jacket nest. Work together to try to find the best way to control this hazard.
- Do not try to use water to flood the nest, sticks or garden tools to break up a nest and never try to burn a nest with fire.

**“The Key to Safety is in Your Hands!**

## WASPS AND HORNETS

Spray wasp repellent in areas where hornets and wasps like to build nests.

Spray-can hornet & wasp repellents are an effective way to keep hornets from building nests in your area. Apply the repellent in high corners in sheds and on porches, as well as any nooks and crannies in any exterior walls.

- Apply the repellent to areas where hornets like to build nests at the beginning of spring and at the beginning of fall.
- Popular wasp repellents include Raid Wasp & Hornet Killer, Ortho Wasp Hornet Killer, and Black Flag Killer.
- You can find wasp repellent at hardware stores, department stores, and by ordering it online.
- Look for varieties that allow you to spray the nest from a good distance (20 ft)
- Again, don't use a broom stick to try to knock down an active wasp nest. Don't try to burn or smoke the wasps out either. These actions will, more than likely, not go well for you.



“The Key to Safety is in Your Hands!”



**SAFETY FIRST!!!**

**[Safety Meeting Minutes](#)**

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**Calendar Corner**

**[2021 Timesheet Calendar](#)**

OREGON AUGUST CALENDAR

WASHINGTON AUGUST CALENDAR

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

