



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - April

Formal Paint & Repair Updates

Washington/Idaho Properties:

Our annual paint and repair program will be kicking off soon!
Look for more details coming your way.

Oregon Properties:

Instead of pursuing a formal paint and repair program this year,
Community Managers will issue individual notices for clean-up
and disrepair items.

Wellness Corner



3 simple tips to reclaim your calm

Everyone gets overwhelmed sometimes. But too much stress can be hard on your health – so it's important to find ways to offset those negative effects. These healthy habits can help you stay cool under pressure, even when you're pressed for time.

Sweat more, stress less

Symptoms of stress can create a vicious cycle between your mind and body. Exercise helps to break this cycle by relieving tension and releasing feel-good brain chemicals that fight the effects of stress.

Take a break to breathe

When stress strikes, try a few minutes of deep breathing. Breathe in for a count of 5, hold for 5, and exhale for 5. Repeat 10 times or until you start feeling more calm, grounded, and focused.

Unplug to recharge

Your phone needs time to recharge, and so does your brain. Disconnecting from digital noise for a little while each day can help you stress less, sleep better, and spend time doing more rewarding activities.

Visit kp.org/stressmanagement.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

387655959 November 2019

KAISER PERMANENTE  thrive

Welcome Aboard!

Please help us in welcoming some new additions to the Commonwealth Family!



Taylor Disch - Reception/Office Coordinator - Portland Office
Ryan Nelson - Maintenance - Seminole Estates
Shay Young - Maintenance - Allen's Mobile Villa

CHS Manager Recognition

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

Mara Picco - Angel Haven #11
Nichole Olson - Angel Haven #11
Skye Langford - Forest Hills #112
Reta Schneider - Portland American #108
Nicole Aguilar - Mobile Towne West #108
Karin White - Cedar Glen #51
Robert Hammers - Country West #34
Dave Miller - Midway #A4



Commonwealth Anniversary Dates

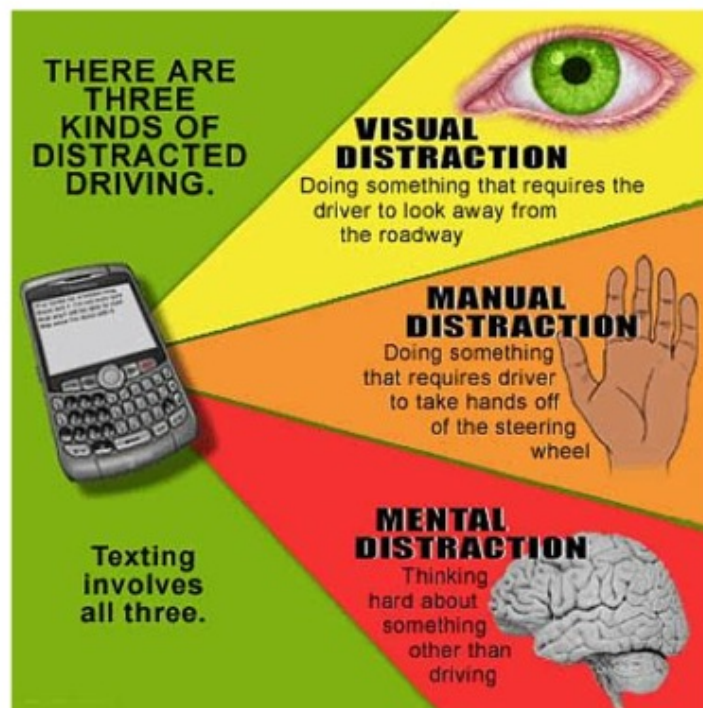
Ronald & Cindy Harris - 3 years 4/1
Tony Ramirez - 8 years 4/2
Michelle Gruetter - 4 years 4/11
Donald Boe - 4 years 4/26
Robert Jennings - 3 years 4/3
Pamela Lindberg - 12 years 4/15
Nancy Jaimes - 5 years 4/11
Angela Keller - 5 years 4/1
Tanya Weathers - 2 years 4/5
Lance & Debra Herring - 8 years 4/1
Guy Hilbert - 8 years 4/1
Ken & Shannon Lehigh - 4 years 4/3



SAFETY CORNER



Don't be a DISTRACTED DRIVER!



"The Key to Safety is in Your Hands!"



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

Calendar Corner

[2021 TIMESHEET CALENDAR](#)

OREGON APRIL CALENDAR

WASHINGTON APRIL CALENDAR

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

