



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - August

Don't Forget!


Commonwealth
**CORDIALLY INVITES YOU AND
YOUR FAMILY TO:**

SUMMER BBQ

August 17, 2022

**RIVER ROAD PARK
3045 RIVER ROAD N
SALEM, OR 97303**

**TIME
11 AM - 2 PM**

*You are welcome to bring outdoor games to enjoy with friends and fellow Community Managers. Commonwealth will provide the main dish, and beverages.

Managers are encouraged to bring a side dish!

Please RSVP attendance and side dish to reception@cwres.com by:
Wednesday, August 10th, 2022



WELLNESS CORNER



[Home](#) > [Thrive Together](#) > [Live Well](#)

Trouble focusing? Try these tips to build attention span.

Posted: JUL 15, 2022

Share: [f](#) [t](#) [in](#) [e](#)

If you've been struggling to focus, you're not alone. Human attention spans are getting shorter* — and it's not hard to see why.

"We live in a 24/7 news cycle, in a world full of snippets and information," says Ashley Zucker, MD, a psychiatrist with Kaiser Permanente. "So, our brains are being retrained to only focus for short periods of time."

The type of content you consume matters too. Between the COVID-19 pandemic and tragic world events, the news has been stressful lately — and [stress can affect your body](#). "That really impacts our ability to maintain our own well-being and mental health," says Zucker. "And focus is a huge part of that."

Fortunately, there are ways to build your attention span — which in turn can improve your mindfulness, relationships, and even work. Here are some of Zucker's tips for recognizing and fixing a short attention span.

Signs of a short attention span

You can't expect perfect focus all the time. But there are some signs that a short attention span is impacting your life.

- Difficulty starting or completing tasks
- Making careless mistakes
- Forgetfulness
- Difficulty reading for long periods

You might also notice personal problems. Patients often report to Zucker that their short attention span harms their relationships. For example, partners or family members might complain that it feels like you aren't listening.

How to improve your focus

The good news is that there are things you can do to rebuild your attention span. Here are some of Zucker's recommendations.

Take several mini-breaks throughout the day to either walk around or stretch. "Sometimes we think if we just keep going, that will help. But it actually can be more effective to take breaks," says Zucker.

Limit distractions. Try adjusting the settings on your phone so you get fewer notifications every day. Or, you can turn them off entirely.

Working from home? Pretend you're not. "Re-create your workday as though you were going to the office," says Zucker. Try sticking to a consistent schedule and wearing professional clothing. Also, sit down at a desk to work instead of on your bed or at the kitchen table.

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

Sandra Dash- Bellevue Admin

Welcome

CHS Manager Recognition

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

Robert Hammers- **Quiet Meadows #24**
Deanna Long- **Angler's Pointe #122**

Ronda Aldridge- Sundial #796
Ron Harris- Midway Manor #E-12
Ken Taylor- The Boulders #1563



Commonwealth Anniversary Dates

Jimmy Wasem - 4 years 8/1
Marc Scott- 16 years 8/1
Dennis & Tina Meeker - 14 years 8/1
John Gonzalez - 4 years 8/1
Liz & Eric Farnsworth - 2 years 8/1
Matt Young - 2 years 8/1
Anita King - 2 years 8/1
Skye Langford - 2 years 8/6
Jack Scofield - 1 year 8/8
Phil Sapp - 21 years 8/15
Brian Hoag - 17 years 8/16
Duane Richmond - 6 years 8/17
David Arellano & Angelica Jimenez- 2 years 8/17
Malachi Welter & Christina Ward - 3 years 8/26
Adam Ball - 3 years 8/28
John Coy - 3 years 8/29
Chuck Larsen - 4 years 8/29
Cory Dettrich - 1 year 8/30



SAFETY CORNER

Have You Updated Your **SDS** Notebook?



- To update your **SDS** notebook, first, take an inventory of the chemical products that you use to do your job. Record what the product is and who made it.
- Next, do an internet search for the **SDS** of each product. Brand names can be helpful.
- Finally, print out a copy of the **SDS** and insert it into your **SDS** Notebook.
 - Tips for printing:
 - Select Double Sided print (**GHS** format is 5 or more pages).
 - Most **SDS** are PDF files.
 - If you can't find the **SDS** by brand name, try looking at where you bought it.
 - Home Depot has an online **SDS** for every chemical product they sell.
 - Some documents may still be labeled as **MSDS**, just make sure they are in the 16-section format. This is the Globally Harmonized System (**GHS**).



Do I need to have a Safety Data Sheet for every product that contains chemicals?

Yes, if it is a product that you use in the office, clubhouse, pool, rec. room, shop or anyplace that could be considered a workplace.

"Safety is a State of Mind!"



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

CALENDAR CORNER

[2022 Timesheet Calendar](#)

[OREGON AUGUST CALENDAR](#)

[WASHINGTON AUGUST CALENDAR](#)

Thank you for all your hard work!

The Commonwealth Team

Stay Connected



Sent by reception@cwres.com powered by



Try email marketing for free today!