



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - February

Do You Have Any Vacancies?

Commonwealth has been receiving a lot of inquiries in regards to vacant lots and RV spaces. We would like to keep our website as updated as possible. So if you have any vacant manufactured home or RV spaces, please email Melisa at melisa.cook@cwres.com and let her know how many spaces you have and what size of home or RV it would fit. If you are able to provide the space number and rent amount that would be very beneficial so she will not need to reach out to you later.

Wellness Corner



HEART HEALTH



Healthy habits for a happy heart

You can help avoid future heart problems by making healthy changes today. And the same habits that help keep your heart strong also reduce your risk for other diseases – another good reason to take these health tips to heart.

Know your numbers

Get regular screenings with your doctor to keep tabs on your blood pressure and body mass index (BMI). Blood pressure over 120/80 and BMI of 25 or higher are both linked to increased risk for heart disease and stroke.*

Stand up for your health

The more you sit, the higher your risk for heart problems. Try standing when you'd normally sit, like when you're watching TV – or setting a reminder on your phone to get up and move once an hour.

Get the facts on fats

Some fats are healthier than others. Unsaturated fats like olive oil and avocado are the healthiest choices. Limit saturated fats found in things like butter and cheese – and avoid trans fats altogether.

Want to show your heart some more love?

*American Heart Association



Visit kp.org/heart and follow us @[kpthrive](https://twitter.com/kpthrive).

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: 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 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612

Welcome Aboard!

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



Ed & Leisa Quintero - Spring Meadow Estates
Jim & Pam Kennon ; Lyndsay Sargent - Quail Run
Greg Davis & Diana Sturges - Candlewood
Christene & Mark Dury ; Hank Sterken - Puerto Vista
Karen Bolger - Holly Tree and Lone Acre

CHS Manager Recognition

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

Cindy Harris - Country Living #32
Michelle Gruetter - Glen Tualatin #17
Nichole Olson - Angel Haven #129
Mara Picco - Clackamas River Co-Op #23
Robert Hammers & Josh Hoffert - Tall Cedars #41A



Commonwealth Anniversary Dates

Cheryl & Kevin Odle - 3 years 2/1
Karin White - 2 years 2/1
Paul Rodriguez - 3 years 2/5
Cheryl Scott - 2 years 2/1
Isabel Custodio-Ost - 4 years 2/1
Michael & Reta Schneider - 4 years 2/16
Bruce & Linda Buer - 1 year 2/6
Christine & James Breese - 1 year 02/25



SAFETY CORNER

**NOW IS NO TIME TO LET
YOUR GUARD DOWN!**

WASH YOUR
HANDS WITH
SOAP & WATER
OFTEN, FOR 20
SECONDS

PRACTICE
PHYSICAL
DISTANCING:
STAY 6FT
APART



WEAR A MASK
WHEN YOU ARE
IN PUBLIC

IF YOU FEEL
SICK, STAY
HOME AND CALL
YOUR DOCTOR

COVER YOUR
SNEEZES &
COUGHS WITH
A TISSUE, THEN
THROW IT
AWAY

"The Key to Safety is in Your Hands!"



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

Calendar Corner

[2021 TIMESHEET CALENDAR](#)

[OREGON FEBRUARY CALENDAR](#)
[WASHINGTON FEBRUARY CALENDAR](#)

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

