



# Commonwealth

REAL ESTATE SERVICES

## *Keeping In Touch - July*

### SAFETY SHIRTS !

ANNUAL SUMMER ORDER



To keep costs economical we have banded together to order in bulk and

pass on the savings to all the communities. To accommodate this we will be doing safety shirt orders at least once a year in the Summer.

A new process may evolve as we strive to serve your safety and company clothing needs better, at which time we will update the process.

## **STEP 1:**

Download the [Safety Order Shirt](#)

## **STEP 2:**

Fill out the Safety Shirt Order Form!

## **STEP 3:**

Email completed form to your Regional Manager.

## **DEADLINE:**

**Community Managers:** Please submit your form(s) to your RM via email no later than by **July 7th.**

Regional Managers: Please approve and email to [reception@cwres.com](mailto:reception@cwres.com) no later than July 14th.

*Orders submitted after deadline may not be able to be ordered.*

## **THEN WHAT...**

Reception submits the bulk order July 17th.

Shirts will either be delivered by your Regional Manager, Company Picnic or mailed directly to you.

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# New Property Alert!

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



## WASHINGTON

Quail Run Homeowners Cooperative

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**Wellness Corner**

A large, solid yellow rectangular area that occupies the bottom half of the page, positioned below the 'Wellness Corner' header.



## Have fun in the sun safely

Sun exposure is the leading cause of skin cancer – and it's also to blame for up to 90% of the visible signs of aging.\* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

### Block it out

Wear sunblock with SPF 30 or higher – every day, and on every body part that's not covered by your clothes. And remember: If you can see light through the shirt you're wearing, UV rays can get through, too.

### Don't let the forecast fool you

You don't have to be at the beach to burn, and summer's not the only time when sun safety matters. Sun damage adds up day after day – even when it's cloudy – so make sun protection part of your everyday routine.

### Check your shadow

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun's harmful rays are at their strongest – and it's time to head for the shade.

Visit [kp.org/sunscreen](http://kp.org/sunscreen).

\*Skin Cancer Foundation

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

387673923 November 2019

KAISER PERMANENTE  thrive

## Welcome Aboard!

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



Brittany Aspinall - Corporate

Qingyu Onouye - Corporate

Tracy Dunn - Sundial

Robin Malone - Belle Passi, Cherry Lane, & Lazy Acres

Cheryl Jones - Harbor Village

Raymond Key - Harbor Village  
Jason LaMotte - Takesa Village  
William Lawer - Sam's Good RV Park  
Michael Thomas - Glen Tualatin

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## CHS Manager Recognition

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

**Cassy Hamel**  
**Denise Stephens**  
**Mara Picco**  
**Nichole Olson**  
**Sean Stephens**  
**Sylvia Wege**  
**IDW #18 – Dan Miller**  
**SND #13A – Tara and Jay**  
**MVL #68 – Cheryl Scott**  
**PAM #22 – Reta Schneider**  
**Green Tree #8 – Abby Mace**  
**DSO #1 – Nancy Jaimes**  
**DSO #1 – Henry Garcia**  
**SME #1544 – Leisa Quintero**



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## Commonwealth Anniversary Dates

**Melisa Cook - 24 years 7/3**  
**Tom Petitt - 9 years 7/9**  
**Meera Taneja - 2 years 7/9**  
**Bud & Susie Bushek - 8 years 7/9**  
**Nichole & Todd Olson - 4 years 7/12**  
**Robert McKenna - 9 years 7/1**  
**Christopher Bamberry - 2 years 7/8**  
**Richard & Linda Fandrey - 5 years 7/29**



Frank Migliore - 4 years 7/1  
Nikki Aguilar - 3 years 7/31  
Traci & Pat Hughes - 4 years 7/31



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**SAFETY CORNER**

# JULY 2021

THIS SUMMER, REMEMBER TO FOLLOW THE RULES...



## 10 RULES FOR WORKPLACE SAFETY

- You are responsible for your own safety & the safety of others
- All accidents are preventable
- Do not take short cuts. Always follow the rules
- If you are not trained, do not do it!
- Use the right tools & equipment for the job
- Assess the risks before you approach your work
- Never wear loose clothing or slippery footwear
- Do not indulge in horse play while at work
- Practice good house keeping
- Always wear all PPE's

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

# TAKE THE QUIZ!!!

## Summer and Vehicle Safety Quiz

1. When stopping your vehicle to briefly exit, you should always (circle all that apply)
  - a. Put vehicle in PARK
  - b. Set the parking brake
  - c. Check makeup or hair in mirror
  - d. Turn on emergency flashers
  - e. Turn off the vehicle engine
2. T/F - The key to being a defensive driver is to be alert for potentially dangerous situations.
3. T/F - As long as you are careful, seatbelts are only required over 20mph.
4. T/F – To stay hydrated, make sure you are drinking liquids high in sugar and caffeine.
5. Everyone is at risk for heat related illnesses, especially
  - a. Infants and young children
  - b. People age 65 and older
  - c. People with a mental illness
  - d. Someone with high blood pressure
  - e. All of the above
6. T/F – During warm weather, you should limit your time outside to the afternoon hours only.

Answer key - 1 = a, b, d and e / 2 = T / 3 = F / 4 = F / 5 = e / 6 = F

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



# GREAT TIPS FOR HOT WEATHER SAFETY

## Hot Weather Reminders

During hot weather it is important to stay hydrated by drinking more fluids than you might be accustomed to doing. You shouldn't wait until you are parched and thirsty to intake liquids, rather you should drink liquids frequently in moderate amounts. Keep these tips in mind during hot weather.

- Don't drink liquids that contain large amounts of sugar, these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light colored, loose fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although anyone at any time can suffer from heat related illness, some people are at greater risk than others:
  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure.

**FOR MORE WEATHER SAFETY, REFERENCE SECTION 18 OF THE WORKPLACE SAFETY MANUAL! FOLLOW THE LINK BELOW.**

[https://cdn.shopify.com/s/files/1/0251/5632/1342/files/Workplace\\_Safety\\_Manual\\_2016.pdf?304](https://cdn.shopify.com/s/files/1/0251/5632/1342/files/Workplace_Safety_Manual_2016.pdf?304)

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



**SAFETY FIRST!!!**

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

**Calendar Corner**

**[Time Sheet Calendar](#)**

OREGON JULY CALENDAR  
WASHINGTON JULY CALENDAR

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

