



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - March

Daylight Savings Begins



Spring ahead! Change your clocks for Daylight Savings Time on March 14th, 2021! Change your clocks to an hour ahead before you go to sleep on Saturday March 13, 2021.

Move In Reminders ** For Oregon Properties Only**

When doing a new move in please make sure you put the NARI date as the Community's rent increase date. Please do not do it by that particular tenant i.e. if the Community's rent increase date is January 1, 2021 and someone moves in March 2021 do *not* put the NARI date as March 2022. It needs to be January 1, 2023. Oregon does not allow rent increases within the first 12 months of a new move in. It's very important to make sure you move the new resident in at the new rent as some may not be eligible for a rent increase for almost 2 years.

Email Signature Reminder

With constant communication within our company it's necessary to ensure all employees input their signature in their email. If you have problems doing that, please reach out to us and we will be happy to assist you.

Wellness Corner



Healthy habits for eating well

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy doesn't have to be hard – and you don't have to live on salad, buy expensive vitamins, or swear off snacking. Your own nutrition intuition can lead you in the right direction.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Instead of ordering in, try cooking at home. By controlling fat, sugar, and salt content, home cooks tend to eat healthier than people who eat out often – even when they're not trying to.

Expand your horizons

Healthy eating doesn't have to be boring. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like zucchini spaghetti with meatballs, or taco lettuce wraps.

Visit kp.org/foodforhealth.

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

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KAISER PERMANENTE  thrive

Welcome Aboard!

Please help us in welcoming a new addition to the Commonwealth Family!



- Angel Chou - Commonwealth Bellevue Office

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

- Elmwood Homeowners Cooperative in Puyallup, WA
- Salt Air Condominium Association in Rockaway, OR

CHS Manager Recognition

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

Reta Schneider - Portland American #12B, #71, #104
Missy Sapp - Giadanj Estates #64



Commonwealth Anniversary Dates

Araceli Sanchez Gregorio - 2 years 3/1

Luis Lopez - 3 years 3/7

Timothy Meyer - 11 years 3/1

Joy Chester - 7 years 3/3

Leisa & Ed Quintero - 4 years 3/1

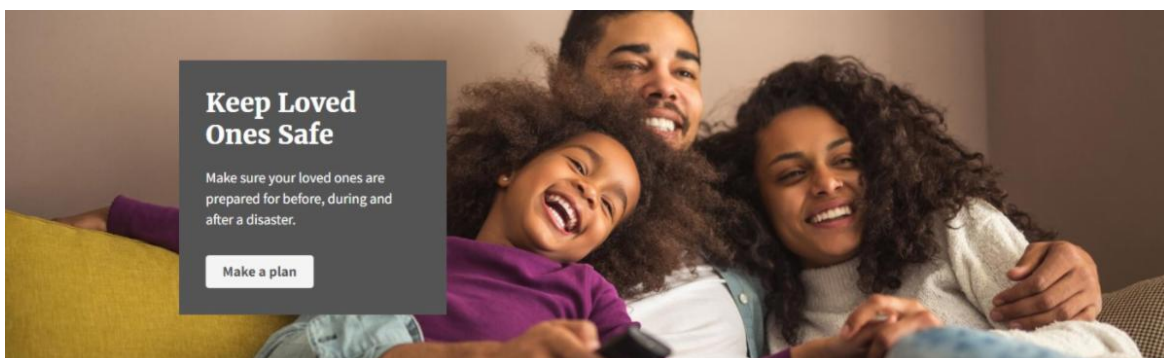
Randy Johnson - 1 year 3/24

Abby Mace - 4 years 3/15



SAFETY CORNER

Be Prepared for Emergencies



Were you prepared for the last weather emergency? There were interruptions in electricity, phone, internet and cellular service. If the storm caught you off guard, then now is the time to get prepared for the next emergency. Go to <https://link.edgepilot.com/s/aad2e78e/noKHYob5QUO1xUQP6OjD8w?u=https://www.ready.gov/> to make a plan. Here, you will find information about how to make a plan, types of disasters and emergencies and many other ways you can get **READY** and be **PREPARED!**

March 2021 is Ladder Safety Month!



Workers can reduce ladder fall risks by doing the following:

- Frequently inspect and maintain ladders.
- Store ladders properly, in a dry place, away from direct sunlight.
 - Match tasks to the appropriate ladder type.
- Set up ladders correctly. Never on uneven surfaces.
 - Climb and descend ladders properly.
 - Maintain three points of contact.
- Keep your belt buckle between the rails of the ladder.

There are many types of portable ladders and they all receive one of four ratings, based on their maximum working load (the maximum weight they can safely support).
The ratings are:

LOAD CAPACITY*	DESCRIPTION	CSA CODE	ANSI CODE
200 lbs./91 kg	Household - Light Duty	Grade 3	Type III
225 lbs./102 kg	Tradesman and Farm - Medium Duty	Grade 2	Type II
250 lbs./113 kg	Construction and Industrial - Heavy Duty	Grade 1	Type I
300 lbs./136 kg	Construction and Industrial - Heavy Duty	Grade 1A	Type IA
375 lbs./170 kg	Construction and Industrial - Heavy Duty	Grade 1AA	Type IAA

*Includes user and materials

For more information about Ladder Safety, follow the link below:

https://cdn.shopify.com/s/files/1/0251/5632/1342/files/Workplace_Safety_Manual_2016.pdf?304

Reference pages 4-6 for Ladder Safety of your Workplace Safety Manual.

"The Key to Safety is in Your Hands!"



SAFETY FIRST!!!

Calendar Corner

[2021 TIMESHEET CALENDAR](#)

[OREGON MARCH CALENDAR](#)

[WASHINGTON MARCH CALENDAR](#)

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

