



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - May

Application Fees

WHAT YOU NEED TO KNOW



New Fee: \$60/applicant

As of 4/21, our application fees have increased to \$60 per applicant. There will be no additional fees for out of state searches, just a flat fee of the \$60.

This is due to rise in operational costs, and is effective immediately.

If you have applications already out, we will have to honor those. Please ensure going forward that you are using the updated applications.

Wellness Corner

May is Mental Health Month



Self-care for the whole you

Mental and emotional wellness are important parts of your overall health. Being good to your mind is just as important as being good to your body – and that means living a healthy lifestyle, paying attention to how you feel, and doing simple things to take care of the whole you.

Stick to a sleep schedule

Lack of sleep affects your mood, mental sharpness, and ability to handle stress. It's also linked to mental health conditions like depression and anxiety. To create a healthy routine, go to bed and wake up at the same time every day – even on weekends.

Move your body, lift your mood

Exercise can release tension, tame stress, and improve your sense of well-being. Plus, it can relieve some symptoms of depression and anxiety as effectively as certain medications – all with no side effects.

Find your words

Speak up if you're struggling. The people in your life are there for a reason, so be honest with your loved ones if you're having a rough time. They can't help unless they know you need their support.

Visit kp.org/selfcare.

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

387666048 November 2019

KAISER PERMANENTE  thrive

Welcome Aboard!

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



Jodi Grossini - Tall Firs
Elisa Jojin - Accounting Specialist (OR)

New Property Alert!

PLEASE GIVE A WARM WELCOME TO THE
NEWLY ACQUIRED PROPERTIES FOR
COMMONWEALTH.

OREGON

Lakewood Vista
Sundial



WASHINGTON

Alder Trails
Bow Lake
Fairway Estates
Friendly Ridge
Glenwood
Takesa Village Homeowners Cooperative
The Pointe at Lockwood

CHS Manager Recognition

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

Michelle Enrici - Seminole #80 & #91
Mara Picco - Clackamas River Co-Op #74
Tony Ramirez - Creekside of Hillsboro #47
Sylvia Wege - Riverstone #A47 & #E12



Commonwealth Anniversary Dates

Aaron Wyrostek - 11 years 5/1
David & Julie Miller - 19 years 5/1
Gregory Mustoe - 9 years 5/1
Mark & Christene Dury - 7 years 5/19
Dayton Hammers - 4 years 5/26



SAFETY CORNER

MAY 2021

**GLOBAL EMPLOYEE HEALTH AND FITNESS
MONTH**

Question: Does Commonwealth really care if you are healthy?

Answer: **YES!** Employees who make an effort to stay or get fit, have lower stress levels, better overall health, and improved confidence, too.

The *National Association for Health and Fitness* launched the observance of Employee Health and Safety Month in May of 1989 to encourage employers to invest in their employees' health. Each year the campaign has grown from a national observance to a now global event.

WAYS THAT YOU CAN PARTICIPATE:

- Invite others in your community to join you for a walk on your lunch break.
- Choose the farthest parking space from the grocery store entrance.
- Take the stairs instead of the elevator.
- Try using a standing desk.
- Do some desk exercises. Check out this fun chart below that puts a musical spin on ways to **"Move It, Move It!"** at your desk!

**WE ARE RESPONSIBLE FOR OUR OWN HEALTH AND
FITNESS!**

"The Key to Safety is in Your Hands!"



Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1 Livin' On A Prayer
Palms together, fingers pointing up, push hands down.
10 seconds

2 Like A Prayer
Palms together, fingers pointing down, pull hands up.
10 seconds

3 Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds

4 Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side

5 Pump It Up
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side

6 Straight Up
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds

7 I'm Your Boogie Man
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times

8 Get Back
Sit down, place hands on lower back for support, lean back.
10-15 seconds

9 The Twist
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side

10 Shake, Rattle & Roll
Arms at sides, shake hands out.
8-10 seconds



Wellmark, Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association.

Copyright © 2013 Blue Zones, LLC and Healthways, Inc. All rights reserved.

“The Key to Safety is in Your Hands!”



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

Calendar Corner

[2021 TIMESHEET CALENDAR](#)

OREGON MAY CALENDAR

WASHINGTON MAY CALENDAR

Thank you for all your hard work!

The Commonwealth Team

Stay Connected

