

REAL ESTATE SERVICES

Keeping In Touch - May

Application Fees

WHAT YOU NEED TO KNOW



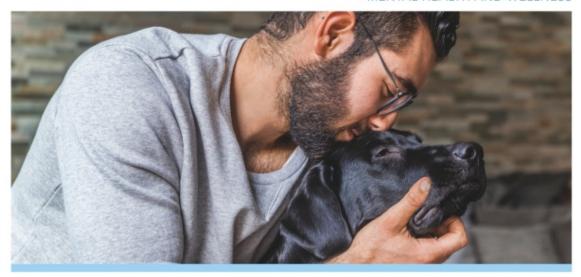
New Fee: \$60/applicant

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



Welcome Aboard!

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



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



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 Traci Hughes - Vista #23



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?

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

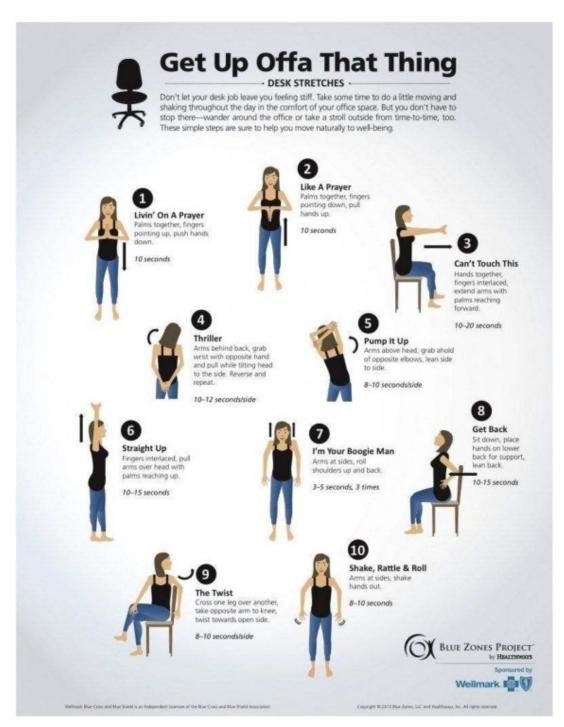
The National Association for Health and Fitness launched the observance of Employee Health and Safety Month in May of 1989 to encourage employers to invest in their employees' health. Each year the campaign has grown from a national observance to a now global event.

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!"



"The Key to Safety is in Your Hands!"



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

