



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch May

Oregon Managers

Partial Payment and Overpayments

Please remember that we do not accept partial payments and/or overpayments. If a resident submits a payment that is not for the full balance owing on their account, you must return the payment to the resident within three days with a letter explaining why the payment is being returned.

Late Fees

Beginning May 1st, late fees will be turned on for all properties

Correspondence and Notices Sent to Residents

All rental documents, correspondence, letters, notices, etc regarding a resident should be uploaded in the Resident Documents tab in MA or in the History/Notes tab in Rent Manager. If a resident has contacted you by phone, it would be helpful to document the call in the Notes tab in MA and in the History/Notes tab in Rent Manager. Before you process a payment, please check the Resident Documents to see if any notices have been sent to the resident and payment can be accepted. If you have any questions, please reach out to your Admin.

Refresher Training - 5/8

10:00am-11:00am

We will be covering Move-ins and Move outs during Refresher Training this month. Please look for an invite in your email soon.

Wellness Corner

5 ways to eat healthy on a budget

by Kaiser Permanente | March 22, 2023



A healthy, balanced diet gives you nutrients that fuel your body. Those nutrients help keep your heart beating, your brain active, and much more. Eating healthy can also help you prevent and control many health issues, including [obesity](#), [type 2 diabetes](#), and [heart disease](#).

We all want to eat healthier. But it's sometimes easier said than done. This is especially true when you're sticking to a budget. According to the American Psychological Association, 83% of adults are stressed about inflation. And 66% of adults are stressed about money.¹

So, what can you do to improve your diet and stay within your budget? Here are 5 tips you can use to eat healthy and spend less when you're on a budget.

- 1 - Shop for in-season produce
- 2 - Buy frozen foods
- 3 - Stock up on canned food
- 4 - Buy in bulk
- 5 - Pick vegetarian and vegan protein

[Click here to learn more](#)

Please help us in welcoming our new

additions to Commonwealth!

Gotti Dingilius - Glen Tualatin - Maintenance
Barry Johnson - Hidden Village - Maintenance
Bradley Eagle - Glenwood - Assistant Manager
Dustin Long - Seminole Estates - Maintenance
Leif Steele - Creekside of Hillsboro - Maintenance

Welcome

CHS Manager Recognition

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

- Deanna Long - Deer Run #123
- Skye Langford - Forest Hills #62
 - Mara Picco - Seminole #48
 - Linn Buer - Center Street #49
 - Michelle Enrici - Seminole #48
- Nikki Aguilar - Mobile Towne West #20
 - Heidi Propp - Pine Ridge #218
- Tiffany Bittman - Hoodcourse Acres #30
 - Mara Picco - Clackamas River #39



Commonwealth Anniversary Dates

Aaron Wyrostek - 14 years 5/1

Gregory Mustoe - 12 years 5/1

Robert Dent - 3 years 5/8 done
Andrew, Denise & Sean Stephens - 3 years 5/8
Deanna Long - 3 years 5/8
Jim Roberson - 3 years 5/8
Noel Chea - 3 years 5/8
Don & Sylvia Best - 3 years 5/8
John & Julie Maxwell - 3 years 5/10
Dayton Hammers - 7 years 5/26
Phil & Tiffany Bittman - 1 year 5/24
Janet Dotson - 2 years 5/9
Angel Ellen - 3 years 5/8
Jim Roberson - 3 years 5/8

congratulations

Safety Corner

May 2024 Safety Kit Topic



“Glyphosate”

A brief discussion from Phil about the hazards and precautions regarding the use of Round-Up/Glyphosate.

One important aspect of our job is to keep our bark dusted common areas, streets, walkways, parking lots and picnic areas free from grass and weeds. To do this, we often use an herbicide that is commonly known as Round-Up. This herbicide may also be known by other names but it is important to understand that the active ingredient in Round-Up (and other broad-spectrum herbicides) is Glyphosate.

Glyphosate, and its makers, in the last few years, have taken a lot of criticism about the effects on humans, plants and animals/insects. Some criticism is warranted, however, there are steps we can take to minimize and sometimes eliminate the hazards associated with this chemical.

Please, follow these precautions and guidelines to reduce or eliminate the hazards of using Glyphosate (Round-Up, Weed Killer)

Precautions and Hazards:

Probable carcinogen, associated with non-Hodgkins Lymphoma. May also cause nervous system damage; Parkinson's disease.

May affect overall gut health in humans as ingesting the chemical can cause changes in essential bacteria in the digestive system.

Glyphosate is harmful to bees and other insects. Avoid allowing your weeds to “Flower” before spraying them with herbicide. If that is not possible, you may want to remove the weeds by hand.

It's very important to understand that when I researched this chemical, the hazards described dealt generally with large agricultural operations that use huge amounts of this chemical every day. As community managers, we are not using this chemical in these volumes or in the same frequency. With proper use of PPE our exposure to these hazards, therefore, can be greatly reduced.

“Safety Rules Are Your Best Tools”

Steps to Reduce Exposure:

When using or mixing any chemical, including Glyphosate...

- wear latex/nitrile gloves.
- wear safety glasses with side shields to protect from splashes.
- wear long pants and long sleeve shirt to protect from absorbing the chemical through your skin (*wash clothing separately after applying*).
- wear shoes, not sandals or slides.
- wear a face mask to reduce the inhalation of droplets (if using a backpack sprayer to broadcast over large areas).

Alternatives to Glyphosate:

If you would rather find alternatives to Glyphosate and/or other Herbicides, that is an acceptable direction to take. You should be aware, however, that a chemical, especially something used to poison a plant, is going to be bad for you. After all, poison is poison!

Vinegar and table salt - an effective weed killer. Vinegar/acetic acid is ten times more acutely toxic to humans than Glyphosate, so do not skip the PPE, it can make you really sick.

Caprylic acid - found in a product called Suppress. Just as you would with Glyphosate, use appropriate PPE and thoroughly wash hands with soap and water after use.

D-limonene - is the active ingredient in a product called Avenger AG. Not only a skin and eye irritant, this product is also combustible and should never be used around a heat source or open flame. Standard PPE described above will be adequate to prevent exposure.

Plant Oils - people have used oils from plants such as cloves, cinnamon or some citric oils to help with weed control. I haven't tried any of these but I would assume that you don't want to let them contact your skin, get in your eyes or mouth.

Conclusion:

I've always felt that if we wear our PPE and follow the prescribed methods for using Glyphosate, we can apply it safely and effectively.



"Safety Rules Are Your Best Tools"



SAFETY FIRST!!!

Safety Meeting Minutes

Calendar Corner

2024 TIMESHEET CALENDAR

OREGON MAY CALENDAR

WASHINGTON MAY CALENDAR

Thank you for all your hard
work!

-Commonwealth Team

Stay Connected



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