

Keeping In Touch - November

Daylight Savings Ends



It's that time of the year when we get an extra hour of sleep. Don't forget to set your clocks back an hour on Saturday night. Daylight saving ends on Sunday, November 7th, 2021.

Covid-19 Balance Due Notice

OREGON ONLY

We are currently allowed to send **10-Day Notices** for balances that occurred from July 1, 2021 to current. We cannot include balances that are before July 1, 2021 or apply late fees to those balances.

These notices will have to be done one by one as they have not been uploaded into the system to generate them all at once. If you need the form, please email your admin.

The Flu is Serious, Get a Flu Shot

The flu is serious. Protect yourself and everyone around you.

Every year, millions of people get the flu. Hundreds of thousands of people get so sick, they wind up in the hospital.* Why risk it?

Protect yourself and others

The flu spreads easily, but the flu shot will help protect you. And if you don't get the flu, you can't spread it to others.



No. The flu shot doesn't contain a live virus. However, it can take up to 2 weeks for your body to be fully protected.

Once a year, every year Flu viruses change each year, and so does the vaccine. Get your flu shot every year to reduce your risk.



You don't have to pay

Kaiser Permanente members can get a no-cost flu shot at all of our locations. Many even have walk-in flu shot clinics.

Kaiser Permanente.

Welcome Aboard!

The flu shot is your best defense against getting and

spreading the flu.

Who should get the

anyone caring for infants.

*Centers for Disease Control and Prevention

Get your flu shot today!

Everybody 6 months and older -

especially pregnant women and

To find a flu shot location, visit kp.org/flu

flu shot?

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

David & Lana Johnson - Fir Park Dianne & Curtis Whitmire - Village Mobile Inn Tanner & Holly Russell - Bridge Creek & Totem Pole Dan Armstrong - CVMP & Wildwood Jamal Pourian - Bow Lake Nicholas Pearson - Auburn Hills Calvin Hodgson - Corporate Accounting Ryan Hecker - Corporate Accounting

Commonwealth Anniversary Dates

Melissa Sapp - 10 years 11/1 Nicole Antons - 8 years 11/1 Jim Skeslien - 1 year 11/3 Tiffany Bouley - 3 years 11/5 Jim Christie - 1 year 11/23 Loren Ball - 8 years 11/1 Kraig Mascola - 3 years 11/1 Lisa Molini- 3 years 11/1 Angela Ware - 3 years 11/1 Tyler Landau - 2 years 11/6 Brett Case - 9 years 11/16

CONGRATULA I LONS

Corporate Halloween

Oregon



Washington



SAFETY CORNER

It's Time to Prepare for Winter!

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- · Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS:

Get Prepared NOW!

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn
 how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide
 detectors with battery backups.
- · Pay attention to weather reports and warnings of freezing weather and winter storms.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full. Optional: a bag of sand or kitty litter may help you out of a slippery situation!
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

How to Survive DURING!

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- · Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

"The Key to Safety is in Your Hands!"

