



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - October

**8th Annual Red Cross Hallows
Eve Blood Drive**



Fly into an
American Red Cross
Blood Drive



COMMONWEALTH REAL ESTATE SERVICES

Bloodmobile at 18150 SW Boones Ferry Rd. (registration in lobby)

Friday, October 29, 2021
9:00 A.M. – 2:00 P.M.

To schedule your appointment, go to www.redcrossblood.org sponsor code: Commonwealth
For more information, contact Heather.McDuffie@cwres.com or call 1-800-RED-CROSS

Eligibility Questions? Go to www.redcrossblood.org or call 1-866-236-2376

redcrossblood.org | 1-800-RED CROSS



Wellness Corner



Give your diet a do-over

Forget juicing, fasting, and fad diets. Just focus on being healthy and fit. When you eat right and exercise regularly, maintaining a healthy weight can happen naturally.

Fill up with fiber

High-fiber foods fill you up without filling you out. Getting enough fiber each day can help you lose weight, regulate your blood sugar, and lower your cholesterol – all without counting calories.

Make time to move

Cutting calories can help you lose weight, but keeping it off long-term is a different story. Exercise is a must – aim for at least 30 minutes of physical activity, 5 times a week, to keep lost pounds from coming back.*

Rethink your drinks

There's more to maintaining your weight than watching what's on your plate. Calories from soda, juice, and alcohol add up fast. Switch to mostly water to help keep your weight from creeping up over time.

Visit kp.org/weight.

**American Heart Association Recommendations for Physical Activity in Adults and Kids,* American Heart Association, 2018, heart.org.

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

387675947 December 2019

KAISER PERMANENTE  thrive

Welcome Aboard!

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



- **Dakota Hammers - CHS Washington**
- **Gary Knauf - CHS Washington**
- **Michelle Shipman - Corporate OR**
- **Brie Loomis - CVMP**
- **Stacey Kautzman - Alder Trails**
- **Kassaundra Franklin - Evergreen MEAD**



CHS Manager Recognition

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

Dan Miller - Idle Wheels #8
Isabel Custodio-Ost - Pine Ridge Park #127
Sylvia Wege - Riverstone #A-28
Mara Picco - Lone Oak #18
Debbie Jolly - Sundial #610
Robin & John Perez - Friendly Ridge #210
Cassy Hamel, Sean & Denise Stephens - Bow Lake #240

THANK YOU

Commonwealth Anniversary Dates

Jeffery Bellwood - 4 years 10/01
Jason Miller - 7 years 10/01
Don Koberna - 7 years 10/01
Debra & Edward Hill - 3 years 10/05
Robert Hammers - 10 years 10/12
Julie Cummins - 14 years 10/15
Ron Skeslien - 16 years 10/15

Raul Custodio Simon - 3 years 10/22
Dennis Kuhlman - 3 years 10/24
Edward Burgett - 8 years 10/28



SAFETY CORNER

**STRUCK BY
ACCIDENTS CAN
BE FATAL**

STAY ALERT AND DON'T GET HURT!
"The Key to Safety is in Your Hands!"



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

Calendar Corner

[2021 Timesheet Calendar](#)

[OREGON OCTOBER CALENDAR](#)

[WASHINGTON OCTOBER CALENDAR](#)

Thank you for all your hard work!

The Commonwealth Team

Stay Connected



