



Commonwealth

REAL ESTATE SERVICES

Keeping In Touch - October

QMM Reminder

Mark your calendars!

The upcoming Quarterly Manager Meeting will be held,
October 18, 2023.

As with previous meetings, all Oregon regions will be covered, so as you can imagine, it will be a jam packed with information. Please do not let this discourage you from asking questions!

Also, please reach out to admins beforehand if there's anything specific you'd like to discuss during the meeting.

You'll receive a calendar invitation & agenda next week

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

Introducing some new additions to the Commonwealth Family!

Gwyn Williamson - Village Mobile Inn

Janice Delos Santos - Glenwood

Marc and Candice Scott - Heron Point

Olivia Wolfe - SouthPark, Three Rivers,
Mountain View Park

Welcome



CHS Manager Recognition

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

Reta Schneider- **Portland American #28**

Dan Miller- **Idle Wheels #80**

Paul Rodriguez - **Laurel Park Community - #33**

Ron Skeslien - **Edgewood Estates - #63**

Victoria Kingsbury - **Four Winds #30**

Mara Picco- **Redwoods Villa #75**

Ronda Aldridge - **Sundial #110**

Ronda Aldridge - **Sundial #14c**

Denise Stephens - **Bow Lake #52**

Linda Fandrey - **Columbia Heights #76**

Commonwealth Anniversary Dates

Jeffrey Bellwood - 6 years 10/7

Edward Burgett - 10 years 10/28

Julie Cummins - 16 years 10/15

Angel Ellen - 1 year 10/19

Robert Hammers - 12 years 10/12

Don Koberna - 3 years 10/7
Dennis Kuhlman - 5 years 10/24
Nicholas Pearson - 2 years 10/4
Ron Skeslien - 18 years 10/15
Kenna Snowden - 1 year 10/5

congratulations

SAFETY CORNER



FIRE PREVENTION MONTH

WHOLE HOME SAFETY CHECKLIST

- Install smoke and carbon monoxide alarms on every level, in every bedroom.
- Test alarms regularly.
- Change alarm batteries every 6 months or upgrade to 10-year sealed battery alarms.
- Replace alarms at least every 10 years.
- Plan and practice your emergency escape plan at least twice a year.



USE

P	Pull the Pin	
A	Aim the nozzle	
S	Squeeze the lever	
S	Swipe side to side	

TO FAIL THE FIRE

A WORKING SMOKE DETECTOR SAVES LIVES!

A – Assess the situation
C – Choose the best action
T – Take action

✓

“Stay Focused on Safety”



SAFETY FIRST!!!

[Safety Meeting Minutes](#)

Calendar Corner

[2023 Timesheet Calendar](#)

[OREGON OCTOBER CALENDAR](#)

WASHINGTON OCTOBER CALENDAR

**Thank you for all your hard
work!**

The Commonwealth Team

Stay Connected



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