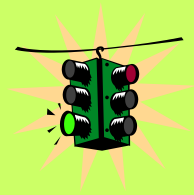




Going Green



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DID YOU KNOW?

Bringing your lunch to work in reusable containers is likely the greenest (and healthiest) way to eat at work. Getting delivery and takeout almost inevitably ends with a miniature mountain of packaging waste, not to mention extra dollars spent. But if you do order delivery, join coworkers in placing a large order (more efficient than many separate ones). Also, bring in a reusable plate, utensils, and napkins. If you do go out for lunch, try biking or walking instead of driving.

What UCS is Doing to be Greener

UCS' Facilities and Safety Division has continued to increase green efforts through renovation projects and recycling methods. During the year, the Manchester office was renovated. As a result of the increased insulation, employees in this facility lowered their office temperatures during cooler

months. During the same time frame, we have also added insulation over the drop ceilings at the Burgess Road facility, and over the conference room at Ledge Hill Drive, helping to retain heat in the building. Gatling House has also been upgraded with the installation of a new boiler, which runs at 90% efficiency.

cling receptacles in common areas for paper and bottles/cans. This movement is to increase the amount of materials that we recycle as an agency, as well as to increase awareness of our green efforts.



You may notice throughout some of our facilities that there are new recy-



Green Committee Members:

Leslie Addison, Human Resources

Ray Andrews, Autumn House

Paul Becker, Facilities

Nancy Bemak, SCS

Amy Fela, Facilities

Kathy Galusha, Finance

Shannon Howlett, Admin

Barbara Kingery, Northshire

Sarah Samson, SCS

Sasha Slattery, CRES

Kip Walker, Outpatient

Shannon VanderWoude, Head Start

Dan Zaffarano, Head Start

New members welcome with supervisor approval.

News from the CRES Division

Battelle House and the South Street Group Home have been recycling for several years. Both of these facilities encourage and teach clients how to recycle materials. CRT, not wanting to be left in the dust, has really stepped up its efforts to promote recycling and awareness among staff and clients. The CRT division is also encouraging Staff to turn off lights in all rooms that are not in use, even forgoing lights when we have nice sunny days. Every building keeps its thermostat at a reasonable temperature and, as with many other buildings, we are only having our trash removed twice per week. Staff are encouraged and frequently do use their own dishes/mugs while at work, cutting down on the amount of paper products being thrown away. Battelle House and the South Street Group Home are equipped with Energy Star appliances, which are only used when completely full to reduce the waste of water.

Alternatives to Chemical Cleaning Products For Your Home

Detergents, cleaning products and pesticides have made our home and work environments miniature chemical factories. These hazardous chemicals endanger our oceans and groundwater. Phosphates, one of the biggest causes of ocean pollution, is common in our laundry detergents. Many of our household cleaning products are actually classified as hazardous waste. It is not just our environment that is impacted by our household chemicals, our health, and our children's health are also at risk from these chemicals. Asthma, birth defects and skin reactions are but a few side effects of the multiple problems stemming from our nations penchant for chemical cleaning products.

There are many natural, environmentally safe substitutions to clean our homes and offices:

Baking Soda: Cleans, deodorizes, scours

Lemon: Effective against most household bacteria



Borax: Cleans, deodorizes, disinfects, cleans wallpaper and painted walls

White Vinegar: Cuts grease, removes mildew, odors and some stains

Isopropyl Alcohol: Excellent disinfectant

Cornstarch: Cleans windows, shampoos carpets, polishes furniture

Microfiber cloth: Lifts dirt, grease and dust

Solutions and replacements for toxic chemicals used in the home and office:

Air fresheners:

Air fresheners are toxic. A 2007 study found that air fresheners contain phthalates, a chemical which increases risk of experiencing endocrine, reproductive and developmental problems. Some brands using phthalates are labeled as "natural" or "unscented" If the air freshener is phthalate free, it is still not safe to be breathed by living creatures. They also emit terpene, which can react with naturally occurring ozone to create formaldehyde. Formaldehyde is classified as a human carcinogen by the International Agency for Research on Cancer. The American Journal of Respiratory and Critical Care Medicine published a recent study indicating that regular use of air fresheners increase the risk of developing asthma by 30-50%.

Natural Air Fresheners:

Simmer water and cinnamon on the stove Place bowls of



dried herbs and flowers around the home or office

Plants: Flowering plants such as gerbera daisy and chrysanthemums were rated superior in removing chemicals. Other good performers are Dracaena Massangeana, Spathiphyllum, and Golden Pothos.

Dishwasher Soap: Mix equal parts borax and washing soda

Disinfectant: 2 teaspoons borax, 4 tablespoons vinegar and 3 cups of hot water.



Drain Cleaner: 1/2 cup salt in 4 liters H₂O, heat (not to a boil) and pour down the drain. for stronger cleaning, pour 1/2 cup baking soda down the drain, then pour 1/2 cup vinegar pour boiling water after 15 minutes do not use with plastic pipes!



These are just a few suggestions for non-toxic cleaning there are many more to be found on-line.

UCS



A COOL WEBSITE FOR HOME IMPROVEMENT SUPPLIES: DiggersList is a website that's like eBay and Freecycle combined. But it focuses exclusively on home improvement. Diggerslist allows you to sell or give away everything related to your home whether it's a box of extra light switches, or your old stove. The cool thing about the site is that it allows you to post pictures, so if you're looking for something it's really easy to find what you want. They also work closely with many non-profits, so if you want to donate your supplies to charities like Habitat for Humanity, DiggersList makes it easy to do so.