



January 2010

Maryland H2E News Round Up



MD H2E Trailblazer Education Series

LifeBridge Health & Atlantic General Hospital

Addressing Climate Change: Energy Efficiency and Related Strategies

Date/Time: Feb. 23, 2010 from 1 p.m. – 3 p.m.

Location: Sinai Hospital, 2401 West Belvedere
Avenue, Baltimore, MD 21215

The program is free but **registration is required** and initially open to HOSPITAL employees only. If you are interested in attending and are not a hospital employee, please note that in your e-mail. We will fill spaces as they become available. To register please send an e-mail to Trailblazer@son.umaryland.edu by **February 16, 2010** with the following information: Name, Job Title, Hospital, E-mail Address, and Phone Number.

Environmental Compliance Workshop — Save the Date: April 16, 2010

**MD H2E will sponsor an Environmental Compliance
Workshop for Maryland Hospitals**

Speakers from:

- MD Dept. of the Environment
- MD Dept. of Health and Mental Hygiene
- The Johns Hopkins Medical Institute
 - The Joint Commission (invited)
- U.S. Enviro. Protection Agency, Region III

Date: April 16, 2010

Location: Maryland Hospital Association, 6820
Deerpath Road Elkridge, MD

This program is funded by a grant from the U.S.
Environmental Protection Agency, Region III.

Lessons from the Field: Mike Forthman, VP, GBMC

Michael A. Forthman, Vice President, Facilities and Support Services, Greater Baltimore Medical Center is a member of the MD H2E Advisory Board and has been at the helm of the sustainability programs at GBMC. Mike recently shared some of his experiences related to developing and implementing a green team and sustainability projects:

1. **Implementing a formal recycling program is a lot of work.** GBMC had to perform RFP's, do contracting, undertake significant construction, acquire compactors and receptacles, train staff, and do marketing. GBMC went from only recycling paper and some cardboard to now being able to recycle much larger volumes of cardboard along with glass, plastic and aluminum. There is always a lot of interest in being able to recycle, but the effort by a core group to actually make it happen was huge. GBMC worked for six months to meet the target date.
2. **Offering recycling for items such as cell phones is a great engagement project.** GBMC has had tremendous response to rolling this very simple program out in September.
3. **A summer-based PLC Predictor program for monitoring energy use was very effective.** Staff were educated as to what a green, yellow or red day meant and their compliance went up. GBMC struggled with energy conservation in Oct/Nov once the PLC program was over for the year as there was no formal mechanism to curtail or tell staff when to curtail. GBMC has since developed a year round program to shed load in off peak times in an effort to reduce overall energy consumption 2% year over year.
4. **Engaging front line staff via unit champions has been more challenging than expected.** Unit Champions are hard to get to meetings due to clinical schedules. GBMC created a dedicated e-mail loop and mailbox for unit champions and that has improved communications.
5. **GBMC had tremendous excitement about Earth Day 2010 and is planning a four hour Earth Day celebration.** This will jumpstart the corporate excitement in the GREEN Team and its efforts!

Trailblazer: University of Maryland Medical Center



On January 26th 2010 close to 50 people gathered at the University of Maryland Medical Center (UMMC) to learn about the details and intricacies of developing and maintaining a Farmers' Market. Participants were greeted by Leonard Taylor, Vice President of Facilities for UMMC, and heard from Denise Choiniere, RN, MS, Sustainability Manager for UMMC, Rachel Ernzen, Registered Dietitian at UMMC, and Louise Mitchell, Sustainable Foods Coordinator, MD H2E. Farmers were on hand to discuss challenges and successes of participating in the downtown University Farmers' Market.



This past growing season, UMMC partnered with University of Maryland Baltimore (UMB) and the local community to offer a weekly Farmers' Market on Baltimore's West Side, providing fresh produce, artisan cheeses and baked goods, eggs, sustainable meats and seafood, soups, spreads, and sauces and desserts — all right across the street from the hospital's main entrance! Strategies for success include:

1. **Coordination** among sponsoring organizations and with farmers was a key ingredient to success.
2. **Marketing** the Farmers' Market was key to its success. The Downtown Market Center designed a market logo, provided table tents for UMMC and the Veteran's Administration (VA) Hospital's cafes to promote the market, and gave away free re-usable grocery bags when the market opened. Signs advertising the market were posted throughout UMMC and the UMB campus. Articles were placed in UMMC employee publications and on the Downtown Market Center website and the market was listed on the MD Department of Agriculture website.
3. **Education** to market customers on eating healthy and distribute recipes for seasonal foods is also important. The UMMC dieticians partnered with the UMMC Food and Nutrition Department and once a month, the café featured a meal prepared with local produce.
4. **Publicity** is good for business. The market was featured by WBAL news and local newspapers. The vendors of the Farmers Market were invited to participate in UMMC's Annual Health Fair and UMB's Fall Festival.

University of Maryland Medical Center Launches New Green Website. Check it out:

<http://www.umm.edu/green/>

Contact: Denise Choiniere, Sustainability Manager, dchoiniere@umm.edu

For a checklist on "How to Start a Farmers' Market," contact Louise Mitchell, Sustainable Foods Coordinator at Lmitc001@son.umaryland.edu

Maryland Green Registry

Maryland Green Registry

Organizations Working toward a Sustainable Maryland

Help build a smarter, greener, more sustainable Maryland by putting these practices to work right in your own organization. The Maryland Green Registry is a voluntary, self-certification program offering tips and resources to help organizations set and meet their own goals on the path to sustainability.



The Maryland Green Registry welcomed two hospital members — **The Veterans Affairs Maryland Health Care System** (Check out their excellent profile at http://www.mde.state.md.us/assets/other/VA_Maryland_Health_Care_System_Profile.pdf) and **Union Hospital of Cecil County** (Check out their excellent profile at http://www.mde.maryland.gov/assets/other/Union_Hospital_Cecil_County_Profile.pdf).

Interested in joining the growing number of Maryland businesses and sharing your "Green Story?" Go to <http://www.mde.maryland.gov/MarylandGreen/default.htm>

Pharmaceuticals In the News



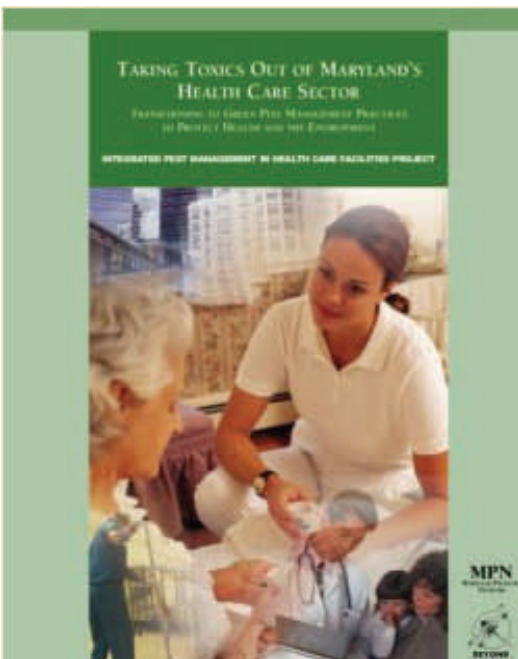
HOSPITALS FINED BY NEW YORK STATE FOR FLUSHING PHARMACEUTICALS

An agreement was reached in New York state in which hospitals and nursing homes have agreed not to flush unwanted medications, including controlled substances. The five healthcare institutions, including two hospitals and three nursing homes, were fined for violations of RCRA and the Clean Water Act for their management practices of pharmaceutical waste, which included flushing of partially medications. The five institutions will no longer flush and will, instead, use waste management facilities capable of safely treating pharmaceuticals. The action was taken to prevent as many pharmaceuticals as possible from entering the waterways, used as a drinking water source for New York City's 8 million people.

Kent nursing home to pay \$12000 in state settlement over drug disposal: <http://www.lohud.com/article/20100113/NEWS01/1130330/-1/newsfront/Kent-nursing-home-to-pay--12-000-in-state-settlement-over-drug-disposal>

ILLINOIS LAW PROHIBITS FLUSHING

The State of Illinois' new law prohibiting health care institutions from flushing unused medications took effect on January 1, 2010. The Safe Pharmaceutical Disposal Act applies to a wide range of providers including hospitals, nursing homes, long-term care and home health care facilities, hospice programs, and others. The law exempts controlled substances used in nursing homes until the Drug Enforcement Administration adopts regulations that allow nursing homes to comply with the new Illinois law. The law does not apply to retail entities such as pharmacies. Each violation of the law could result in a \$500 fine. The law applies only to medicine in solid form and does not include medications contained in intravenous fluids, syringes, or skin patches. Health care institutions are required to develop policies and procedures to ensure their compliance, including having a written protocol. For a copy of the law: <http://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=3121&ChapAct=210%26nbsp%3BILCS%26nbsp%3B150%2F&ChapterID=21&ChapterName=HEALTH+FACILITIES&ActName=Safe+Pharmaceutical+Disposal+Act>.



Maryland Pesticide Network Hires New Director for Health Care Project

The Maryland Pesticide Network and Beyond Pesticides are pleased to announce the appointment of Sharon Fried, M.A., as the new Director of the Integrated Pest Management (IPM) in Health Care Facilities Project. Sharon has more than 25 years experience in the health care industry, giving her a personal understanding of the challenges health care facility managers and administrators face daily. For the past decade, she has worked at Mercy Hospital in Baltimore, most recently as the facility's Safety & Sustainability Specialist. In this position, she managed Mercy's IPM, Hazardous Waste Handling & Reduction Program, Recycling and other Green Team initiatives. Prior to employment at Mercy, Sharon worked at Baltimore's Good Samaritan Hospital for 10 years. To learn more about the IPM in Health Care Facilities Project, contact Sharon at: sfried@beyondpesticides.org or by phone at 410-605-0095, ext. 6.

Food Leadership Council Launches in MD & DC to Identify Strategies for Local, Sustainable Meat Purchasing

MD H2E has launched the Food Leadership Council of Maryland & DC to identify strategies for local, sustainable meat and other protein food purchasing. The group consists of food service directors, chefs, purchasing managers and dietitians from health care facilities, as well as hotels, schools and public attractions. The group meets monthly with conference call-in access. The first activity will be hosting a dinner on Thursday, March 4 at 6:30 pm at the Pier 5 Hotel in Baltimore to recognize health care facilities taking the Balanced Menus Challenge. Hospitals will also showcase their new menus during National Nutrition Month. To participate in the Food Leadership Council, contact Louise Mitchell at 410-706-1924 or email: Lmitc001@son.umaryland.edu.

7 Health Care Facilities, 1 Health System, Take Challenge to Purchase Less Meat

MD hospitals are participating in Health Care Without Harm's [Balanced Menus Challenge](#), a commitment to permanently reduce meat purchasing by 20% over a 12 month period and then gradually increase sustainable meat purchasing.

- Union Hospital of Cecil County
- Carroll Hospital Center
- Anne Arundel Medical Center
- LifeBridge Health
 - Sinai Hospital
 - Northwest Hospital
 - Levindale Hebrew Geriatric Ctr. & Hospital
 - Courtland Gardens Nursing & Rehab. Home

To Register your hospital, visit: [Balanced Menus](#)

6 More Health Care Facilities in MD, Including 1st Health System, Sign Food Pledge

These facilities & first Health System in MD signed the [Healthy Food Pledge](#), bringing total MD to 17:

- Union Hospital of Cecil County
- University of Maryland Medical Center
- LifeBridge Health:
 - Sinai Hospital (1st to sign Pledge — Jan '07)
 - Northwest Hospital
 - Levindale Hebrew Geriatric Ctr. & Hospital
 - Courtland Gardens Nursing & Rehab. Home
- Howard County General Hospital

Local Foods to Hospitals '07-'08 — [Final Report](#) Now Available

Balance Meets Taste

A dinner celebration recognizing hospitals in MD & DC taking the Balanced Menus Challenge to reduce their meat servings and purchase more sustainable meat

Thursday, March 4th

6:30 — 10:00 pm

Pier 5 Hotel

Baltimore, MD

Tickets: \$100

To Purchase Tickets:

410-706-1924

Lmitc001@son.umaryland.edu

Sponsored by:

Maryland Hospitals for a Healthy Environment
Health Care Without Harm
Maryland Hospital Association
MedChi - The Maryland State Medical Society
University of Maryland School of Nursing



UNIVERSITY OF MARYLAND
SCHOOL OF NURSING



SAVE THE DATE

CleanMed 2010

May 11-13, 2010

Baltimore Convention Center

Baltimore, Maryland



CleanMed is the premier environmental conference for leaders in health care. The conference attracts key decision-makers from across the health care supply chain.

www.cleanmed.org

Who is Maryland H2E?

Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in healthcare. Participants include hospitals, clinics, nursing homes, and other ancillary health care providers in MD.



Our staff now includes:

- ◆ Joan Plisko, PhD, Technical Director
plisko@son.umaryland.edu
410-706-2107
- ◆ Louise Mitchell, PT, Sustainable Foods Coordinator, limitc001@son.umaryland.edu
410-706-1924
- ◆ Denise Choiniere, RN, MSN, Nursing Coordinator, dchoiniere@umm.edu
410-706-2352
- ◆ Michaela Lindahl-Ackerman, MPH, Nursing Coordinator, mlind006@umaryland.edu
410-706-6832

Practice Green Health Webinars



February 10, 1 pm (Eastern)
Introduction to Greenhealth Tracker

February 12, 2 pm (Eastern)
**Green Construction Series:
Living Building Challenge**

February 19, 1 pm (Eastern)
**Green Operations Series:
Climate Action – The Carbon Footprint of
Healthcare – The University of Chicago
Research Report**

To Register and Purchase Webinars, go to:
www.practicegreenhealth.org/tools/webinars/

Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits. You can learn more about the fees and benefits of membership by going to our website. See:

www.practicegreenhealth.org/community/membership/