



Maryland H2E News Roundup



December 2011



Environmental Excellence in Health Care

Measuring Success

MD H2E's 4th Annual Conference a Success by Any Measure!

Maryland is teeming with health care professionals who want to "green" their hospitals and have something to show for it. At least that's the impression one got on November 10th, as over 200 people gathered at the University of Maryland School of Nursing for MD H2E's 4th annual conference, *Environmental Excellence in Health Care*. The theme this year was "Measuring Success." In the Call for Abstracts, MD H2E asked Maryland health care employees what they were greening, how they did it, and how they measured that success. Employee satisfaction? Money saved? Environmental risks mitigated? How do we measure our hard work and point to actual results in the world of sustainability?



Christina Vernon gave the keynote address



Johns Hopkins Bayview Medical Center received the Health Care Facilities Sustainable Pest Management Award.

L to R: Jay Feldman, Beyond Pesticides; Rick Candy, Johns Hopkins Bayview; Ruth Berlin, Maryland Pesticide Network

Speakers discussed everything from tracking landfill waste to employing a prenatal environmental health assessment tool. One facility noted that the amount of employee complaints about cleaning chemical irritants went down after switching to environmentally-friendly cleaners. Another considered the patients' joy at eating meals prepared with fresh, local produce a measurable outcome.

Christina Vernon, Senior Director of Sustainability and Environmental Strategy in the Office for a Healthy Environment at Cleveland Clinic gave the keynote address, inspiring the audience with her vision for Cleveland Clinic's future. [The address can be watched here.](#)

Measure of Success:
One facility noted that the amount of employee complaints about cleaning chemical irritants went down after switching to less toxic cleaners.

Go to the [conference website](#) for conference presentations, links and more!

2011 MD H2E Trailblazer Awards

MD H2E presented five Trailblazer Awards to Maryland hospitals showing leadership in sustainability in a particular area or areas of their operations. The winners are reducing their environmental footprint and raising the bar on achieving improved results. This year's winners are:

Anne Arundel Medical Center

Carroll Hospital Center

Good Samaritan Hospital

Union Hospital of Cecil County

University of Maryland Medical Center

See pages 6-11 for more on the MD H2E award winners.

Health Care Executives Discuss the Intersection of Sustainable and Community Benefits During Breakfast



CEOs, CFOs, and VPs met for breakfast on November 10th prior to the *Environmental Excellence Conference* to discuss a hot issue related to sustainable health care: community benefits. For not for profit hospitals, some green team initiatives can be claimed on the IRS Form for Community Benefits. Julie Trocchio, Senior Director of Community Benefits & Continuing Care at The Catholic Health Association of the United States, spoke on the topic, while local hospitals such as Bon Secours and The University of Maryland, shared their experiences as well. According to Trocchio, to report an activity as a community benefit it must respond to community need and achieve at least one of the following: Improve access to health services, Enhance population health, Advance knowledge, Relieve government burden. As an example, internal facility greening activities, like reducing red bag waste or utilizing green cleaning products, cannot be reported as community benefit. Trocchio stated that initiatives benefitting the community outside the hospital, like a farmers' market or a program to promote physical activity, should be reportable if it relates to a need identified in the community health assessment. The attention to community benefits continued at one conference morning session, "Community Benefits Programming," where Trocchio spoke, along with Laura Howard from Kaiser Permanente, and Judith Focareta of Magee-Womens Hospital of the University of Pittsburgh Medical Center. [Click HERE to watch video of the presentations.](#) Howard spoke about Kaiser Permanente's work to engage and positively impact the communities surrounding Kaiser's facilities. Kaiser hosts farmers' markets, and partnered with local groups to start Get Fresh Baltimore, a media and community engagement campaign to raise awareness regarding access to fresh fruits and vegetables in Baltimore City.

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Robert White, Mike Forthman,
and Janet Brown

Panel: Sustainability Efforts at Community Hospitals

Sustainability initiatives that can be accomplished at a large system cannot always be done the same way at a smaller community hospital. Thus, this year MD H2E was pleased to present a plenary panel titled, "Implementing and Measuring Sustainability Efforts at Community Hospitals." Speakers included **Robert White**, Assistant Vice President, Purchasing and Support Services, Carroll Hospital Center, and **Mike Forthman**, Vice President, Facilities and Support Services, Greater Baltimore Medical Center and Janet Brown of Practice Greenhealth spoke a few words about national practices.

Panelists mentioned the challenges of working within the constraints of a smaller institution. Without the resources for a full-time sustainability staff, Carroll Hospital Center and GBMC push to involve many departments in the green team. Mike Forthman recommended creating sub-committees within the green team, as well as identify unit champions to bring it home for everyone on staff.

Both also highlighted big successes. Carroll Hospital Center has made green renovations, reduced its natural gas use, and recently won first place in Health Care Without Harm's Food Climate Health Connection Award, for its work reducing its climate footprint through the offering of sustainable food options and holding a farmers' market.

GBMC is always looking for innovative green projects to take on, by doing site visits of other hospitals and strengthening vendor connections. GBMC has made great strides with reducing its waste stream and energy consumption, and has recently installed bike racks on campus. Mike Forthman stressed the importance of having goals, branding your efforts, and finding executive sponsorship.

The presentations of Robert White, Mike Forthman, Janet Brown, and Jo Wilson [can be watched here](#).

Conference Sessions

Click [HERE](#) to view conference presentations!

1A. Waste Elimination Tactics

- Chartering a Path to Reduced Waste
- Reprocessing: Weighing in on Landfill and Hospital Savings
- Achieving 40% Recycle Rate and Saving 45% of Waste Costs

1B. Toxic Reduction Strategies

- Eliminating Toxic Pesticides on a 400 Acre Campus!
- Measuring Success Through Purchasing Habit Change
- Metrics and Best Practices from National Hospital Leaders

1C. Community Benefit Programming

- Measurably Improving Communities, Enhancing Lives - Beyond the Medical Office
- Tracking and Measuring Community Education Classes
- Community Benefit and Hospital Environmental Sustainability

2A. Sustainability Metrics

- Getting Started with Environmental Sustainability Software
- Return on Investment - Is it Really Worth the Money?
- Dashboards, Roadmaps, and Stoplights: All About the Metrics

2B. Education Dividends

- Educo-warriors: Environmental and Financial Stewardship in Health Care Education
- Workforce Sustainability Training
- Prenatal Environmental Health Assessment Tool

2C. Sustainable Food Initiatives

- Reducing Obesity and Its Costs by Improving the Hospital Food Environment
- Big, Bold Commitments to Healthy, Sustainable Foods
- From Deep Roots to Meatless Mondays

Conference Snapshots



Thank you Conference Exhibitors!

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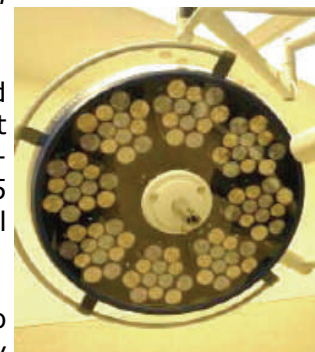
Trailblazer: Anne Arundel Medical Center



AAMC is dedicated to greening its surgical services unit. Studies show operating rooms can account for up to 30 percent of the total waste generated by a hospital. As such, AAMC has installed LED surgical lights in the operating rooms, and in March 2011, began a program to move from disposable single use medical devices to reprocessed and remanufactured ones. The hospital has also implemented a surgical services recycling program, along with other steps to reduce the amount of operating room waste.

recycling program, along with other steps to reduce the amount of operating room waste.

Energy conservation - In April 2011, AAMC successfully implemented Berchtold LED surgical lighting in many of the operating rooms. These bulbs not only last longer (estimated to last 10 years), they also have an estimated 90 percent energy conservation over incandescent bulbs (a 9 watt LED light can replace a 65 watt incandescent bulb). AAMC implemented a plan to add one new LED surgical light per fiscal year.



Regulated Medical Waste (RMW) reduction and segregation: Dedicated to reducing the environmental impact of its waste, AAMC implemented several key programs towards waste reduction, environmental stewardship and cost savings:

- a. AAMC began a **remanufacturing and reprocessing** program in the operating rooms. The reprocessing-remanufacturing program has diverted an estimated 3,944 pounds of waste from the operating rooms.
- b. AAMC successfully implemented a **reusable sharps container** program in the ORs. Dioxin, a known carcinogenic is released when plastics are burned. A single reusable sharps container can be reused over 500 times, greatly reducing the volume of plastics annually sent to the incinerator. Historically, AAMC sent over 30,000 lbs of plastics to the incinerator via the plastic of sharps containers alone.
- c. AAMC went one step further with the implementation of a **recycling program** in the surgical services areas. The ORs have commingled recycling in the break rooms. The other surgical service areas are recycling non-confidential paper, plastics, and glass in break rooms and nourishment rooms.

Toxin reduction - Eight of the OR's in AAMC were opened with **PVC-free** wall and door protection, as well as PVC free flooring.

AAMC has a strong focus on green the surgical services unit. In fact, AAMC started the 2011 year with some aggressive programs and launched a Greening the Surgical Services workgroup of nurses, directors and physicians. AAMC not only has many significant sustainable accomplishments; AAMC also has great momentum "setting the bar" on greening the Surgical Services unit.



L to R: **Carmela Coyle**, MHA; **Charlotte Wallace**, AAMC; **Evelyn Jean Hubbard**, AAMC; **Micheline Holmes**, AMMC; **Jo Ann Shelley**, AAMC; **Katie Boston**, AAMC; **Joan Plisko**, MD H2E

Trailblazer: Carroll Hospital Center



Carroll Hospital Center (CHC) is utilizing a sustainability tracking tool that enables the hospital to quantify the results of its environmental initiatives. This software allows the hospital to track its water, energy, and natural gas usage. Driven by the data, CHC had its boiler refurbished, began boiler parameter control charts, adjusted pressure and water temperatures, and softened all the domestic water within the hospital, which improved heat transfer through coils. Through these steps, CHC reduced its



natural gas usage by 30 percent. The hospital continues to work on new programs to further reduce its carbon footprint and fossil fuel consumption.

Tracking and reducing carbon footprint:

FY2011 Sustainability Goals

Legend: ■ Not Participating ■ Not Initiated ■ Completed ■ In Progress ■ Not Applicable

Program	Start	North	South	Med Ctr	Tower	Desert	% Complete
Environmental Initiatives							
Environmental Commitment Statement Goal: Signed Statement	7/01/09	Completed	Completed	Completed	Completed	Completed	100%
Waste, Energy and Water Audits Goal: Establish Baseline & Ongoing Process	7/01/09	Not Initiated	Not Initiated	Not Initiated	In Progress	In Progress	25%
Energy							
Pharmaceutical Waste Goal: Implement Program	7/01/09	Completed	Completed	Completed	Completed	Completed	100%
Single Stream Recycle Program Goal: Implement Program	7/01/09	In Progress	In Progress	In Progress	In Progress	In Progress	38%
Food Waste Composting Program Goal: Implement Program	7/01/09	In Progress	In Progress	In Progress	In Progress	In Progress	20%
Energy Management Plan Goal: Develop Plan	7/01/09	In Progress	In Progress	In Progress	In Progress	In Progress	25%
		100%	43%	50%	43%	63%	60%

CHC recently purchased a sustainable software program that helps measure sustainable successes. The hospital is the first in Maryland to purchase this software. CHC first used the software to track its natural gas reduction initiative. The hospital refurb-

Reducing energy and water consumption:

CHC began a "lights off campaign" in the patient care area by simply turning off all lights in hallways and patients rooms from 3p-4p daily. CHC also sends out reminders during this time for everyone to make sure that all unoccupied room lights are turned off. The hospital is also working hard to make sure all computer screens are turned off at the end of the business day. There are green team spies that make after-hours runs to check computers. If a screen is left on, the associate will return to work with a sticker on their computer that states, "Turn it off."

ished the boiler, began boiler parameter control charts, management of pressure and water temperature, and the softening of all domestic water within the hospital (which improved heat transfer through coils). This was tracked though the software and turned out to generate a 30 percent reduction of natural gas, which calculates to be 3,022 pounds of carbon dioxide reduction and a savings of \$126,876.

Purchasing and serving local sustainable foods:

In addition to tracking initiatives, CHC is supporting local farmers by purchasing fruits, vegetables, chicken, turkey, beef, and buffalo from local organic growers. Using local farmers also helps with fuel reduction and helps with reducing carbon footprint. The food is served to patients and in the cafeteria. Additionally, CHC started a farmers' market, open to the community.



L to R: **Carmela Coyle**, MHA; **John Miller**, CHC; **Robbin Nolen**, CHC; **Robert White**, CHC; **Kate Painter**, CHC; **Colleen Duerr**, CHC; **Joan Plisko**, MD H2E; **Louise Mitchell**, MD H2E

Trailblazer: Good Samaritan Hospital

Good Samaritan Hospital embarked on a project to build an employee/community vegetable and herb garden on its campus. Volunteers planted a variety of crops, including kale, collards, lettuce, and broccoli. After the initial harvest, the hospital plans to donate a portion of the food grown to a local food bank. The goal of the garden is to teach employees about healthy food options, creating their own gardens, and sharing the harvest with the community. The garden is positioned in a heavily traveled employee corridor, enhancing visibility and encouraging participation.



Good Samaritan Hospital always looks to promote sustainability and healthy diet and nutrition options to its patients, visitors and employees. Recently, Good Samaritan Hospital embarked on a project to build an employee/community vegetable and herb garden on campus. The garden, which is an extension of the hospital's "Green...for Good" sustainability program, has been a labor of love for many in the Good Samaritan family. Early in the planning phases, it was identified that many obstacles would have to be overcome in order to make the vision a reality. From the initial research, Good Samaritan Hospital found that the only location on campus suitable for a garden was the hardest piece of land to work with. The site that was selected needed extensive modifications,

including a retaining wall built to support proper plant growth. While an expense like this might typically derail a project such as a garden, this challenge was overcome through the commitment and resolve of Good Samaritan Executive Leadership, the "Green...for Good" Green Team, and several committed volunteers.

Once the wall was complete, the marketing department at Good Samaritan Hospital launched a volunteer and awareness campaign in order to encourage people to participate in the initial planting and maintenance activities necessary for the fall crops.

The initial soil preparation and planting bed construction was completed on August 24, 2011, and the first crops were planted the next day. Hospital executives, marketing, clinical and OR nurses, nurse educators, nurse managers, facilities, EVS and other volunteers helped in the bed creation and fall planting.

After the initial harvest, the hospital planned to donate a portion of the food grown to a local food bank, and give the volunteers some of the items grown to take home for their hard work. The goal of the garden is to teach employees about healthy food options, how to create their own gardens, and share the harvest with the community. The garden is



positioned in a heavily traveled employee corridor, enhancing visibility and encouraging participation.



Good Samaritan feels that the garden has fostered a sense of community and goodwill at the hospital, while raising awareness about the importance of local crops and sustainable plants.

L to R: **Carmela Coyle**, MHA; **T. J. Senker**, GSH; **Chris DeRocco**, GSH; **Florin Kuhn**, GSH; **Louise Mitchell**, MD H2E; **Joan Plisko**, MD H2E

Trailblazer: Union Hospital of Cecil County

Union Hospital of Cecil County is committed to purchasing local sustainable meat, poultry, and produce for its cafeteria and patient meals. Local farms have increased their acreage for produce, employed winter greenhouses for growing, and increased poultry flock size to meet the hospital's needs. Forty-nine percent of UHCC's meat and 100 percent of its beef is now purchased locally. Food waste is either composted or sent to an area hog farmer for feed.



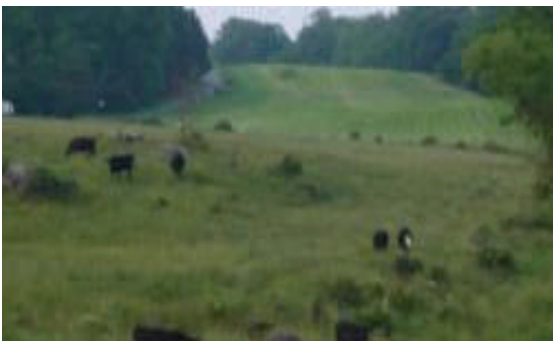
UHCC's strategy for healthy foods has been to increase local sourcing for meats, poultry, vegetables and fruits. This involved obtaining local growers and producers for specific categories the hospital was trying to increase: beef, chicken, turkey, local produce, and fruits. The results for this past year indicate:



Fiscal Year 2011
Meat purchases—49% local
Vegetable and fruit purchases—14% local

Compared to Fiscal Year 2010
Meat purchases—9% local
Vegetable and fruit purchases— 9% local

The goal of UHCC was to increase the amount of farms that practice sustainable agriculture practices, in the categories of meat, poultry, and produce. UHCC was able to cultivate relationships with local farmers to advance its initiatives; some farms have increased their acreage for produce as well as winter greenhouse growing, and others have increased meat options: one beef farmer is now raising chickens and hogs.



The volume of meat, poultry, and produce purchases that were transferred to a local source were significant, such that the current rate of purchasing is 100% local beef and close to 100% local chicken. We have been purchasing extra volumes during the local harvest and freezing for utilization through the fall and winter months.

UHCC also started composting food materials in March 2011. So far, Union has diverted 20,122 pounds of food waste in six months to a composting facility. For fiscal year 2010, the hospital diverted 22,000 pounds of food waste to a local hog farmer for

feed.

UHCC also implemented a waste management program with a goal to increase the amount of recycled materials diverted from the landfill. In the past two years, recycling rates of total waste at the hospital have increased from 18% to 25%. Another goal of the waste management program was to reduce the amount of high cost medical waste. Through education and training, Union Hospital reduced its medical waste by 16% for calendar year 2010, and currently are reducing another 10% from last year.

L to R: **Carmela Coyle**, MHA; **Louise Mitchell**, MD H2E; **Holly Emmons**, UHCC; **Priya Saha**, MD H2E; **Joan Plisko**, MD H2E



Trailblazer: University of Maryland Medical Center



UMMC focused on lighting conservation and upgrades in 2011. The goals of the project were to turn off lights when not in use and when daylight is sufficient in atriums and hallways, replace inefficient light bulbs with more efficient bulbs, and establish a baseline to monitor changes. By listening and responding to the staff's concerns about excessive lighting, the facilities leadership team gained the support and engagement of the staff to expand efforts. One of the nursing units has appreciated the decreased lighting so much it is now working on a daily "quiet hour," when the lights will automatically be turned down to promote a quieter work environment and promote rest and healing for their patients while saving energy.

UMMC participates in a load response program, also known as a voluntary energy consumption curtailment program. With this program, UMMC is alerted when electricity prices rise, which generally occurs during extremely hot days during the summer months. Typically, UMMC will curtail electricity consumption by running its generators from three to four hours when alerted. By doing so, UMMC is cutting their demand on the grid by approximately 30 percent.

In June 2011, UMMC received a \$250,000 rebate for its participation in the curtailment program. It was decided to allocate the money towards lighting conservation and upgrades.

Lighting was identified as the area to direct the monies from for two reasons. The first reason being that on average, lighting contributes to approximately 16% of a hospital's annual electrical consumption, and secondly, excessive lighting throughout the hospital has been an area of contention among hospital staff for some time.

The goals of the project were to turn off lights when not in use, turn off lights when daylight is sufficient in atriums and hallways, replace in-efficient light bulbs with more efficient bulbs, establish a baseline to monitor changes, and submit work to BGE Smart Energy Savers Program for additional rebate money.

UMMC is fortunate enough to have beautiful, glass roofed atriums, but had lights that were on 24/7, even when the sun was shining bright into the hospital. Three-hundred and fifty-two lights were put on photo cell sensors, which detects the level of natural lighting in the atriums, and turns the lights on or off accordingly. Additionally, 420 occupancy sensors were installed, 288 lights in our mechanical rooms were placed on automated controls, 92 fixtures were replaced with more efficient fixtures, and 52 fixtures were totally removed.



L to R: **Carmela Coyle**, MHA; **Denise Choiniere**, UMMC; **Joan Plisko**, MD H2E; **Richie Stever**, UMMC

The project was communicated through a variety of channels. The green team was kept abreast of the project throughout its progress. Green Team members then communicated this information to their colleagues. The information was also presented to the entire Facilities Division. For this audience, the presentation was broader and included information on why it is important to conserve energy, how energy production effects climate change and how climate change is affecting public health. Also included in the presentation is how this project supported our Sustainability Principles and the hospital's goal of decreasing energy consumption put forth by hospital leadership.

The information was also presented to the nursing leadership of UMMC. A more technical educational session was provided to the Operations and Maintenance Department on the exact locations of

all the sensors and how to maintain and repair them if needed.

It would have been easy to spend the entire \$250,000 on HVAC upgrade or by just placing the hundreds of lights in the mechanical plants on sensors. But instead, the facility leadership team chose to identify high visibility areas to channel the money. By doing so, the staff were able to see that their concerns were being addressed and thus, in turn, we were able to create more buy in and engagement throughout the hospital, which is having a positive down stream effect.

Award-Winning Nurses!

The first annual Nursing Leadership in Environmental Health Award was presented to **Denise Choiniere, MS, RN**, sustainability manager for University of Maryland Medical Center (UMMC). Choiniere, the first full-time sustainability manager in a Maryland hospital, has spearheaded a number of environmental initiatives at UMMC, including—but not limited to—a hazardous pharmaceutical waste management program, Earth Day events, lighting conservation and upgrades, and a weekly farmers' market.



Karin Russ and Barbara Sattler, MD H2E, present Denise Choiniere, center, with award



MD H2E Director **Barbara Sattler, DrPH, RN, FAAN**, was honored with an Environmental Health Visionary Award. Sattler is founder and director of the University of Maryland School of Nursing's Environmental Health Education Center and an associate professor in the School's Community/Public Health master's specialty.

L to R: Molly Englund, Louise Mitchell, Priya Saha, Karin Russ, Barbara Sattler, Joan Plisko, MD H2E; Karen Kreisberg, Zanvyl & Isabelle Krieger Fund; Carmela Coyle, MHA

Who is Maryland H2E?



Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in healthcare. Our staff now includes:

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- ◆ Priya Saha, BSN, RN, Sustainable Foods Coordinator, saha@son.umaryland.edu, 410-706-3077

Practice Greenhealth Webinars



- December 07, 2 pm (Eastern)
**Greening the OR:
Single Use Device Reprocessing in the OR**
- December 14, 2 pm (Eastern)
**Green Operations Series:
Managing Facilities Without Toxic Pesticides
Through Integrated Pest Management (IPM)
and Organic Lawn Care**

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