



May 2012

# Maryland H2E News Roundup



## Next in the Trailblazer Series: CREATING AN EMPLOYEE/COMMUNITY GARDEN MedStar Good Samaritan Hospital June 19th, 1–3 pm

5601 Loch Raven Boulevard Baltimore, MD 21239

MedStar Good Samaritan Hospital built an employee/community vegetable and herb garden on its campus to teach employees about healthy food options, creating their own gardens, and sharing the harvest with the community. Volunteers planted a variety of crops and donated a significant portion of the food to a local food bank.

Take a tour of the garden and meet the folks who planned it! Sample the results in a dish prepared by Good Sam's chef!

For more information on Good Samaritan's award-winning program:

<http://mdh2e.org/wp-content/uploads/2011/07/GoodSamWeb.pdf>

To register for this FREE event, please send your name, title, facility name, e-mail, and phone to [Englund@son.umaryland.edu](mailto:Englund@son.umaryland.edu).



The team shows off kale from the harvest

## Maryland Hospitals in SAVE YOUR SCRUBS Campaign!

**global links**

Early this spring [Global Links](#) launched a program to collect gently-used scrubs to donate to medical personnel in resource-poor communities overseas. Eleven Maryland hospitals and health systems have responded to the call so far!

The extra care all staff took to clean and donate their scrubs truly demonstrates Maryland hospitals taking that extra step. Helping their peers in resource-poor communities, while avoiding the disposal of still-useful items, is a win-win for everyone.

This collaboration, the first Save Your Scrubs campaign in the region, has been a resounding success, totaling over 2200 pounds of scrubs donated for reuse.

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## MD H2E Presents *Environmental Excellence in Health Care: Innovations and Collaborations*

**November 14th, 2012**

**University of Maryland School of Nursing**

**655 West Lombard Street  
Baltimore, MD 21201**

**Now accepting abstract submissions!**



## 2012 Practice Greenhealth Award Winners Announced

Practice Greenhealth, the nation's leading membership association devoted to environmentally responsible health care, has announced its 2012 Environmental Excellence Award winners. These awards are given to institutions within the health care sector for outstanding programs to reduce the facility's environmental footprint. Check out all the 2012 Maryland winners! Congratulations to all!



### System for Change Award

MedStar Health, Columbia, MD

### Partner for Change with Distinction

Levindale Hebrew Geriatric Center, Baltimore, MD

University of Maryland Medical Center, Baltimore, MD

### Partner for Change Award

Bon Secours Hospital, Bon Secours Baltimore Health Corporation, Baltimore, MD

Greater Baltimore Medical Center, Towson, MD

Kaiser Permanente of the Mid Atlantic States, Rockville, MD

MedStar Franklin Square Medical Center, Baltimore, MD

MedStar Good Samaritan Hospital, Baltimore, MD

MedStar Harbor Hospital, Baltimore, MD

MedStar Union Memorial Hospital, Baltimore, MD

Northwest Hospital, Baltimore, MD

Sinai Hospital of Baltimore, Baltimore, MD

Maryland Hospitals for a Healthy Environment also took something home:

### Champion for Change Award

## A Look Back at CleanMed 2012

Craig Moody of the [Verdis Group](#) (based in Omaha) wrote a [fascinating post](#) on CleanMed 2012, which took place in Denver this year, for the company's blog May 3rd. Below are some excerpts:

### **CleanMed = Implementation + Networking**

CleanMed...seemed to focus on two things: implementation and networking. Sessions (at least those that I attended) zeroed in on **what** healthcare facilities should be doing and **how** they should be doing it. Topics ran the gamut and included such concepts as greening the operating room, reducing water consumption, composting, safer chemicals, energy conservation, employee engagement, etc. etc. A lot was covered, and it was the brass tacks of greening a hospital. I found myself taking copious notes on many tried and true strategies for success. It was, in most cases, really rich content that is immediately applicable in our work.

The other focus was networking. During the two and a half days, over nine hours wasn't "programmed". Such an approach allowed attendees to dive a bit deeper in their conversations. We were able to share stories about what was working, what wasn't, and generally kick around ideas about how to be more effective in our work. Every time I spoke with another someone, the conversation was always meaningful and illuminating. Time after time, I was impressed with everyone I talked with, regardless of where they were from or what their job title was.

**Continued on page 9**

## AAMC Draws Green Crowd for Surgical Services Trailblazer Event



**"What is good for the patient, is good for the nurse, and is good for our community"** – Charlotte Wallace, Sustainability Coordinator, AAMC



Over 50 people gathered at Anne Arundel Medical Center (AAMC), including employees from ten Maryland hospitals, April 27<sup>th</sup> for the hospital's Trailblazer educational event, *Greening the Surgical Services*.

President and CEO Tori Bayless offered opening remarks, while speakers included Patty Schiro, Clinical Director, Hospital Pavilion Operating Room; Olive Murray, Operating Room Staff Nurse; and Charlotte Wallace, Sustainability Coordinator. Representatives from [Stryker](#) and [Practice Greenhealth](#) also presented.

AAMC is a national leader in greening its surgical services operation. The hospital replaced operating room surgical lights with LEDs, which not only save energy and last longer, but also do not give off heat or cast shadows (like traditional lights), a huge improvement for surgical teams. AAMC also started a program to move from disposable single use medical devices to reprocessed ones. The hospital put a surgical services recycling program in place and took additional steps to

reduce the amount of operating room waste.

The OR also eliminated PVC (a human carcinogen) and DEHP (a known male reproductive toxicant) from the IV tubing, and purchased low or zero VOC paints and stains and Green Seal certified green cleaners.

The surgical suite also switched to reusable, lighter microfiber mops, which only require one bucket of water per use, leading to less back strain for staff lifting heavy buckets. The old mops weighed five pounds wet, which meant 45,000 pounds of mops sent to the incinerator every year – adding to a hefty sum, since facilities are charged by weight.

But there's so much more to do! The surgical services team is planning to recycle blue wrap and hard plastics and switch to reusable pillows.



[And click here for  
Charlotte Wallace's  
presentation!](#)

Charlotte Wallace spoke about the necessity of a dedicated staff, best sustainable practices, committed leadership, and education to make any program successful. Using these tenants, AAMC's green initiatives have saved money, helped protect patient and employee health,

and reduced its impact on the environment. MD H2E congratulates AAMC on its hard work, incredible progress, and inspired dedication.



The event also included a **fantastic video** created by the hospital about its sustainable initiatives!  
[WATCH IT HERE!](#)

*LEFT* Beautiful centerpieces Charlotte Wallace created with blue wrap

*RIGHT* Reduction in Motion's Katie Peige modeling a wrap dress she made with Charlotte Wallace, also out of blue wrap!

## EARTH DAY 2012

### MedStar Franklin Square Hospital Center

MedStar Franklin Square Medical Center celebrated Earth Week from April 16-21 by hosting a recycled artwork contest. Seven associates created pieces of art made from recyclable material, which were displayed throughout the week in the café for staff and visitors to vote for their favorites. After more than 250 votes were tallied, the three winners were able to select between three prizes: a year-long membership to its onsite wellness center, an 8-week Zumba class, held at the hospital through their Community Health Education Department, or a digital camera, donated by Reduction In Motion, its greening partner. On the first and last day of the contest, a special event table was held in the café to encourage voting, share greening knowledge and recruit green team members. **FSH's** efforts resulted in several new green team members and an overall raised awareness of the hospitals "Be Square, Be Green" recycling program.



Franklin Square Hospital Center  
reduce/reuse/recycle



### MedStar Harbor Hospital



MedStar Harbor Hospital celebrated Earth Day by hosting an information table in the café. Visitors to the table were given their choice of oak tree saplings, various flower seeds, or energy efficient light bulbs. Information regarding the new waste separation and recycling program was distributed which helped to continue to raise awareness for the new program guidelines. The staff was encouraged to sign-up for the green team and share any of their greening recommendations for the hospital. Overall, the giveaways were a huge hit with many of the energy efficient bulbs and flower seeds going quite quickly!

## EARTH DAY 2012

### Northwest Hospital & Courtland Garden Rehabilitation Center

In recognition of Earth Week 2012, Northwest Hospital and Courtland Garden Rehabilitation Center, part of LifeBridge Health's 'Freedom to be Green' Team, hosted several events for its employees and surrounding community.

Starting on Monday April 23<sup>rd</sup> and running through Wednesday April 25<sup>th</sup>, the green team set up an information table outside the Café to share the successes of the various sustainability programs as well as engage in a question and answer session. In addition to giving away information, green team members gave away gently used batteries collected from the recycling program to all table guests.

To better share the knowledge of its various programs and partners, the hospital and rehab center held a "Sustainability Fair" in the Conference Room from 1p-3p on Thursday April 26<sup>th</sup>. Nine vendors (ACME Paper, Baltimore County Single Stream Recycling, Global Links, Curtis Bay Energy, Daniels Staples, Reduction In Motion, Waste Management, and Waste Neutral) supporting the event with about 150 attendees. It was a great success and green team looks forward to hosting it again next year.

Northwest and Courtland Garden are most proud of their mentee tree planting event. The green team met with a group of 10 mentees from local elementary schools to plant trees in recognition of Earth Day as well as their hard work.

To round out the week's event, the green team held an e-waste recycling, compost give-a-way, and Cash 'n Carry event from 10a-4p on Friday April 25. They collected all unwanted electronics and bulky items such as old computers, printers and other outdated or unused electronic devices. Some items were available for purchase via cash n' carry while others were recycled. The proceeds generated from the items sold during the cash n' carry event totaled over \$300 and were donated to the Employee Relief Fund. The team also gave away compost to employees for personal use.

### Sinai Hospital of Baltimore & Levindale Hebrew Geriatric Hospital

In recognition of Earth Week 2012, Sinai Hospital of Baltimore and Levindale Hebrew Geriatric Hospital, part of LifeBridge Health's Freedom to be Green Team, hosted several events for their employees and surrounding community.

Beginning Friday April 20th the team held an e-waste collection area to collect all unwanted electronics and bulky items. The hospitals encouraged all employees to bring in their old computers, printers and other outdated or unused electronic devices so that they may be recycled. The hospitals held a similar e-waste recycling event for the surrounding community on Saturday, April 21st.

On Monday April 23<sup>rd</sup>, Sinai and Levindale set up an information table outside the Greenspring Café to share the successes of its various sustainability programs as well as engage in a question and answer session. Also, due to great success in years past, green team members gave away gently used batteries collected from the recycling program to all table guests.

#### Check out the new LifeBridge video on the lifecycle of recycled materials!

The video illustrates how everyday recycling flows throughout the facility and taken away to be sorted, reprocessed, and come back as other materials. It was very well received! The video can be seen on YouTube at <http://youtu.be/YAPmBTvdSsk>.

To close out this year's Earth Week 2012 Celebration the green team offered tours of the New Employee Garden, one of the most recent greening initiatives. The tours were held at the garden site located at the Mirowski Building and was hosted by guest Master Gardener, Larry Kloze. Larry is from the local community and discussed the garden project and any other home gardening questions. The new employee garden will allow small groups of staff members to adopt a garden plot and plant select produce for personal use.  
**Scroll to the next page for pictures!**

## EARTH DAY 2012

### Northwest Hospital & Courtland Garden Rehabilitation Center



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### Sinai Hospital of Baltimore & Levindale Hebrew Geriatric Hospital



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## EARTH DAY 2012

### University of Maryland Medical Center

By Justin Graves, BSN, RN

*Senior Clinical Nurse at the R Adams Cowley Shock Trauma Center and Chair of the UMMC Green Team*

April 20 turned out to be picture perfect for the Medical Center's annual Earth Day celebration. You could feel the energy and excitement all over the hospital.

The heart of the Earth Day celebrations took place under the natural sunlight of the Weinberg Atrium. Hospital staff and guests from other organizations provided information, education and many great earth-friendly giveaways, like vegetable and flower seeds. Participants included BGE Smart Energy Program, Hygia, E-Structors, the MTA Baltimore Red Line project and the Maryland Pesticide Network.



The annual scrub swap gave people the opportunity to trade in scrubs that they no longer need while providing a free source of scrubs for others. The Complementary and Alternative Medicine team was on hand to provide a relaxation oasis during a busy day, through free Reiki sessions and therapeutic harp music.

Earth Day also kicked off two major events at the Medical Center:

- The hospital cafeteria's "Re-Think Your Drink" campaign aims to reduce the amount of sugar-sweetened beverages the average person consumes, while educating about healthier alternatives.
- The Medical Center Garage unveiled 34 new preferred parking spots for low-emission and fuel-efficient vehicles.

UMMC's first-ever bike commuter workshop (see photo, above) turned out to be a new favorite, presented by Bike Maryland at the hospital's new bike racks outside the Gudelsky entrance. More than a dozen hospital staff members attended. It was a beautiful day to sit outside and learn how just one day a week of bike commuting (even for one leg of the trip) significantly helps the environment as well as a commuter's health.

Our executive chef, Steve Mack, cooked up burgers from Roseda Beef, a small family farm in Maryland, and used locally grown lettuce for the Caesar salad. By purchasing local foods, Steve is supporting our local farmers and decreasing the amount of miles our food travels, which decreases the pollutants in the air we breath.



The Facilities Services department was on hand to assist hospital departments with their spring cleaning, hauling away truckloads of items for donation or storage.

**Denise Choiniere**, MS, RN, UMMC's sustainability manager, and I were excited by the turnout and expect to see the enthusiasm continue throughout the year as more sustainability initiatives are rolled out at the Medical Center.

For more information about joining UMMC's Green Team, contact me at [jgraves2@umm.edu](mailto:jgraves2@umm.edu).

*Nurses Justin Graves, green team chair, and Denise Choiniere, sustainability manager, organized the UMMC Earth Day celebration.*

## Sustainable Foods Update



### Hospital Chefs: Enter the Governor's Buy Local Recipe Contest

Hospital chefs are invited to team up with at least one local farmer to submit a local food recipe for Governor Martin O'Malley's Annual 2012 Buy Local Cookout on Thursday, July 19th from 6:00—8:00 pm at the Government House in Annapolis, MD.

If selected, your team will then have the opportunity to provide, prepare, and share the dish at the Governor's Cookout. The recipe and biographies of your team members may be published by the Maryland Department of Agriculture's Maryland's Best Cookbook and other publications and releases.

Original recipes that represent Maryland's best bounty will be chosen in the following categories:

Appetizer	Main Dish	Beverage
Dessert	Side Dish or Salad	

Original recipes will be selected based on creativity, availability of ingredients, geographic representation, and maximum use of local ingredients.

#### Submit original recipes here:

<https://mdamarketing.wufoo.com/forms/2012-governor-omalley-s-buy-local-cookout/>

Be Sure to Read Page 2 for Official Rules at:  
<http://www.mda.state.md.us/pdf/recipeinvitationfinal.pdf>



For more info,  
contact:  
Karen Fedor at  
410-841-5773  
or FedorKM@  
mda.state.md.us



### Sign Up Now for Buy Local Challenge — July 21-29

Hospitals, employees and community members are invited to sign up now for the Buy Local Challenge from July 21-29, 2012. Here's how to participate:

- Hospitals can pledge to serve at least 1 local food each day during Buy Local Week
- Employees and community members can pledge to eat at least 1 local food each day during Buy Local Week

**All participating hospitals will be recognized in a press release, newsletters & on websites.**

**Hospitals will also receive special recognition at a press event for:**

1. the highest local food purchases
2. the highest employee & community member participation
3. serving certified organic local foods
4. serving sustainable local meat or poultry
5. serving other sustainable local foods

Stay tuned for updated marketing tools that you can use to sign up employees and community members and to promote your local and local sustainable foods. **For more info: 410-706-1924.**

### To Register, Visit:

[http://www.buy-local-challenge.com/challenge\\_hospital.asp](http://www.buy-local-challenge.com/challenge_hospital.asp)

## Maryland Scrub Donation Campaign a Success!

The following facilities have coordinated scrub drives to date:

**Atlantic General Hospital**  
**Baltimore Washington Medical Center**  
**Chester River Health Foundation**  
**Chester River Hospital**  
**Johns Hopkins Health System**  
**Kennedy Krieger Institute**  
**Mount Washington Pediatric Hospital**  
**Holy Cross Hospital**  
**St. Agnes Hospital**  
**Union Memorial Hospital**  
**University Of Maryland Medical Center**

Special thanks to all!

To start your own scrub drive, contact:  
Hayley Brugos, Medical Outreach Manager,  
[hbrugos@globallinks.org](mailto:hbrugos@globallinks.org) or  
412-361-3424, ext. 213



Members of the Holy Cross Green Team; Claudia Schreiber, Jacqueline Noble & Sharon Calliste pose with scrubs collected for Global Links

### A Look Back at CleanMed 2012, continued from page 2

#### Major Takeaway #1: Mission Alignment

One theme came up time and time again: sustainability initiatives align with their [sic] nearly every organization's mission to improve health. Many unintended consequences of running a healthcare facility negatively effect human health. To name just a few (and there are many): air pollution, food insecurity, aggravated pre-existing conditions, increases in infectious diseases, obesity, and death. Yes, even death. There are clear connections to all of them, and it was refreshing to hear so many healthcare professionals not only acknowledging those connections, but also strategizing about how to lessen their negative impacts. One shining example was [Jeffrey Thompson, CEO of Gundersen Lutheran](#) in La Crosse, Wisconsin. I was thoroughly impressed with his vision and tenacity for greening their hospital.

#### Major Takeaway #2: Energy is King

The sessions that drew the most attention were typically focused in some way on reducing energy consumption. This is no surprise given the industry's operational requirements (you can't exactly send everyone home at 5pm and shut everything down). Hospitals have more than 2.5 times the energy intensity and carbon dioxide emissions of commercial office buildings, and the EPA estimates that a \$1 savings in a hospital's annual energy costs equates to an increase of \$20 in annual revenue, based on a 5 percent net operating margin. Not a bad exchange rate.

Further underscoring the importance of energy efficiency, energy costs are going nowhere but up, which presents a significant risk to a hospital's bottom-line. And oh, by the way, the majority of the energy being purchased is emitting some pretty unhealthy stuff, which is contrary to the mission of these facilities (see takeaway #1). The good news is that there are so many opportunities to conserve energy, and many of them require no investment whatsoever.

#### Major Takeaway #3: From Greenhorn to Green Expert

The differences between where hospitals are in their sustainability journey is pretty stark. I met several people who were just getting their initiatives off the ground while others had been taking strides for several years. The greenhorns were busy developing strategic plans and picking low-hanging fruit while the green experts were contemplating the installation of a co-generation plant onsite. Despite the varied levels of experience, everyone felt there was more to do in their institution.

## Hospital leadership support crucial in going green

By Karen M. Cheung

Hospitals embracing sustainability, such as recycling programs, food management and other waste-reduction initiatives, require a commitment from the top, according to yesterday's [report](#) by the Health Care Research Collaborative.

The U.S. Department of Energy estimates the healthcare industry spent more than \$6.5 billion on energy, surpassing all other service industries with the exception of transportation, the report noted. And healthcare facilities generate 5 million tons of solid waste each year--5 percent of which is hazardous, the report added.

As often the largest employer in their areas, hospitals can have a dramatic impact on their communities in terms of environmental footprint. But successful sustainability efforts require an executive champion or advocate, sustainability values reflected in the company mission, and solid performance measurement systems to monitor and track sustainability activities.

"The report found that leadership engagement and incorporation of sustainability as a high-level goal was key to the success of the program," said report author Tonya Boone.

Executive level leadership can secure resources for sustainability activities, advocate for sustainability within and outside of the organization, remove institutional barriers and oversee the activities, according to the Health Care Research Collaborative.

For example, Kaiser Permanente, which saved \$26 million in annual savings with its environmentally preferable purchasing program, has made environmental stewardship part of its core values. Since the 1990s, some of the Kaiser hospitals have "green teams." Kaiser's chief energy officer, as well as an environmental supply chain manager and sustainable food program manager, measure performance and implemented a sustainability scorecard for assessing medical equipment suppliers and products. At Cleveland Clinic, the senior director for sustainability and environmental strategy, who leads the green team, reports directly to the chief operating officer. With "aggressive key goals," as the report called them, the Clinic tracks performance metrics on waste, energy, water, food and building that goes to the chief operating officer and a portion of the report to the CEO.

"... [S]ustainability is a strategic business proposition for the healthcare sector," Gary Cohen, president of Health Care Without Harm, said in an [statement](#) yesterday.

For more information:

- here's the [announcement](#)
- check out the [report](#) (.pdf)

### 2012 MD Recycling Network Conference - Developing Your 20/20 Vision, May 17, 2012



maryland  
recycling  
network

Keeping a Sharp Eye on Recycling Opportunities in 2012 and Beyond. Join MRN for the only event in Maryland designed exclusively for recycling professionals.

[www.marylandrecyclingnetwork.org/news-events/event/2012-annual-conference](http://www.marylandrecyclingnetwork.org/news-events/event/2012-annual-conference)

### Bike to Work Day 2012

Bike to Work Day 2012, sponsored by the Baltimore Metropolitan Council, will be celebrated in the Baltimore region and across the nation on Friday May 18, 2012. This year marks the 15th annual event in the Baltimore region and will feature events at locations around the region. Up-to-date details will be posted in the Bike Ped Beacon e-newsletter and on its Facebook page! [Sign-up today!](#)

#### Did you know...

- The average person loses 13 lbs. their first year of commuting by bike.
- Each U.S. rush-hour auto commuter spends an average of 50 hours a year stuck in traffic.
- The U.S. could save 462 million gallons of gasoline a year by increasing cycling from 1% to 1.5% of all trips.

From <http://1world2wheels.org/>

## Johnson & Johnson Naturals Baby Shampoo Now Available for Hospital Purchase!

Ask your purchasing representative about switching from Johnson & Johnson Baby Shampoo, which contains the carcinogen quaternium-14.

<http://3blmedia.com/theCSRfeed/Johnsons%C2%AE-Natural%C2%AE-Products-Now-Available-Hospitals>



## Reforming Chemical Regulation is Good for Business



INSTITUTE FOR AGRICULTURE AND TRADE POLICY

Free webinar on Wed, May 16, 2012 12:00 PM - 1:00 PM CDT. Why did an entrepreneur have to start his own toxic-free mattress company? Why does a health care company care about how chemicals are regulated? Join the Institute for Agriculture and Trade Policy where we'll hear from Crystal Saric, Sustainability Program Manager at Fairview Health Services and Barry Cik, CEO of Naturepedic, representatives from two companies that support better chemicals regulation to meet their business needs. Register at: <https://www2.gotomeeting.com/register/804823050>



naturepedic

## 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](mailto:plisko@son.umaryland.edu), 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, [lmittc001@son.umaryland.edu](mailto:lmittc001@son.umaryland.edu), 410-706-1924
- Molly Englund, Communications Coordinator, [englund@son.umaryland.edu](mailto:englund@son.umaryland.edu), 410-706-6832
- Priya Saha, Sustainable Foods Coordinator, [saha@son.umaryland.edu](mailto:saha@son.umaryland.edu), 410-706-3077

## Practice Greenhealth Webinars



May 17, 2 pm (Eastern)

**Greening the Supply Chain:  
How to Avoid Greenwashing When Buying  
"Green"**

May 31, 2 pm (Eastern)

**Green Design & Construction Series:  
Acoustics in Healthcare**

Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits.

[Click here to Register and Purchase Webinars.](#)

You can learn more about the fees and benefits of membership by going to our website.

<http://practicegreenhealth.org/membership>