



Issue 01
July 21, 2007
ELEMENTS

About this newsletter...

Elements is a staff newsletter created to bring about awareness with respect to the Ecological Stewardship program... a program designed to reduce the hospital's environmental impact or 'ecological footprint'. Our elements are a part of us and everything surrounding us. By minimizing the negative impact that we have on our elements and our environment we can improve the quality of our own health. Concentrating on four major areas; energy, waste, grounds and procurement, Elements will keep you up to speed on initiatives being launched through the Ecological Stewardship program. These initiatives may include an active role for all staff so it's important to stay tuned and to offer suggestions and feedback to our team.

We'll also help you to learn how you can save money at home, purchase more environmentally preferred products, reduce your waste streams and create a healthier planet in the process.

A new Elements issue will be sent out every three months through E-cast and posted on the Ecological Stewardship website.

Alas, our energy stewardship icon Chester, will be broadening his horizons to become an ecological stewardship mascot and help communication between staff and our ecological stewardship team. Your questions and feedback can be emailed to Chester@lhsc.on.ca.



"We hope that you find something useful to take from Elements and something to give back"

Engineering Services

This issue

Energy



Waste



Grounds



Procurement



Electricity credit



The London Hydro Summer Savings program runs from July 1, 2007 until August 31, 2007. Just reduce your electricity use by 10% in that period of time, as compared to the same period last summer, and you'll receive an additional 10% credit on your bill after November 30, 2007. This is in addition to what you will save by reducing your electricity!



Cool savings rebate

<http://www.coolsavingsrebate.com/>

**GET UP TO \$800
IN REBATES**
BY CHOOSING **ENERGY STAR**[®]
HEATING AND COOLING EQUIPMENT.

**COOL
SAVINGS
REBATE**



Refrigerator roundup

Call **1-877-797-9473** and let London Hydro and the OPA help you get rid of your electricity-guzzling old second fridge. We'll come right into your home to get it, and dispose of it in an environmentally-sensitive way. That old fridge of yours is wasting up to \$150 per year in electricity. Call today and we'll come pick it up for FREE - we'll even haul it out of your basement for you. Then, we'll take care of it in an environmentally responsible manner. When we're finished recycling and reclaiming material, all that's left for the landfill will just about fit inside a cowboy hat.

www.everykilowattcounts.com/roundup

South Street *recycling* ...a fresh look.

The availability of recycling containers for separation of waste and the new signs will encourage staff and visitors to put “the right waste in the right place” at South Street Hospital.

Take a walk through the buildings at South Street Hospital these days and you will notice that the recycling containers have a new look. **Gerard Campbell**, on site manager of house-keeping, has been adding new signs to the recycling containers located in the corridors outside meeting rooms and clinics as well as in the Busby Room and Holdsworth Auditorium. There are separate containers for cans, glass, plastic, and mixed paper as well as a general waste container in each location. This new layout and signage will make recycling easier throughout SSH while educating staff on the environmental impact of these materials being sent to landfill. A big thank you to Gerard for taking the initiative to help us improve recycling at the hospital.



In other areas of the hospital where there are only general waste containers, new signage with the Eco Stewardship logo has been posted asking for help to recycle and letting people know there are recycling containers available throughout our buildings. Locating one of these signs means that recycling bins are nearby and that you are encouraged to locate and use them.

Cutting down

“We care about the environment, and strive to use products that protect the world around us.”



Together with our grounds management partner, Clintar, we have been caring for our hospital grounds without the use of pesticides for two years now. Recently, we have made a movement toward reducing greenhouse gas emissions by reducing the frequency of grass cutting at London’s hospitals. By using a ‘stepped’ approach, grass is cut less often as we move away from the main buildings. One of the areas where this will make a large difference is across the street from Victoria hospital. The large field on the corner of Wellington and Commissioners road was cut on a weekly basis

until now. The cutting has now been reduced to twice a year. This change in cutting frequency will greatly reduce the amount of gasoline and diesel used by the lawn mowing equipment and the resulting carbon dioxide emission reduction will amount to approximately 5,000 kg per year.



Our green space

In the last few years we’ve seen green space enhancement around the hospital such as the healing garden at the London Regional Cancer Centre and the Drake memorial garden at University hospital. Through funding from the Children’s Hospital and special donors, LHSC will be supported in the creation of a new butterfly healing garden at Victoria Hospital.



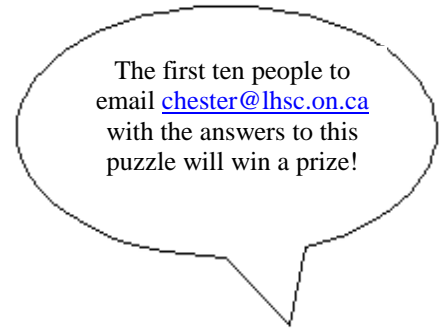
Buying green!

The new standard for London's hospitals

Every day LHSC employees use many different types of materials and supplies to perform a variety of functions across organization. These materials and supplies represent 80% of our Ecological Footprint! With this staggering number in mind, the LHSC Ecological Stewardship Team approached Healthcare Materials Management Services (HMMS) with an idea...could we consider the environmental impacts of products and supplies before even buying them? HMMS responded with a resounding "YES"!

Toby O'Hara, Manager of Logistics and Strategic Sourcing at HMMS is sending out a clear message: "Start thinking green - we're going to be introducing it into our purchasing decisions." Beginning May 2007, specific environmental criteria was added to Request for Proposal Documents (RFPs). These RFPs include the requirement that any vendor wishing to do business with the London Hospitals must report on their environmental policies and practices. Current vendors are also being asked to participate by filling out a survey which will demonstrate their environmental performance. When tallied, these results will act as a useful tool to measure and monitor our environmental purchasing goals.

One thing is clear...the future is looking greener already!



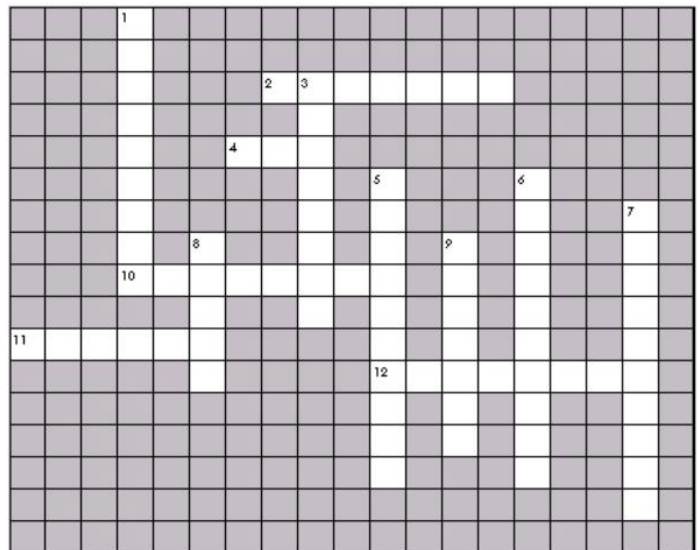
Test Your Eco-Savvy! How much do you know about Eco-Options? Complete the puzzle below to find out!

ACROSS

- 2) Fruits and vegetables grown without the use of chemicals or artificial pesticides and fertilizers
- 4) Always check that there are low levels of these when choosing paint for your home
- 10) These products typically contain harmful chemicals such as ammonia bleach and formaldehyde
- 11) The most environmentally friendly wood on the planet, being fast growing and easily replenished
- 12) These types of products are believed to damage the ozone layer which protects us from the harmful radiation of UV rays from the sun

DOWN

- 1) Choose products that are made from natural vs. _____ materials, as they are sure to contain less chemicals, preservatives, dyes, inks etc.
- 3) Single use paper items like tissue paper, paper towels, and toilet paper should contain _____ content vs. virgin fiber
- 5) Ingredient found in laundry detergent and cleaners which is notorious for causing ecological damage throughout our rivers and lakes
- 6) A natural cleaner that can be used to scrub the tub and tiles in your bathroom
- 7) Reduce your waste by recycling and _____



- 8) The juice of this fruit can be used as an alternative to bleach when doing laundry and trying to remove stubborn stains
- 9) An oil that is a natural disinfectant