



PORTLAND
VA MEDICAL CENTER

**YOUR GEMS
COMMITTEE MEMBERS**

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- Wendy Trapp

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- David Stockwell, Chair
- Ronnie Smith

AFGE

- Leonard Fearn, 2157 Portland
- Denise Lieb, 2583 Vancouver

Computer Operations & Telecomm.

- Pete Dodge

Energy Manager

- Ron Higgins

Environmental Management

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- Carter Carlson

Industrial Hygiene

- Jenika Schindlbeck

Infectious Disease (Ad Hoc)

- Sherri Atherton

Inpatient Services

- Diane Stief

Logistics & Material Management

- Melissa Harris
- Lisa Hawes
- Lynn Riley

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- Dan Koperski

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- Kathleen Coleman
- Kari Galvin

Pathology & Laboratory Medicine

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- Joe Brooks

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- Denise LaLande

Research

- Heather Parman

Safety Program Support

- Sue Gardner

Safety Specialist

- Maggie Turner

Technology & Information Management

- Tamara Olcott

FALL 2010

GEMS Newsletter



A Message From the GEMS Coordinator

This year has been a whirlwind, to say the least. It seems like yesterday we were looking at fall ivy removal and its already that time of year again. We worked hard this year on earth day events, winning awards, significant aspects and impact collection and implementing new programs.

One of the new programs pharmaceutical waste collection, has been very successful and it is uplifting having no medication waste go into the water or landfills! Also, our medical plastics recycling program is up and running in many areas, with more participants to follow. This next year, I hope we can begin the composting program in nutrition and food service and canteen, provide green purchasing training to contractors and purchasing staff, and continue to improve our GEMS awareness

training completion rate. Most recent events have been the hospital sustainability roundtable on Oct. 29, an office swap on Nov. 9 and another ivy removal day on Nov. 13, with Friends of Terwilliger. The sustainability roundtable had 50 participants from the local community and focused on waste minimization efforts. The office swap and ivy removal days went very smooth and we will be doing these again next spring. I look forward to a productive and rewarding FY 2011.

Wendy Trapp, GEMS Coordinator

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2010 GEMS Accomplishments

- ◆ Received National VA Environmental Sustainability Awards
- ◆ Received Environmental Partner for Change with Distinction at the National Clean Med conference sponsored by Practice Greenhealth
- ◆ Recycled 62,245 lbs of electronics and donated 27,209 lbs of electronics for FY 2010.
- ◆ Reduced biohazardous waste from by 13.2% over the course of FY 2010.
- ◆ Reduced water consumption by 2% since our 2007 baseline.
- ◆ Completing GEMS awareness presentations for new employee orientation to increase training compliance. MARS Completion rate was 78% for FY2010.
- ◆ Recycled 1918lbs of batteries, which is well over our 1000 lb goal for FY 2010.
- ◆ Hosting of Earth Week with various community partners and providing education on ways to conserve resources. Events for the week included Nike re-use a shoe, "Shred it" day, cell phones for soldiers, community electronic recycling, office supply swaps, Master Gardner and Recycler, composting displays, and decreasing plastic bag use.
- ◆ Publishing quarterly newsletters and maintaining a GEMS website to educate staff about current environmental issues and projects going on in the community.
- ◆ Implemented a new Pharmacy Waste Standard Operating Procedure (SOP) and begin collecting all pharmaceutical waste to prevent improper disposal.
- ◆ Completing 100% of GEMS significant aspects and impacts to identify new environmental concerns in each department.
- ◆ Continued progressive efforts in recycling to include: dental amalgam, medical plastics, yard debris, paint, oil, cardboard, glass, plastic, blue wraps, paper, cans, and construction debris.
- ◆ Collaborated with the Friends of Terwilliger to host periodic ivy removal events.
- ◆ Continued to review construction projects to ensure environmental compliance.



Support the Portland VA Medical Center's Daycare Center

The PVAMC daycare is fundraising this year with *Chinook Book*. Now you can get excellent savings and have your purchase go towards a great cause at the same time.

What is *Chinook Book*?

Chinook Book is filled with valuable coupons for savings at local, sustainable businesses that promote healthy living in our community. *Chinook Book* is a staple for eco-conscious people who like to support their local businesses. Some examples of favorite *Chinook Book* coupons: New Seasons, Whole Foods, Pizzicato, Cha Cha Cha, Bike Gallery, Portland Nursery, Laughing Planet, and many more.

In addition to coupons, the *Chinook Book* offers a resource section that includes pages of tips and information on greener living. Information on recycling, hazardous waste disposal, master gardening hotlines, or seafood watch.

Have an iPhone®, iPad™, or iPhone Touch®? A new feature of the *Chinook Book* is mobile coupons, which can be redeemed by showing your phone at your favorite participating places. This is a nice option if you are out and about without the *Chinook Book*, but still want to get the savings. In the *Chinook Book* you will also find out about many new apps that appeal to the green consumer, like the Vampire Power app which is an energy calculator, or the iGarden USA app which offers garden planning and planting times, or the iRecycle app to access a national recycling database.

LEAF RECYCLING



Autumn has arrived and with the cooling weather leaves begin to change and drift to the ground. What do I do with all these leaves?? You may ask yourself. If you find your yard debris bin is full, you can collect your leaf debris in special yard debris bags alongside your regular yard debris collection bin. If you have an abundance of leaves the City of Portland offers a Leaf depot program where you can take your leaves to be composted. The following information can be found on the City of Portland website. Link provided below.

Remember to clean the catch basins near your house when collecting leaves to keep your street from flooding.

<http://www.portlandonline.com/transportation/index.cfm?c=47144&a=319617>

Leaf removal fees: Residents and property managers in leaf districts that receive two scheduled leaf pickups will pay \$30 a year. The City Council approved this fee on May 25, 2010. Residents and property managers in leaf districts that receive just one scheduled leaf pickup will pay \$15 a year. Northwest Clean Sweep and Sullivan's Gulch will pay \$30 to cover costs of barricading and towing. Businesses less than 76 linear feet of frontage will pay the same as residential properties. Businesses greater than 76 linear feet of frontage will pay \$65 a year. The City Revenue Bureau will bill residents and businesses once a year for services.

Leaf depot program: Leaf depots are leaf recycle sites where residents can bring their yard leaves for recycling for a nominal fee. Only leaves will be accepted; no other yard debris will be allowed. For information regarding disposal of non-leaf yard debris, contact Metro Recycling at 503-234-3000.

Beginning Saturday, November 13, depots will be open for three weekends. Depots are open from 9 a.m. to 4 p.m. at the following locations and dates:

November 20, Saturday - Stanton Park and Westmoreland Park

November 21, Sunday - Gabriel Park

December 4, Saturday - Lents Park and Westmoreland Park

December 5, Sunday - Gabriel Park

Leaf depot addresses:

Lents Park – SE 92nd and SE Holgate, east side of the parking lot

Westmoreland Park – SE 23rd and SE Nehalem, parking lot by the baseball field

Gabriel Park - SW 42nd and Vermont, upper parking lot

Stanton Yard – 2929 N Kerby, west of Emanuel Hospital

Leaf depot fees:

\$5 per carload

\$10 per truck, SUV, or trailer load

\$20 per truck and trailer (5 cubic yard maximum)

No commercial loads

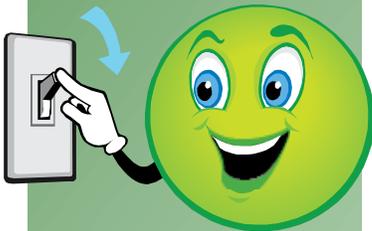
Sunderland Recycling Facility:

The Sunderland Recycling Facility receives almost 2,000 dump truck loads of leaves every fall season. It takes 10 months for leaves to decay to usable compost in the City's compost machine. Leaf compost, which can be used for soil amendment, gardening, and erosion control, is sold to the public at the cost of \$20 per cubic yard. Call 503-823-3500 for information. Location is 9325 NE Sunderland Avenue. Hours are 7 a.m. to 2:30 p.m., Monday through Friday.

National Energy Awareness



Your finger has the power to conserve energy!



National VA Roll-out of Energy Saving Computer Software

As part of the VA Energy Conservation program, energy managers around the country promote employee awareness and initiatives. Energy managers encourage employees to take ownership of their workspace from an energy standpoint, report energy waste, and even offer suggestions on opportunities to reduce consumption. One of the most commonly suggested topics is computer energy use. ‘Why are our computers left on at night?’ ‘Couldn’t the hospital save a lot of energy by turning them all off at night?’ The answer is yes and the solution is almost here.

In the past, it has been required that employees leave computers on when they leave at the end of the day, so that the Information Resource Management teams can install important patches and software upgrades to keep computers updated, secure, and working properly. The evening and weekend hours are the best time to do this, because it does not interrupt the work day, however the patches do not take all evening to install, and yet the computer is left on for the rest of the evening or weekend. This wastes quite a bit of energy, considering that there are several hundred computers in each facility, and hundreds of thousands nationwide.

Fortunately, the VA Office of Information and Technology is currently in the process of rolling out a software package, allowing site Information Technology staff to remotely power up and power down all computers in the building. The program, by 1E, is called Power and Patch Management Pack and will be used in conjunction with Systems Center Configuration Manager 2007 to monitor and manage workstation energy usage, and enhance software distribution and patch management. The 1E Power and Patch Management Pack Wake-Up agent can remotely power up all workstations that are “asleep” or turned off, which will greatly improve the success rates of software and patch deployments. When the staff completes the necessary updates, they can use the 1E Night Watchman to remotely power down the computers or put them all into “sleep” mode, while automatically preserving unsaved data. The software also allows for certain workstations, such as those which operate critical processes, to be excluded from the shutdown. In addition, a central reporting system logs a history of the power state and energy consumption of all workstations that have the software installed and reports energy and carbon dioxide savings for an entire site, organization, or region.

The VA expects to install this software on an estimated 220,000 desktop computers by the end of 2010. The software roll-out and implementation has the potential to save upwards of 64 million kilowatt hours per year and 7 million dollars in electrical utility usage across the VA. The initiative is also projected to prevent the release of 51,326 short tons of the pollutant, carbon dioxide, into the atmosphere each year, just by turning off computers when they are not in use.

Home Energy Saving Tips for the Heating Season

Quick and Cheap Solutions...



- ◆ Let the sun shine in. Open drapes and let the sun heat your home free during the day. Close them again at sundown so that they can help insulate.
- ◆ Rearrange your room. Move your furniture around so you are sitting near interior walls, and away from drafty exterior walls, doors, and windows.
- ◆ Keep that damper shut. When not in use, be sure to close the damper to your fireplace.
- ◆ Reduce the hot water temperature. Set your hot water heater to the “normal” setting of 120 °F, unless your dishwasher requires a high setting.

Savings are 7-11% of water heating costs.

- ◆ Plug your home’s leaks. Install weather stripping or caulk leaky doors and windows. Look for places where you have pipes or conduits going through walls or ceilings. Seal up any gaps.
- ◆ Use appliances efficiently. Be sure to do only full loads of laundry and dishes. Use the cold water setting on your washer when ever possible



Getting to know your GEMS Committee Members!



Our featured GEMS Committee member for this quarter is Jenika Schindlbeck, Industrial Hygienist in the Safety Office for Facilities Management Service. Jenika joined PVAMC in November 2009 transferring from the American Lake VAMC, and joined the GEMS Committee. Jenika is active in energy conservation and educates co-workers on turning off their monitors for the night and using the www.blackle.com search engine.

Outside of work, Jenika enjoys spending time with her family and friends, and her English Springer Spaniel Scout. She is an avid adventurer and is always looking to explore new places; she has seven states left to visit in order to see all 50. Besides traveling, she enjoys hiking, camping, softball, and other sporting events. Jenika believes everybody can take simple steps in order to make big gains in energy conservation.

Fall Garden Solutions - Safe for People, Pets and the Planet.

Diversify your landscape

The long-term solution to most garden problems? Diversity. Establishing a variety of native and well-adapted nonnative plants in the sun and soil conditions they prefer ensures a healthier garden ecosystem. Variety in size matters, too, so consider low-growing ground covers, annuals and perennials, medium and tall shrubs, and trees. This layered-landscape approach offers an attractive habitat for birds and other beneficial wildlife. Another bonus: A robust, head-turning yard.



Keep yellow jackets at bay

Yellow jackets score big points for eating some garden pests, but these little carnivores grow more aggressive in the fall and can disrupt outdoor activities. Cover picnic foods to avoid attracting the insects. If a yellow jacket drops by anyway, give it a moment to fly off or calmly brush the insect away.

Got a whole nest of them around your home? Consider hiring a professional for safe removal. For a fee, some beekeepers will move wasp nests to less-populated areas, where the feisty predators can do more good than harm.

Renovate your lawn

Got a lawn? Time to refresh it for optimal turf health. First, hand-pull any weeds and use a thatch rake to open up the soil. Next, over-seed the lawn with an applicable Northwest mix. Third, add a thin layer of weed-free compost or quarter-ten crushed basalt. These steps not only thicken your lawn but also fortify it against weeds.



Wrangle powdery mildew

No need to worry much about powdery mildew that might appear on fall squash and cucumbers. It's unlikely to reduce harvests this late in the season, so simply cut off affected leaves to maintain the plants' beauty. Place diseased foliage in your yard-waste bin to avoid infecting other garden plants.



Courtesy of: Metro Recycling Information. 503-234-3000 <http://www.oregonmetro.gov/index.cfm/go/by.web/id=24197>

ENERGY WORD SEARCH

C	I	X	Z	P	E	E	L	S	E	B	E	D	V	Y
G	V	E	Z	J	E	I	Y	T	C	G	U	A	E	E
C	O	M	P	U	T	E	R	E	L	I	O	B	N	L
Y	D	O	L	L	A	R	S	A	V	I	N	G	I	B
S	G	O	C	O	N	S	U	M	P	T	I	O	N	A
N	U	R	A	T	S	Y	G	R	E	N	E	N	N	I
O	N	S	E	B	O	L	G	N	E	E	R	G	O	R
I	A	S	T	N	N	R	O	E	L	M	A	W	V	A
T	R	A	B	A	E	E	R	S	C	N	W	I	A	V
U	E	L	A	T	I	V	B	P	I	O	T	N	T	F
L	T	C	A	R	T	N	O	C	H	R	F	D	I	U
O	E	W	C	A	R	R	A	G	E	I	O	O	V	E
S	V	I	S	I	O	N	O	B	V	V	S	W	E	L
N	O	I	L	L	I	M	R	F	L	N	C	S	E	U
R	Y	C	N	E	I	C	I	F	F	E	F	C	G	Q

ARRA	ENVIRONMENT	ESPC
BOILER	SOLUTIONS	STEAM
CLASSROOM	FUEL	NEBC
COMPUTER	GOVENERGY	UESC
CONSUMPTION	GREENGLOBES	EEAB
CONTRACT	INNOVATIVE	VEHICLE
DOLLARS	MILLION	OFF
VARIABLE	SUSTAINABLE	VISION
EFFICIENCY	VETERAN	VITAL
ENERGY	SAVING	WATER
ENERGYSTAR	WINDOWS	SLEEP
ENGINEER	SOFTWARE	