What Senior Living Communities can do to Reduce Waste and Go Green



The Orchards at Southington

The Orchards

- 90 unit, independent & assisted living
- Central Connecticut Senior Health Services:

A Hartford Hospital Partner



- DEEP Green Circle Award winner
- Best of the Best Award, National Assisted Living Federation of America

Green Team

- Maintenance Supervisor, Housekeeping Supervisor
- Executive Chef, Executive Director
- other interested staff and residents



The More R's the Better

- 4 R approach to Reducing Waste
 - 1. Reduce
 - 2. ReUse
 - 3. Recycle
 - 4. Recover

Reduce

Reducing the amount of trash that needs disposal by:

Buying products with less packaging

 Switching to paper towel and soap dispensers with motion sensors - reduced waste and cost by 50%

Composting Food Scraps onsite

Kitchen food scraps





Compost!



Reuse

- Compost from food scraps then reused
 - on-site in landscaping, in Serenity Gardens

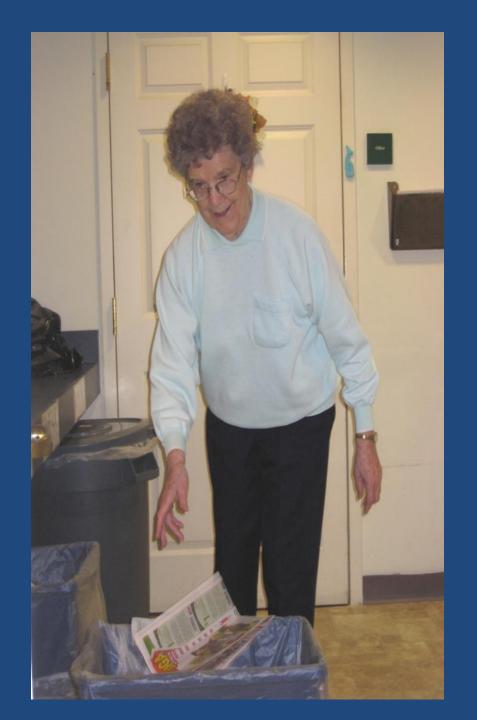


offered to local garden and civic clubs

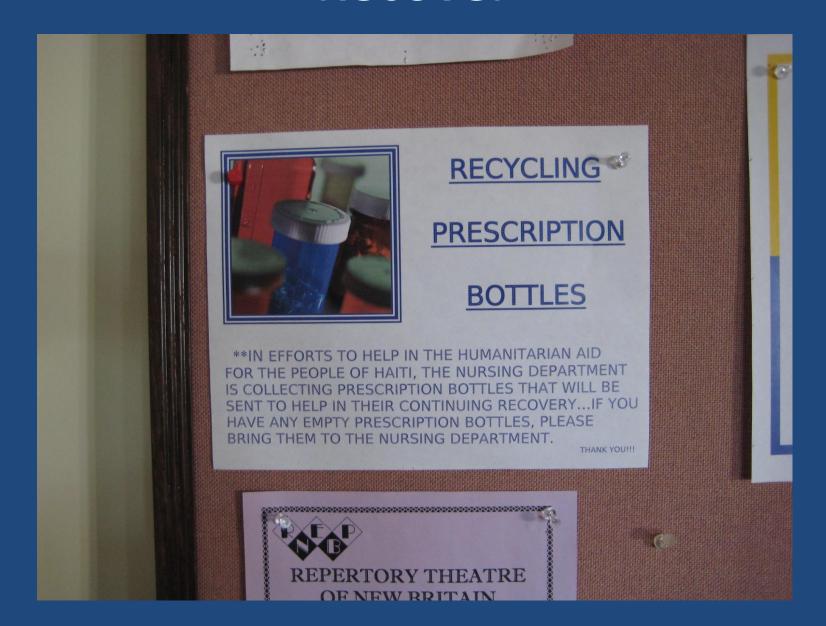
Recycle

- cardboard, bottles, cans, newspapers, white paper, leaves...
- Electronics
- Ink cartridges
- Light bulbs, batteries
- #5 plastic GIMME 5 take to Whole Foods
- All paper products purchased have recycled content, including facial and toilet tissue, paper towels and white paper





Recover



Reducing Toxics

- Low VOC paints, carpeting, flooring,
- eliminated products that contain VOCs or hazardous chemicals
- Only use Green Seal and DFE cleaners, disinfectants
- In kitchen, vinegar and water used for grill and table tops and floors
- Phasing out polystyrene, replacing w sugar cane or corn starch

Wasting H2O is a no-no

- Aerators on all faucets and showerheads
- Replacing toilets with power assisted flush (.6 gallons per flush)
- Water-restricting spray nozzle for prewashing dishes

Additional Projects

- Using only phosphate-free, low ph laundry detergent
- Occupancy sensors in public restrooms and laundry rooms
- CFLs throughout, including individual apartments
- Energy Star appliances
- Serenity Garden certified Natural Habitat for butterflies, honey bees, bumble bees and other pollinators