



Maryland Green Registry MEMBER

The Maryland Green Registry promotes and recognizes sustainable practices at organizations of all types and sizes. Members agree to share at least five environmental practices and one measurable result while striving to continually improve their environmental performance.

Oakland Nursing & Rehabilitation Center



**MID-ATLANTIC
HEALTH CARE, LLC**

706 East Alder Street
Oakland, MD 21550
301-334-2319
www.MAHCLTC.com
Skilled Nursing and Rehab Center
Member since September 2012

Management and Leadership

Environmental Policy Statement

Oakland Nursing and Rehabilitation Center is committed to reducing its impact on the environment. We will strive to improve our environmental performance over time and it initiates additional projects and activities that will further reduce our impacts on the environment.

Our commitment to the environment extends to our residents, our staff and the community in which we operate. We are committed to:

- *Comply with all applicable environmental regulations;*
- *Prevent pollution whenever possible;*
- *Train all of our staff on our environmental program and empower them to contribute and participate, including recycling;*
- *Communicate our environmental commitment and efforts to our residents, staff and our community; and*
- *Continually improving over time by striving to measure our environmental impacts and by setting goals to reduce these impacts each year.*

Environmental Team

Our twelve-member management team meets every morning and we discuss any new ideas to implement for Going Green. We also discuss our green practices at employee in-service meetings and now our whole facility staff is involved and consciously making great efforts in this project.

Starting in 2013, the Employee Orientation Class now educates all new employees on being "GREEN." They learn the history of our actions to green our operations, how important it is that there are now on the "Green Team," and how it takes each one of us to make a difference.

Annual Environmental Goals

We mandate regular In-services to educate on recycling and going green. We have implemented a two-year plan aimed at reducing the company's environment footprint which includes reducing our water and energy consumption by 25%; lowering the transportation operations of our residents by 10%; and diverting 75% of paper/cardboard from the local landfill.

Environmentally Preferable Purchasing

We order recycled items as much as possible including Sustainable Earth Ink cartridges which are recycled and use less toxic cleaning supplies. We are saving approximately \$875 per year on recycled ink cartridges plus helping the environment by recycling them ourselves.

We ordered new benches for our residents and guests to sit on outdoors that are made plastic recycled from up to 1,000 plastic milk jugs.

We are forming a partnership with the Garrett County Department of Agricultural to purchase fresh fruits and vegetables from the local coop growers who are part of the Green program. This program was started by a A group of farmers in Garrett County established a cooperative in 2011 to expand the markets for their locally grown produce. These farmers contacted local businesses who might be interested in establishing a business relationship with the goal of expanding the sales of locally grown produce and eventually to increase the returns to participating farmers. The operating principle has been the delivery of a variety of fresh produce on a regular basis to our business from June through November. The produce is grown using "Green" methods with no harsh chemicals. Many of the plants are grown in a hybrid green house.

In addition, some of our residents grew a small garden at the facility during the summer of 2013 and then had our dietary department cook the vegetables they grew. No chemical-based products were used in the garden.

Because of ONRC's commitment to the environment, we have formed a partnership with the local funeral home to offer families who have requested that their loved one be cremated the option of placing the remains in a bio degradable burial container.

Environmental Restoration or Community Environmental Projects

ONRC staff support the local 4H program by hosting groups of middle school-aged children. We talk to them about our environmental practices and show them around the facility so that they can learn about these practices first hand.

ONRC is also committed to maintenance of our grounds. We replaced five trees that were destroyed by Hurricane Sandy in October 2011 and replaced them with five trees from the Marylanders Plant Trees list www.trees.maryland.gov We looked at the Recommended Tree List on that website and replaced the damaged trees with four Dogwood trees and one Black Gum tree.

Waste

Solid Waste Reduction and Reuse

- *We provide water coolers throughout the facility to our staff to reduce the number of plastic water bottles going to the landfill. This is a huge cost savings per year in trash/waste pick up.*
- *Per our Earth Day Contest, we are now using regular drinking pitchers for our residents that can be washed, and have done away with all the disposable Styrofoam drinking cups.*
- *We keep inventory of all supplies in the building to reduce the cost of over stock and keep cost down.*
- *We reduced our hard copy reports to do more nursing with electronic forms to save waste of paper.*
- *We cut up and use unneeded printed faxes, reports, emails, etc. and use as scrap paper before shredding them after use.*
- *We are on the "Do Not Fax" list and also have been taken off many mailing lists to reduce unwanted mail coming into the building.*
- *We donated all stored office furniture and equipment to other businesses and churches to reduce those items ending up in the land fill.*
- *We donate all of ONRC's worn sheets, towels, blankets, hospital gowns and t-shirts to the local Garrett County Animal Shelter to use for bedding.*
- *We send newspaper to the animal shelter to line animal cages.*
- *We repackage when needed with newspapers we have in the facility instead of buying packing materials.*
- *Our housekeeping buys cleaning supplies in bulk and uses the refillable spray bottles for cleaning supplies.*
- *Our staff kitchen is now stocked with all reusable dishes, silverware and mugs to cut down on the disposable items going to the trash.*

- *We have been educating employees on using reusable lunch bags and containers to bring their lunch in. To date over 75% of our lunch packers are now using reusable bags to carry in their lunches.*
- *We donate newspapers and plastic bottles to the local elementary school for student projects.*
- *We give our donated eye glasses to the Lion's Club who recycles them to give the gift of sight to those who can't afford new glasses.*
- *Our HR department now hangs up, at the time clock, a copy of our monthly newsletter instead of printing 125 colored copies that used to be distributed with paychecks. This cuts down the colored ink and paper used in the facility.*

Recycling

- *All of our office paper, scrap paper, paper lunch mats, magazines, junk mail, and daily chronicle newsletters are shredded and taken for recycling at Resolute Pulp Mill (360 lbs/mo.), where have received recognition for helping to keep 100 employees working at the pulp mill.*
- *Our cardboard is picked up weekly for recycling at a new local recycling center (500 lbs/mo.).*
- *We also recycle all plastic soda bottles, aluminum soda cans, glass bottles and newspapers.*
- *All used print cartridges are sent out to be recycled.*
- *Our fats/oils/grease is picked up by Valley Produce and taken to a recycling facility.*
- *Any items that are placed for trash are disassembled to separate components that can be recycled.*
- *When we had the roof replaced, the stone roofing ballast was recycled and used for landscaping stone.*
- *The trees we lost due to Super Storm Sandy in October 2012 were made into mulch.*

Hazardous Waste/Toxic Use Reduction

We have been purchasing less toxic alternative cleaning supplies and have replaced all the mercury containing thermostats with newer more efficient thermostats. We also have a pest control company come monthly using health facility non-chemical pest prevention measures.

Energy

Energy Efficiency

Our maintenance department conducts monthly energy audits and equipment and load tests for all electrical outlets. We have been tracking all of our energy usage and costs on monthly utility bills after our change over to more

energy efficient water heaters, bulbs, appliances, etc. We have changed over to T8 fluorescent lighting; installed new tank-less water heaters in our laundry and kitchen areas; purchased all Energy Star efficient washers and dryers; replaced old windows with new efficient insulated to code windows, installed weather stripping where needed and set the copier/fax/scanner All-In- One to power down after office hours to save on energy costs.

In the past three years, we have saved 51,306 kWh on our electric bill. In 2010, we used 110,880 kWh, in 2011 we used 75,840 kWh and now in 2012 after all of our changes we are using 59,520 kWh of electric, a savings of 51,360 kWh or nearly half our 2010 baseline level.

In 2012, we were the only facility out of 13 Mid-Atlantic facilities that was under budget for our electric/energy bills, despite the fact that we are the facility that faces the most adverse weather conditions.

In December 2012, A1 Energy did an energy audit of our building to identify additional energy-saving opportunities.

Transportation

Efficient Business Travel

We do a lot of teleconferencing to save on mileage and gas. When it is necessary to travel down state to our corporate office, we meet up with staff from our sister facility in Alleghany County and ride share to save on expenses and gas. Between the six management departments, we save 9,595 miles per year on ride share with our sister facility.

Mid-Atlantic has started to use more phone conferences and webinars to cut down on the travel expenses and use of unnecessary gas consumption.

Water

Water Conservation

We do monthly water leak checks for drips and leaks for the entire building and weekly water temperature audits/checks are done. We have installed low-flow efficient plumbing fixtures and in our Annex Two wing, we have an efficient boiler heat system. We save water by using all electric and gas for our heating and cooling systems. Since installing low-flow efficient plumbing our water consumption has gone from 1,788,000 gallons per quarter down to 1,134,000 -1,363,000 per quarter, a savings of 1,700,000 gallons per year.

Stormwater Management and Site Design

We store equipment and materials indoors to prevent leaks, etc. into drains. Employees are educated on what cannot go in the drains (cooking oil, chemicals, etc.). We use organic fertilizers and try to minimize their use.

Other

- We continue to educate and advertise to the public about the Maryland Green Registry with a bumper sticker designed by our organizations that includes the Maryland Green Registry membership logo, the Maryland Green Registry Leadership Award logo and the ONRC name and address. These were given to all 125 employees as a thank you for helping us win the Maryland Green Registry Leadership Award in 2013. New employees also receive one as part of their orientation classes as well as all new members of our Green Team! These stickers travel all over Garrett County and afar for everyone to see.*

Profile Updated April 2014



Help build a greener, more sustainable Maryland through voluntary practices that reduce environmental impacts and save money.

Learn more at green.maryland.gov

