

Living Green Quarterly

Fall 2021



Sentinel believes that sustainability – or living “green” – is at the heart of protecting our future. Working together we can find the fun in being Green.

Green VS. Green

Which fun fact will you show off at the next dinner party?

Green was a sacred color to the Egyptians representing the hope and joy of spring. The floors of the temples were green.

Recycling one aluminum can saves enough energy to run a TV for three hours.

SOURCE:
<https://www.earthecho.org/news/did-you-know-some-interesting-facts-about-the-environment>

Sentinel Gives Back: Habitat For Humanity

By: Carrie Sitterley

At Sentinel Real Estate Corp. we believe it is essential that we support the communities in which we operate. To this end, we have established a partnership with Habitat for Humanity, a nonprofit that aims to help build and improve housing by working with families in need. Habitat for Humanity succeeds using a three-part revenue model, including income from the mortgage payments of homeowners that hold a 0% interest rate, outreach marketing that includes monetary donations from both corporations and individuals and items that are sold in their ReStores.

Over the years Sentinel has proudly donated items that are sold in Habitat for Humanity's ReStores. When apartment units, amenity areas or resident clubhouses are upgraded, the maintenance staff will make every effort to remove any gently used material for reuse. By donating these items to places like Habitat for Humanity ReStores, we can limit waste in an area that contributes heavily to the overall amount of waste in North America – construction and renovations.

“The MidOhio Habitat for Humanity is the 29th largest Habitat for Humanity out of the 1,250 total in the country...”

We are proud to shine a spotlight on one of our communities, The Gardens at Polaris in Columbus, Ohio, that has established a partnership with Habitat for Humanity MidOhio. This relationship began in 2015 when the property started interior unit and clubhouse upgrades, including cabinetry, countertops, appliances and electrical and plumbing fixtures, as well as furniture and décor pieces. While the property no longer needed these items, they also recognized that they still had value and could be of use to others. The Gardens at Polaris' General

“The MidOhio locations alone keep approximately 2,000 to 2,500 tons of items out of landfills each year...”

Manager, Christie McVay, contacted the local ReStore to see if they would be interested in the donation. It was the beginning of a great relationship. According to President and CEO of Habitat for Humanity MidOhio, E.J. Thomas, over the past six years the property has donated a total of 64 times equating to a total of \$89,000 in fair market value. Our community is honored to be part of such a wonderful organization.

The MidOhio Habitat for Humanity is the 29th largest Habitat for Humanity out of the 1,250 total in the country and includes three stores in central Ohio. The MidOhio locations alone keep approximately 2,000 to 2,500 tons of items out of landfills each year and as of January 2020 they announced they helped 1,000 families into either new homes or with home repairs since their inception in 1987.

We encourage you to get involved in your local Habitat for Humanity. Feel free to log onto their website at [habitat.org](https://www.habitat.org), click on the volunteer or support button and see which method works best for you!



Sustainability Spotlight

By: Karen O'Brien



Jennifer Clarke

Assistant Manager
at Antelope Ridge Apartments

What steps have you taken to ensure that sustainability concerns, such as environmental impact, are considered in new projects?

We have begun purchasing green cleaning products for our clubhouse and leasing office to limit our environmental impact in day-to-day operations.

How are you engaging your staff in your sustainability efforts?

By coming up with resident events that include sustainability, all staff gets to participate and get creative in sustainability efforts onsite. We have implemented paperless options, from filling out applications to renewing leases online. We offer reusable cups and shopping bags to residents. All our exterior lighting has been converted to LED to conserve energy and we have installed seven recycle dumpsters located throughout the property.

What are the objectives of your sustainability efforts and what progress has been made in meeting your goals?

Our objective is to reduce waste and prioritize natural resources whenever possible. A recent example of this initiative in action was the installation of filters on our clubhouse water fountains. By offering an option for filtered water, our hope is that residents and prospects will reduce the number of plastic bottles being purchased. Every little bit counts!

How do you encourage residents to live an environmentally conscious lifestyle?

We recently purchased bike racks for residents, to ensure residents have a place to store their bike and hopefully reduce car usage. We are in turn promoting exercise and reducing carbon emissions. We are also in the process of purchasing a car charging station, which should promote electric cars onsite by providing a convenient place for residents to charge their vehicle. Residents are also encouraged to utilize our paperless billing and payment options for rent and utility payments.



Can Your Favorite Holiday Be More Sustainable?



By: Amber Grell and Skye Randazzo

The scariest thing about Halloween used to be Carries dripping in fake blood or Freddy Kruegers silently lurking around street corners. Now it feels like the scariest thing is the increasing mass of trash our beloved holiday creates in a single night every year. Single-use costumes, annual mass-produced decorations and plastic bags filled with plastic- and paper-wrapped candy pour out of trash cans every November 1st, ready for a trip to the landfill.

Halloween can be such a tricky time to put our most sustainable foot forward. Since childhood it has become the one night a year everyone can fill up with sugar, deck out in the latest costume trends and try to one-up neighbors with flashy pumpkin signs and scarecrows. Fortunately, we have done some digging and have some ideas and easy "to dos" that can satisfy even the pickiest treat.

The best place to shop for a costume is in your own closet. A lot of costumes can be made primarily out of basic items you already own and the only purchases necessary are finishing touches. For example, a superhero costume can be made using clothing items with the right colors (ie: blue, red and white/yellow basics for Captain America or Captain Marvel) and adding some cardboard, construction paper and aluminum foil cutouts to create the superheroes signature weapons. For any clothing, jewelry or shoes needed, try buying quality pieces that can be added to your wardrobe for everyday wear. Another option is to shop in your friends' and family's closets. If you are lucky enough to have another Halloween fanatic in your circle, they may have costumes that they have held on to or that perfect red skirt to complete the look. If you cannot find pieces that seem useful to your idea, visit your local thrift shops first. Places like Goodwill and the Salvation Army are some of the best places to pick up quality items at a reasonable price and they often have whole costumes, pieces of costumes or at the very least the accoutrement to complete a look you may have in the works.

A fabulous costume needs fabulous decorations (for photo opportunities, of course). For decorations, the best thing you can do is decorate with things you already have in the house. Make skeletons, bats and tombstones from cardboard; spiders out of black pipe cleaners; Jack-O-Lanterns

from a fun adventure to the local farmer's market or pumpkin patch; and ghosts out of old white sheets you have tucked away. If you do want to splurge on decorations, the best thing you can do is buy quality pieces that can be reused each year.


We have covered tricks, now it's time for the treats. Instead of buying bags of candy from large candy companies that contribute to deforestation and species extinction, make your own treats! Cookies, brownies, Rice Krispies or homemade candies are perfect for recyclable treat bags that were decorated as a fun, family activity. If homemade candy is not an option, there are always ethical alternative candies that can be purchased. If all these options are simply not viable this year, try carefully planning out how many bags of candy you need and eliminate the unending piles of leftover candy that eventually get thrown away.

Halloween can be one of the most creative, enjoyable, adventurous holidays, let's try to make it sustainable too!




EMOJI GAME

(Guess the fall holiday with emoji clues)



September 18th is national...





September 19th is national...



October 1st is international...



October 18th is national...



ANSWERS:
CLEAN UP DAY, TALK LIKE A PIRATE DAY,
INTERNATIONAL COFFEE DAY, CHOCOLATE DAY

Maintenance Pro Tip

Make Cleaning Your Glass-Top Stove a Dream with Natural Ingredients

By: Shane Pellerin

As sleek and modern as a glass stove range looks, it can be a nightmare to keep clean. The scent of commercial brand glass-top cleaners are awful for the olfactory senses, and worse for the environment, while burnt-on stains happen with even the most moderate of cooking. Luckily, we have a "Maintenance Pro Tip" that will leave your stoves clean and streak-free whether you are a world class chef or simply boil noodles.

First things first: keep these easy "dos and don'ts" in mind:

- For an easy daily clean, spray some white vinegar on your surface and wipe clean with a nonabrasive sponge or cloth.
- Do not clean a hot stove. Since glass-top stoves take a while to cool down, make sure it is fully cooled to ensure you do not burn yourself or your sponge/cloth.
- Do not use harsh abrasive cleaners. This will only leave scratches.
- Do not use a scouring pad or steel wool. Again, it will only leave scratches and often does not clean as thoroughly.

YOU WILL NEED...



1. Spray the stovetop with vinegar.
2. Sprinkle baking soda generously over the entire surface.
3. Spray vinegar over the baking soda until the baking soda is wet.
4. Let it sit for 10 to 20 minutes keeping the baking soda slightly wet with a spray of vinegar when needed.
5. Use the sponge or cloth to scrub away any stains or burnt-on markings. Then wipe away with your cloth or sponge until the baking soda is completely off. Use water to ring out the cloth or sponge as needed.
6. Finally, grab a dry kitchen towel and dry your stovetop. If there are any spots left behind, you can spot clean with baking soda and vinegar.
7. You are done! Enjoy the like-new shine.

Better Lunch Habits

By: Heidi Adams and Amber Grell

How school lunches are packed not only impacts the earth's carbon footprint but can also be an important lesson in lifelong sustainability habits. School lunches are often packed with single-use containers and unrecyclable goods leading to piles of trash build-up across school cafeterias. This garbage is not only expanding our landfills but pollutes important parts of nature like our lakes and oceans. Packing sustainable school lunches can be an amazing start to an educational journey for both you and your child and we are here to give suggestions on simple changes that lessen our carbon footprint, starting right at home.



First, eliminate buying case after case of plastic water bottles and juice pouches. A fun way to switch from single-use bottles to everyday reusable water bottles is taking an adventure to your local store and picking out a reusable water bottle for your child that will not only be just their special bottle, but can have their favorite character, show or animal on it. The average person uses 156 plastic water bottles each year and it takes 450 years for just one water bottle to decompose. Schools usually have a plethora of water fountains and this is a lifelong habit you can implement early.

Second, lunches can be packed into a reusable lunchbox or tote instead of a paper or plastic bag. Out with the old "brown paper bag" and in with a new, super cool lunchbox. Just like the trip to find a water bottle, think about using a colorful, new lunchbox (which will in turn help keep their food cooler and fresher).

Finally, the lunch itself also can be stored in reusable containers instead of single-use plastic bags. A fun suggestion for this is the use of a bento box. A bento box has different compartments for different foods and a single lid making it easier to carry, pack and wash. Grab a bento box in your child's favorite colors and write cute notes to go inside the lunchbox for a positive start to lunch time.

The best part about combining all three of these ideas is that while they do reduce carbon footprint and create great sustainability habits for children, they also save money. Instead of grabbing the same paper and plastic bags routinely at the store, these items can be purchased and used continuously. The food packaging industry is taking big steps to create safer and sustainable habits, and we can too!

FOOD AND TOY DRIVE



As the holidays approach each community will be participating in local food and toy drive collections. Donations will be collected at our clubhouses to make drop-offs convenient for our residents.



Please watch for donation boxes in your management office starting in October. Details on how to participate will be emailed to you soon. We look forward to working together to help those in need in our communities this holiday season.

Polenta Ingredients

2 cups whole milk
2 cups water
1 teaspoon kosher salt
1 cup polenta
1 tablespoon butter
1/2 cup parmesan cheese
2 tablespoons extra-virgin olive oil

Toppings Ingredients

2 tablespoons extra-virgin olive oil
2 tablespoons butter
10-12 small cipollini onions
(trimmed, cut in quarters)
1 pound oyster wild mushroom
– or preferred wild mushroom
(sliced or hand torn to preferred size)
Salt, pepper to taste

Polenta Cake

with Caramelized Cipollini Onions and Wild Mushrooms



Local And Seasonal Eating

By: Skye Randazzo

In the world we live in, it is easy to go to the supermarket and pick up diverse foods at any time of the year and we, as consumers, have a high demand for food that is neither local, nor seasonal. Unfortunately, sourcing food from all over the world can have a devastating environmental impact. Transportation alone of each product is a large contributor of pollution to our air and waterways and adds to our dependency on fossil fuels. The food we eat also has diminished nutritional value because it is picked prematurely and produced with chemicals to survive the long journey from overseas.

One thing we can do to lower our carbon footprint is to support local farmer's markets that offer local and seasonal produce. Our Polenta Cake recipe showcases a way to cook with many ingredients that are often found at a local farmer's market in the fall; polenta grain, milk, butter, cipollini onions and wild mushrooms are just a portion of autumn's very delicious flavor profile.

Polenta

1) In a medium-sized saucepan bring the water, milk and salt to a boil. **2)** Once boiling, turn the heat to low and slowly whisk in the polenta until the polenta is smooth and creamy, about 5 minutes. **3)** Add the butter and parmesan cheese and whisk until fully melted into the polenta. **4)** Empty the contents into a 9x9 baking dish and set aside to cool. **5)** Once it has cooled, cover the baking dish and put it in the fridge for at least 2 hours.

Toppings

1) After the polenta has been in the fridge for about an hour and half, start trimming and cutting the cipollini onions in quarters. **2)** In a heavy-bottomed skillet, add 1 tablespoon of olive oil and a tablespoon of butter on medium-low heat. **3)** Once the butter has melted in with the olive oil, add the quartered cipollini onions and sprinkle with salt. Stir occasionally until the onions are soft and golden caramelized (about 20 minutes). Put the onions to the side and sprinkle with pepper. **4)** Wipe the skillet clean and set the stove to high. Add another tablespoon of butter and olive oil. Once the butter has melted into the olive oil add the mushrooms and turn heat down to medium-low. **5)** Allow the mushrooms to release their moisture and brown, stirring occasionally. **6)** Once the mushrooms are fully cooked through (about 10 minutes), remove from fire and put to the side adding salt and pepper for taste.

Polenta Cake

1) Pour a tablespoon of olive oil into the cleaned skillet and set over medium-high heat. **2)** Take the baking dish of polenta out of the fridge, cut it into 8 equal rectangles, and place the slices of polenta cake into the heated skillet. Do not overcrowd the pan, or it will not brown.

Source: Skye Randazzo's recipes