

Living Green Quarterly

Winter 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?

Did you know that George Washington's favorite color was green?

25% of the bottled water you buy is municipal tap water, so you might as well pass on the plastic bottle.

SOURCE:
<https://www.nrdc.org/stories/truth-about-tap>

New Year's Resolutions Worth Keeping

By Skye Randazzo

As we ring in the new year and “new year, new me” posts flood across social media, let's highlight resolutions we can feasibly change to better both ourselves and the environment. Every “out with the old, in with the new” caption starts with the best intentions, but only about 8% of resolutions are carried through. We're here to give you five practical New Year's resolutions to kick off 2022 the right way.

Meatless Monday – This alliteration is both fun to say and easy to remember. Swapping out a meat-centric meal once a week for a preferable vegetarian option would save Americans an estimated 100 billion gallons of water each year; one pound of meat takes approximately 1,700 gallons of water to produce while one pound of vegetables takes only 39 gallons.

Use Up Packaged Products – Laziness can get the best of us, but a little water goes a long way. As those shampoo or conditioner bottles, as well as soap dispensers or cleaning detergents, get near the end and stop pumping or squeezing out easily, it isn't time to toss them quite yet. Swish some water into the bottle/container and you will be surprised how much product was coating the sides.

Reusable > Disposable – We ravage through disposable items every day, many of which can easily be swapped with reusable ones. Choose one or more of the following and make the official swap:

- ❁ Find a set of reusable utensils to replace the never-ending plastic from takeout and fast food.
- ❁ Find a reusable collapsible straw to replace plastic straws from to-go cups or bar outings.
- ❁ Find a Swedish dish cloth or old rag to replace roll after roll of paper towels.



- ❁ Find a washable facial round/makeup remover cloth to replace the endless cotton ones.

- ❁ Find a tote bag or collapsible bag to have handy for any impromptu shopping trips.

All of these can be purchased once and reused for a long time, helping the environment and saving money in the long run.

Check Your Walk Score – Visit the “Maps” page of your property's website to see what your local Walk Score is. If you click the Walk Score, it will take you to the official website where you can see the Walk Score, Bike Score and Transit Score. If it is practical to change any piece of your commute, try a more green-friendly way and save money on gas.

Just one of these four options can go a long way towards a happier and healthier 2022. Let's change our status' to “the time is now” and really mean it this time.



Sustainability Spotlight

By Karen O'Brien



Enna Lipovetsky

Asset Manager

At your properties, how do you encourage residents to live an environmentally conscious lifestyle?

By offering residents things such as an electric car charger, bike racks, recycling bins, filtered water in the clubhouse, reusable bags and mugs, we are trying to make it as easy as possible for residents to live a more environmentally conscious lifestyle. We also hold quarterly resident sustainability events. Some of these events are educational, with vendors discussing things such as recycling, while some are charity drives, where residents can donate lightly used clothing, books and toys. Rather than throwing the items out, they are repurposed.

What does sustainability mean to you?

"Sustainability is based on a simple principle: Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment. To pursue sustainability is to create and maintain the conditions under which humans and nature can exist in productive harmony to support present and future generations." - United States EPA

The above quote about sustainability is one of my favorites. I am very interested in improving the supply and quality of natural resources over the long term.

How are you engaging your staff in your sustainability efforts?

All staff are getting very creative with events and offering promotional items that are sustainable. Once employees begin to see the positive impact they helped to create and that they all have a role to play, then ideas start to flow and they begin to believe they are making a difference.

When Lovebirds Go Green

By Amber Grell and Skye Randazzo



It's not lost on us that the most romantic holidays fall during the coldest months. Finding ways to fall in love while loving the environment, especially in brisk weather, can be tricky. Leave the bears, confetti, boxes of chocolate, cards and balloons out of your cart, and the landfills, and let's think outside of the traditional heart-shaped box this year.

We've scrambled together a list of ways to celebrate these winter holidays that can foster an eco-friendly relationship by creating better habits together as you fall in love.

Ditch the fresh cut flowers - Flowers die within a week, which is not a great metaphor for a lasting love. Instead, find a house plant or succulent that will not only live with proper care but will also produce oxygen for your living space.

Put down the wrapping paper - Wrapping paper, usually made with plastic lamination and ink, which cannot be recycled, becomes garbage the instant a gift is given. Instead, use newspaper or natural brown paper and natural string or raffia to wrap your gift. Or, better yet, make the wrapping part of their gift! Use a scarf, t-shirt or tea towel to wrap your present and the recipient will have two gifts in one.

Send an e-card - Sometimes you can't vocalize what you are feeling but a love letter can spell it out for you. Unfortunately, with 6.5 billion cards sold in a single year we are looking at 1,959,000 trees that

must be cut down. E-cards are sustainable, everlasting, can be personalized, can be easily filed away and are always a fun surprise.

Gift experiences - The best present to give is a shared experience with your date. Take a vegan cooking class and experience fresh new ways those farmer's market finds can be used. Visit a museum or a gallery to support local artists, learn about different kinds of art and get your daily steps in. Enjoy a dance class or share a relaxing couple's massage to ease the stress from the holidays. Showing loved ones you care by gifting an experience is always a perfect choice.

Go stargazing - Weather permitting, find a place that has as little light pollution as possible, bring a home- and sustainably-packed picnic, a thermos full of warm drinks and big blankets to snuggle together. Everything under a fresh view of the stars feels romantic.

Whether you decide to write an electronic love letter or let loose at a salsa class, showing someone how you feel doesn't have to hurt Mother Nature. Find ways in your life to celebrate the big and small moments sustainably.

FIND NINE DIFFERENCES BETWEEN THE TWO PICTURES



Maintenance Pro Tip



Keeping Warm in Winter

By Shane Pellerin

Trap the sun – Pay attention to when the sunniest parts of the day occur and open the blinds. This allows the apartment to warm naturally. As the sun sets, close the blinds to trap in the heat and block out the cold.

Thermal curtains – *Thermal curtains are great for both summer and winter by trapping warm air out in the summer and keeping warm air in during the winter. Even the best windows can't always keep every gust or breeze completely out and these create an extra layer of insulation.

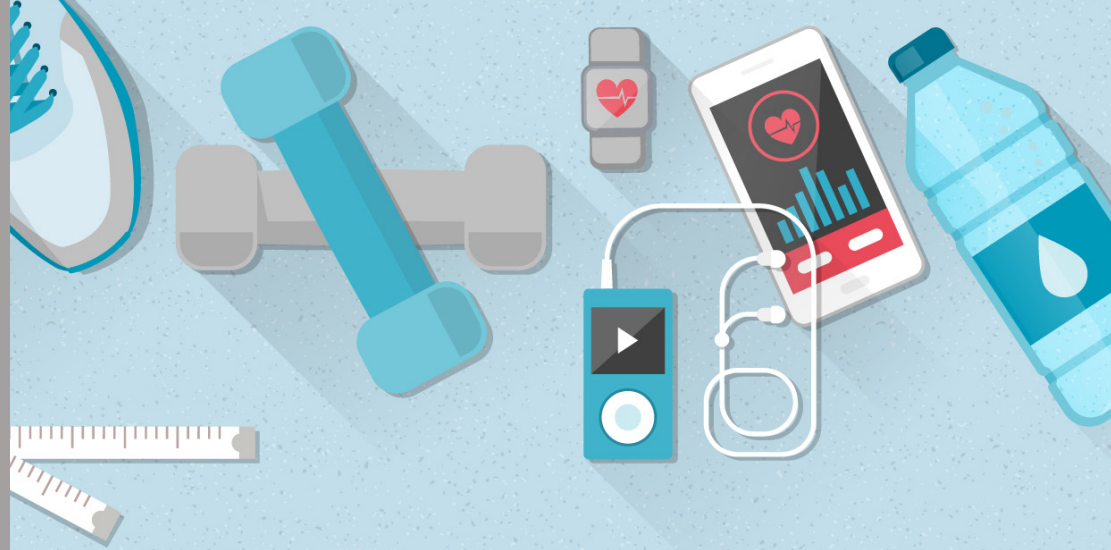
Draft stoppers – An easy DIY way to prevent cold air from seeping through cracks is by using draft stoppers, including windowsill and door draft stoppers; rubberized weatherstripping around windows, outer doors and garage doors; and/or inserting chimney sheep or foam rubber wedges inside fireplaces. Please note that any adhesive materials used should be approved by the property before application.

Reverse ceiling fans – *Reversing ceiling fans on a low to medium setting, depending on ceiling height, is a great way to force the warm air near the ceiling downwards.

Rugs – Rugs aren't just a decorative tool, they actually insulate floors by trapping cool air underneath and are cozy to walk/sit on. For bonus warmth, grab your favorite blankets to drape over the couch for a winter décor and nightly snuggling.

Layer up – Take out the chunky sweaters, cozy cardigans and old sweatpants – winter fashion is about layering up to heating up. Please note: avoid fleece as it has a lot of pilling and is one of the main reasons for microplastics in our waters.

**For implementation, please put in a work order to maintenance.*



Best Ways to Work Out in the Winter

By Amber Grell

The bitterness of winter hits hardest after the holiday season when friends and family have retreated home, decorations have been boxed up and everything suddenly feels eerily quiet. These winter blues can be challenged with an attainable New Year's resolution: to be a healthier, more active and sustainable version of you. Exercising is more than aiming to lose weight, which can be lost in the fold of diet ads and social media. It can be a tool to keep your bones, muscles, joints and mental health happy. We have some tips and tricks below to help you jump headfirst into this resolution while keeping the environment in mind.

First, check to see if your apartment community has a fitness center on the property. Having a fitness center on site eliminates the use of travelling fuel or electricity. Fitness centers can be a great escape and the perfect place to hold yourself accountable.

However, fitness centers aren't for everyone. Some people prefer to exercise in nature.

“One of the easiest ways to get both your body and mind moving is by taking a walk in fresh air.”

Bundle up and find your nearest nature trail or local park, or even walk to your daily/weekly errands. Adding a family member or friend is a great way to make walks social and to help hold you accountable. This simple change will get you off the couch and out of the driver's seat and is a great way to start or end each day.

When the weather is too cold and you are trapped inside, or you simply prefer working

out in privacy, at-home workouts are ideal. For most at-home workouts, a yoga mat, dumbbells and resistance bands are sustainable, energy-efficient tools to start with. YouTube is a free, unlimited device for anything you are searching for: yoga, Pilates, weightlifting, strength and agility building and more. The great thing about workout videos is access to different age and ability levels. Switch up your routine daily so you never feel bored.

Lastly, think about joining a local sports league. If you like meeting people, feeling the positive impact of community, showing off your skills or even learning new skills, this is a great idea for you. Sports keep you moving, thinking and saves the world from one more exercise machine.

Don't let the holiday blues keep you feeling trapped; learn more about your body and giving it the exercise it needs. The gym, nature, your home and the community are all great places to find ways to keep moving and stay healthy. Remember to make smart choices such as reusable water bottles. Living a sustainable and healthy lifestyle can be easy and enjoyable. Cheers to a healthy, happy and green 2022!

DIFFERENCES REVEALED



Ingredients

- 1 tab of butter
- 1 teaspoon olive oil
- 1 medium yellow onion, roughly chopped
- 1 large carrot, roughly chopped
- 2 stalks of celery, roughly chopped
- 3 cloves of garlic, roughly chopped
- 6-8 bone-in chicken thighs, sprinkled with salt on both sides
- 3-4 Yukon gold potatoes, large dice
- 1 large butternut squash (2.5 pounds), large dice
- 1 teaspoon olive oil

Topping Ideas

Cinnamon, paprika, smoked paprika, Chinese five spice, cayenne pepper (for a bit of spice), sauteed diced granny smith apples with cinnamon, crimped sage leaves or sauteed garlic with rosemary

Butternut Squash Soup

with Shredded Chicken



Local and Seasonal Eating

By: Skye Randazzo

In this day and age, supermarkets provide a diverse array of food at any time of year. Unfortunately, sourcing food from all over the world, that is neither local, nor seasonal, can have a devastating environmental impact. Transportation alone is a large contributor of pollution to our air and waterways and adds to our dependency on fossil fuels. The food provided has diminished nutritional value because it is picked prematurely and produced with chemicals to survive the long journey from overseas.

To help lower our carbon footprint, support your nearest farmer's markets that offer fresh local and seasonal produce. Our Butternut Squash Soup recipe showcases a way to cook with many ingredients that are often found at your closest green market; butternut squash, potatoes, chicken and carrots are just a portion of winter's very delicious flavor profile.

Directions

1) Remove seeds from the butternut squash, rinsing and cleaning off the membrane. Let seeds dry on a paper towel until later. Pre-heat oven at 350 F.

2) Place a six-quart pot over medium-high heat and add the butter and olive oil. Once the butter is melted, combine the onion, celery and carrot and a healthy pinch of salt. Sauté vegetables until the onions become translucent, roughly 6-8 minutes. Add the garlic and sauté for another 2 minutes.

3) Move the vegetables to the side of the pot. Start adding the chicken - skin side down with all the chicken bottoms touching the bottom of the pot - and place sautéed vegetables on top of the chicken. Allow the chicken to brown, approximately 5 minutes. Once browned, flip chicken over to brown on the other side, approximately another 5 minutes.

4) Once fully browned add water. Bring to a boil and add the diced squash and potatoes. Dial the temperature down to medium and let the water simmer for an hour - or until the chicken is fully cooked, the squash and potatoes are soft at the center and the water level is just above the contents of the soup.

5) While the soup is boiling, take the dried squash seeds and place them in a bowl, mixing in the olive oil. Salt and pepper to taste then spread onto a baking sheet in an even layer. Place the seeds into the oven and roast for 15-20 minutes until a slight popping noise begins and the seeds turn golden.

6) With a pair of tongs, remove the chicken and let cool on the side. Put the rest of the contents of the pot into the blender and blend until creamy. Depending on blender size, this step may need to be done in multiple different sessions. Once fully blended, place contents back in the pot on low heat to keep warm, stirring occasionally.

7) Shred the chicken, removing the bone, skin and fat. Add the chicken to the butternut squash soup and let warm for another 5 minutes. Salt and pepper to taste, then serve with your choice of topping.

Source: Skye Randazzo's recipes