

# Living Green Quarterly

Spring 2022



**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?**

Shades of greens are recognized more readily than any other color; green is the center of a bell curve of colors, with red on the top and blue on the bottom. This is an adaptation based on humans interacting in nature where green happens to be predominant.

**SOURCE:**

<https://amp.cnn.com/cnn/2017/06/05/health/colorscope-green-environment-calm/index.html>

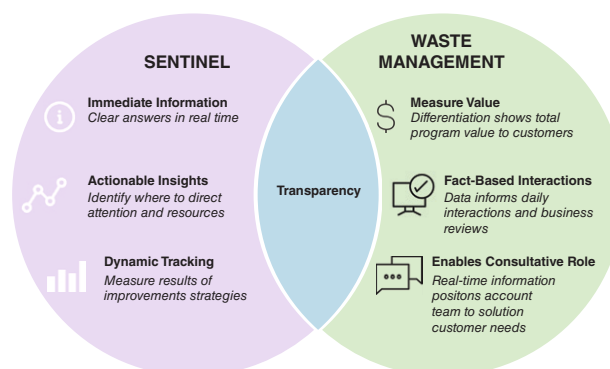
Recycling all newspapers would save approximately 250,000,000 trees per year!

**SOURCE:**

<https://www.usi.edu/recycle/paper-recycling-facts>

## Managing Waste in Our Communities

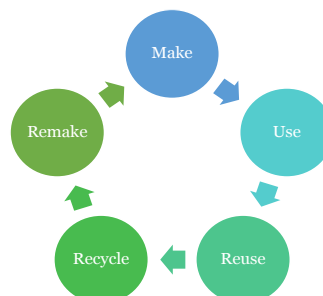
By Hai Chien Wang and Skye Randazzo



As we enjoy online shopping, fast fashion, single-use containers and tossing out expired leftovers, the accumulation of waste from such conveniences often goes unnoticed. Waste goes into our trash creating an “out of sight, out of mind” effect. The reality is trash bags move from trash bins to property dumpsters and then to a landfill where they sit and pollute our environment. Although managing waste is often overlooked, it’s an important pillar to the sustainable circular economy and, in turn, enhances our living environment.

Sentinel understands the challenges as well as the corporate social responsibility in overseeing waste organization and correct distribution. In 2021 we entered into a National Account agreement with Waste Management to construct a company-wide analytic platform to track waste data at our properties. This tech-driven platform will help us improve waste and recycling practices by tracking weight and seasonal trends, which allows us to calculate the frequency or infrequency of needed trash pick-ups as well as the cor-

rect dumpster size to prevent loose debris and overspilling. This will prevent garbage truck pick-ups before the dumpster is full, which saves on fuel, along with keeping the property litter free, reducing pollution on our properties. The data collected will also help us achieve higher diversion rates from landfill to recycling centers. The Venn diagram above demonstrates how Sentinel utilizes Waste Management’s service.



**CIRCULAR ECONOMY DIAGRAM**

Sentinel also utilizes Energy Star Portfolio Manager to help track energy, water and waste data which helps manage consumption and benchmark our usage to similar assets. Most importantly, this effort is done behind-the-scenes and does not interfere with the residents in our communities; this allows our management teams to make continuous improvements based on fact

rather than perception.

As we take steps in the right direction for our environment, we always encourage our residents to challenge themselves to be conscientious about their individual carbon footprint as well.

# Sustainability Spotlight

By Karen O'Brien



**Eirene Tsakales**  
*Accountant for the NY Corporate Office*

**How have you adapted to a more sustainable lifestyle?**

Growing up in Greece, I used to pick olives to make olive oil and grow my own organic fruits and vegetables in my family's garden. When I moved to New York, I wanted to maintain my healthy lifestyle and protect the beautiful parks in my New York neighborhood. Here are seven ways I work to protect the environment and live a sustainable life:

- I clean my apartment with vinegar, baking soda and products free of dye and synthetics instead of harsh chemical cleaners that wash into streams and rivers and affect the food chain.
- I use trash bags made of recyclable, plant-based material.
- I take public transportation.
- I only buy organic food that has not been sprayed with synthetic pesticides.
- I use an environmentally-friendly hair salon and chemical-free makeup.
- I volunteer with the Central Park Conservancy to maintain the beautiful ponds and gardens year-round.
- I donate my clothes when I am done with them and some of my wardrobe is from secondhand retail. According to the World Wildlife Fund, it takes 715 gallons of fresh water to produce the cotton needed for just one t-shirt!

# Have You Botany Houseplants Lately?

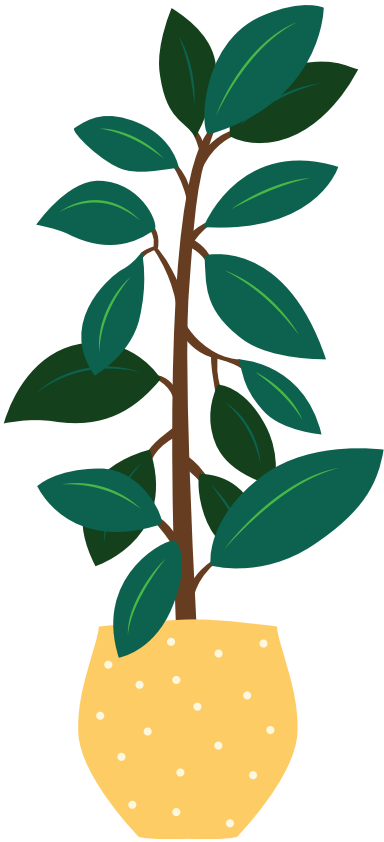
By Eirene Tsakales

Decorating with houseplants can help promote both creativity and personal style as well as elevate your mood, reduce stress and purify air by removing dust and trapping particles on the surface of their leaves. With enough plants, volatile compounds and carbon dioxide can be eliminated as well. Unfortunately, houseplants, especially in the transportation and packaging stages, can cause an unintended carbon footprints.

The idea of decorating with indoor plants dates back to ancient Rome, Egypt and Greece when the wealthy would decorate with predominantly local and indigenous plants in marble and terracotta pots. Fast forward to the 17th century and explorers on oversea voyages were bringing plants over by wind power in their large ships, introducing new, mostly tropical plants that grew under canopies of tall trees and proved to acclimate and thrive indoors. Though invasive species would eventually be an issue in some areas, the truth remains that even when traveling the globe with these tropical seedlings, they weren't creating greenhouse gases in the process.

Today, houseplants can be purchased just about anywhere, from Trader Joe's and Home Depot to multiple online sources, which is great for the plant enthusiast's collection of different exotic species from all over the world. However, the problem with mass distribution is that these plants are often flown, shipped or driven to stores and warehouses and are transported again upon purchase. This produces a lot of greenhouse gases, mainly carbon dioxide, from burning fuel. Additionally, plants often come in plastic pots or different plastic wrapping that get immediately tossed post-purchase. There is a better way to get a beautiful plant to enhance your space than this.

Even if it may be shocking to think that purchasing a plant from anywhere is anything but a great idea, sometimes things that seem obviously "green" can have a hidden carbon footprint. Fortunately, we have a few ideas on how to keep the purchase of plants a bit more sustainable. Try purchasing your plants from your local farmer's market, green market or nursery, where they are more likely to be locally grown, cutting back on long distance transportation. Plants purchased from said



markets are also less likely to have unnecessary plastic packaging and the sellers are professionals that can advice on plants that help maintain them for years to come, lessening the need for frequent plant shopping. You can also inquire if the plants were grown by seed or by cuttings versus having them shipped in from different parts of the world.

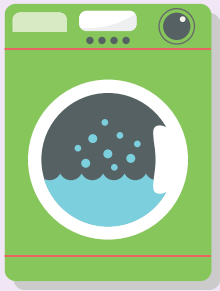
Overall, doing a little research on sustainable ways to buy, manage and nurture houseplants can keep houseplants more green and the air in and out of your home cleaner. Some renowned favorites for indoor plants that brighten moods and freshen air are peace lilies, snake plants, spider plants, rubber plant, pothos and aloe vera. In any case, we hope this helps you branch out.

## Think Green

Y	R	E	Y	N	E	N	D	O	N	A	T	E	I
A	E	L	T	E	N	C	I	E	R	R	G	G	
B	C	B	I	E	C	L	I	M	A	T	E	M	R
E	Y	A	L	R	C	E	A	A	C	R	T	E	
R	C	D	I	G	N	L	E	T	N	E	R	D	A
E	L	A	B	I	O	Y	E	V	E	U	M	I	E
L	E	R	A	A	C	C	I	N	A	G	R	O	E
E	A	G	N	D	N	R	U	N	W	E	N	E	R
I	R	E	I	Y	C	E	D	U	N	L	C	R	T
E	M	D	A	R	E	I	A	E	N	E	R	G	Y
S	E	O	T	N	E	M	N	O	R	I	V	N	E
U	N	I	S	C	I	Y	E	G	U	E	O	I	N
E	Y	B	U	V	O	L	U	N	T	E	E	R	N
R	L	B	S	L	L	A	G	E	C	E	L	O	A

RENEW  
ORGANIC  
ENVIRONMENT  
BIODEGRADABLE  
RECYCLE  
REUSE  
ENERGY  
CLIMATE  
GREEN  
SUSTAINABILITY  
VOLUNTEER  
DONATE

# Maintenance Pro Tip



## 8 Washing Machine Tips and (Cleaning) Tricks

By Shane Pellerin

**Fill loads**— Not only is this more environmentally-friendly in terms of water and electricity, but some machines will not complete a full rinse spin cycle if the load doesn't balance properly.

**Don't overload**— You want to have a full load, but not an overload. Oversized laundry loads can damage the machine. Try to keep about five inches of space between the laundry and the top.

**Research detergent**— Many machines have detergents that work best with a particular make or model. For example, many energy-efficient machines need low-sudsing detergents.

**Measuring detergent**— An excess of detergent will leave residue and can be tough on your machine; make sure you're measuring according to both the machine and detergent container.

**Clean the machine**— Spray vinegar around the rubber gasket and use a rag or toothbrush to remove soap scum, mildew and detergent build-up, getting all the nooks and crannies. If it's removable, take out the soap and fabric softener dispenser — spray and wipe down.

**Clean the machine: part II**— Run an empty wash cycle using hot water on the largest load. Add two cups of white vinegar (in the detergent dispenser for a front-load washer). Hand-wash the top portion of the agitator and basin above the water line and wipe the front and top with vinegar for a washer that runs smoothly and smells fresh.

**Leave door ajar**— To prevent that stinky smell after opening the door to start a new load, leave the door ajar after your last load. Fresh air works wonders.

**Transfer ASAP**— Having wet clothes sit in the washer can welcome mold and mildew.

# Reducing the Carbon “Paw” Print

By Heidi Adams



The benefits pets have on our mental, physical and emotional health are unmatched, but even our furry friends have a carbon paw print that can be devastating to earth. Eight percent of our landfill waste is created from our pets and 64 million tons of greenhouse gas emissions each year come from both pet food and pet waste. Changing the way we dispose of waste, feed our animals and choose toys can lighten this impact drastically.

Domestic animal waste is not a natural fertilizer and has the potential to contaminate both the ground and nearby water sources, while also attracting flies and pests. Continue to always pick up after your pet but change any regular bags out for biodegradable doggy bags (yes, even for scooping litter!). Cats can be a little trickier as disposing of their waste usually involves litter. Clay litter is the most common litter found and purchased but it isn't as environmentally friendly as the word “clay” would have you believe. Clay is mined under topsoil, gets baked dry, rolled into its final product and then transported, all using fossil fuels and is non-biodegradable. Although cats can be finicky, slowly introducing a greener litter is important and possible. Examples are wood pellets, wood crumbles, wood shavings, sawdust or even fancy AI automatic self-washing cat boxes. Try to find what could work best for your pet, while still eliminating odor and mess.

While cats are obligated carnivores, dogs have evolved to survive on just about anything. Slight changes to a canine's diet to include more animal byproducts and vegetables, such as sweet potatoes, is both healthy and sustainable. For all cats and dogs, feeding only the amount needed per day helps both their health and reduces food waste. If you decide

homemade meals are what's best for your companion, always buy ethically sourced products and try to buy local when you can. Find what works best for you and your fur family when it comes to feeding time.

It can be easy to buy a new toy at the store every time you pass the pet aisle, feeling like the gift of a gift shows your affection. These toys, often plastic, are used briefly, destroyed immediately or are quickly forgotten. The best toys you can give, and often the most durable, are homemade things that smell like you. Take an old sock or sweater and turn it into a puppy's favorite ball or chew toy or bring out a packing box or hair tie for cats. If you want something new, try purchasing only recycled material toys for your pets and donating after gentle use, creating a full circle moment.

We know it's not always easy being green, especially when your love language is gift giving. Add a little research to your pet purchasing routine to find sustainable ways that could benefit your life and the green life around you.

## Think Green Answers

V	O	T	C	E	G	T	S	B	T	R
N	B	U	N	T	L	A	G	E	L	R
N	I	O	E	U	G	I	C	S	I	N
E	N	E	R	O	N	O	T	E	M	S
A	D	A	R	E	I	A	M	E	N	E
T	I	N	I	C	E	D	U	N	C	R
R	E	A	G	N	D	N	W	E	N	E
E	R	O	E	I	N	A	C	C	I	N
E	I	M	E	L	O	I	E	A	C	C
A	V	A	C	C	I	N	A	C	C	I
E	A	V	A	C	C	I	N	A	C	C
B	C	B	I	E	C	I	M	A	T	E
G	A	E	L	T	E	N	C	I	E	R
I	A	E	N	D	O	N	A	T	E	I



# Pasta Primavera

## Ingredients

- |     |  |   |  |
|-----|--|---|--|
| 1   | tab of butter  | 2 | cups of chicken broth                            |
| 1lb | Farfalle, penne, rigatoni or paccheri pasta                      | 1 | lemon, juice half of zested lemon cut lengthwise |
| 1   | cup of shelled peas (or frozen peas)                             | ½ | cup of heavy cream                               |
| 2   | tablespoons olive oil<br>(plus extra for cooked pasta)           | ½ | cup of grated Parmesan cheese                    |
| 1   | red bell pepper cut into large julienne pieces                   |   | salt and pepper to taste                         |
| 1   | cup of asparagus trimmed and cut in 1½ inches                    |   |  |
| 2   | cups of broccolini or broccoli rabe trimmed                      |   |  |
| 1   | small zucchini cut in half and sliced into thin half-moon shapes |   |  |
| 2   | medium carrots cut into thin julienne strips                     |   |  |
| 15  | halved grape tomatoes  |   |  |
| 1   | tablespoon butter  |   |  |
| 1   | large shallot diced into small pieces                            |   |  |
| 3   | cippolini onions trimmed and cut into quarters                   |   |  |
| 6   | minced garlic cloves   |   |  |

## For Garnish

- ¼ cup of sliced basil
- 2 tablespoons chopped parsley
- extra parmesan
- lemon wedges from unused half of zested lemon
- crushed red pepper flakes

## Directions

**1)** Add 4 quarts of water with 1–2 tablespoons of salt to a large pot and bring to a boil. Add pasta, stirring occasionally. 2 minutes before pasta is al dente, add peas. 1 minute before pasta is al dente, remove and drain in a strainer. Use cold water to cool noodles thoroughly, then add a teaspoon of extra virgin olive oil and mix. Put to the side.

**2)** In a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add bell peppers and sauté for 1 minute, then add asparagus and broccolini and sauté for 2-3 minutes. Add tomatoes, zucchini and carrots and sauté for 1-2 minutes for crisp, yet cooked, vegetables. Add salt and pepper to taste and move vegetables to a large plate.

**3)** In the same skillet, melt the butter and add cippolini onions, shallots and garlic and sauté until golden brown. Salt and pepper to taste. Stir in the lemon zest and chicken broth. Simmer until the broth reduces by half, then stir in lemon juice and heavy cream. Cook down for a few minutes allowing the cream to thicken.

**4)** Add the pasta and peas into cream sauce, then immediately add the cooked vegetables and stir until well combined (1 minute or until pasta is al dente). Turn off the heat and stir in parmesan and basil.

**5)** Move finished pasta into a serving dish and garnish with parsley and lemon wedges. Serve with 2 separate ramekins with extra parmesan and crushed red pepper flakes in each for individual taste.

*Source: Skye Randazzo's recipes*

## Local and Seasonal Eating

*By Skye Randazzo*

Today, 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 negative 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, seasonal produce. Our Pasta Primavera recipe showcases a way to cook with many ingredients that are often found at your closest green market; peas, asparagus, broccolini or broccoli rabe, zucchini, carrots, grape tomatoes, shallots, cippolini onions, garlic, basil and parsley are just a portion of spring's amazingly fresh flavor profile.