

Living Green Quarterly

Fall 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.

IREM: **Shepherding Sentinel Properties Towards Certified Sustainability**

By Ryan Yurcich

Sentinel Real Estate Corporation recently received the IREM® Sustainable Property designation for 21 properties, with the goal of adding more in the years ahead.

Being IREM certified means the property is being recognized for the steps taken to improve sustainability efforts and encourages additional endeavors, while working towards a continuous mindset of being green.

In order to obtain the IREM certification, a property must meet specific objectives in the following categories:

- Management's demonstrated commitment to sustainability
- Energy and water benchmarking and reduction goals
- Commitment to health, wellness and safety of residents
- Recycling practices, including waste diversion targets
- Sustainable purchasing practices

When a property receives the Certified Sustainable designation, you can be sure that we are trying to reduce our energy and water use, without impeding usage for residents. It's a commitment on our part to be green stewards and help to improve the health, safety and environment for our residents, employees and communities.

Green VS. Green

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

Green evokes calmness, tranquility, serenity and well-being. It is regularly used in spaces associated with health and well-being, such as hospitals and relaxation centers.

SOURCE:
<https://www.archdaily.com/895498/the-role-of-color-in-architecture-visual-effects-and-psychological-stimuli>

Over 10 billion paper bags are used each year, causing the removal of 14 million trees.

SOURCE:
<https://news.climate.columbia.edu/2020/04/30/plastic-paper-cotton-bags/>

How to be a SOUPer Hero

By Carrie Sitterley and Skye Randazzo

Sentinel is excited to announce a new partnership with the non-profit Move For Hunger, an organization that works with businesses across the country to fight against hunger in as many communities as possible. Their goal is to work together with companies to pick up donated non-perishable food items and deliver the donations to local food banks, pantries and soup kitchens.

We have selected several of our properties located in Atlanta, Georgia and Columbus, Ohio to begin working with the non-profit, aiming to reduce food waste and help some of the 42+ million Americans facing hunger every day. This new partnership allows our properties to team up with residents seeking to donate non-perishable foods.



A resident can drop off any unopened cans or boxes of food to the property's clubhouse at any time or over the course of a move. Additionally, participating properties intend to host donation events over the course of the year, facilitating further opportunity to give back to the local community.

Reducing the national food waste by just 15% would provide enough food for more than 25 million Americans every year. Since 2009, Move For Hunger has been working to help decrease that number with a nationwide network of over 1,100 moving companies and about 3,000 apartment communities. At this time, Move For Hunger has collected and delivered roughly 27,345,360 pounds of food to food banks in the US and Canada. We are excited to start this program and eventually expand to more of our properties.

Sustainability Spotlight

By Karen O'Brien



Kori Bailey
District Manager

How have you adapted a more sustainable lifestyle?

I've adapted a more sustainable lifestyle by always traveling with reusable bamboo cutlery and a refillable water bottle to avoid single-use plastics. I eat a mostly plant-based diet, which has been shown to save water and decrease greenhouse gas emissions. Additionally, I participate in the Leave No Trace Initiative to help the environment for generations to come. (www.lnt.org)

What made you decide to become a more environmentally conscious individual?

I became more environmentally conscious at a young age. I was in Girl Scouts working towards my recycling badge and was educated on the importance of recycling and how we can incorporate little things into daily life that make a big difference. I immediately came home and set up a recycling station and encouraged all my friends, neighbors and teachers to do the same.

How are you engaging your staff in your sustainability efforts?

I engage my staff in sustainability efforts by giving them a voice. I like to get input on what they think will work for their property/residents and we make the ideas a reality. I always try to educate my managers on new sustainability efforts and environmentally-friendly companies, and make sure the entire team is involved.

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

We provide our residents with easy ways to recycle normal household trash, but also batteries and light bulbs. When residents move in we provide them with eco-friendly welcome gifts. Additionally, we host several events throughout the year focusing on health, wellness, green living and involvement in the local community.

Finding the Treasure in Trading

By Karen O'Brien

Like many New Yorkers, I have too many clothes, so I decided Freecycle was a perfect way to give them a new life. Registration on Freecycle.org is quick and easy; you don't have to provide a lot of personal information, just an email and username. Once signed up, I selected which local groups to join and posted five summer dresses I was ready to part with. I started getting emails from other members immediately. Some only wanted two or three of the dresses, but luckily, for the sake of ease, I found someone who wanted all five. We met at a mutually decided location in Midtown, New York for the hand off and it felt great to see my clothes go to someone who was so excited to rehome them. Having been stuck indoors during the pandemic, I was able to really take stock of my home and see what was necessary and what was clutter. Being able to take this matter into my own hands is satisfying and it felt good to participate in a circular economy!

By Heidi Adams

The Freecycle Network®, more commonly known as Freecycle, is a giant grassroots and nonprofit online network made up of thousands of local groups that donate or trade items via the internet, all for free! Freecycle has multiple beneficial functions: community bonding, lessening items discarded to landfills and reducing clutter by giving it a second life.

According to freecycle.org, Freecycle started in 2003 by Deron Beal. It started just between Beal, his friends and a few Tucson, Arizona nonprofits and has now reached over 5,000 groups in more

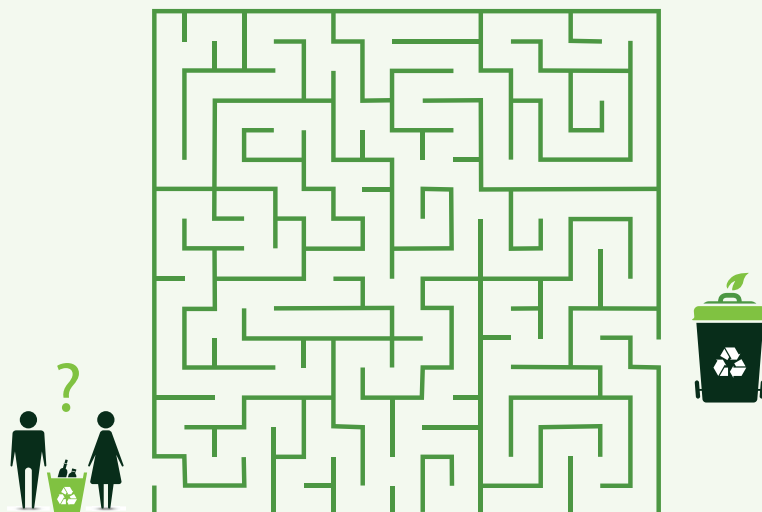


than 110 countries. Throughout the countries, this organization has kept over 500 tons of items, which is about 15 times the height of Mount Everest, out of landfills and into new homes in just the past year.

The most common items in Freecycle groups include electronics, books, baby items, clothes, arts and crafts materials and furniture. Even if you think those old CDs taking up space in the office are trash, there's a good chance someone creative can upcycle them into a fun photo frame or wall art.

Freecycling is available to everyone, regardless of economic status, the only requirement being that you can't solely receive items, you must donate as well. Each member is allowed to join up to five groups in their area and being in proximity with the buyer and/or seller means that items can be picked up or dropped off in person rather than shipped through the mail. To join the organization, head over to freecycle.org to find a local group or two and start decluttering your home and discover hidden treasures. It is a simple, economical, rewarding, and sustainable way to help our planet.

Where is the Recycling Bin?



Perimeter Gardens Apartments

Green Goodie Bags

By Carrie Sitterley



PERIMETER GARDENS

AT GEORGETOWN

On Friday, July 22nd, 2022, The staff at Perimeter Gardens Apartments in Atlanta, GA was excited to host a pool party event, celebrating our residents with music, food, games and fun in the sun!

Each resident received a green goodie takeaway bag. Each bag contained bamboo toothbrushes, reusable cloths, SPF lip balm, sunscreen, foaming hand soap and eco-friendly laundry tablets to help promote ways to protect the environment and our skin.



Removing the Stigma of Mental Health to Help Our Veterans

By Skye Randazzo and Carl York

American author Cynthia Ozick once penned, "We often take for granted the very things that most deserve our gratitude." This sentiment could apply to almost anything but is especially relevant as we approach and celebrate our American heroes on Veteran's Day.

Our brave men and women who have served and currently serve in the US military, putting their lives on the line to protect the country as well as our "life, liberty and pursuit of happiness," deserve and may very well need more than just a day of remembrance and celebration.

Fortunately, many of our veterans return after their service and acclimate seamlessly to the routines of being back home. For others, it isn't that simple, and many veterans still feel a stigma about asking for help.

For Assistance...

If you are a member of the military, a reservist or veteran and have a concern about personal, emotional, physical or health-related issues, or you know and love someone who is a veteran that may be seeking assistance, here are some helpful resources:

- The Veterans Administration crisis line: <https://www.veteranscrisisline.net/>
- The Department of Defense also provides a helpline at 1-877-995-5247.
- As of July 16th, available to everyone across the United States, dialing 988 provides a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.



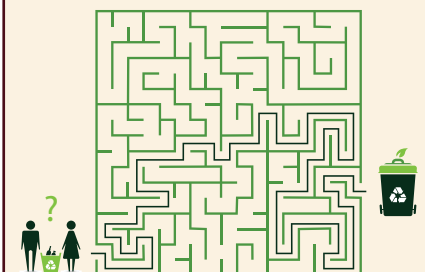
Although there is really no way to fully thank our veterans that have fought to keep our country safe, there are a variety of meaningful ways in which we can show our gratitude on November 11th and throughout the year. For example, you can always send a care package to an active serviceman or platoon, donate to a reputable veterans' charity or service organization, visit a local nursing home or veterans' hospital or take the time to write to a veteran to share your appreciation for their service. You can also honor our servicemembers by visiting a veteran memorial or cemetery, participating in the two minutes of silence starting at 2:11pm Eastern Standard Time, or attending a parade or a community veterans' event.

Small gestures can often make the biggest impact and a simple conversation can show you care. Asking uplifting questions such as, "What was your favorite moment during your time in the service?" or "Why did you go into the service branch you did?" can spark an interesting conversation. Sometimes you don't have to say anything; just listening and giving someone your full attention is enough.

For more information, please see: <https://www.veteranaid.org/blog/meaningful-ways-to-celebrate-veterans-day/>

To all who have served and those who continue to serve,
Thank You!

Recycling Bin Found!



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 easy 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.



Centre Pointe's Holiday Toy Drive was successful in collecting toys for Toys for Tots. Centre Pointe collected upwards of 75 (two large boxes) different toys and stuffed animals for our drive. They began collecting at the end of October 2021, initially intending to drop off toys before Thanksgiving. Since they had such a positive response and outcome of the drive, Centre Pointe collected until mid-December. The Property Manager then presented all the toys to the Toys for Tots organization in North Charleston. It was definitely a great way to give back during the Holiday season! We thank all who participated throughout the properties, and especially Centre Pointe, for this huge success.

Spaghetti Squash with Wild Mushrooms

Ingredients

PREPARING THE SPAGHETTI SQUASH:

- 1 large spaghetti squash
- ¼ cup melted butter or ghee
- salt and pepper to taste

TO MIX IN:

- 2 tablespoons of butter
- ¾ cup fresh wild mushroom of your choice, sliced into bite-sized pieces
- 4 cloves of garlic, minced
- 1 shallot, diced
- ¼ cup parsley, minced
- ¼ cup lightly roasted hazelnuts, chopped in large chunks

GARNISH:

- ¼ cup parmesan cheese, grated fresh plus a little more to top the dish
- 2 tablespoons of chives, minced to top the dish



Directions

- 1) Preheat the oven to 400°F.
- 2) Using a sharp knife, cut a thin slice from one side of the squash. Lay squash on flat side and cut off a thin slice from both ends and discard those pieces.
- 3) Cut the squash into 6 equal rings, removing the seeds* with a spoon, and transfer the rings to a large baking sheet lined with parchment paper.
- 4) Brush butter or ghee over all sides of the squash, adding salt and pepper to your preference on both sides of the rings. Place in the oven and roast for 40 to 45 minutes, or until easily pierced through with a fork.
- 5) While squash is cooking, place a large pan on medium-high heat and melt 2 tbs of butter. Add the mushrooms and allow to cook and shrink in size – about 4 minutes. Add diced shallots, stirring occasionally for 2 minutes, then add garlic and cook until fragrant. Add salt and pepper to taste and remove pan from heat.
- 6) When the squash rings are fork tender, use the fork to pull the strands of squash noodles away from the peel. Move the spaghetti squash strands to a mixing bowl.
- 7) Add the mushroom contents in the pan to the top of the squash in the mixing bowl and toss until all the squash is dressed. Add a touch of extra virgin olive oil if it needs a little extra.
- 8) Add parsley, hazelnuts and parmesan cheese and toss it all together, then transfer to a serving dish. Top with extra parmesan cheese and chives.

*Pro Tip: clean and season the seeds then roast them in the oven for a delightful and tasty snack.

Source: Skye Randazzo's recipes