

The Climate Chronicles

October 2023 - Keeping the Climate Health Team informed

10% Emissions Reduction



Data from baseline year to 2022 is promising

Northern Light Health has exciting news to share! We have recently completed calculating system-wide Scope 1 and 2 emissions for 2021 (our baseline year) and 2022, and are pleased to report a 10.2% drop in overall greenhouse gas emissions! As a reminder, Scope 1 includes our organization's direct emissions related to heating fuel, vehicles, and fugitive emissions (including anesthetic gases), and Scope 2 is comprised of indirect emissions associated with electricity usage. Our Scope 1 emissions were down by 8.3%; a change equivalent to 6,545,172 fewer kilograms of CO₂, year over year. Our Scope 2 emissions were down by 22.9%, a change equivalent to 2,814,981 fewer kilograms of CO₂.

Some of the notable organizational changes that have helped us realize these reductions include the gradual phasing out of older fleet vehicles and replacing them with more fuel-efficient models, ongoing infrastructure improvements to incorporate more energy-efficient technologies and equipment, and the procurement of a significant amount of electricity from renewable sources. We will continue to collect and analyze yearly emissions data as we track our progress towards a 50% reduction in greenhouse gas emissions by 2030. Our next big project is the inclusion of Scope 3 emissions (mostly related to supply chain) in our analysis. Thanks to everyone who has helped us with this project, and worked so hard to realize these results!

Food Waste Initiative Expansion

Reducing cost and increasing sustainable practices

Northern Light Blue Hill Hospital, under the leadership of Barb Haskell, Manager of Nutrition Services, and in conjunction with the University of Maine's Mitchell Center for Sustainability, successfully completed an evaluation and analysis of food waste across their kitchen. Food and Nutrition Services staff identified areas of improvement and implemented additional measures to not only minimize waste in the preparation and service of meals but also how to repurpose any waste for composting. On the heels of this very successful project, plans are underway to continue this work across the Northern Light Health system.



Once the next location(s) have been confirmed, education and training for staff will begin, tentatively in late fall or early winter. Also in development is a more robust composting process. Northern Light Blue Hill Hospital has already been successful in implementing a composting project as well. Other member organizations are expected to follow their lead in the coming months.

Anyone interested in learning more about these or other Food and Nutrition Services related initiatives should feel free to contact Kara McCarthy Casey at kc Casey2@northernlight.org.

“Often when you think you're at the end of something,
you're at the beginning of something else.”

- Fred Rogers, Television Personality

Provider Recruitment Goes Digital!

Reducing cost and increasing sustainable practices

Erica Wilson, SHRM-CP, aPHR, is a Northern Light Health Provider Recruitment Coordinator II and this month's environmental hero! Her "I can help save the environment" moment came when the envelope she sent to a candidate was returned; the postage cost \$10.85! More than 300 are done annually to all candidates invited to any member organization for prospective interviews, so mailing costs really add up (mailings (300 x \$10.85 = \$3,255). The packet included a welcome letter, a page introducing the recruitment team with color photos, the local Chamber of Commerce guide, a card with a QR code linked to the annual report, and a paper copy of our Diversity, Equity, and Inclusion report. Chamber of Commerce guides were collected and delivered by Northern Light Health employees from the Home Office, and it took additional time to collect the materials, assemble the packets, and then coordinate courier delivery for mailing.



"I asked myself, 'how can we change this? Make it more cost effective, reduce our impact on the climate, and still provide our candidates with the level of care we currently give them?'"

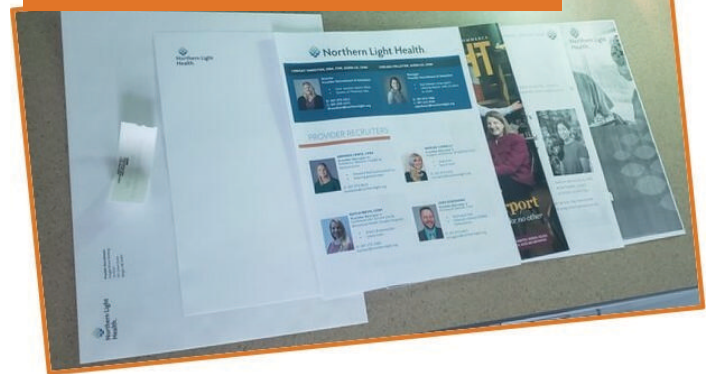
The answer Erica came up with was a virtual welcome packet! Now everything is sent by

email with links and attachments, including a new department-designed Community Information sheet! This not only saves paper and postage, but it also reduces the greenhouse gas emissions from courier and postal vehicles, not to mention staff driving to pick up the chamber brochures. Additionally, the packet can be customized to reflect the candidate's known interests.

"The best thing, besides the resource savings, is this is customizable. If the candidate is a hockey fan, a link to the Maine Black Bears website will be added. If they have children, childcare and school choices will be included, or the candidate can be connected with a place of worship."

If your department is interested in going digital to reduce costs as well as carbon emissions, Erica is happy to connect and share her road map for success. She can be reached at ericawilson@northernlight.org.

Former print packet:



New digital layout:

Recreation

- Bug Light Park**
Bug Light Park, the eastern terminus of the Greenbelt Walkway, offers expansive views of Portland Harbor and the skyline of Maine's largest city. The 8.78 acre park was the site of major shipbuilding activity during WWII.
- Crescent Beach State Park**
Crescent Beach State Park opened in 1966 and offers bathing in the surf or in the sun at one of Maine's finest beaches. There are picnic tables and grills, a children's playground, a snack bar, and a bathroom with cold-water showers.
- Funtown Splashdown USA**
As Maine's largest water and amusement park, Funtown Splashdown USA attracts families from around the region.
- Wolf's Neck Woods State Park**
476 Wolfe's Neck Rd, Freeport
Enjoy hiking, Bird watching, Cross-country skiing, and Snowshoeing.
- Casco Bay Islands**
The Casco Bay Islands offer fun places for walks, bicycle rides, relaxed meals and a slowed-down pace far removed from that of the mainland, urban New England.
- Maine Wildlife Park**
56 Game Farm Rd, Gray
Welcome to the Maine Wildlife Park, where you're guaranteed to see moose, and more animals in a day than you could ever spot in the wild!
- Portland Head Light**
1000 Shere Rd, Cape Elizabeth
This historic lighthouse was completed in 1791 making this the oldest lighthouse in Maine.
- Cascade Falls Trail**
951 Portland Rd, Saco
This historic area has been popular since the late 1800's for picnicking, fishing, hiking and viewing the falls.
- Bradbury Mountain State Park**
528 Hallowell Rd, Pownall
The park's 800 acres offers year-round trail activities and camping. The park is renowned for its challenging trails and locally sponsored mountain biking and running events.

There are a large number of hiking trails, natural areas, golf courses, beaches, shopping, fitness centers and many more recreational activities throughout the city.

Activities/Culture

- Children's Museum & Theater of Maine**
250 Thompson's Point Rd, Portland
Maine's first state park. Hiking, fishing, and camping are popular activities.
- Freeport Outlets**
1 Freeport Village Station, Freeport
A mile of shopping outlets including such stores as L.L. Bean, Ralph Lauren, Patagonia, Clinique, Totes and many more.
- Seacoast Adventure**
Route 302 930 Roosevelt Trail, Windham
Seacoast Adventures is fun for all ages and seasons offering Snow tubin', mini golf, sky swing, go-karts and shipwreck cove water playground.
- Pineland Farms**
15 Farm View Dr, New Gloucester
There's lots of winter activities skiing, sledding, snowshoeing, ice skating and fat biking. You can also rent a SnowGlobe from the market to warm up and enjoy a picnic!
- Portland Museum of Art**
The Portland Museum of Art, or PMA, is the largest and oldest public art institution in the U.S. state of Maine. Founded as the Portland Society of Art in 1882. PMA boasts significant holdings of American, European, and contemporary art, as well as iconic works from Maine-highlighting the rich artistic tradition of the state and its artists.
- Palace Playland**
1 Old Orchard St, Old Orchard
The only beach front amusement park in New England. Lots of fun rides and food for the whole family.

Have something to share?



Do you have a resource you'd like to share with the team?

Send all information to bespeed@northernlight.org to be included in the next newsletter.