

THINK GREEN NEWS

RECYCLE • REUSE • REDUCE • SUSTAINABILITY INITIATIVES AT UPSTATE

UPSTATE
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NURSES RECYCLE SCRUBS IN TWO-FOLD 'GREEN' EFFORT



Upstate nurses display some of the hundreds of gently used scrubs they collected from their colleagues at both Upstate hospitals and our outpatient sites. The scrubs will be sold on campus at a substantial discount in September. Watch for details. From left are Lindsey Yonko, Ellen Anderson, Chrissy Martino and Erin Colaneri.

Registered nurse Erin Colaneri has always been environmentally conscious. But Colaneri, a SWAT nurse at Upstate University Hospital, was thinking of another kind of "green" earlier this year – dollars – when a very cool recycling idea came to her.

Why not have Upstate nurses donate scrubs that no longer fit, or that they just don't want anymore, and then sell them to colleagues at a significant discount? A set of new scrubs runs about \$50, and depending on where a nurse works, the scrubs can last a few years – or one day. "We have such an influx of new nurses," Colaneri said. "Times are tough, and that's a lot of money."

Thanks to Colaneri and fellow recycling-minded nurses Chrissy Martino, Lindsey Yonko and Meghan Hutchings -- and support from Nursing Retention, Recruitment and Recognition chair Kim Babcock and Nursing Support Services unit director Ellen Anderson -- the effort brought in a huge quantity and variety of scrubs.

"It's been a big hit," Martino said. "A lot of the girls are pretty excited about it. We all share a lot of scrubs to begin with." Pregnancies and weight loss have also contributed to a need for nurses to obtain more scrubs. "It's brought the university buildings together," Colaneri said. "A lot of times we're siloed, but this initiative has really gotten out there."

Nurses at Upstate University Hospital Community Campus have embraced the idea under Hutchings' direction, and the response at the Upstate Specialty Services at Harrison Center has been positive, said Yonko, manager of the breast care center at Harrison. "We've gotten quite a few from there and from UHCC, too," she said.

The scrubs sale will be later this fall, with dates and locations to be announced. Some scrubs that aren't sold will be donated to the Humane Society or SPCA for employees who work with animals, Martino said.

TURN IT UPstate!

Students were welcomed to campus at the Annual Welcome BBQ hosted by the Campus Activities Governing Board (CAGB) on August 25, 2015 at the Weiskotten Hall Courtyard. Hundreds of students enjoyed music, entertainment, food and the chance to learn about our student groups and activities. *Picture:* Arianna Laszlo, first-year student in the College of Graduate Studies, learned of Upstate's *Think Green* initiatives from Renae Rokicki, *Think Green*, committee member.



For more information, visit: <http://www.upstate.edu/green/> or email us at: green@upstate.edu

You Ask, We Answer...from the Green@upstate.edu email

Question: (Submitted by Laurie Bonner BSN, BN – Utilization Management Department)

'I was wondering if there is an option to not have a paycheck stub printed and mailed to our home address when we have direct deposit? I just shred mine without opening it because I look online. This would be a huge cost saving to Upstate and a big step towards going green.'

Response:

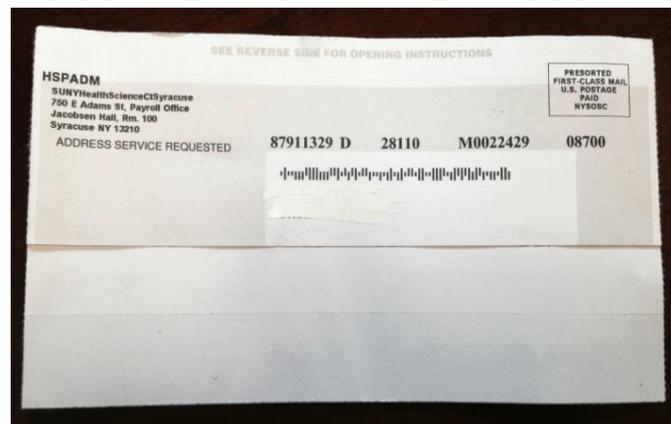
Great point! This suggestion supports our *Think Green* Sustainability initiatives as well as our cost-savings *Save-A-Buck* program. Unfortunately, the answer isn't as simple as we would think, or even within Upstate Medical University's control. The following response was provided to a prior S-A-B suggestion.

Sandra Delaney, Assistant Vice President for Shared Business Services, explained:

We continually raise this through SUNY to the Office of the New York State Comptroller (OSC) and they tell us that we must distribute advices and that stopping the printing and distributing of them (even if voluntarily requested by the employee) is not something we can do unless it is negotiated/addressed state wide.

In an effort to save money in spite of this, last year Payroll had the following communication sent to union reps stating that direct deposit advices would be mailed direct from Albany. This eliminates the cost to UPS these to us every pay period, eliminates the work of our mail room to postage them and reduced the cost we are charged for mailing as Albany gets an even cheaper bulk rate charge. We have updated and are maintaining addresses such that they are bar code readable by the post office (which results in a cheaper than bulk rate charge.) We estimate that this results in an annual savings of approx. \$13,826.

I'm sorry we cannot eliminate sending your pay stub, but I hope this helps answer your question/suggestion. (P.S. You're doing the right thing by shredding and recycling it! – Green Team)



Replace All Your Cleaning Supplies With One Natural Alternative

You can replace nearly every single cleaning spray, scrub or fluid in your home with white vinegar. [Vinegar can be used](#) to disinfect bathroom and kitchen surfaces, shine up mirrors and silverware, and even unclog drains. Add lemon and orange peels to the bottle to get a natural citrus scent. If you buy white vinegar in bulk (go for a glass bottle), you can [upcycle an old glass bottle](#) and one of the spray tops from one of your old cleaners (rinse thoroughly), and [make your own hand-held natural spray cleaner](#). [Source:](#) (June 11, 2015)