

Living Green Quarterly

June 2025



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?

The human eye can distinguish hundreds of shades of green that can evoke different emotions and moods. This makes green color combinations a popular choice for a popular choice for brand color palettes among web and graphic design teams.

<https://www.figma.com resource-library/shades-of-green/>

A single mature tree will absorb up to 48 pounds of CO₂ gases annually and can produce, on average, 100,000 liters of oxygen per year.

<https://www.usda.gov/about-usda/news/blog/power-one-tree-very-air-we-breathe>

Having Fun on Your Summer *HoliStay*

By David Rodriguez-Sanchez



As spring comes to a close and summer rolls in, many people are planning their great adventures in the warmer weather, but many blissful travelers do not always take into consideration the environmental impact of their escapades. In fact, according to the World Travel & Tourism Council, 8-12% of global CO₂ emissions are caused by the travel and tourism sector, revealing to us that our excursions have quite an environmental impact. And with climate change increasing, there is a greater probability of extreme weather events happening, making the unpredictability of flight travel a prevalent occurrence. With both issues in mind, one way of ensuring that your carbon footprint is significantly lower while avoiding any scheduling headaches, is to plan a staycation.

A staycation doesn't have to be an uninspired, stay at home and do-nothing anti-vacation. As relaxing as that may also sound! A staycation can be its own little getaway. A chance to explore your own community and re-discover what your city or state has to offer. The options are endless when deciding what to do in your own backyard. Find and book a nearby luxury hotel to escape the mundane of daily life. Reserve a spot at a nearby health spa for optimum tranquility.

Rent a cabin near a lake or a beach house near the shore to keep cool in the summer heat. You can even book different local tours to gain a better understanding of the state you live in. And for anyone who wants to both enjoy and protect nature, there are 63 national parks spanning throughout the United States and thousands of state parks available to explore, there are options for everyone to find breathtaking views while hiking, camping, canoeing and much more.

If you decide that traveling out of state is best for you, another way to ensure that your trip has a low carbon footprint is by traveling by train. Not only can you travel throughout the continental US on the railway, but Amtrak travels to many cities, national and state parks and boasts of a number of scenic train rides that will give you a new perspective of the country you live in. However, sustainable staycations are a growing movement. They provide an easy way to both take a break from your daily routine while caring for the environment. And while enjoying the splendor your state has to offer, you may just find out how much you enjoy the place where you live.

Sustainability Spotlight

By Karen O'Brien



Kenneth Gillett
Evergreen Manager

What does sustainability mean to you?

I believe that each of us has the power to greatly impact our communities and our planet through our daily choices. Whether it's making small changes to our home designs, embracing recycling, adopting energy-efficient transportation, or even being mindful of our food choices, every action counts! Imagine the positive ripple effect we can create by making conscious decisions that benefit not only ourselves, but also the generations to come.

How are you engaging your staff in your sustainability efforts?

I have had my staff brainstorm concepts to weave into our events. This collaborative effort has not only sparked creativity but has also instilled a real sense of ownership and pride among our team. When our staff members create the ideas, they attend these gatherings with true enthusiasm, rather than viewing them as just another job requirement. I have seen our team interact with the residents in a more meaningful way. This sense of connection has led to a noticeable improvement in the atmosphere of our events, and appreciation from our residents has grown over the past few years.

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

Our primary goal is to make life as simple and enjoyable as possible for all our residents. As part of this commitment, we strive to provide information, small but effective tips and resources throughout the year that can help our residents save energy in their homes. We are also dedicated to incorporating ESG principles into our community events working toward the goal of contributing to a more sustainable living environment collectively.



Sustainably in Love – A Green Guide to Weddings

By Kayla Noll

Now that wedding season is in full swing, social media is full of videos and posts showing this year's popular trends. Popular wedding trends are often full of opulent and luxurious features/décor that are one-time use and add considerable waste to already overflowing landfills. Planning a wedding can be stressful, and many brides struggle with balancing their dream wedding vision with the need to be sustainable and eco-friendly. But with some careful planning and resourcefulness, any wedding can feel luxurious and still be environmentally friendly with these helpful options and tips:

Small Intimate Weddings/Elopement: First and foremost, do not feel like you must have the big weddings you see other couples promoting on social media. A smaller gathering in your family home, nearby park or barn can be more intimate and can cut down on many expensive and wasteful décor and place settings. If you would prefer to cut as much waste and planning as possible, eloping can cut most of the wedding waste before it even begins.

Choose Mindful Vendors: When planning your wedding, your vendor choices are very important. Choose vendors who are environmentally aware and will work with you toward a low-waste, eco-friendly wedding. Double your environmental impact and hire environmentally aware vendors who donate part of their proceeds to charity. Carefully consider all your options and choose vendors who can bring your vision to life and still be sustainable and eco-friendly.

Mindful Floral Options: One of the costliest parts of a wedding is one-time use floral décor, which can cost you thousands of dollars and waste so many beautiful flowers. Go for a more sustainable option and rent your florals. Companies such as Wedding Flowers for Rent allow you to rent and return live floral décor so they can be used more than once and cut down on waste. Another option is to embrace hardy foliage by using more low-water greenery and leafy plants as decoration, even better if they are locally sourced. Dried flowers are also a great long-lasting option for bouquets and center pieces.

Locally Grown Menu: When looking into catering, opt for more sustainable food options. Choose a catering service that is farm-to-table and sources their food locally and who utilize seasonal ingredients for an eco-friendly menu.

Lab-Grown Diamond Jewelry: Lab-grown diamonds are a budget and eco-friendly trend that is growing in popularity. Lab-grown diamonds are created using renewal energy resources and produce significantly less carbon emissions during production than their mined counterparts. Go lab-grown and feel good about your rings and jewelry.

Eco-Friendly Guest Favors: Give your guests sustainable favors that contribute to reducing single-use plastic such as bee-friendly seed packets, mini succulents, or a creative DIY favor you took the time to make for your loved ones. Locally sourced jars of olive oil, honey and jam/jelly are also great options.

Cut Out the Extra: Finally, an easy way to cut down on wedding waste and cost is to evaluate what are trends versus necessity. Sure, extravagant trends such as champagne towers, donut walls, venetian dessert tables, and outfit changes are great for pictures, but you do not need them to have the perfect wedding. Many of these trends lead to thousands of dollars' worth of food and supplies going in the trash and filling our landfills, as well as excess carbon emissions from vendors having to transport everything. Choose more low-key options and avoid the one-time wasteful trends. Cutting out excess paper and signage is also an easy way to eliminate waste. Choose simpler invitations made from recycled paper or go completely paperless and use QR codes and online options to collect your RSVPs. Consolidate on your wedding signage and only get what you 100% need.

WORD JUMBLE

• UNSCRAMBLE THESE WORDS •

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EBULSNAATSI

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COOLEYDFRNI

3

EENGR

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RABNOC

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EBALENERW

6

CLYEBRACER

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VERSYIDBIOIT

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IMTCELA

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OSMENIIS

10

OOPTIFNRT

Maintenance Pro Tip

With news swirling around about how there are hazardous Volatile Organic Chemicals (VOCs), in our everyday store-bought cleaning products; having eco-friendly cleaning solutions that are toxic free, effective and inexpensive, may just be the answer to your cleaning woes. See below for:



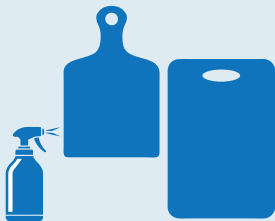
Mirrors, Windows and Glass Tables:

In a spray bottle add together $\frac{1}{2}$ a cup of distilled water, $\frac{1}{2}$ a cup of white vinegar and $\frac{1}{2}$ teaspoon of rubbing alcohol. Shake the solution together, spray on your glass surface and wipe clean using a microfiber cloth.



Wood Furniture:

In a bowl, mix warm water and few drops of dish soap together. Dip a microfiber cloth into the solution and wring out well before wiping down the wood furniture, ensuring the cloth is not too wet. Then take another clean cloth to wipe the furniture dry.



Wood Cutting Boards:

Dampen the top of the cutting board in your sink, then sprinkle some table salt and baking soda over the top. Use your hand to polish the cutting board with the mixture until it's spread evenly on the top of the cutting board. Pour $\frac{1}{4}$ cup of white vinegar evenly over the board. After a few seconds, rinse the board off with water using a sponge to wipe the board clean.

The Sustainability-Key to *Slow Fashion*

By Skye Randazzo



In the simplest of terms, “slow fashion” is the kind of fashion that is thoughtful to both the planet and to people. From how it’s made to how it’s worn and eventually how it is disposed of, it is a movement that works towards a full-product lifecycle using slow production with pieces that are meant to last. This is a shift for the fashion industry and the consumer alike, to move away from the inexpensive industrialized fashion that we have become so accustomed to; to now having a quality over quantity mindset. Though understandably a difficult change to make at first glance, the notion of a more sustainable wardrobe is growing. Below are some ways to be more mindful of your closet:

The Reason Why: According to Earth.org, the fashion industry, ruled by fast fashion, produces 100 billion garments each year, of which a staggering 82% of that ends up in landfills yearly. That equates to 92 million tons of unused or unwanted garments in landfills every year. Understanding this helps us to understand how The UN has named the fashion industry as the second most polluting of all industries.

Building your wardrobe: The most sustainable garments you can have in your wardrobe are the ones you already own. Avoid throwing out your clothing to simply be replaced by a more sustainable version, as this just adds to the problem. When in need of a new item, however, be conscientious about the pieces you acquire. You know what you like and what makes you look your best while feeling confident and comfortable, now is the time to look for the pieces that you will want to wear for years to come.

Thrift or go vintage: It is estimated that only 15% of clothing and other textiles are collected for repurposing or recycling in the US. 85% is deemed unworthy and is sent to landfills or incinerators. *A large portion of clothing that enters the second-hand market does so through donations to thrift shops and curbside collection programs. If you are concerned that

thrifting means purchasing items that are not ethically produced, please know that making use of already produced clothing is significantly more sustainable than a new item being created. Buying from thrift and vintage stores saves these garments from the same fate in a landfill and facilitates a circular economy.

Sustainable vs. greenwashed: Clothing is often labelled with vague terminology such as natural, organic, vegan or even sustainable, but it does not always mean that it is what it claims to be and may require a little scrutiny while shopping. When searching for a new item, brands that are producing clothing properly will be transparent at all levels of production and will have certifications as proof of sustainable practices. They will also utilize sustainable textiles such as organic cotton, hemp, linen, Tencel, recycled fabrics or possibly dead stock materials. Which are leftover surplus from other fashion brands or textile mills due to overproduction or small flaws, saving these fabrics from sitting in warehouses or being sent straight to landfills. If you are looking for quality and durability, look for mono-material garments as they maintain a higher quality than mixed fiber clothing.

Quality over quantity: The main takeaway in understanding slow fashion is to be mindful of what is added to our already existing closets. I believe Vivienne Westwood summed it up best when she said, “Buy less. Choose well. Make it last.”

WORD JUMBLE

• ANSWER HERE •

- | | |
|----------------|---------------|
| 1 SUSTAINABLE | 2 ECOFRIENDLY |
| 3 GREEN | 4 CARBON |
| 5 RENEWABLE | 6 RECYCLABLE |
| 7 BIODIVERSITY | 8 CLIMATE |
| 9 EMISSIONS | 10 FOOTPRINT |

Summer Gazpacho



Local and Seasonal Eating

By Skye Randazzo



Today, supermarkets provide a diverse array of food at any time of the 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 farmers markets that offer fresh, local and seasonal produce. Our Summer Gazpacho recipe showcases a way to create a dish with many ingredients found at your local green market; tomatoes, bell peppers, garlic, sweet onions, cucumbers and fresh bread are just a portion of summer's amazingly delicious flavor profile

Ingredients

- | | |
|---|--|
| 2 ½ lbs Roma or vine ripened tomatoes, cut in half, remove the tops and seeds | 1 ½ tsp sherry vinegar |
| ½ medium red bell pepper, cut into 1-inch pieces | 1 medium cucumber- remove the seeds and cut into 1-inch pieces |
| ½ medium red bell pepper, roasted | ¾ cup of plain white bread or baguette, torn into chunks with the crust removed |
| 6 fresh cloves of garlic - remove the green sprout in the middle as it may cause bitterness | ¼ cup extra virgin olive oil |
| ¾ cup sweet onion - diced into large chunks | 1 tbs olive oil |
| ¼ cup ice water | • Salt and Pepper to taste |
| | • Garnish possibilities: basil, toasted bread, small dice of tomatoes, cucumber or bell pepper |

Directions

- 1) Pre-heat oven to 350° On a large sheet pan, place the halved tomatoes, ½ red bell pepper, garlic, sweet onions and bread.
- 2) Evenly distribute the olive oil giving all of the items a light toss to ensure everything has a light coating and add salt and pepper to taste.
- 3) Place the sheet pan in the oven for 12 minutes then remove and allow items to cool.
- 4) In a blender, add the tomatoes, roasted bell pepper, raw bell pepper, garlic, onions, ice water, sherry vinegar, cucumber, bread and extra virgin olive oil and blend well.
- 5) Taste the mixture and add salt and pepper to taste, then pour the contents into a container and chill in the refrigerator for at least an hour and up to 3 days.
- 6) For garnish, add any of the recommended garnish, or a mixture of your liking.

Source: Skye Randazzo's recipes