

RE:Think Review

Recognizing Efficient Businesses in Lane County



RE:Think is a hit! Since the inception of the program in March, our conservation specialists have worked with over 30 businesses interested in wasting less and earning more. Our free hands-on assistance has provided money saving ideas and projects to a variety of businesses including, manufacturers, restaurants, medical offices and more!

In addition, RE:Think has certified 6 businesses that have met established benchmarks in five areas including: waste prevention and recycling, energy efficiency and conservation, water conservation, water quality and purchasing. If you are ready to RE:Think the way you do business -give us a call!

In this Issue

- Page 1 RE:Thinking The Way We Do Business
- Page 2 Handle With Care; Properly disposing of fluorescent lights
Oregon Eye Surgery Center: Going Above and Beyond
- Page 3 Flipping the Switch- Learning to Integrate New Habits
Think About it...
- Page 4 RE:Think Certified Businesses
- Page 5 RE:Think Certified Businesses continued

Think About It...

The average office worker uses 1.5 pounds of paper daily and paper usage is rising by 20% each year.

Handle With Care

Proper Disposal of Fluorescent Light Tubes

Compact fluorescent lamps (CFLs), and other high efficiency lighting such as linear fluorescent and high intensity discharge (HID) lamps contain small amounts of mercury and lead. Mercury and lead are toxic metals that can accumulate in human tissue.

The mercury and lead is not exposed unless the lamp is broken, which is mostly likely to occur when it is thrown into the dumpster. Then toxic metals can contaminate air, soil or groundwater. Imagine our horror when during a site visit, we discovered light tubes in a dumpster!

Businesses with spent fluorescent tubes or HID lights are required to dispose of them appropriately. For proper disposal, contact Lane County Waste Management at 541-682-3111 or your local lighting supplier.



Oregon Eye Surgery Center

Going Above and Beyond

Oregon Eye Surgery Center's dedicated nursing staff is changing the way medical offices handle their waste. Much of the pre-surgical waste they generate is recyclable -just not in the commingle bin. These nurses took matters into their own hands and decided to sort, collect, store and transport their plastics to a local recycler. To date, they have recycled over 2 tons of plastic material and will potentially save hundreds of dollars per year on disposal fees.

In this picture,
Maggie Carlson RN, Nancy Silva RN,
Cheri Van Bebber RN/OR Supervisor, Monica Welch RN

Flipping the Switch

Learning to Integrate New Habits

Conserving energy at work can be as simple as flipping a switch. The hard part is actually doing it. For businesses seeking to cut energy costs, adopting simple no-cost solutions like turning off lights and computers seem like no-brainers, however when it comes to modifying long-held beliefs, routines or behaviors, change is hard.

It is possible to change your behavior but your brain will put up a fight. That's because it is designed to resist change, sudden change in particular. Too rapid a change is interpreted as a stressful event and most brains will automatically resist deviation from a normal behavior or routine.

The key to a successful outcome is gradual change. Small steps, repeated over and over will help to establish new routines. It takes a lot of practice for the brain to decide that new behaviors should be continued. To implement energy and resource saving ideas at work consider the following:

- Apply stickers or friendly signs on light switches to remind folks to turn off the lights.
- Create easy to follow instruction cards that serve as reminders for close out procedures such as turning off computers and other office equipment.
- Encourage the exchange of new ideas.
- Make it funny and make it fun! People respond better to humor than to correction.
- Celebrate success. Even seemingly small changes add up to make a difference.

Keep in mind, progress may be slow but consistent and friendly reminders go a long way in helping to change old patterns of behavior. Change is hard, but not impossible!

Think About It...

About 30% of energy consumed by U.S. buildings is done so inefficiently or unnecessarily.

On average, a building can achieve a 20% -30% improvement in energy efficiency through occupant behavior change.

Office buildings account for 19% of all commercial energy consumption, 66% coming from electricity use.

Lighting accounts for nearly 30% of all energy consumed in office buildings.

Buildings in the U.S. contribute 38.9% of the nations total CO₂ emissions, 18% coming from commercial buildings

Source: U.S. Department of Energy, U.S. Environmental Protection Agency

RE:Think Certified Businesses



Jones & Roth, CPA's



The Ulum Group



Nearby Nature

RE:Think Businesses Continued...



McKenzie Family Practice



Café Yumm!

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Eugene Coffee Company