

News Release

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FOR IMMEDIATE RELEASE:

New program at Memorial has employees seeing "green"

Johnstown, PA (June 1, 2009)- Memorial is expanding its "green" efforts with a new employee program. Starting Monday, June 1, around 250 employees at Memorial Medical Center will begin participating in a program that will have them growing greener together. The *Go Lean Go Green* program, spearheaded by Memorial's Worksite Wellness Program, is designed to increase awareness of "green" activities that employees can do at home, work and also in their personal lives, many of which emphasize fitness and nutrition.

"In the big picture, thinking green is about protecting our environment, but it can also have a positive impact on people's health," says **Marlene Singer, RN**, Worksite Wellness Program, Memorial Medical Center. "Thinking green can help us move more, eat better and simplify our lives, which helps reduce stress. The cost savings that comes from thinking green is also a bonus!"

As a part of the *Go Lean Go Green* program, each week in June, one of the four categories will be highlighted: work, home, exercise or nutrition. Each day, employees will select green-living activities from a list provided to them, with each activity worth one point. At the end of each week, employees will email their points to Worksite Wellness staff, and names will be drawn for prizes.

Some of the green activities include:

At Home- Sign up for direct deposit, dry clothes outside on a line instead of the dryer, clean out the dryer lint screen

At Work- Unplug seldom used lamps, electronics, or appliances; turn off lights when leaving and computers at the end of the day; use coffee mugs instead of plastic or styrofoam

Nutrition: Use reusable food containers instead of plastic and paper, choose white meat or seafood

Exercise: Use a push lawn mower or hand held trimmer, rake the yard, plant a vegetable garden

This latest program is part of a much larger effort at Memorial. Currently, the organization has adopted many green practices, including recycling items such as cardboard, batteries, toner cartridges, eco-fluorescent bulbs and wooden pallets. The Dietary Department recycles kitchen grease and uses kitchen paper products that are comprised of 40 percent post-consumer content. In order to create a better healing environment for patients, all day-to-day cleaning chemicals at MMC are certified green and high-pressure steam equipment is used, which requires no chemicals, in the cleaning of 75 percent of floors to remove old wax and dirt. While the use of micro-fiber technology in daily mopping reduces the facility's water and chemical consumption by more than 80 percent.

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“Going green is a real team effort,” says Steve Tucker, President, Memorial Medical Center. “I’m very proud of the Green Team and each of our employees at Memorial for all they’re doing to encourage a cleaner and healthier environment for our patients and employees. It doesn’t take much, in fact, minor changes can have a large impact in the reduction of waste and costs, while improving peoples’ overall wellbeing.”

About Memorial Medical Center

Memorial Medical Center, the flagship hospital of the Conemaugh Health System, has been recognized with the HealthGrades 2009 Distinguished Hospital Award for Clinical Excellence. This ranks Memorial in the top 5% of all hospitals in the nation for overall clinical performance. For more information visit www.conemaugh.org.