



In Bloom

May 2018

Focus: Environmental Wellness

Environmental wellness inspires us to live a lifestyle that is respectful to our surroundings. This realm encourages us to live in harmony with the earth by taking action to protect it. It includes trying to understand the impact of your interaction with nature and your personal environment, and taking action to protect the world around you.

Environmental Wellness Ideas

- ▶ Turn off lights
- ▶ Recycling
- ▶ Taking public transportation
- ▶ Using reusable bags
- ▶ Stop junk mail
- ▶ Buy locally
- ▶ Use natural cleaning products
- ▶ Fix water leaks

"The greatest threat to our planet is the belief that someone else will save it"
Robert Swan

Environmental Wellness Events in May

(Watch for more information in Manor Matters)

Hike at Silver Falls
May 14th, details in Manor Matters

Locally Grown Food Tasting
2:30pm, May 11th, Sunroom

Trip to Schreiner's Iris Gardens
May 18th, details in Manor Matters

Everyday Engineering "Water Treatment and Distribution"
2:30pm, May 10th, Auditorium

Reusable Bag & Bottle Challenge
See back of In Bloom for details.

Salem: Emergency Preparedness Updates
Greg Walsh
10:30am, May 21st, Auditorium

BIG RECYCLE CHALLENGE



This month we are having a **Reusable Bag & Bottle Challenge!** The goal is to cut down the use of plastic bags and reduce the waste of water cups and disposable water bottles. Here are the details:

1. There will be raffle boxes (with paper and pen) placed at water fountains, in the bistro, each store, and any other place a reusable bag or water bottle could be used.
2. Anytime you use a reusable bag or bottle to fill up at one of these locations, you will write your name on a piece of paper and add it to the raffle.
3. Every 4 days we will combine the raffles and draw one person to win one of the prizes.

The Reusable Bag & Bottle Challenge will begin on 5/8 and go to 5/31

What Capital Manor is doing:

- Using environmentally friendly cleaning products
- Replacing light bulbs with fluorescent and LED lighting
- Properly recycling materials, electronics, light bulbs, paper, plastic, glass, and cardboard boxes.
- Providing appropriate recycling receptacles.

