



## SUSTAINABILITY AT CRANBROOK ...AND BEYOND

### CRANBROOK HUMAN RESOURCES HEALTH AND WELLNESS EDUCATION & PROGRAMS JUST FOR YOU!

**C**RANBROOK Human Resources Department hosted the 2016 Cranbrook Health Fair on October 27, 2016 in the Kingswood Auditorium. In addition to the Rite Aid Flu Shot Clinic on campus for



faculty and staff convenience, invitations were extended to covered members of the household, ages 18 or older. Representatives from our benefit plan vendors were also available to answer questions about health, wellness and retirement programs, promoting and educating on healthier lifestyle and saving choices.

PNC Bank representatives were also on hand to answer banking questions. Kudos to Beth Beadle, Director Human Resources and her Team! Beth Beadle says, "Special thanks to Bryan Opalko, for doing a great job developing, promoting and organizing health and wellness education and programs offered by Cranbrook."



Photo: Pam Ruthven (Chief Financial Officer) and Marlene Jenkins (Business Officer) participate in the Chair Massages



Photo: Bryan Opalko  
Human Resources  
Generalist

**M**any of us have been introduced to Bryan Opalko, via the emails, newsletters and other wellness information he passionately shares with Cranbrook faculty and staff. Bryan says, "it is important to educate and give employees options to improve their well being."

And, if he could share one **Sustainable You Wellness Tip**, he would say: "Don't get frustrated if you don't see immediate results when doing health and wellness. Continue to work hard and give your all."

Please contact Bryan at (248) 645-7736 if you would like additional information about Cranbrook wellness and healthy choices options.

#### Inside this issue:

- ◆ Human Resources and Wellness Programs 1-2
- ◆ Learning, Community, Involvement and Awareness 3-4
- ◆ 2017 Green Calendar 5
- ◆ Sustainable Tips for Green Success 6-7
- ◆ Director's Blog 8

#### CRANBROOK HEALTH & WELLNESS PROGRAMS AT A GLANCE



#### MINDFULNESS



**BLOOD PRESSURE SCREENINGS**



**HEALTHY COOKING**





# Top 10 Benefits Of A Workplace Wellness Program

Source; Health Fitness Revolution  
July 21, 2016

## 1 Fun

Sometimes work gets boring, repetitive and draining. This drains morale and lowers productivity. Try mixing things up by partaking in the activities and initiatives going on in your work's wellness program that interests you. That 5k challenge? Try it out. How about that piloxing class? Why not! It's fun to try new things, don't limit yourself. Rather, be open to improving your life through health and fitness.

## 2 Improved Productivity

Engaging in workplace wellness activities, like exercise and eating well, increases employee productivity and performance. Your brain will be better focused for tasks, and you'll feel more energized and motivated to accomplish work. No more falling asleep and feeling burned out. That's what exercise and nutrition does to us, my friends!

## 3 Happier

According to the AFLAC 2012 Workforce Report, employees who took part in a workplace wellness program are more satisfied at their jobs than those who don't partake. The people who engaged in their companies program were generally more content overall with work related factors. This is because healthy living doing just make you look good, but nourishes the way you feel as well. Healthy living can make you happy, people.

## 4 Builds Community

Group activities that involve health and fitness will get you connected not only more to your company, but to your fellow employees as well. You'll start to form relationships that haven't been available to you before because having a wellness program in place engages all members of the company. That being said, everyone will benefit from the shared experiences and your social health can thrive.

## 5 Lower Healthcare Costs

If you're at a workplace that promotes exercise and taking care of your health for hours a day, your whole well being will benefit. This in turn makes you less likely to get sick and injured, saving you money in the long run. Study after study confirms that workplace wellness programs reduce healthcare costs. Less doctor visits, less pills to take, less medicine. So keep the heart disease at bay by participating in your work wellness program!



## 6 Sense of Accomplishment

Many work wellness programs feature competitions between employees. Who can walk the most steps in a month, get 7 hours of sleep, or cut out alcohol for a week? Set some goals and try to engage in your work's healthy atmosphere while you reap the benefits of accomplishing a healthy task.

## 7 Improved Physical Fitness

Taking part in the different physical activities that your work has to offer can greatly improve your physical fitness and overall wellbeing. Hitting the gym during your lunch break or participating in yoga classes twice a week can have many evident benefits. Whatever it may be, open yourself up to the variety of physical activities your work has to offer and say hello to strength and muscle toning!

## 8 Weight Loss

You would be surprised at how much impact changing your daily work routine can be on your health. When you start to focus on eating the right foods, exercising, and taking care of your mental health, the extra weight you've been carrying can shed off faster than before.

Sometimes a workplace program will offer financial benefits for their weight loss initiatives so take advantage of the many opportunities to improve your weight loss goals.

## 9 Less Stress

One of the key factors in health and wellness is learning stress management. Especially if you work in a high demand job, things can get difficult and it's best to tackle them at the source. When we are stressed, we are more likely to engage in unhealthy behaviors and destroy our mental health. Activities that encourage walking meetings, mindfulness, social engagement, and more can all help an employee feel relieved of daily built up stress. Just 30 minutes of low intensity exercise will get you feeling more relaxed in no time.

## 10 Healthier Habits

When at work for hours a day, it will be beneficial to indulge yourself in your work's wellness program and learn new healthy habits. By doing this, you'll learn to shift into a health conscious mindset that benefits you. Food choices and workout schedules will be positively influenced because of your atmosphere. If you surround yourself with fellow like minded employees then it will be even easier to strain away from the old unhealthy habits that hurt your health.

# Wellness @ Work



## Cranbrook Wellness Program

### Are You Participating?

If yes, how has Cranbrook Wellness Program benefited you?

If no, what types of Wellness Programs would you like Cranbrook to consider?

Email comments and suggestions to: Bryan Opalko:  
bopalko@cranbrook.edu





**Kingswood Café:  
“Simply Puur”**

**SUSTAINABLE DINING & MEETING SPACE FOR  
CRANBROOK SCHOOL STUDENTS NOW OPEN**

**Brookside School**

**Students Off to  
Green Start**

In our last edition, we looked through the lens at some of the great work and ways students participating in the Brookside **Busy Bees Environmental Club** are making a sustainable difference and sharing their love of



Photo: Trisha Hourigan

the earth. The Busy Bees Environmental Club is open to 3rd and 5<sup>th</sup> grade students. The goal of this club is to develop ecological awareness and social responsibility for their environment. The Busy Bees Environmental Club Leader, Brookside Faculty Member and Green Team Member, Trisha Hourigan leads the green efforts at Brookside. She reported in addition to a great start of the school year, Brookside students also participated in a couple of green initiatives. First, Brookside students collected used Halloween costumes again this year for donation! Second, they are one of many K-12 schools across North America participating in the Crayola ColorCycle green initiative.

There are several reasons why we may want to consider recycling Halloween costumes:

1. Halloween costumes placed in the trash can will sit in a landfill for a very long time, which negatively impacts our environment.
2. Polyester costumes are made from petroleum products, that will not decompose. Cotton costumes are also unlikely to break down in landfills over a short period of time.

Since Halloween costumes are so popular, chances are someone else may want your Halloween costume. Why make them purchase a brand-new costume made from brand-new material, instead consider donating your costume. Not only will your donation decrease the amount of new stuff people have to buy, it will help the environment.



Photo: Simply Puur Café at Cranbrook School

**Simply Puur Café Opens**

The new Simply Puur Café has surpassed the Schools Administration and student expectations.

Remaining true to the “green” initiative, the Café features “clean food” locally sourced when possible, from responsible ingredients. Highly recommended by CK students as a great location for students to gather, grab a coffee or a snack and meet up with friends to do homework. Kudos to Arlyce Seibert -Director of Schools, Schools Administration, Allison Mitchell & the Chartwells Team and Cranbrook Capital Projects.



**Photo: Brookside Students Collected Used Costumes for Donation!**

**What are CK Students saying about the Café?**

“The café is a great place to meet up with your friends in between classes or during your lunch period. Everyone try getting a heated up chocolate chip cookie. I highly recommend it.”  
Guy Busamrong-Press  
CK Student, Class of 2020

\*\*\*\*\*

“The café is a welcoming place that allows students to take a break from the monotony of the school day. Its’ fresh atmosphere is the perfect place to relax, meet friends and do homework.”  
Natalie Simmons  
CK Student, Class of 2018



**Crayola**

**ColorCycle**

Crayola and schools across North America are banding together to help kids understand the importance of their role in protecting the environment. That’s why we launched Crayola ColorCycle. Through this initiative, students in K-12 schools across the continental United States and parts of Canada can collect and repurpose used Crayola markers.

ColorCycle is also a great opportunity for teachers and their students to explore eco-friendly practices. Specially developed standards-based lesson plans are available to enrich instruction and promote lively class discussions.

For additional information visit:  
<http://www.crayola.com/colorcycle>

**CRANBROOK 3 YEAR CHALLENGE TO ELIMINATE PLASTIC WATER BOTTLES STILL UNDERWAY**

**COUNT DOWN: NUMBER OF DAYS REMAINING : 730**



Photograph taken by Rhonda Reed

**Cranbrook**

**Water Bottles Are Here!**

Are you looking for an alternative bottle to replace your plastic water bottles? Good news! Cranbrook Water Bottles have arrived.

To purchase your Cranbrook Water Bottle, visit the Cranbrook House & Gardens Gift shop during Holiday Splendor: Trains & Trees (December 1-4, 2016 with paid admission) or contact Eric Franchy or Colleen Smith for office hours.



**SUSTAINABILITY CHAMPIONS CHALLENGE**

Tell us how **you** are making the difference as you think, learn, work, play, and give towards a sustainable Cranbrook and beyond.

**Get Involved Today.**

Email: [sustainability@cranbrook.edu](mailto:sustainability@cranbrook.edu).

**The Sustainability at Cranbrook Newsletter is published for Cranbrook Educational Community.**

**Rod Spearin**  
Chief Operating Officer

**Norma Jean Evans, Editor/Publisher**  
Director, Sustainability & Business Services

**Wendy DeLaRosa and Norma Jean Evans**  
Design Editors



# 2017 GREEN EVENTS SAVE THE DATES!

## FEBRUARY



February 10-11, 2017—Cranbrook House & Gardens Winter Greenhouse Sale

## MARCH

March 21-22, 2017 -Green Schools Conference & Expo– Atlanta, Georgia  
[https://register.greenschoolsconference.org/2017/program/program\\_search.php](https://register.greenschoolsconference.org/2017/program/program_search.php)

## APRIL



April 3-7, 2017 -Cranbrook Institute of Science Earth Week—April is the month that we celebrate the Earth and all the resources that help us in our everyday lives. Join us daily April 3-7 from 1pm to 4pm to learn about our natural world and how we can help protect Mother Earth. Recycled Arts and Crafts, live insects and more!



April 22, 2017—Earth Day

April 24-26, 2017 - Michigan Earth Day Fest in Downtown Rochester.

April 28, 2017 -MIT Sustainability Summit "Funding the Future" -The MIT Sustainability Summit is a student-led event that takes place every year during Earth Week on the MIT campus, drawing more than 350 attendees ranging from professionals to academics and students. The summit has emerged as a premier issue-driven event, featuring discussions with thought leaders and expert practitioners. The 2017 Sustainability Summit will focus on "Funding the Future". Visit: <http://sustainabilitysummit.mit.edu/>

## MAY

Spring 2017- Cranbrook Kingswood Schools Plate Scrape -Dates and Dining Locations TBD



May 15-16, 2017 -Cranbrook Academy of Art Materials Exchange



Cranbrook Art Museum

May 16-17, 2017-Cranbrook House & Gardens Spring Plant Sale



# SUSTAINABLE TIPS FOR GREEN SCHOOLS

## Home and Office

Consider the air we breathe indoors. If you install new carpeting or cabinets at home or in the office, open windows and turn on fans to circulate the air until the new smells dissipate.

Get some plants for your space. A two-year study by the National Aeronautics and Space Administration (NASA) found that many indoor plants absorb air pollutants through their leaves and roots and convert them into breathable air. Some plants can remove up to 87 percent of toxic indoor air within 24 hours. Just one plant can provide effective cleaning for every 100 square feet of space.

## Faculty/Staff

Look for supplies with less packaging and select those made with recycled or sustainably-harvested materials. Make an investment in sturdier products for years of use and reuse supplies.

## Students

Take notes electronically, Recycle old papers and notebooks. Power down electronics when not in use and unplug chargers to save energy.

## CRANBROOK

### Our Campus Eco-system

## Gardeners

Choose hand-powered or electric tools over gas. Hire neighborhood kids to help. Compost as much as possible.

## Artists

Sustainable artistry can be art dealing with environmental issues or it can simply mean the materials and/or supplies used in the art were locally sourced, water-based and biodegradable or made from renewable energies.

**Be a Self-Sustaining Artist: Practice your networking, be easy to find with a website, track your art expenses, market your work and broaden your fundraising prospects.**

## Sustainable Tips for a Green Holiday



- If you send cards, choose cards that are printed with vegetable-based inks on paper with recycled content.
- Consider gifts that support your local community and generate minimal waste. This includes things like theater or performance tickets, charitable donations, or gift certificates.
- If you plan to purchase electronics this holiday season, look for the most energy efficient models, generally designated with Energy Star labels from the U.S. EPA.
- Invest in LED (light-emitting diode) holiday lights. They can last up to 100,000 hours and use 90% less energy than traditional incandescent lights.
- Go natural with candles. Natural beeswax or soybean oil candles are the least polluting options for your Holiday celebrations.
- Reduce the waste of disposables. Use china plates and utensils whenever possible, especially when hosting a large event.
- Place recycling containers next to trash bins for easy access. Announce to guests what and where to recycle.
- If you will be away from home or the office for long periods of time, remember to set your thermostat to a lower temperature.



- Address leftovers promptly- Packing and preserving those leftovers properly can reduce food waste and save money- Pack leftovers within 2 hours and in smaller portions to help food cool down quickly. Try eco-friendly freezer bags. This will also create a handy way to allow guests to take some of their favorite dishes home.

Director's Blog

# My Sustainability Perspective: Then & Now!

In this edition, we have presented sustainability tips for green success for wellness, home and office, faculty, staff, students, artists, gardeners and the holidays. We also included sustainable tips for green success for the Cranbrook ecosystem on page six. Also, in past editions, we encouraged you to become engaged by thinking, learning, working, playing and giving your time, talent or treasure to support sustainability initiatives at Cranbrook and beyond. At this point, you will find that you are either fully engaged, partially engaged and/or not yet engaged in sustainability efforts at Cranbrook or beyond.

A few years ago, I too was not fully engaged because I lacked an enlarged perspective of sustainability or "green success" in Cranbrook sustainability ecosystem. My "then" perspective for green success was mainly focused on recycling paper versus plastic and "silo" versus "systems" thinking. According to Wikipedia, systems thinking involves the use of various techniques to study systems of many kinds. In nature, examples of the objects of systems thinking include living systems in which various levels interact (cell, organ, individual, group, organization, community, earth). In organizations, systems consist of inputs, transformations, outputs, feedback loops, goals, stakeholders, and external influences that operate together to make an organization healthy or unhealthy.

My "then" silo perspective for green success in the workplace was each person or group independently focused on their part or role in Cranbrook's sustainability ecosystem. As I began to meet, connect, listen to and report on the diverse sustainability initiatives shared by Cranbrook faculty, staff, students, artists and gardeners engaged in the Green Team meetings and newsletters, I have developed the "systems" thinking perspective of green success" at Cranbrook and beyond changed. I have learned and experienced through the Green Team, each person or group may always be passionately focused on sustainability at Cranbrook and beyond every day in their own program and creative ways. But, what has been most enlightening and critical is that as a Green Team, we have gained a better understanding and acceptance of Cranbrook diverse eco-system made up of a "now" perspective, multi-generational, multi-cultural group of amazing people sharing, connecting, listening and working together toward "green success". Kudos to everyone engaged!

In closing, I leave you with my personal sustainable tip, "let go of the "then" perspective, embrace and move forward in the "now" perspective. Get connected and fully engaged! We Think! We Learn! We Listen! We Work! We Play! Sustainability at Cranbrook!

Best,

*Norma Jean Evans*  
Director Sustainability & Business Services  
Cranbrook Educational Community

