

# SSAFE Newsletter

*Senior Stewards Acting for the Environment*



## *In This Issue*

### High-Rise Gardens



*Albertine Burget from The Admiral.*

### Dear Editor...

A powerful tool for climate advocacy.

### Sustainable Diets for a Healthy Planet

Two Kendals take the lead in crafting a variety of vegetarian options.

Interested in learning more?

Visit [SSAFE.org](https://ssafe.org) online or email us at [info@ssafe.org](mailto:info@ssafe.org)

SSAFE newsletters can always be found at [SSAFE.org/newsletter](https://ssafe.org/newsletter)



*Ushering in strong climate candidates will take the vote of each and every one of us.*

## Let's Help the Climate by Getting Out the Vote

*By Ted Wolner, Kendal at Oberlin*

Want proof that every vote counts?

In Montgomery County, Maryland, where the population is over 1 million, the County Executive won his recent primary by just 38 votes! Think what could have happened had 38 people—the equivalent of a Kendal committee maybe—decided that it really didn't matter if they voted or not.

Voting matters. It gives you a voice...to raise the issues you care about most...to put into office those candidates who will lobby for and act on those issues.

*cont'd p.2*

## GOTV (cont'd)

And, of course, the issue that is uppermost for SSAFE members is climate change.

The most obvious manifestations of climate change are the extreme wildfires, droughts, downpours, and floods affecting almost every corner of the United States and inundating our news cycles. The Inflation Reduction Act (see sidebar, p. 3), although “a big step forward” to stabilize the climate, is just “a small piece of what needs to be done,” according to Albert Lin, an environmental law professor at University of California, Davis.

Remember, legislative progress like the Inflation Reduction Act does not equal federal deeds done at the speed and scale mandated by climate-science’s code-red for humanity: emissions actually reduced 50% by 2030. To achieve that we need:

- *Warp-speed* execution and deployment of the Act
- *Expedited* environmental reviews
- *Efficient* build-outs of solar- and wind-farms and EV charging stations
- *Quick* rebates for EV buyers
- Equally *quick* tax credits for renewable projects
- *Fast* prosecution of hundreds of not-in-my-backyard (NIMBY) lawsuits

Practically every day the news reminds us that addressing the climate crisis is ever more urgent. The next small but imperative piece, therefore, is organizing *as soon as possible* legions of volunteers to

elect candidates for office who will pursue an aggressive climate platform that would include:

- EPA regulations to further reduce greenhouse gas emissions at power plants, oil and gas wells, and vehicle tailpipes (the leading source of emissions), and to address environmental injustices
- A trillion trees planted by 2035
- A tariff on goods from countries that don’t tax carbon
- Legislation to turn the Federal Energy Regulatory Commission, which too often rubber stamps oil and gas pipelines, into the Federal *Renewable* Energy Commission

To place climate candidates in office, getting out the vote is crucial.

To elect climate candidates, getting out the vote is crucial. On many Kendal campuses, residents are already writing letters and postcards that target voters who have not voted in quite some time. SSAFE members are a pivotal part of these efforts.

The SSAFE Advocacy Team is encouraging each campus to identify climate-friendly candidates. Collaborating with groups like the League of Women Voters can capitalize on the work they’ve already done to outline candidate profiles.

cont'd p.3

## GOTV (cont'd)

The next step, then, is to *join any phone-banking or postcard-writing or door-to-door canvassing campaigns or text-messaging blitz* that your campus, or the League, or other organizations are running.

A good example is what Citizens Climate Lobby in Ohio did recently. It mustered about 50 volunteers to hand-write 4,000 postcards urging an important target audience to vote in late-summer primaries. The list, supplied by the Environmental Voters Project (EVP), targeted self-identified Ohio environmentalists who do not vote. In Michigan, volunteers wrote 6,000 postcards!



*Ted Wolner and friends write postcards to environmental voters in Oberlin, Ohio.*

Those numbers, which might look small, actually can change election results decided by margins as tight as 1% or 2%—margins that could very well decide key races in November. Every vote definitely does count. We must encourage voters to turn out for climate candidates. We must act as if life on earth depends on it—because it does!

### The Inflation Reduction Act: What's in it for the climate?

- \$161 billion for investment in clean energy: solar, wind, hydrogen
- \$36 billion in tax incentives for new and used electric vehicles
- Incentives and rebates for electrification of homes (\$37 billion), other buildings (\$20 billion)
- \$39 billion in funding for domestic production of batteries and solar panels
- \$28 billion for bolstering anti-pollution measures
- Stiffened penalties for fossil fuel companies, especially with regard to methane leaks
- \$35 billion in support for forest and coastal restoration and agricultural improvements
- Money to support disadvantaged neighborhoods bearing the brunt of current policies
- Establishment of a “green bank” to finance climate programs
- The promise of a reduction in emissions of 40% by 2030

For more information and ways to take action: [SSAFE.org/action](https://ssafe.org/action)



## CONSIDER WRITING A LETTER TO THE EDITOR!

*A workshop led by Ted Wolner, Kendal at Oberlin*

### Why Write a Letter to the Editor?

It's a way to make a difference! Politicians do track them carefully. The more that are published on an issue, the more attention the legislators give it.

These letters are often the most read part of a newspaper and can help shape public opinion. Repetition of a message embeds it in the minds of readers and legislators alike. And a letter to the editor (LTE) has a better chance of being accepted and printed if it's written for local and regional newspapers rather than national ones.

**"LTEs are a powerful tool in the effort to communicate and resolve climate change issues."**

Here are some useful tips for a letter with power and punch:

- Tie your letter to a recent, relevant local issue.
- Keep it polite and respectful.
- Make only one or two clear points, and support them with evidence.
- Offer an action or solution to the problem.

### LETTERS

## Check Out Programs About Climate Change

July 18, 2022  
Editor, The News-Gazette:

Weather forecasters are emphasizing the dangers of climate change, as you might expect, since they have been privy to climate science for years. If you don't believe in climate change and/or science, here is weather information that might change your mind:

The Weather Channel, available on TV and the internet, announced in April their program PATRN (pronounced pattern) as "the first climate change talk show on television." PATRN is shown on weekdays from noon to 2 p.m. and covers efforts to mitigate or prevent climate damage, now more intense and frequent. These efforts include some ingenious energy saving and tech innovations,

along with weather forecasts, chats and ads. The Weather Channel announcement stated the show "would help viewers learn about the impact of climate change on their daily lives, from what they wear to what they eat and everything in between," and open their eyes to what they can do to help the planet's health, for a better future for generations to come.

A more recent Weather Channel series, "Earth Unlocked" began in June on Sundays from 8 to 9 p.m. The first series of eight episodes includes "Forests," "What Lies Beneath," "Lakes," "Deserts," "Oceans," "Dying places," "Deep Freeze" and "Wind." All include weird facts, places and results of global warming. I caught "Dying of Places," a sobering look at climate disasters, including disappearing

towns, cities and natural places "that may not be around to be enjoyed by the next generation." Equally sobering was "Deep Freeze," episode 7, which explores the dangers of melting glaciers and polar ice, which increase ocean depths.

Other TV programs have covered climate change, notably PBS documentaries on "Independent Lens," "Frontline," "Nature" and some gardening and cooking shows. PBS's "Untamed" from the Virginia Wildlife Center (in Waynesboro) has discussed climate disruption of animals.

This letter does not intend to promote TV shows, but to alert you about what's happening to our Earth.

SUSAN LYNCH  
Rockbridge County

*One Kendal resident at Lexington urged readers to inform themselves by watching key climate change programs.*

- If you can, include specifics on how to take that action.
- Include a creative close that ties the article back to your opening.

In addition, abide by your newspaper's submission requirements and keep it concise (150-350 words). If it's an online publication, include reference links if appropriate. Remember that SSAFE is a nonprofit educational organization, so you'll want to sign off as an individual.

And why do this alone? Form an LTE team to share ideas, strategies, letters, and successes.

For more ideas and help, check out the LTE video and slides at [SSAFE.org/action](https://ssafe.org/action).

*cont'd p.5*

## EAT A VEGGIE TO REDUCE YOUR CARBON FOOTPRINT

*An Interview with John Platt and Colin Moran, Kendal-Crosslands Communities*

John Platt, Director of Culinary Services, and Colin Moran, Executive Chef, have maintained a tradition that started more than 20 years ago at Kendal-Crosslands Communities (KCC): providing a vegetarian option at every lunch and dinner. The tradition started when the link between fat consumption and cholesterol levels reached widespread public awareness, thanks to the American Heart Association. That spurred KCC to offer heart healthy options for residents who wanted to reduce their consumption of fats (found primarily in red meat, cheese and butter).

People lean toward vegetarian options to improve health, avoid animal cruelty, and to lower emissions associated with the production of beef. A 2021 study found that raising animals for meat causes twice the pollution of producing plant-based foods, and that beef alone accounts for 25% of greenhouse gases.

Whether it's for personal health or the health of the planet, residents can choose from a global potpourri—Asian, African, Mediterranean, Mexican—of delicious vegetarian meals at KCC. A team of culinary experts, including a dietician, craft a variety of menus with certain goals in mind: 30% or less of total calories from fat in at least 1 of the regular entree items and a minimum of 10 grams or more of protein in the vegetarian options. Resident forums held monthly provide valuable feedback—and even shared recipes!



*Okonomiyaki (Japanese cabbage pancake)—a resident favorite—scores high on visual appeal and climate friendliness!*

John and Colin have seen the program evolve over the years, with more residents choosing the vegetarian options. They've added an always-available alternative menu with several vegetarian options, including Beyond Burgers made from pea protein, as well as a Vegan Tofu and Vegetable Stir Fry.

Where does the inspiration come from for all these vegetarian menus? Originally, it was “Moosewood Cookbook,” from the well known Ithaca restaurant. Currently, it's Colin's creativity in adapting recipes from a variety of sources. In fact, 25 recipes developed by the famous Greens vegetarian restaurant in San Francisco have been made available to KCC (and are available to all Kendals!) in conjunction with the development of the newest Kendal affiliate, Enso Village, to open in 2023 (<https://enso.kendal.org/>).

So grab a stalk, not a steak, and try a plant-based diet if you haven't already. More plants, less meat, means a healthier planet.

## MOVE OVER, MEAT: Sustainable Food Service takes hold at Kendal at Ithaca

*An interview with Natalie Nicholas, by Hazel Dayton Gunn, Chair of the Ithaca Sustainability Committee*

What a difference a year makes! There have been radical changes made to meal planning at Kendal at Ithaca (KAI), thanks to Natalie Nicholas, RD, CDN, Director of Dining and Nutrition Services. A year ago, residents preferred white rice, not brown rice. Now they are enjoying a wide variety of grains such as farro and barley. The consumption of beef has dropped dramatically. Steak and beef burgers are available on special order for the evening meal, with few takers. Vegetarian entrées are offered along with similar animal protein dishes. In some cases, recipes are adapted to plant-based protein by using tofu or vegan chicken.



*Add more vegetables to your diet for your health and that of the planet.*

What has driven these changes? Natalie read the book, “Nourished Planet: Sustainability in the Global Food System,” by the Barilla Center for Food and Nutrition. The book details the amount of carbon emissions per food item, which inspired her to rethink the criteria for menus. The other half of the equation is the residents themselves.

Twenty years ago, meat and potatoes were considered *de rigueur*. Today residents are asking for vegetarian and vegan options and want to try new things such as culturally based dishes from Mexico and countries in Asia.

Climate change must also be factored into what we eat. Last summer, as part of our Kendal and Climate Change speaker series, Katherine Baker, a PhD student in the Division of Nutritional Sciences at Cornell University and former media correspondent for Planet Forward, reminded us that food production is one of the largest drivers of climate change due to biodiversity loss, fresh water use, chemical pollution, and feed inputs, among others. Climate change impacts the nutrient value of food in crops such as rice, wheat, barley, and potatoes that so much of the world depends on for their basic food intake.

It's also important to recognize the nutritional requirements of Kendal residents. Aging adults need fewer calories but more protein than younger adults, about 1 gram per kilogram of body weight per day. The optimum daily diet has an equal amount of protein, about a palm-sized quantity, in each of the three meals. We should limit our consumption of animal protein, shellfish, and dairy products in favor of grains, in-season fruits and vegetables, soy products, nuts, beans, and peas.

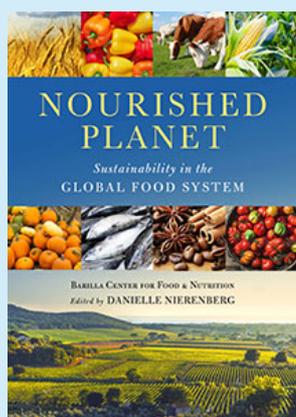
*cont'd p.7*

## MOVE OVER, MEAT (cont'd)

Currently, KAI does not purchase local vegetables and fruits beyond what is offered by a food broker in Syracuse, NY.

Natalie's wish list includes possible partnerships with Tompkins Cortland Community College, where their farm has a program to pre-purchase seed of desired crops with a guarantee to purchase the crop when it reaches maturity; and Cornell University, where their College of Agricultural and Life Sciences program grows fields of experimental crops that can be purchased.

Executive Chef Beanie would enjoy a window greenhouse off the kitchen for herbs and salad materials. Check back next year. At the pace changes are occurring, much that is climate-friendly and nutritionally sound will have been envisioned and implemented.



Natalie Nicholas, RD, CDN, Director of Dining and Nutrition Services at Kendal at Ithaca, takes inspiration from the book, "Nourished Planet: Sustainability in the Global Food System" by the Barilla Center for Food and Nutrition.

## CARBON FOOTPRINT INITIATIVE



*SSAFE Members are utilizing Portfolio Manager® to calculate their campus carbon footprint.*

Have you seen one of your neighbors measuring areas of your campus with a measuring wheel? Are phrases like "gross floor area" and "senior living space classification" being overheard in the dining hall? That is because SSAFE members belonging to the Carbon Footprint Working Group are busy working through the daunting task of calculating a carbon footprint for each Kendal campus!

In cooperation with Financial Officers, Facilities Managers, and other Kendal staff, dedicated SSAFE members are collecting architectural drawings and utility bills to enter data into Portfolio Manager. Portfolio Manager, created by the EPA, is online software used to measure energy consumption and greenhouse gas emissions in buildings. This software will contribute to calculating a number called a "carbon footprint," which is crucial for measuring our progress toward our goal of a 50% reduction in CO<sub>2</sub> emissions by 2030 and 100% by 2050.

To get involved, email [info@ssafe.org](mailto:info@ssafe.org). To learn about Portfolio Manager, go to: <https://portfoliomanager.energystar.gov>

## MILKWEED AND HONEYBEES ON A PLANET-FRIENDLY HIGH-RISE

By Albertine Burget, *The Admiral at the Lake*, A Kendal Affiliate

You might think that a metropolitan high-rise building is an unlikely place for lush vegetable gardens and pollinator plants. Yet the rooftop gardens at The Admiral at the Lake in Chicago are changing that perception.

How did this fortunate gardening opportunity come about? The Admiral was completed in 2012, with several towers of differing heights ranging from 4 to 31 stories. When the first residents arrived, many of them were loathe to give up the gardening pleasures that they had enjoyed in their former homes. They therefore got permission to continue gardening on our flat roofs, several of which currently have gardens that are managed by residents for the enjoyment of all.

The ground-floor garden is managed by a couple with gardening expertise, including previous work at a local nursery.

The alley garden was started by a former tobacco farmer and takes advantage of the south light to culture a cutting garden for public display in our dining rooms, living rooms, and elevator lobbies.

The 6th-floor garden is an eclectic mix of the gardeners' favorite perennials and annuals. With its circular sidewalk and wooden benches, it provides a nice outdoor area for all residents to get some exercise, sit and talk with friends, or quietly read in the fresh outdoor air.



*The Admiral's rooftop garden by Lake Michigan.*

Another 6th-floor project involves culturing milkweed to attract and support Monarch butterflies on their cross-continent journeys—our contribution to the greater well-being of our planet. (On the roof of one of our 12th-floor towers we currently have a honeybee hive, which supports these important pollinators.)

The 10th floor is designated each year to 15 individuals who cultivate small plots for their own personal use. Most people grow vegetables or herbs for their households, but one resident specializes in growing herbs for use by our dining room chefs.

Gardening in a high-rise offers many advantages. We don't have to cope with land-based pests such as rabbits, moles, squirrels, and deer—only pigeons. It connects our residents to nature and in many cases to previous lives in which gardening played a dominant role. And it allows residents to be active in addressing climate change through the judicious choice of plants. Our residents are grateful indeed for the wonderful opportunities the rooftop gardens offer.

## SHOWING AT A LIVING ROOM NEAR YOU

By Larry Daloz, Kendal at Hanover

Wildlife shows have come a long way since Disney's "Nature's Half Acre" hit the screen 70 years ago. Treat yourself to two of the latest and best, and if you can't curl up with a grandchild or two to enjoy these films, at least commend them to their parents...and watch them yourself.



### **Our Great National Parks - Netflix**

"I want to make sure that the world's wild spaces are there for my kids and grandkids," says a refreshingly laid-back Obama as he takes us on a lush 5-episode tour of national parks around the globe: in Madagascar, lemurs leap among razor-sharp spires; hippos hang ten off West African shores; and in the Congo's Virunga National Park, mountain gorillas mentor their young.

The images are stunning, his comments at once witty, informative, and inspiring. From leafy green Kenyan panoramas and albatross views of killer whales to intimate scenes of mother seals nursing their pups, we are taught again and again how extraordinary life is.

"We are part of the natural world," Obama reminds us, and it's vital that we preserve what's left.



### **The Green Planet - PBS**

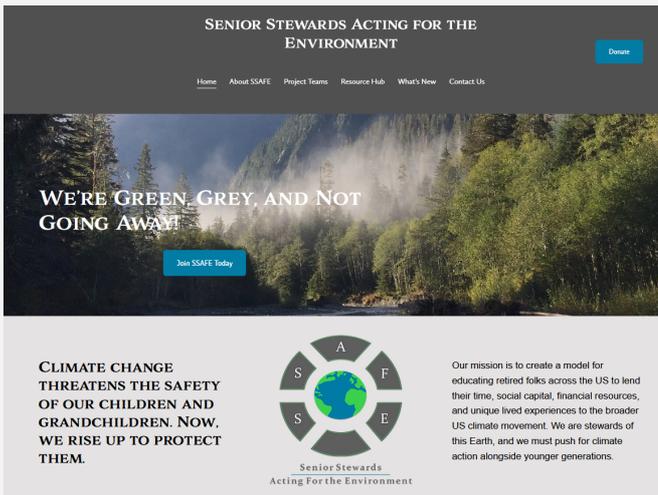
While most nature films privilege animals, here legendary David Attenborough introduces us to the worlds that make animal life possible: plants. But don't expect a garden tour of fetching posies or backyard maples.

It turns out it's not easy to be a plant; too much heat or cold, too little water or not enough light—not to mention other plants—pose constant challenges.

Making fruitful use of time-lapse photography and drones, this 5-part series takes us deeply into a plant world of dazzling beauty but also shocking violence, as 95-year-old Attenborough's gravelly voice conjures murderous sundews and invasive bulrushes with Shakespearean solemnity.

From tropical rainforest to ice-bound arctic, it's not only a remarkable revelation of the latest scientific discoveries of unique plant intelligence, but also a heart-thumping thriller and technological tour de force.

# Did You Know...?



## The SSAFE website is a rich source of news and ideas!



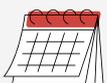
Go to [www.SSAFE.org](http://www.SSAFE.org) on a regular basis to stay up to date.



Read curated climate and sustainability news.



Sign up on the home page to become a SSAFE member.



Keep track of SSAFE meetings on the SSAFE online calendar.



Explore the Resource Hub to view SSAFE projects and find more information.

## Our Readers Respond

Dear Editors:

I have a concern that the recommendations to reduce methane emissions (“What can I do?”) in the July 2022 issue are not consistent with the well-being and safety of Kendal residents.

They 1) assume the immediate readiness and low environmental impact of renewables and the appropriateness of expanded nuclear, and 2) gloss over the special needs of life plan communities.

We are aging people, and some of us now require long-term care and skilled nursing. Fulfilling obligations to all residents is critically dependent on adequate and reliable power supplies. Thus, we rely on gas-powered emergency generators to maintain operations in the face of periodic failures of the electric grid. Diversity of energy sources is, and is likely to remain for some years to come, an essential operational strategy.

Sincerely,  
Bruce Summers, Kendal at Lexington

### Author's Response

All the recommendations are climate smart. Mr. Summers is right, though, in noting that individual actions in CCRCs can't happen overnight. Switching power sources and remaking the power grid are even bigger tasks. Perhaps not “now,” but we urgently need to act as quickly as possible if we hope to cut emissions by 50% by 2030.

Mike Burke, SSAFE Advocacy Team Co-chair  
Collington, a Kendal Affiliate

## From SSAFE's Chair



Your SSAFE Board of Directors had a busy August! George Alexander (Longwood) and Ted Wolner (Oberlin) journeyed to Kendal at Ithaca to share SSAFE's Advocacy and Greening accomplishments with residents and senior staff. Many thanks to Hazel Dayton Gunn for graciously hosting this visit.

Jonathan Howe (The Admiral) and I did the paperwork to bring Michelle Goodwin on board as our first full-time employee. Dulany Bennett (Hanover), Lynn Williams (Longwood) and Scot Drysdale (Hanover) kept raising—and banking—donations. Mike Burke (Collington) and Ted prepared a comprehensive questionnaire for conversations with candidates for public office. Ben James (Crosslands) designed that wonderful button for distribution at the September campus meetings.

With back-to-school energy, I hope you'll take up SSAFE's year-end opportunities with the "muscular hope" I mentioned at our August meeting (quoting Krista Tippit)—the belief that things do not have to be the way they are. In addition to the suggestions in this newsletter...

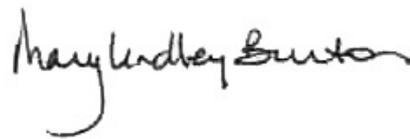
- Invite a new resident to our next General Committee meeting—because SSAFE can do so much more when we add knowledge to our care for the planet
- Recruit at least one member to SSAFE—because we need one another's support and are energized by hearing of others' progress
- Take on a project, join a task force, or represent your Kendal on a Project Team—because you'll learn and laugh, and together we'll keep building something wonderful!

Over the summer I appointed seven SSAFE members to Project 2023, chaired by Ben James, Vice-Chair, to identify what needs our laser

focus if we are to meet the IPCC's 2030 goal of 50% carbon neutrality. Your inputs from both August's General Committee Meeting break-out discussions and September's campus meetings will factor into their deliberations this fall. The December General Committee Meeting will feature their recommendations.

I hope to see you on ZOOM throughout this very full season!

Sincerely,  
Mary Lindley Burton, SSAFE Chair



### SSAFE Campus Representatives

#### The Admiral

- Jon Howe, Phil Hoffman

#### Crosslands, Cartmel, & Coniston

- Ben James, Dick Haden

#### Collington

- Mike Burke, Henry Thomas

#### Kendal at Hanover

- Dulany Bennett, Mary Ann Cadwallader

#### Kendal at Ithaca

- Hazel Dayton Gunn

#### Lathrop

- Tinka McArdle

#### Kendal at Lexington

- Bill Schellstede, Bob Gettings

#### Kendal at Longwood

- George Alexander, Gary Johnson

#### Kendal at Oberlin

- Ted Wolner, Arlene Dunn

# Wrapping Up

## Share this Newsletter

**Word of mouth:** Say "Go to [SSAFE.org/newsletter](https://ssafe.org/newsletter) to get a copy!"

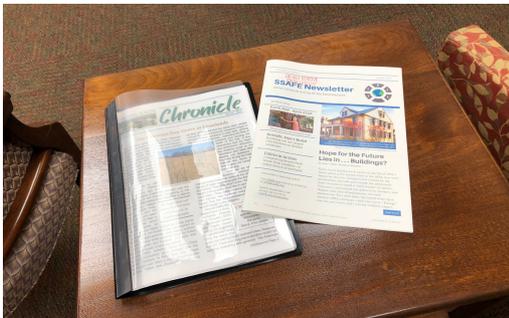
**Email:** Forward the SSAFE Newsletter email announcement or [SSAFE.org/newsletter](https://ssafe.org/newsletter) to your friends and family!

**Print:** You can print your own copy. Go to [SSAFE.org/newsletter](https://ssafe.org/newsletter) and look for the print icon.

**Order Online:** Go to [SSAFE.org/newsletter](https://ssafe.org/newsletter) and click the order link to purchase printed newsletters from 9 Cent Color Copies.

**Bulletin Board:** Print a copy and place it on or near your community bulletin board.

**Library:** Put a copy in a 3-ring binder and give it to your librarian.



## Donate Today!

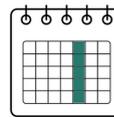
It's tax-deductible!

And it's easy. Just send a check—made out to SSAFE:

Lynn Williams  
57 Kendal Drive  
Kennett Square, PA 19348

SSAFE uses these funds to support efforts such as guiding senior living campuses to net-zero emissions, climate advocacy, and climate education. Senior Stewards Acting for the Environment (SSAFE) is a 501(c)(3) nonprofit corporation. EIN: 87-1229514.

## SSAFE Announcements for Fall 2022



All meetings are open to SSAFE members who are Kendal residents. Most SSAFE meetings are held on Thursdays.

**General Committee Meetings** are typically held on the first Thursday of the month. Mark your calendars for:

- Oct 6th at 11 AM Eastern / 10 AM Central
- Nov 3rd at 11 AM Eastern / 10 AM Central
- Dec 1st at 11 AM Eastern / 10 AM Central

For more information or to join a project team, email [info@ssafe.org](mailto:info@ssafe.org).

## SSAFE Newsletter

This newsletter is a publication of SSAFE, a non-profit organization comprised of residents from Kendal senior living communities. SSAFE has no official affiliation with the Kendal Corporation.

*Managing Editor* – Ruth Crawford  
*Contributing Editor* – Larry Daloz  
*Layout/Design* – Michelle Goodwin  
*Issue Contributors* - Ted Wolner, John Platt, Colin Moran, Hazel Dayton Gunn, Natalie Nicholas, Steve Woodbury, Albertine Burget, Mary Lindley Burton.



## Submissions & Comments

We want your feedback! We're always looking for good stories to provide inspiration to other senior living community residents. Send us your articles, ideas, questions, or comments!

We'd love to hear from you—drop us an email at [info@ssafe.org](mailto:info@ssafe.org)