

Happenings

at Houston Methodist Medical Center I & II



welltower

CALENDAR OF EVENTS



Shred Truck Onsite
Sept 8th - details to come

FACT OR FICTION:

Water and Energy Saving Myths:

- 1. More energy is used to turn off and on a computer than to let it run overnight.** It does not take any extra energy to turn on a computer than to keep it running. Monitors especially use a lot of energy. Always make sure to turn off your monitor when you leave.
- 2. Low flow toilets are a marketing gimmick and do not actually save much water.** Most high efficiency toilets on the market use less than 1.3 gallons per flush while conventional toilets can use up to 7 gallons of water per flush. According to the US EPA, toilet use makes up 30% of all residential water use, allowing for huge water savings by switching to high efficiency toilets.
- 3. Letting your car idle when at a stop for a minute or more can save more gas than turning your engine off and on.** Because of modern fuel-injection technology, less gas is used turning on your engine than is used idling for even short periods of time. Even just 30 seconds, you can save gas by turning off your engine.
- 4. Compact fluorescent bulbs (CFLs) might use less energy than incandescent bulbs but the risks associated with the mercury in CFLs outweigh the energy savings.** CFLs contain very little mercury and none is released when the bulb is in use and intact.
- 5. The energy savings from a compact fluorescent bulb (CFL) do not lower my energy bill enough to cover the increased cost of a CFL.** CFLs use about 75% less electricity than conventional light bulbs and last about 10 times as long.
- 6. The amount of energy it takes to cool a warm home is so great that when leaving for the day, you should keep the air conditioning running to maintain a constant cool temperature.** It pays to turn off your air conditioning when you will be away for more than an hour. It is a myth that it uses more energy to re-cool a warm home than to continuously run an air conditioner.
- 7. Fluorescent bulbs require such a surge of energy to power up that more energy is saved leaving them on when exiting a room than turning them off.** It is true that more energy is used to start up a fluorescent bulb than what is needed for continuous operation--but only slightly.
- 8. Clothes do not get clean enough and there is not enough energy savings to make it worth my while to use cold water instead of hot water in the washing machine.** In most instances, using cold water will leave your clothes as clean as using hot water, and it can save you a lot on your next utility bill.

For complete details: <http://www.greenhoustontx.gov/factorfiction.html>

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WELLTOWER DECLARES ALZHEIMER'S CARE A NATIONAL PRIORITY

The statistics are astonishing ... every 66 seconds, someone in the United States develops Alzheimer's disease; in 2016, Alzheimer's and other dementias will cost the nation \$236 billion and one in three seniors dies with Alzheimer's or another form of dementia.

Together with its partners and operators, Welltower has donated \$3 million to the Alzheimer's Association, including more than \$265,000 raised by employees and a \$250,000 grant from the Welltower Foundation.

"Having witnessed the devastating impact of this disease first-hand, this is a cause I am truly passionate about, a cause I believe needs to be a national priority," DeRosa said. "Welltower and our partners are committed to



improving quality of life and preserving dignity for people living with Alzheimer's as well as their families and caregivers."

DeRosa was recognized as the Alzheimer's Association National Honoree at its Brain Ball in Washington, D.C. on May 6. The Brain Ball elevates the profile of Alzheimer's disease and its impact on families and raises funds for research

and critical support services for individuals, families and caregivers facing the daily challenges of the disease.

Prior to the Brain Ball, DeRosa, joined by Miss USA, Olivia Jordan, and Harry Johns, president and CEO of the Alzheimer's Association, raised awareness of Alzheimer's disease during two events in New York City. The group rang the Opening Bell® at the New York Stock Exchange and participated in a ceremonial lighting of the Empire State Building, which was lit purple for Alzheimer's awareness. Welltower's corporate headquarters in Toledo, Ohio was also dressed in purple in honor of the Alzheimer's Association and their efforts to fight the disease.






Thanks to all tenants who came out in July to enjoy the cool treats presented by our janitorial vendor Maintenance of Houston's Ice Cream Social. This is 3rd summer they've offered this fun and sweet treat and in addition this year donated their private suite at the Sugarland Skeeter's Constellation Field. Twenty-five guests will enjoy this activity on August 20, 2016.

SUSTAINABILITY SPOTLIGHT

The responsible treatment of waste is an important aspect in creating healthful environments and is an important element to Welltower's strategic environmental priorities.

In 2015, through our recycling programs and tenant participation, Welltower's Outpatient Medical Office Buildings have diverted 15.7% or 9,793,397 pounds of waste stream from the landfills!

This converts to saving approximately:

| Trees | Gallons of Oil | Hours of Electricity |
|---|---|---|
| 13,001 | 214,328 | 1,839,077 |
|  |  |  |

According to the EPA, about 90% of the solid waste in your office can be recycled.

Light bulbs, batteries, ink cartridges, and other such items can also be recycled and/or disposed of properly, keeping these items out of our landfills.

Check with your Real Estate Manager to determine the types of material that can be recycled in your City.

Kingsley Associates' Tenant Satisfaction Survey coming September 20, 2016!

Your feedback is imperative to our ability to continue to provide you, our valued tenants, the best service possible. More details to come as the survey period approaches!

