

**Healthcare Environmental Awareness and Resource Recovery Team (HEARRT)**  
**MN Landscape Arboretum**  
**Thursday, October 9, 2008**  
**Meeting Summary**

**Announcements**

- Next HEARRT meeting: Thursday, January 8<sup>th</sup>, 2009 at Minnesota Hospital Association
- Ridgeview Medical Center recently started sending their food waste to be composted at the Arboretum.
- Lead free indicator tape—available from SPS Medical. It has been tested and verified as lead-free.  
[www.spsmedical.com/steam/steamtape.html](http://www.spsmedical.com/steam/steamtape.html)
- Venturi EKG electrodes – don't contain silver, [www.vmsekg.com/benefits.htm](http://www.vmsekg.com/benefits.htm)
- MnTAP Case Study: Reducing Sample Pharmaceutical Waste. See [mntap.umn.edu/health/CAHS.html](http://mntap.umn.edu/health/CAHS.html)

**Therapeutic and Healing Gardens**

*Jeannie Larson, MN Landscape Arboretum, 952-443-1421, [larso095@umn.edu](mailto:larso095@umn.edu)*

Jeannie Larson took us on an outside walking tour of the Arboretum on our way to the sensory garden. This garden is part of the Arboretum's Center for Therapeutic Horticulture that was founded in 1992. It has the "goal of maximizing individual quality of life, developing the skills and attitudes necessary for self-determination, and promoting community integration through the simple pleasures of the garden. The internationally recognized program demonstrates accessible gardening techniques and the use of horticulture as an effective means to grow individual independence and decision-making skills, and provides unique learning and therapeutic opportunities to a wide range of individuals and groups. Through purposeful therapeutic intervention strategies the Arboretum dedicates itself to the elimination of barriers - both physical and attitudinal - to horticulture, and to the introduction and inclusion of as many people as possible in the joys of watching a garden flourish." The tour of the garden showed us creative ideas to meet various needs, such as containers at different heights and a sensory walkway where you can use your sense of touch, smell and hearing. It is an inspiring display garden showing design options for therapeutic landscape.

If interested in how this could apply to your own situation, please contact Jeannie or visit [www.arboretum.umn.edu](http://www.arboretum.umn.edu).

**Healing Gardens and North Memorial Medical Center**

*Becky Woll, North Memorial Medical Center, 763-520-4301, [becky.woll@northmemorial.com](mailto:becky.woll@northmemorial.com)*

Becky Woll spoke to us about the North Memorial Residential Hospice memory garden. The site is located on Upper Twin Lake and provides a quiet, natural landscape. It is known that people relate to and have positive feelings about plants, and having a garden also fit in with the hospice approach to care. It promotes the effects of nature to heal, allows for the viewing of nature to reduce pain, and evokes memories that bring people closer together. The whole person is cared for, including physically, emotionally, and spiritually. A garden can restore a sense of order, safety and privacy for those dealing with chaos induced by illness.

The healing garden was paid for by donations, including inscribed memory brick pavers. These pavers create a place for personal memories and help fund upkeep and patient care needs. For more information about NMMC's gardens, contact Becky.

**Reducing Waste and Saving Energy with Air Filter Systems**

*Curt Thomas, Point Source Solutions, 612-203-2392, [thomasc@wwdb.org](mailto:thomasc@wwdb.org)*

Breakthrough nanotechnology for carbon filters can be used in any environment which uses air filters. This technology makes filters more effective in the removal of pollutants from the air including, vapors, gases, chemical toxins, VOCs (released from carpet, furniture, wallpaper etc.), odors, dust and pollens. The result of this technology results in filtered and clean air. These treated filters also result in a reduction of energy consumption and reduces waste due to less frequent changes of the filters. They have been installed in Waseca Hospital. Contact Curt for more information.

## Hazardous Waste Discussion

Nate Arthur, Solid Waste Management Coordinating Board/Washington County, 651-430-6689

Tanya Maurice, MPCA, 651-297-1793

*Nate Arthur:* the Healthcare Hazardous Waste Committee is made up of regulators from six Metro Counties, MPCA and MCES and staff from MNTAP. An update on the healthcare consensus fact sheet should be completed in December. Current issues being investigated and discussed with MPCA include controlled substances and amalgam/ wastewater issues with dentists esp. those on private septic systems. Also the committee is interpreting how the hazardous waste regulations apply to long term care facilities.

Veolia's Ferid Gruetzner reported that costs for hazardous waste disposal and transport of controlled substances through his company are not so bad because they can coordinate pickups from multiple facilities by region and transport them to the DEA/RCRA permitted facility in Sauget IL. The alternative is sending them to a DEA/RCRA facility in Utah operated by Clean Harbors. There was some discussion regarding whether or not the costs would go down if controlled substances did not carry the MN01 hazardous waste code and require a manifest.

Medical Safety Systems' Warren Winkelman asked if dentists could put epinephrine liquid wastes down the drain to a municipal waste water treatment plant (publicly owed treatment works=POTW). According to the hazardous waste regulations, a hazardous waste may be sent to a POTW by sanitary sewer if the discharge is reported to the POTW and licensed under a hazardous waste generator license. However, epinephrine is a suspected endocrine disrupting substance and POTW approvals are getting harder to come by. Impacts on the environment should also be considered.

*Tanya Maurice:* Jeff Mills will be leaving the MPCA on 10/10/08. For the time being there is no specific contact at the MPCA for health care issues. If you have an open enforcement case, please work with your inspector. The MPCA is in the process of developing recommendations to wastewater treatment facility operators regarding sewerage of pharmaceutical waste. They expect to have this advice finalized later this fall. The MPCA is also continuing its work with SWMCB, DEA and the Board of Pharmacy to address controlled substance management challenges.

## Attendees

Name	Phone	Representing	E-mail Address
Amanda Baribeau	651-296-7634	MPCA	Amanda.baribeau@pca.state.mn.us
Catherine Zimmer	612-624-4635	MnTAP	Zimme053@tc.umn.edu
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