

active lifestyles



Felician Village

Summer 2008

Felician Village is going green with geothermal system

Harnessing the earth's energy

Between rising gas prices and a growing focus on green technology, we are all looking for ways to be more energy conscious, at home and at work.

As part of its current building project, Felician Village will be incorporating an energy-efficient technology called ground source heat pumps (GSHPs). This "green" system will heat and cool its facilities, providing an environmentally-friendly HVAC solution that also offers future cost savings.

GSHPs are able to tap into geothermal energy (energy from the earth) and deliver quality air conditioning and heating, on demand, in every season.

It takes advantage of the constant year-round temperature of about 50°F that is underground. Simply put, GSHPs use a tube that runs from the outside air, under the ground, and into a building's ventilation system.

Either air or an antifreeze liquid is pumped through pipes that are buried underground and recirculated into a building. In the summer, the liquid moves heat from the building into the ground.



This simplified drawing shows how a ground source heat pump works to heat and cool a building.

In the winter, it does the opposite, providing pre-warmed air and water to the heating system of the building.

In regions with temperature extremes, such as Northeast Wisconsin, ground source heat pumps are the most energy-efficient and environmentally-clean heating and cooling system available.

A study by the US Environmental Protection Agency found that they are as much as 72 percent

more efficient than electric heating and air conditioning systems.

The U.S. Department of Energy found that heat pumps can even save

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Landscaping will reflect Felician's green commitment

Felician Village is continuing its commitment to the environment in other areas of its campus building project as well. For example: any trees and shrubs that were removed as part of the new construction project have been mulched and put back into new and existing landscaping across the campus. Reduce ... reuse ... recycle is Felician's motto as they continue to think green while building for the future of their residents as well as Manitowoc County! For updates on the construction project, visit felicianvillage.org and click on "Communications."

Harnessing the earth's energy

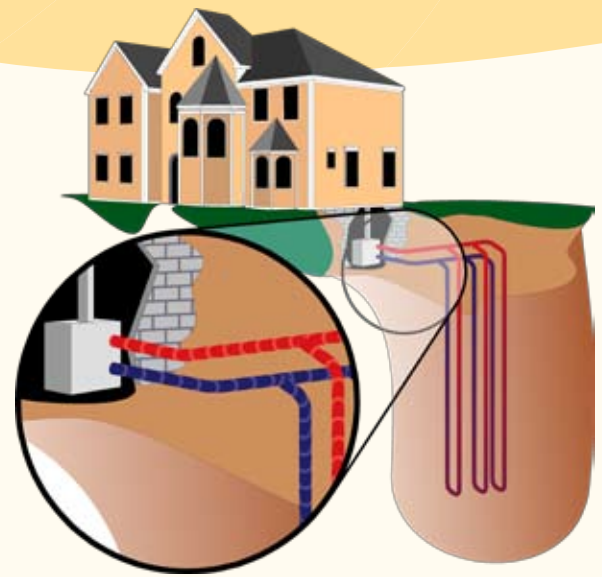
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a typical home hundreds of dollars in energy costs each year, with the system paying for itself in 2 to 10 years.

For a facility such as Felician Village, it will translate into significant long-term cost savings. Approximately 126,000 square feet will be heated and cooled with the new GSHP system. The geothermal technology will provide as much as \$100,000 in savings annually, compared to conventional systems. GSHPs are also very environmentally friendly. They will:

- conserve natural resources by providing efficient climate control and thus lowering emissions.
- minimize ozone layer destruction by using sealed refrigeration systems, which seldom or never have to be recharged.
- use underground loops to transfer heat, with no external venting and no air pollution.
- be very energy efficient, with the earth providing over 70% of the energy required to heat and cool.

The move to a geothermal system at Felician Village was made possible thanks to the support and foresight of the Felician Sisters. During the early planning stage, when costs were estimated, geothermal technology was considered as an option, but the cost estimates were too high. The decision was to then use conventional heating and air conditioning sources. With a strong desire to be



A close-up of how a GSHP works on a building.

as “green” as economically possible, Pat Kaldor, Felician Village president, asked the architects to continue to evaluate the possibility of using geothermal. After more building details were finalized and studied, it was determined that the return on the investment through future energy cost savings made the use of geothermal technology feasible. Although the project cost had been established, the Felician Sisters approved the project cost increase based on their commitment to be environmentally friendly and to realize the energy cost savings in the long term.

Crossroads of Compassion

A very special event will be held on September 11 to implement an ongoing friend and fundraising program. The kickoff to the Crossroads of Compassion campaign to be held in September will involve over 100 guests invited to hear about the mission and services of St. Mary's at Felician Village. The guests will be invited to partner with St. Mary's in whatever way they can, with financial support being a key focus of the event.

The title, Crossroads of Compassion, refers to the fact that the Felician Sisters have been supporting St.



Mary's operational expenses by over \$1 million per year. The crossroad is to determine how to provide the operational funds necessary without relying on the Sisters. It was decided that the community could be asked to help support St. Mary's. Based on that decision, the public is being asked to share their compassion, along with the Sisters, for those people in need of long-term care by providing financial support to St. Mary's.



Five ways to go green!

Tips to reduce your "eco-footprint" at home

WATCH YOUR WASTE. Next time you're at the grocery store, keep a close eye on the amount of wasteful packaging that's going into your shopping cart and try to choose eco-friendlier options. For example, instead of individually-packaged single servings, look for larger quantities that can be divided into smaller, reusable containers once you get home. Make your own lunch instead of

purchasing packaged meals. Bring a reusable bag to carry your purchases. A good rule of thumb: the less packaging, the better.

SAVE YOUR ENERGY. Conventional energy use goes hand-in-hand with carbon emissions, so do the earth and your wallet a favor by cutting the amount of energy consumed at your home. Simply turning the thermostat a few degrees lower in the winter and a few degrees higher in the summer can save energy. You can cut cooling costs up to six percent for every degree you raise your thermostat in the summer. Another option is installing a programmable thermostat that will automatically adjust temperatures throughout the day, ensuring greater energy efficiency in your home, even when you're not there

GO EASY ON THE GAS. Consider setting up a carpool to save on gas. Consolidate your errands to one day during the week and map out a route that is as fuel efficient as possible. If you feel like you are constantly on the road, you may want to think about dropping a few activities and just hang out at home. Be sure to check out public transportation – a more fuel efficient and inexpensive ride may be right around the corner.

CLEAN SMART. Chemicals are used all over your home – they make the sink shine, the air smell fresh and the floor practically glow. The majority of these chemicals are not only dangerous to your health, but also harmful to the environment. Reduce the amount of chemicals entering into the water supply by making your own cleaners: simple baking soda is a great scouring powder; vinegar works wonders on glass and mirrors; and plain old Castile soap cleans practically everything.

DON'T OVERLOOK THE LITTLE THINGS. No matter how small you may think it is, any action to help the earth is a big step on the road to being greener. Replace incandescent bulbs with fluorescent bulbs. Cut your showers by a few minutes. Wash your clothes in cold water. Cut down on trash by composting your vegetable scraps.

(Courtesy of ARA Content)

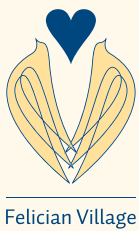
Felician Village plans open houses

Are you interested in learning more about independent living options for people 55 or better?

The Gardens at Felician Village will be holding an open house on **WEDNESDAY, SEPTEMBER 17 AND THURSDAY, SEPTEMBER 18 FROM 3-6 P.M.** You are invited to come to The Gardens at Felician Village, 1700 S. 18th St., Manitowoc, for a tour, information, refreshments and to register for door prizes.

The Gardens, which includes 1-, 2-, and 3-bedroom garden homes and apartments, is the independent living option at Felician Village. Included at The Gardens are dining services, exercise program, library with computers and Internet access, storage locker, underground heated parking and other amenities that make living at The Gardens an enjoyable experience. **FOR MORE INFORMATION, PLEASE CALL 684-7171, EXT. 361.**





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For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.

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Beat the heat this summer!

Protect yourself from heat stroke

• **Drink cool, non-alcoholic, non-caffeinated beverages.** The CDC recommends that if your doctor generally limits the amount of fluid you drink or prescribes water pills for you, ask him or her how much you should drink when the weather is hot. It's best to avoid extremely cold liquids because they can cause stomach cramps.

• **Drink water regularly throughout the day, even if you don't feel thirsty.** Once you recognize the feeling of thirst, dehydration is already taking place.

• **Be aware that some medications can make you more vulnerable to heat exhaustion.** For example, painkillers can mask some of the symptoms of heat exhaustion, and laxatives can increase the risk of dehydration. If you have any questions about prescription or over-the-counter medications, check with your doctor or pharmacist.

• **Rest often.** If you need an excuse to be a couch potato, hot days are just the ticket.

• **Take a cool shower, bath or sponge bath.**

• **Seek an air-conditioned environment.** If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.

• **Wear lightweight clothing.**

• **Remain indoors during the hottest parts of the day.**

• **Do not engage in strenuous activities.**

(Information from about.com)