



# PILGRIM PLACE SUSTAINABILITY REPORT 2014



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## About Pilgrim Place

Pilgrim Place is a Continuing Care Retirement Community licensed by both the California Department of Social Services and the Department of Health Services. It provides three distinct levels of care for approximately 360 residents: Independent Living, Assisted Living, and Skilled Nursing on a 32 acre campus in Claremont, California. Pilgrim Place was founded in 1915 by individuals from the Claremont Community Church (now Claremont United Church of Christ) and Pomona College in order to provide temporary housing for furloughed missionaries. Over the years, the mission of this intentional community has evolved to provide retirement housing and care services for those who have served the church and humanitarian non-profit organizations. It also provides long term care services at its Skilled Nursing facility for residents from Claremont and surrounding communities.



The Pilgrim Place Environmental Concerns Committee

## About the Report

We believe a comprehensive sustainability report is an essential step in achieving our sustainability goals. This report summarizes the sustainability actions undertaken by Pilgrim Place residents and administration, and points the way to even greater efforts. It serves to highlight our achievements thus far and the challenges facing our community going forward. Furthermore, we believe reporting will lead us to more closely examine and track our environmental and social impact, and ultimately result in higher performance in both spheres.

This is our first sustainability report, and is being produced in collaboration with the Roberts Environmental Center at Claremont McKenna College.





## Statement About Our Commitment to Sustainability

Pilgrim Place is an intentional retirement community in Claremont, CA. Its "intention" is shaped by a Christian heritage emphasizing service to others, justice for all (with a concern for "the least" among us), and grateful stewardship. If its intention now is to embrace ecological sustainability, then Pilgrim Place will have to ensure that its "footprint" on the landscape is light enough to allow the ecosystems of this place to evolve even as they maintain their integrity. This means our life here has to mimic nature's circular metabolism in which every organism's "waste" benefits other forms of life.

Sustainability means living more carefully within the ecosystems of our Claremont neighborhood. It also requires living within the financial restraints of our community's budget and investing in ways that will conserve energy and water use for decades to come. It means caring for our life together on this land so those who come after us will gratefully embrace the traditions of ecological living that we now choose.

In partnership with the Resident Town Meeting and with the leadership of the resident Environmental Concerns Committee, the Administration and Board of Directors have adopted a Sustainability Plan for Pilgrim Place. It includes goals for energy use, waste disposition, food, drought-tolerant landscapes, and responsible irrigation of its 32 acre campus, water conservation in homes and central facilities.

In all these things, Pilgrim Place seeks to become accountable to itself, its stakeholders, and the world beyond our gates. As we seek to be accountable to our conservation and sustainability goals, we also recognize the importance of being financially accountable - accurately predicting costs, setting budget priorities, weighing cost-savings and timing of actions, and distinguishing what must be done from what might be done.

- Bill Cunitz  
President and CEO of Pilgrim Place

# State of Sustainability in the Retirement Industry

## Current Trends in Retirement Communities

Environmental sustainability is a gradually growing trend in the retirement industry, but it is not common or widespread.

There is very little available information about sustainability in retirement communities. Although sustainability is not yet mainstream in the industry, many communities have started small initiatives; however, overall they have not enacted large-scale change.

## Current Trends in Residential Communities

In general, larger resident communities have shifted toward more sustainable development. Initially, many sustainability initiatives have addressed waste reduction and a focus on recycling. The next steps are often energy efficiency and water conservation. Communities are using photovoltaic energy systems, efficient appliances, and new heating and cooling systems to save energy. They also implement low-flow appliances, drip irrigation, and drought-tolerant landscaping for water conservation. Often communities then look toward the protection of ecological diversity. For instance, communities buy products with high recycled content, plant trees and shrubs, or grow an organic community garden. Finally, these communities strive to achieve top standards such as LEED and Energy Star to distinguish themselves among retirement homes and brand themselves as environmentally-friendly.

They may also initiate environmental education programs in which residents learn about what the community does and how they can support these green efforts.

## Sustainability Structure

To address the environmental concerns of the community, the administration works with the Environmental Concerns Committee. The ECC is composed of residents of Pilgrim Place who are committed to improving the environmental performance of the community. Building on the diverse passions and talents of residents, we are able to address a variety of sustainability challenges.

The ECC collaborates with both residents and the administration with efforts such as ongoing resident education and preparing a sustainability plan for the community. Recently, the Committee created a website where residents can find information on sustainability and leave their comments on environmental issues within Pilgrim Place.

## Environmental Concerns Committee

Bob Traer (Chair), Bonna Sue (Secretary)

Members: Marilyn Brunger, Jim Dwyer, Lynne Juarez, Dave Lutz, Paul Minus, Beryl Moore, Nancy Rice, Marilee Scaff, Don Swearer, Sally Simmel, Dick Tipping, Nancy Traer, Glenn Trost, Charlene Tschirhart, Linda Vogel, and Duanne Welsch.



# CHERP Retrofits

## Pilgrim Place and the Claremont Home Energy Retrofit Project

In the United States, buildings are responsible for about half of the total energy used and total carbon dioxide emissions. Reducing energy use and the communities' carbon footprint is one of the only practical ways to decrease problems caused by global warming. If all the homes in the U.S. were made 20% more energy efficient, the effect would be approximately equivalent to decreasing the amount of cars driven in the U.S. by 50%.

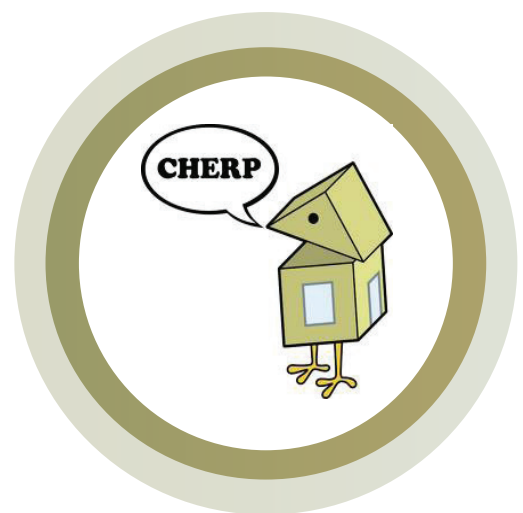
Pilgrim Place is a supporter of the Claremont Home Energy Retrofit Program, and many of our residents have opted to participate. The program helps citizens of Claremont retrofit homes to become more comfortable for the residents and more sustainable for the community. As of December 1st, 2013, CHERP has partnered with Claremont residents to complete 203 home renovations; 52 of those homes are in the Pilgrim Place community.

Whole-house retrofits include repairing ductwork, improvements in the attic and wall insulation, sealing air leaks, and improved heating and cooling systems. Retrofitted homes are more comfortable, quieter, healthier, and more sustainable. These homes sometimes also include improved natural lighting, or rooftop solar water heaters or photoelectric panels. A home retrofit almost always leads to significantly reduced energy costs, and can even make a home energy neutral.

In addition to the 52 home retrofits already accomplished for Pilgrim Place residences, more are underway. Pilgrim Place recognizes the consequences of climate

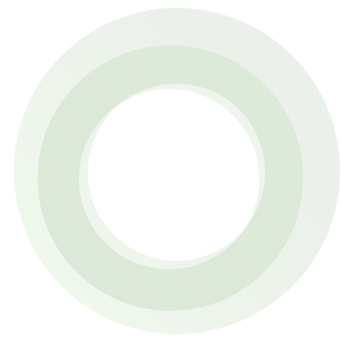
change and the need for communities to take action to address these issues. We are working to make the entire 32-acre campus more energy efficient using home retrofits and solar energy. Home retrofits will benefit the Claremont community and the greater area by decreasing our carbon footprint, saving energy, and providing more work for contractors. These home retrofits also benefit the residents of Pilgrim Place by providing more comfortable homes and facilities and reducing utility bills. We hope to make our campus a model for energy efficient retirement communities around the nation.

We also have limited data on a small number of retrofitted homes. While this data is promising, it is not a large enough dataset to draw substantive conclusions. Going forward, we will be tracking the energy use of all residential units for inclusion in future reports.



# Environmental Sustainability Plan

## Energy



**The Challenge:** Buildings are responsible for approximately half of all US energy consumption and CO<sub>2</sub> emissions. Building operations alone - heating, cooling, lighting, hot water, and the plug load - account for 43% of total CO<sub>2</sub> emissions and 77% of total US electricity consumption. As a residential community, we must work to ensure our buildings are as energy efficient as possible.

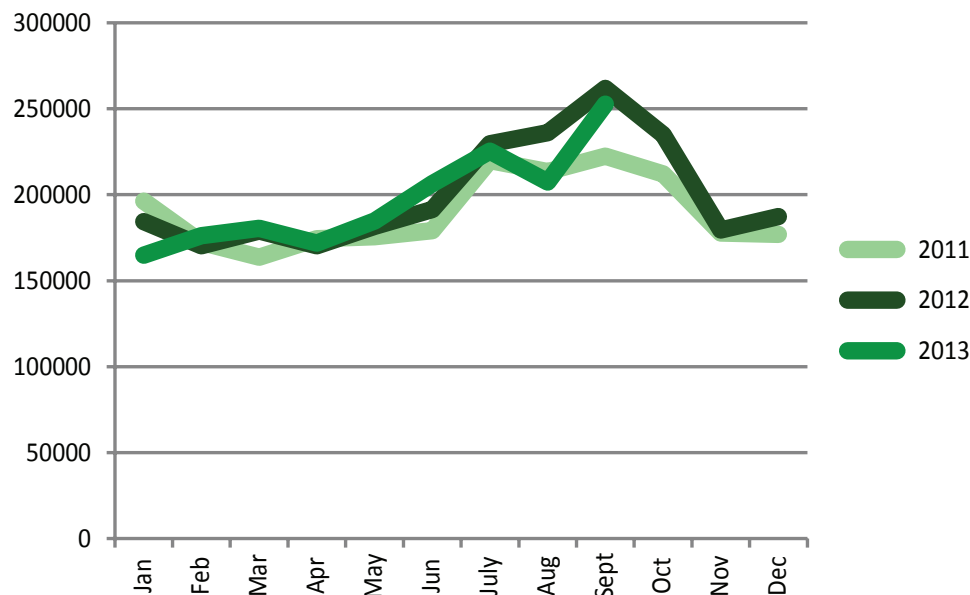
**The Solution:** We have been working hard to reduce our energy use across all buildings. All 101 of our single-family houses have had energy efficiency assessments, and 52 of those houses have completed energy-efficient upgrades. As a leader in sustainable retirement communities, Pilgrim Place reported on our energy upgrades at the Aging Services of California annual conference last year.

**The Future:** We are excited about our progress, but we have several more goals as well. To further our sustainable energy use, we plan to:

1. Upgrade the energy efficiency of all of our buildings through improvements to insulation, thermal windows, heating, and AC.
2. Continue to replace home appliances with Energy Star-rated equipment and monitor the resulting reduction in energy consumption.
3. Where feasible in 10-year housing renovations, install solar tubes to provide interior lighting.
4. Create a community-wide effort to turn off lights when they are not needed and to set thermostats to 68-70° for heat and 75-78° for AC.



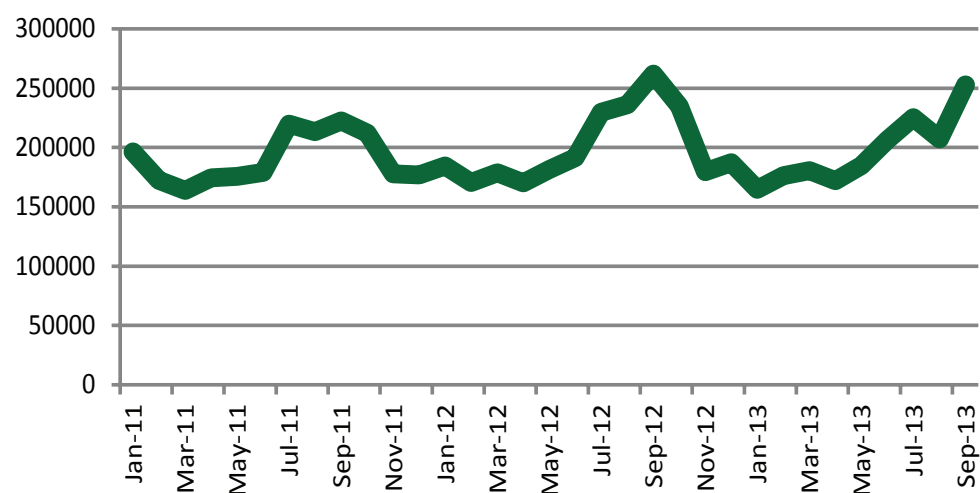
## Cumulative Administrative Buildings Energy Use Overlay



Source: Pilgrim Place SCE Bills (in KWH)

At this time, we have comprehensive energy use data for only our administrative buildings. As indicated by these graphs, it has remained relatively constant over the past 3 years.

## Cumulative Administrative Buildings Energy Use



Source: Pilgrim Place SCE Bills (in KWH)

## PERFORMANCE OVERVIEW

Administrative building energy use per resident is  
**546 KWH**  
per month

Achieved a decrease of  
**1.93%**  
per resident per month  
vs. 2012

	2011	2012	2013
AVG. PER MONTH (KWH)	190300	200480	196608

# Environmental Sustainability Plan

## Water

**The Challenge:** Water use is a contentious issue in Southern California. Given the scarcity of natural water supply, it is extremely important to minimize water use. Consumption habits are difficult to change, and old technology and irrigation systems lead to excess water use. Irrigation currently demands 15 million gallons a year and makes up 55% of Pilgrim Place's water use. This costs the community \$114,800 a year. If the community can achieve a very ambitious goal of a 75% reduction, this will generate annual savings of \$86,000. All of Pilgrim Place's efforts toward irrigation in the present as well as the future will certainly fulfill its goal of becoming an ecologically sustainable retirement community.



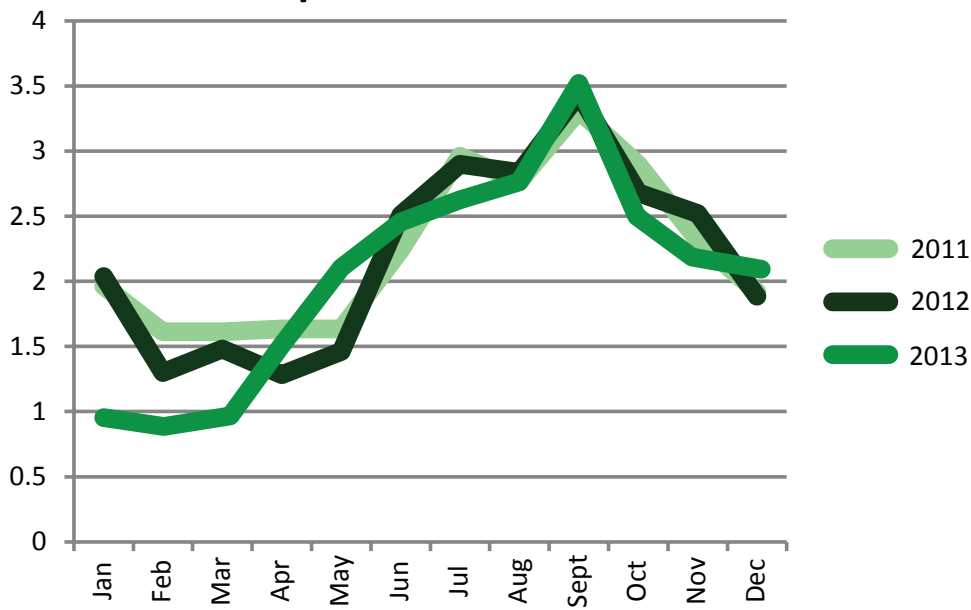
**The Solution:** Pilgrim Place has achieved numerous milestones in terms of water usage. Our residents led a water conservation campaign from 2005 to 2006 to reduce water use in homes. We have installed dual-flush toilets that have helped to decrease water use by 40% in 2006. Moreover, we have taken initiatives to improve data monitoring. Water bills are monitored and tracked monthly for a comprehensive picture of community water use.

### The Future:

To reduce our water consumption further, we plan to:

1. Provide residents with a monthly summary of metered water use and costs.
2. Support the City Council's efforts to control rising water costs in Claremont.
3. Convert turf to water conserving landscapes and change from sprinkler irrigation to drip lines.
4. Upgrade or replace water infrastructure, such as sprinkler systems, to reduce water waste.
5. Take advantage of rebate programs for converting lawns to drought tolerant landscapes.
6. Create a way for residents to report water problems that is efficient and accountable.
7. Publish personal water conservation tips in our weekly printed announcements.
8. Irrigate with greywater from showers and tubs, washing machines, and Jacuzzis where feasible.
9. Recover and store rainwater in covered barrels or cisterns for landscape irrigation.
10. Prevent pooling of water to avoid spread of mosquito borne diseases.
11. Increase rainwater collection and percolation into the Six Basins Aquifer.

## Cumulative Water Use in Gallons per Month in Millions



Source: Pilgrim Place's Golden State Water Company bills (in millions Gallons)

## PERFORMANCE

### OVERVIEW

Total water use per resident is

**5,161 gal**  
per month

Achieved a decrease of

**7.06%**

per resident per month  
vs. 2012

## Water Use Reduction Strategy



In 2013 Pilgrim Place saved about 7% on water use over 2012, in part due to the diligence of the Building & Grounds department in fixing leaks and reducing irrigation waste. The charts show both use and cost for 2006-2013. Even though our water use is declining, the rising price of water means our water bills are increasing. The cost per Ccf in 2012 was \$5.30 but in 2013 was \$6.38 - an "effective" rate increase in a single year of 20%!

The least expensive way to save water and reduce our water bill is conservation. We would save over \$86,000 each year in water costs, if we reduced irrigation by 75%. This can be accomplished by cutting water use 40% on festival lawns (using mulch around trees and replacing spray irrigation heads with nozzles throwing droplets of water), and reducing irrigation 90% for non-festival lawn areas by replacing turf with landscapes that are 60% low water plants surrounded by organic mulch and/or stones. The administration and the ECC are committed to realizing this energy conservation goal by 2018.



# Environmental Sustainability Plan Landscapes

**The Challenge:** In Southern California, landscaping plays a large role in energy and water use. Improper or unnatural landscaping can lead to immense water waste in attempts to preserve plants unsuited to the desert environment.

**The Solution:** Pilgrim Place has sought to improve its environmental sustainability through landscaping. Around our LEED certified buildings, we have installed water-conserving landscapes. We host a variety of fruit trees throughout our campus, which the Plant Committee and B&G water and prune. Additionally, some residents at Pilgrim Place have created and maintained their own water conserving landscapes in their yards.

## **The Future:**

Along with these accomplishments, we strive to:

1. Make Pilgrim Place a model of drought-tolerant landscaping and sustainable water use.
2. Plant water-conserving trees on campus where shade is needed to cool buildings.
3. Maintain the beauty of our campus by involving residents in making landscape changes.
4. Ensure the lowest possible use of herbicides and pesticides in landscape management.
5. Make landscape and irrigation changes to conserve water with each 10-year housing renovation.
6. Increase mulch on drought tolerant landscapes to hold moisture and decrease dust.
7. Incorporate crushed rock, flagstone, and boulders into drought tolerant landscape designs.
8. Convert lawns for festival use to water conserving landscapes that will tolerate foot traffic.





# Environmental Sustainability Plan

## Food

**The Challenge:** Producers, growers, and consumers play a key role in the sustainability process. The widespread use of industrial farming methods and transport of food over long distances can lead to harmful environmental consequences. The food production system has a high input of energy from all the way from the farm to the consumer's table, and finding sustainable food options can be difficult.

**The Solution:** At Pilgrim Place, we strive to use local, sustainably grown food and share with the community. The dining staff on campus now frequently uses locally grown, organic food and fair trade coffee is available once per week. For our residents who want to grow their own organic food, we provide individual garden plots. We also host a mini-sale each week where residents can sell or share their homegrown produce. Our campus produces sustainable food and compost. We have 180 fruit trees at Pilgrim Place, and the Plant and Produce Committee prunes, picks, and sells the fruit to the community. Over the past 12 years, more than 200 tons of compost have been produced from grass clippings and fallen leaves.

### **The Future:**

In addition to these accomplishments, we hope to:

1. Encourage residents to use more locally grown food from Farmers' Markets, gardens, and mini-sales.
2. Increase the amount of locally and sustainably grown food and fair trade products in our dining hall.
3. Reduce beef on the menu because its "production" increases food costs and CO<sub>2</sub> emissions.
4. Ask our dining staff to identify calories of servings, organic foods, and the origin of the fish served.
5. Maintain compost production in campus gardens so residents may recycle food waste there.



# Environmental Sustainability Plan

## Waste

**The Challenge:** As a residential community, we face a separate waste stream for every residence. Reducing waste will take a community effort involving further education and improved, streamlined processes for recycling and reuse.

**The Solution:** We are decreasing our waste by resident education, environmentally friendly products, proper waste containers onsite. We have both trash and recycling bins available in many places on the campus, and since 2008, the city has provided three Green Waste dumpsters to go to community composting. We have also spread greater awareness among residents of the need to recycle and dispose properly of electric and toxic waste.

### The Future:

To reduce our waste production further, we aim to:

1. Reduce:
  - Urge staff and residents to use recycled paper, products made from recycled materials.
  - Reduce to a minimum the waste produced from B&G housing renovations and preps.
2. Reuse:
  - Utilize Furniture, Emporium, Haberdashery, and Miscellany for all reusable items.
3. Recycle:
  - Provide each household with the City's regulations on recycling and green waste.
  - Inform staff and residents of the City's solid waste systems and regulations.
  - Cooperate with all City programs and ordinances for proper disposition of solid wastes.
4. Electronic waste:
  - Take electronic waste to B&G or call Greenway for free pickup.
5. Toxic materials:
  - Take paints, herbicides, insecticides, batteries, medications, pharmaceuticals, mercury containing compounds, and fluorescent bulbs to B&G for proper disposal.
  - Provide only non-toxic cleaners for housekeeping and maintenance staff.
  - Inform residents and staff of dates for nearby County of City collections of electronic or toxic waste.
6. Green waste:
  - Put only garden and yard waste in the "Green Waste" containers provided by the City.



# Social Outreach

Pilgrim Place prioritizes community engagement. Its residents are committed to a life of service and outreach so a strong sense of community unites the campus in their common goals. Through active collaboration with the local Claremont Colleges and other community organizations, the residents promote the creation of a better future. We are committed to building a stronger community in Claremont and the world at large by advocating for education, health, environmental sustainability, social justice, and peace.

## Partnerships with the Claremont Colleges

The Napier Initiative Awards Program is a partnership between Pilgrim Place and the Claremont Colleges to encourage leadership for social change. Its inspiration comes from two former residents of Pilgrim Place, Dave and Joy Napier, who were admired for their leadership efforts in working toward world peace, a just and a racially inclusive society, and environmental sustainability. Upon the death of the Napiers, their family, former students, and Pilgrim Place residents created a memorial fund dedicated to the Napier Initiative. Nominated students with interest and experience in working for peace, social justice, and sustainability connect with



residents who have life experience and skills in those fields to make the most meaningful impact. Two graduating seniors at the Claremont Colleges each receive \$10,000 Napier Awards for Creative Leadership, while all the nominated students have the opportunity to take part in mentoring relationships with Pilgrim Place Residents. The program honors the memory of the Napiers and furthers the mission of Pilgrim Place to create a peaceful, just, and sustainable world.

“Religion, Ethics, and Social Practice” is an intergenerational learning partnership course on vocations for social change. It is a joint venture between Pilgrim Place and the Claremont Colleges, offered at Pomona College in the spring semester. In the course, students discuss a range of topics including the relationships between beliefs, models of moral reasoning, and community interactions, the human condition, and the effects of class, culture, and ethnicity on the development of human sensibilities. The course promotes intergenerational education and the connection of the Claremont Colleges with the greater community, while also furthering the mission of Pilgrim Place for a more just, peaceful, and sustainable world.

# Cultural Engagement

Pilgrim Place is committed to encouraging an appreciation for the arts. Our community houses the Petterson Museum of Intercultural Arts which contains over 10,000 pieces of folk art, fine art, and material culture covering many centuries of human history. Over the years an extensive collection of international arts and crafts has brought to Pilgrim Place by retiring missionaries, pastors, and other donors. In 1968 interested Claremont citizens organized the "Friends" dedicated to preserving and exhibiting these treasures-recognized in the 1980s as a community asset in need of a permanent location.

With the combined efforts of the Friends, residents, and the support of noted local artists including Richard and Alice Petterson, the dream of an intercultural arts center was realized with the opening of the main gallery in 1983. The Museum is open to the public, connecting to the community through art. The Museum also contains boxes of treasures from around the world, which teachers can check out through the "Travelling Treasures that Teach" program, encouraging education and cultural appreciation.

The community also hosts the annual Pilgrim Place Festival. Open to the public, the Festival features an extensive craft fair and bazaar, featuring pieces made by many of the residents. Many crafts and unique handmade items are from abroad. The Festival also includes historical reenactments, promoting, understanding, and appreciation of the past. All proceeds from the Festival sponsor residents and development at Pilgrim Place.

## Community Outreach

Pilgrim Place holds patient advocacy training for volunteers to assist people in navigation of the Health Services System and for better communication with healthcare professionals. We provided training to our residents along with the wider community. Through this program, we are able to ensure that all who are interested are able to receive the care that they need.

Promotion of peace is one of Pilgrim Place's primary goals. One manner of achieving this goal is the weekly Peace Vigil. Residents gather on a street corner every Friday afternoon with signs advocating for peace and justice. This initiative raises community awareness and support for peace and social justice initiatives.



# Compliance

Our mission is “to sustain an intentional community offering quality senior living and care for persons who have served in careers in religious and charitable non-profit organizations. We also serve the wider community by providing short and long-term care services.”

Pilgrim Place is guided by its mission statement in all matters relating to compliance, following local government regulations, adhering to OSHA standards, equal employment opportunities, non-discrimination in hiring, and respecting the privacy of all who live and work in this community.

We seek to accomplish this mission by :

1. An uncompromising focus on ethics, integrity and excellence.
2. Careful stewardship of resources entrusted to us.
3. Belief in the work of the individual and respect for all people.
4. Serving as a nurturing community resource for senior services in accordance with our non-profit status.
5. Teamwork and future-oriented leadership at all levels of the organization – board, staff, volunteers, and residents.

Pilgrim Place is an equal opportunity employer and makes employment decisions on the basis of merit, qualifications, potential, and competency. We want to have the best available person in every job. The company policy prohibits unlawful discrimination based on race, religion, color, national origin, ancestry, sex, gender, sexual orientation, marital status, age, physical or mental disability, genetic information or medical condition, except where physical fitness is a valid occupational qualification, or any other consideration made unlawful by federal, state, or local laws.

Pilgrim Place has instituted and administers a comprehensive and continuous Occupational Injury and Illness Prevention Program (IIPP) for all employees. The health and safety of every employee takes precedence over all other concerns. Collectively, our goal is to prevent accidents, to reduce personal injury and occupational illness, and to comply with all safety and health standards. In keeping with this commitment, every employee is a member of their department’s safety team. The team meets monthly and is responsible for department inspections, injury investigations, and discussions of any unsafe conditions.

All supervisors are responsible for carrying out the IIPP in their work areas. Matters concerning occupational safety and health are communicated to employees through written documentation, staff meetings, formal, and informal trainings and postings.

# Where Do We Go From Here?

The motivations that drive our community to deepen sustainability practice have also encouraged us to embrace a set of Goals as articulated in the long range sustainability Plan that is reflected in our community's Strategic Plan. Residents, Board of Directors, and Staff of Pilgrim Place affirm the following outcomes:

To continue to dialogue and lift up sustainability planning with annual and capital budgeted resources and institutional priorities.

To move beyond the goal of having all of our homes and apartments outfitted with Energy Upgrades and include by 2025 our Central Facilities, including the Health Services Center, Pitzer Lodge, the Resident Activity Center, and the Central Dining Room/Assembly Hall.

To reduce water consumption on our campus by 75% of current use by 2020.

To serve as a model for other retirement communities seeking to position themselves as sustainable environments.





## Contact us

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