



EARTH DAY – GRAY AND GREEN:

Stewardship of Our Planet- What Legacy Are We Leaving?

Moderator: Muriel Beach, New York Statewide Senior Action Council

Alex Kalache, MD, Global Ambassador, HelpAge International

David Kluesner, US Environmental Protection Agency,
Spokesperson, Region 2

Ken Gale, Host of WBAI-FM Eco-Logic Show

When: Wednesday, **April 22, 2009 (Earth Day)**

6:30 PM Light Refreshments

7:00 PM — 8:30 PM Program

Where: Hudson Guild Elliott Center

441 W. 26th Street (between 9th and 10th Ave.)

By subway, take the #C train to 23rd Street

or the #1 train to 28th Street

By bus, take the #M11 to 26th Street

For more information, call the Gray Panthers Office, Jack (917) 535-0457

www.GrayPanthersNYC.org

Gray and Green Coalition Members

Chelsea for Peace; Community Service Society of New York, Congress for Senior Citizens of Greater New York; Fordham University School of Social Service; Goddard Riverside; Gray Panthers, NYC Network; Greater New York Chapter of Older Women's League(OWL); Hispanic Senior Action Council; International Longevity Center USA (ILCUSA); Institute for the Puerto Rican/Hispanic Elderly, Inc.; Joint Public Affairs Committee for Older Adults (JPAC); Korean American Senior Center of Flushing; New York Statewide Senior Action Council; Presbyterian Senior Services; Services and Advocacy for GLBT Elders (SAGE); Taiwanese American Association of New York

Mission Statement of the Gray and Green Coalition 2009

“The Gray and Green Coalition is continuing its exploration of aging in a globally warming world. We are concerned with the stewardship of our planet and what legacy we are leaving. Therefore, we, as older people and as role models for younger generations, must identify what resources should be protected and how they are to be protected. We are compelled to promote both institutional and personal responsibility.”

TEN TIPS FOR ENERGY CONSERVATION

- 1) Turn off your computer, lights, stereo, TV and other appliances when not in use.
- 2) Unplug adapters (like your cell phone charger and MP3 player) when not in use, as the charger will use energy 24/7 even when your item is not charging. Use a power strip for items (like an entertainment system) and turn power strip off when not in use (anything with a remote control is constantly drawing electricity).
- 3) Use compact fluorescent light bulbs (CFLs) instead of incandescent light bulbs.
- 4) During the daytime, use natural lighting when possible-open your blinds to brighten up the room. During the night, close your blinds or curtains to keep the heat in your room.
- 5) Save energy with no effort by enabling your computer's energy-saving features. Always turn your computer off if you will not be using it within the next hour.
- 6) Consider energy-efficient computer systems and monitors when you replace a system. Flat-screen monitors use 50-70% less energy.
- 7) Turn your refrigerator temperature down (while retaining a healthy level). Most refrigerators are set at a temperature that is unnecessarily cold, resulting in accidentally almost-frozen food.
- 8) Buy ENERGY STAR®-qualified models.
- 9) Use cold for the wash cycle (instead of hot) when you do your laundry, and always rinse in cold. Colder water also ensures your fabric colors will not run!
- 10) Consider using a clothing rack or hangers to air-dry your laundry instead of using the dryer. This will help the quality of your clothing last longer and the extra humidity from the drying clothes can also make your room feel warmer!

Join us on Earth Day to learn more valuable tips. Look forward to seeing all of you there!