

# The Whistle

# FHEA

VOLUME XXX, NUMBER 3

FALL 2014



This is my third of four letters I will share with you; I cannot believe how fast this year has gone! On August 3rd I had the privilege of accepting the ASHE Platinum Chapter award in Chicago on behalf of FHEA. To represent our chapter at this level was truly an honor. As always ASHE put on a great conference and the leadership session on Sunday was quite good.

On July 18th the Board of Directors met at the Ft. Lauderdale Marriott Coral Springs Hotel Golf Club and Convention Center to survey the facility for our next spring meeting. It's a beautiful venue and will provide a fantastic meeting site for 2015. Thank you, District IV leaders—you did a great job researching sites and

## *The President's Corner*

**SCOTT McCORMICK, CHE, CHFM, CHSP**

suggesting this one! We are currently working to finalize plans to host another CHFM prep class at this meeting so mark your calendars and save the date for May 14-15, 2015.

In other board news the BOD approved sponsorship of the Science Screen Report for another year. Through FHEA's support this award winning video series which focuses on STEM education is provided to most all middle and high schools in the state of Florida; this is a worthy program and has elicited many positive responses from schools across the state.

We have again increased our number of CHEs by 4 to total of 46; this is great news and I hope to see this number grow even more in the future. Our membership committee headed by Lily Salkoff-Piner reported that we have increased membership by 21 new members since January—great job and thank you, Lily!

It is time once again for the Joint FHEA/AHCA Annual Meeting/Seminar and the FHEA Trade Show, September 22-24 at the Hilton Orlando; we have secured an outstanding

faculty for our 52nd Annual Meeting. The speakers include George Mills, Director of Engineering for The Joint Commission, who will provide a 2014 Update, Nate Sanders, VP/Senior Consultant at CGI Consultants, speaking on indoor air quality during construction, and also Angela Timperio, President of Life Safety Enterprises, speaking on succession planning for Facilities Management (which is quite appropriate since we ain't getting any younger!). The theme of our lunch speaker, Leo Pagonis, will be "Each Moment Counts." Leo comes highly recommended as a leadership speaker.

And don't forget the Trade Show which is regarded as one of the best trade shows nationally as many of our exhibitors repeatedly inform us. The Trade show kicks off Monday afternoon, September 22 at 4:30 pm with a reception and ends Tuesday at 2:00 pm. Door prizes will be announced starting at 1:10 pm. Once again our Executive

Director Alethea Vitray has gone above and beyond lining up exhibitors for the show, and once again it is sold out with a record 285 booths.

The 30th Annual AHCA Seminar will focus on the revisions to the major codes and standards used in Florida that are changing on December 31, 2014. Skip Gregory, our partner in this event, has again secured an excellent faculty for this important offering. Please do not delay in registering. The AHCA Seminar represents an ideal place to learn and network with other healthcare professionals as well as get to know the folks that survey and certify our facilities are safe and functional. I always look forward to this opportunity.

If you haven't yet registered for the FHEA or AHCA educational sessions, you can find the link to the joint FHEA/AHCA registration site through [www.FHEA.org](http://www.FHEA.org) in the Annual Meeting section, or go directly to [www.ahcaseminar.com](http://www.ahcaseminar.com).

To Skip, Alethea, and the 2014 Board of Directors I want to say a heartfelt Thank You for the hard work that has gone into bringing you this year's meeting. I am looking forward to seeing everyone in Orlando!

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**ANNUAL MEETING PROGRAM****MONDAY, SEPTEMBER 22, 2014****AHCA Seminar & FHEA Trade Show**

- A.M.**  
6:30-8:30 Registration, AHCA Seminar or dual AHCA/FHEA (*Orange C Reg Desk*)  
10:00 FHEA Registration/Exhibitor Check-in (*Orange C Reg Desk*)  
**P.M.**  
12:30 Board of Directors Meeting - Lunch served (*Lake Lucerne*)  
4:30 **OPENING of FHEA TRADE SHOW** - (*Orlando Ballroom*)  
Reception  
7:30 Trade Show closes - On Your Own - Visit Hospitality Suites

**TUESDAY, SEPTEMBER 23, 2014****AHCA Seminar & FHEA Trade Show**

**TRADE SHOW HOURS: 7:00AM - 2:00PM**

- A.M.**  
7:00 Registration/Check-in (*Orange C Reg Desk*)  
7:00-8:00 **TRADE SHOW** - Continental Breakfast (*Orlando Ballroom*)  
**P.M.**  
12:45 **TRADE SHOW EXHIBIT AWARDS -- announced at winning booths**  
1:10 **DOOR PRIZES -- announced at center food court**  
2:00 Closing of Trade Show  
4:00 District 3 and 4 Meetings (*Lake Hart A and Lake Hart B*)

**WEDNESDAY, SEPTEMBER 24, 2014**  
**FHEA ANNUAL MEETING**

- A.M.**  
7:00 Registration (*Orange B-C Foyer*)  
7:15 CHE Breakfast (*Hosted by Barton Malow, Lake Lucerne*)  
7:30 Continental Breakfast (*Orange B-C Foyer*)  
8:30 **ANNUAL MEETING** (*Orange B-C*)  
Welcome, Introductions, Announcements  
– Scott McCormick, CHE, CHFM, CHSP, President  
8:45 **“Joint Commission 2014 Update”**  
– George Mills, Director of Engineering, The Joint Commission  
10:15 Coffee Break  
10:45 **“Healthcare Construction: How’s Your IAQ?”**  
– Nate Sanders, VP/Senior Consultant, GCI Consultants, LLC  
11:30 **“Facilities Management Succession Planning”**  
– Angela Timperio, President, Life Safety Enterprises  
12:15 Luncheon (*Orange Ballroom F-G*)  
(*Hosted by Ring Power Corp. and Pantropic Power, Inc.*)  
Luncheon Address  
**“Each Moment Counts”**  
– Eli Pagonis, CEO/Founder, The Power of E4, LLC  
**P.M.**  
1:30 **ASHE Update**  
– Robert Huffman, ASHE Region 4 Rep, North MS Med Ctr - West Point  
1:45 **FHEA Annual Business Meeting** (*Orange B-C*)  
– Committee & District Reports – Elections – Awards – Final Door Prizes  
3:00 Adjournment

# REGISTER NOW!

[www.ahcaseminar.com](http://www.ahcaseminar.com)

This website is the joint FHEA-AHCA registration site. You can register for just the FHEA Annual Meeting & Trade Show or both the AHCA and FHEA sessions. Payment by credit card or check.

**AHCA Seminar:** \$595

As in past years, AHCA offers FHEA Active Members a \$75 discount off this AHCA Seminar price.

**FHEA Meeting:**

Active Members \$95  
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\*Contact FHEA office

## FHEA PROGRAM FACULTY



**George Mills**  
 MBA, FASHE, CEM  
 CHF, CHSP  
*Director of Engineering  
 The Joint Commission*



**Angela Timperio**  
 CHEP, CHSP-FSM  
*President  
 Life Safety Enterprises*



**Nate Sanders**  
 CIH, LEED AP  
*VP/Sr. Consultant  
 GCI Consultants, LLC*



**Eli Pagonis**  
 BS, MS  
*CEO/Founder  
 The Power of E4, LLC*

**Special Guest:**



**Robert Huffman**  
 CHEP  
*ASHE Region 4 Rep  
 Dir. of Facility Mgmt.  
 No. Miss. Med. Center-  
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## 52<sup>nd</sup> Annual Meeting/Trade Show SPONSORS

We are truly indebted to these companies who have generously provided sponsorships for this conference.

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View the entire list of companies exhibiting in the trade show at [www.FHEA.org](http://www.FHEA.org)

# Energy Efficient Lighting Solutions for Healthcare

—Michael Smith, Brite LED Lighting, LLC

**N**ew changes in our healthcare law will inevitably impact costs for hospitals and other healthcare facilities. The tightening government controls will require healthcare administrators to identify areas where they can implement long-range cost reductions without affecting patient care.

Energy cost in healthcare facilities is a significant part of the operating budget since hospitals consume twice the energy per square foot as compared to commercial office buildings. In fact, hospitals are the second largest energy consumer in the US according to the EPA. Energy cost, (HVAC and lighting) directly affect the precious dollars healthcare facilities have to operate with. Finding ways to reduce energy by upgrading to energy-efficient lighting is a key area healthcare organizations should look to in order to reduce cost. Energy reduction improvements also increase profitability considerably more than revenue, and lower energy consumption also helps boost sustainability objectives.

## Solid State Lighting (SSL)

In the past, there haven't been many options to reduce lighting costs as changes in lighting technology have been slow to come. When compact fluorescents lights (CFLs) entered the market many healthcare facilities begin retrofitting with them since they do help lower energy cost.

SSLs, which are called LEDs, (light emitting diodes) are now creating a paradigm shift in the lighting industry. LED lighting can reduce costs by up to 80%. In healthcare facilities LEDs will not compromise comfort and the light quality for patients or staff. LED technology can also reduce bulb and fixture replacement cost since the life expectancy far exceeds the life of traditional types of

lighting. Traditional lighting technology is also based on various types of gas, such as mercury, argon, etc. These gases are all toxic and require regulated disposal.

LED lighting is now installed in every area in healthcare facilities, from operating rooms, stairwells, and corridors to outside parking areas and inside garages. Once a healthcare facility or hospital does their research they usually decide LEDs would be a sound long-term investment based on the cost savings and all the benefits that come with them.

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The prices for LED lighting have come down from just a few years ago, and at the same time, the quality and reliability has been greatly improved. Warranties also run up to ten years on all the LED components.

## Benefits of LEDs

Advances in LED technology make them extremely flexible, helping to provide both the light intensity and optical control to meet many of the applications used for lighting. LED luminaires can provide bright, even white light, which is preferable to the light produced by traditional types of gas-based lighting systems which fade. Other advantages include lower heat, physical toughness, design flexibility, smaller size, and faster switching. LEDs can be designed to emit photons (light) that only fall within a certain section of the color spectrum. LEDs are also directional, ideal for surgical areas.

Another advantage of LED technology is the digital nature of the source which is beneficial when using lighting controls, wireless or hardwired. Lighting

controls allow users to turn fixtures on and off manually, or via time scheduling. LED lighting controls allow users to adjust lighting levels to their specific needs, and even adjust the levels of electric light when ample sunlight is available. Most lighting controls are wireless which help keep cost down. Many light control systems are designed to be used in parking garages, stairwells and empty rooms where traffic is limited. Lighting controls is just another way to help further reduce the cost of energy usage while helping to lengthen the life of an

LED. Since LEDs are solid state they also have the flexibility for future upgrades as technology evolves with new software and hardware peripherals.

## Lighting Survey

Companies who specialize in LED retrofits usually start by working closely with the building engineer or the facility department to identify the areas where lighting can be reduced the most. Since most healthcare facilities usually operate on a 24/7 basis, replacing outside HID or even interior fluorescent lighting would immediately help lower energy cost.

"In general, when replacing lighting systems that use fluorescent tubes, the savings are less dramatic," stated Marilyn Cortez, CEO of Brite LED Lighting, LLC, a Florida based LED Company, "however, since most healthcare facilities operate 24/7, re-lamping to an 18w or 20w LED can save a considerable amount of energy in a large facility with tens of thousands of t-12 or t-8 tubes."

Another area for reducing lighting energy cost is outside parking areas or inside garages. If high wattage metal ha-

lids lamps (HID) are still being used they can be easily replaced without removing the entire fixture. Replacing a 450w HID with a 100w LED kit will increase energy savings. With an LED “retrofit kit” it is not necessary to replace the entire fixture, only remove the existing ballast and HID bulb. The ballast is bypassed, wiring is done directly into the power, then the LED kit is mounted. The LED conversion can be done in about 20 minutes. Fast, inexpensive (especially if you have a qualified electrician on staff), all the benefits of LED technology—without the cost of replacing the entire fixture.

HID lights change color; usually you’ll see lumen depreciation decay of about 25 percent in less than 18 months. By comparison, LEDs see very little lumen depreciation over 7-10 years. Higher quality lighting, over a much longer life, these are just a few more benefits LED lighting offers.

## Ancillary Benefits of LED Lighting Solutions

There are new studies about the effect of lighting on the human circadian system, which controls the sleep-wake cycle and plays a large role in our health. New research suggests that the color of the light source can impact our well-being and that fine tuning the color over the course of a day could help patients in a healthcare facility to maintain their natural circadian rhythm. In healthcare facilities lighting affects shift workers, elderly and Alzheimer’s patients and their caregivers. Utilizing LED lighting can help offset the problems with the human circadian system for those who work or stay as patients in healthcare facilities.

LED lighting can change the ambience of a patient room, or specific area by projecting low ambient lighting near a patient’s bed, or in the bathroom. Studies have found that amber LEDs do not interrupt a patient’s circadian rhythm while providing enough illumination for the patient to get up at night without turning on bright fluorescent overhead

lights, which could possibly disturb a patient in a shared room.

## Light Fixtures which Help Eliminate Pathogens

One of the major concerns in any healthcare facility is preventing hospital associated infections (HAI’s). It’s been reported by the CDC that HAI’s cause or contribute to up to 99,000 deaths each year with a cost of \$45 billion dollars.

Five to ten percent of all patients contract at least one hospital-acquired infection during their stay in an acute-care hospital, according to the Centers for Disease Control and Prevention, which is why having cost-effective ways to eliminate pathogens is critical in any healthcare environment. Hospital-borne infections are a leading concern for healthcare medical professionals and patients, who might not even know they are at risk. A new lighting product recently introduced integrates a ceiling mounted air disinfection system which is concealed as a lighting fixture. The system replaces the high wattage troffer and uses less than 100 watts of energy while simultaneously disinfecting the air.

Incorporating LED lighting with a compact disinfection system is often more cost efficient than most stand-alone surface disinfection systems. Additionally, maintenance cost is reduced and inexpensive, requiring only simple, annual replacement of the filter. This new technology offers constant airborne Infection protection, 24 hours a day, every day, using less than energy as compared to a single light bulb.

## Advice for Retrofitting to Energy-Efficient Lighting

Once the decision is made to incorporate LED energy-efficient lighting, make certain the LEDs are UL, and/or DLC certified. There are many companies emerging that promote LEDs, although many are really sales agents pushing the least expensive product they can source from Asia. It’s best to work with a company that provides a strong warranty (5-

10 years) and works on a regular basis with their manufacturers. There are very good Asian manufacturers, in fact some of the best components are made outside the US. Mean Well drivers are made in Taiwan and Nitchia and Samsung (LED diodes) are also very good Asian based manufacturers.

Typical LED warranties from qualified LED manufacturers can be anywhere from 3-10 years, depending on the type of LED installed. Always ask for hours and years since many companies claim 10 years, but the fine print reads, “based on 2.5 hours per day usage.” The fine print is usually associated with smaller wattage LED bulbs purchased at one of the larger home improvement stores we all spend our weekends in.

The only real downside to implementing an SSL solution is the cost. LED lighting is still more expensive than traditional lighting. With that said, LED prices have dropped so retrofitting with LEDs might justify their initial higher upfront cost and are a long-term investment for any large facility.

Get a lighting survey first to see what areas would benefit the most converting to LEDs. It costs nothing to have an LED integrator walk your facility and provide you with a survey. Set up a pilot program with your lighting integrator to check the lighting and quality of their product over several months, if not longer. Monitor the utility and maintenance cost which will provide a true cost of implementing an LED solution.

It’s up to the facility engineer to initiate recommendations and new ideas for ways to reduce energy cost. Plan just one energy project a year starting with one low-risk project which can prove the energy-efficient savings concept. Work with administration to establish annual funding to reduce energy cost, then use the savings the reinvest in future energy savings projects.

Saving energy doesn’t just reduce cost, it also helps lower the carbon footprint and upholds your organization as environmentally sustainable in the community.



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# DISTRICT NEWS



District 1's first Bertram Nass Scholarship in the amount of \$1,000 was awarded to Micah D. Grayson by District 1 President, Lamar Bragg, CHE, CHFM, Facilities Manager at Baptist Medical Park. Micah will be attending the University of Southern Mississippi.

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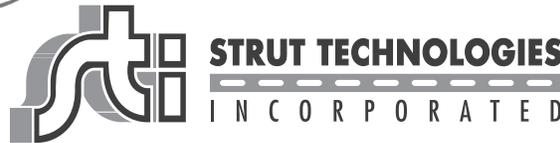
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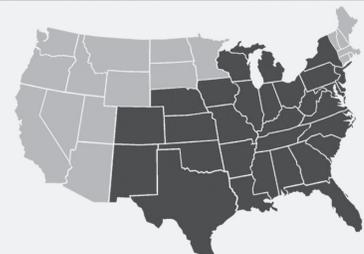
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