



2023 DIRECTORY SCORECARD:



Healing River Chiropractic

Healing River Chiropractic provides holistic chiropractic and nutritional services to restore the body's health, not suppress or control symptoms.

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Workspace is Leased by Business. Few Employees.

Level Achieved: Gold



Overall Score: 87/76 (~115%)

October 2023

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FULL REPORT ON EACH APPLICATION SECTION

The final score is calculated when all the 'Y' answers from the General Organization Practices section, credible explanations for N/As, and the Specific Business Category section check marks are added together. We then award bonus points for filling out the Additional Practices, Goal Setting, and Put in Writing questions.

Healing River Chiropractic's Scorecard Overview

General Business Practices	Score
Community Engagement	4/5
Energy	6/14
Hazardous Materials Management	2/6
Office Practices	5/10
Policy and Employee Engagement	10/13
Reuse, Reduce, Recycle	6/9
Stormwater Pollution Prevention	0/8
Transportation	3/7
Water	2/4
Total number of "Not Applicable" questions specific to the business	+37
Specialized Business Category - Health Services	+8
Bonus Points for Additional Practices, Goal Setting, Put in Writing	+4
Total Score	87/76 (~115%)

Level Scoring: Bronze = 60-79% | Silver = 80-99% | Gold = +100%



PART 1: General Organization Practices

ALL organization applicants fill out this section on the application. Some statements are geared more towards *Site/Building Owners* or *Multiple Employee Businesses*. If you lease your workspace, have a home office, or are a single employee, your organization is exempt from statements and your answer will revert to N/A if you selected "Not Yet" on the application.

N (+1) = We understand. Thank you for explaining your situation.

Community Engagement	4/5 (+1)
C1 Employees receive paid time to volunteer in the community or serve in civic leadership roles. <i>[Multiple Employees]</i>	Y
C2 Recruit and/or hire people from disadvantaged populations and communities. <i>[Multiple Employees]</i>	Y
C3 Sponsor, host, or donate in-kind services or products to community organizations.	Y
C4 Charitable giving campaign or funds-matching program is in place to support charitable donations by employees. <i>[Multiple Employees]</i> C4 - Due to our small staff size of 4 (2 full-time, 2 part-time) giving campaigns and funds-matching programs are not viable.	N/A
C5 We participate in other community activities: Dr. Seth has volunteered to teach at the Northwestern Health Sciences University, Stillwater area high school, and has participated in Stillwater area chamber events. The business has also sponsored the River Valley Yoga Festival.	Y

Energy - XCEL	6/14 (+8)
E1 HVAC system well maintained, building well insulated, and smart and efficient climate control employed. <i>[Site/Building Owner Specific]</i>	N/A
E2 System in place for reducing electricity consumption from lighting and electronics. <i>[Site/Building Owner Specific]</i> E1,2,4,5,8,&14 are Site/Building owner specific. E12- We do not have the faculty to complete energy audits - would the building owners be responsible for this? E13- We do not have the faculty to monitor energy use - would the building owners be responsible for this?	N/A
E3 Use of Energy Star rated appliances and interior CFL/LED light bulbs.	Y
E4 Action on clean energy such as purchase of Renewable Energy Certificates or use of on-site clean energy like solar.	N/A



E5 Exterior lighting is CFL or LED and/or "dark sky friendly" and non-emergency lights are turned off each night to benefit migrating birds. <i>[Site/Building Owner Specific]</i>	N/A
E6 Occupancy sensors or timers are used for lighting in the storage rooms, offices, restrooms, and other common rooms. <i>[Site/Building Owner Specific]</i>	Y
E7 Lighting is dimmed or turned off when adequate sunlight is available.	Y
E8 Water heaters are set to 120 degrees. <i>[Site/Building Owner Specific]</i>	N/A
E9 Window film, blinds, and/or fans are used in the summer to reduce A/C load.	Y
E10 Windows and doors are properly weather-stripped and gaskets on refrigerators and freezers are in good working order.	Y
E11 Rechargeable batteries are used for radios, cameras, and other electronics.	Y
E12 A baseline energy audit has been completed within the last three years to assess efficiency upgrade opportunities. <i>[Site/Building Owner Specific]</i>	N/A
E13 Energy use is monitored annually and conservation opportunities are evaluated. <i>[Site/Building Owner Specific]</i>	N/A
E14 Location is in a high-performance building (LEED, Living Building Challenge, Earth Advantage, etc) and/or have a green building policy. <i>[Site/Building Owner Specific]</i>	N/A

Hazardous Materials Management	2/6 (+4)
H1 Potentially hazardous products such as paints, solvents, and cleaners are safely stored and disposed of properly.	Y
H2 Electronics are donated or recycled properly.	Y
H3 Certified green cleaning companies are used or specified in janitorial contracts if applicable (except where required differently by health code regulations). <i>[Multiple Employees]</i> H3 - Our cleaning service is independently contracted and does not use harsh chemicals - but she is not certified as a green cleaner. H4,5,6 - Site/Building owner specific.	N/A
H4 Fluorescent tubes and CFL bulbs are safely stored and properly recycled. <i>[Site/Building Owner Specific]</i>	N/A



H5 Eco-conscious companies are used for landscaping and/or auto repair if they are available. <i>[Site/Building Owner Specific]</i>	N/A
H6 A chemical assessment is conducted annually to identify and eliminate potentially hazardous or toxic chemicals, including on-site and in the supply chain.	N/A

Office Practices	5/10 (+4)
OF1 Electronic communication (email) is primarily used rather than printed documents. Communication is paperless as much as possible, printing documents only when necessary and using two-sided printing.	Y
OF2 Use of 100% post-consumer recycled, chlorine-free paper in the office and in all envelopes, marketing, and print materials. OF2 - we have made efforts to use these materials (our new patient folders are the same folders the green business directory uses!) but to use these materials in ALL office materials is beyond our budget currently.	N (+1)
OF3 Use of green or local caterers for events.	Y
OF4 Direct deposit used for payroll to save paper, time, and postage. <i>[Multiple Employees]</i>	Y
OF5 Use of only non-toxic cleaning and pest control products. <i>[Multiple Employees]</i>	Y
OF6 Fair Trade https://www.fairtradecertified.org and USDA-certified organic coffee and tea served in the office. OF6 - No coffee or tea is served at the office. OF8 - Site/Building owner specific.	N/A
OF7 A designated equipment reuse area is in place, such as for office supplies, furniture, electronics, etc.	Y
OF8 Modular carpet tiles are used so damaged areas can be replaced as needed. <i>[Site/Building Owner Specific]</i>	N/A
OF9 Use window decals or films to prevent bird collisions into windows. Birds often try to fly through transparent glass that they cannot detect. Details here: https://abcbirds.org/glass-collisions/ OF9 - We are going to be pursuing this, but the building owners must approve the changes - it may not be up to us ultimately.	N
OF10 Rent equipment that you use infrequently. OF10 - There is no equipment that we need which we do not own and use daily.	N/A



Policy and Employee Engagement	10/13 (+3)
P1 A green team or individual has management's support to implement sustainability efforts. [Multiple Employees]	Y
P2 New employees have training on sustainability best practices, including waste reduction, recycling, and commuting options — and all employees get refreshers on these subjects at least once a year. [Multiple Employees] P2 - there is ongoing training / daily corrections, but we do not have a system in place to use business hours to refresh these subjects. P5 - our basic employment code of conduct includes everything listed in this question, but it is not posted publicly anywhere. We will be contacting our website / social media manager to make this public on our website soon. P6 - U.S. Bank. I don't think they are considered environmentally responsible.	N/A
P3 A living wage is provided to all employees. Living Wage Calculator: https://livingwage.mit.edu [Multiple Employees]	Y
P4 Workplace is set up to adhere to social distancing standards and best practices in a pandemic to protect workers and customers. [Multiple Employees]	Y
P5 A social responsibility mission statement has been established and is shared with both employees and the public. Code of conduct includes at a minimum, prohibitions on child labor, forced labor including forced overtime, unsafe working conditions, and gender and ethnic discrimination. [Multiple Employees]	N/A
P6 Banking with a community development, minority, or socially & environmentally responsible bank or credit union. [Multiple Employees]	N/A
P7 Work schedules released at least two weeks before shifts begin; last minute schedule changes rewarded with increased hourly rate. [Multiple Employees]	Y
P8 Employees have access to family friendly benefits including high-quality health insurance, sick days, paid parental leave, and childcare help. [Multiple Employees]	Y
P9 Local sourcing of supplies and components wherever possible.	Y
P10 Has an established non-discrimination policy and procedure, and ensures an inclusive workplace culture. [Multiple Employees]	Y
P11 Is open to employee input. Has a whistle blower protection policy in place. [Multiple Employees]	Y



P12 Uses transparent and truthful marketing.	Y
P13 Support green business practices in your industry.	Y

Reuse, Reduce, Recycle	6/9 (+3)
R1 Recycling bins are clearly labeled and in every location where recyclables are generated.	Y
R2 Knowledge of recycling/composting guidelines at your local recycling/composting facility.	Y
R3 Food scraps are composted. R3 - we lease a public office space which does not allow composting.	N/A
R4 Maximum amount of waste is reused or recycled including paper, plastic, metals, glass, electronics, and printer ink cartridges.	Y
R5 Reusable or BPI* compostable dishware is used in day-to-day operations. (*Biodegradable Products Institute https://bpiworld.org)	Y
R6 Use of a certified E-Steward for electronics recycling. http://e-stewards.org R6 - Our business is not large scale enough to need an electronics recycling program - all expired electronics are recycled at appropriate recycling centers.	N/A
R7 Reuse packing peanuts and bubble wrap.	Y
R8 Encourage suppliers to deliver products in reusable containers that they can take back. R8 - We do not have a specific supplier - we would be asking UPS/USPS to take their packages back - but we do reuse the boxes & packaging our supplements come in for mailing packages out to clients and recycle the boxes that are too big for mailing.	N (+1)
R9 Repair, reuse, or recycle pallets, crates, boxes, and buckets.	Y

Stormwater Pollution Prevention	0/8 (+8)
S1 Storm drains are permanently marked to provide pollution warnings. S1 - there are no storm drains in our parking lot - would this be site/building owner specific if there were? S2,3,4,5,6,7,8 - Site/Building owner specific.	N/A



S2 Outside garbage and recycling containers are in good condition, have lids, and the enclosure is free of litter. This includes an outdoor cigarette disposal unit if one is used for guests and employees that are emptied regularly. <i>[Site/Building Owner Specific]</i>	N/A
S3 Parking areas and loading docks are kept free of litter and oil drips and containers or signage discourage littering. <i>[Site/Building Owner Specific]</i>	N/A
S4 Stormwater management facilities, such as bioswales and eco-roofs, are in place and maintained to regulatory standards. <i>[Site/Building Owner Specific]</i>	N/A
S5 Storm catch basins are cleaned annually. <i>[Site/Building Owner Specific]</i>	N/A
S6 A tree canopy adjacent to paved areas or the street supports stormwater management by reducing runoff. <i>[Site/Building Owner Specific]</i>	N/A
S7 Landscaping is done with sustainability in mind, especially considering runoff and stormwater management. <i>[Site/Building Owner Specific]</i>	N/A
S8 The majority of landscaping is native and drought-tolerant. <i>[Site/Building Owner Specific]</i>	N/A

Transportation	3/7 (+4)
T1 Incentives are provided for employees to choose public transit, alternative transportation, or carpooling. <i>[Multiple Employees]</i> T1 - we do not have the resources to provide incentives, and the four employees do not live on carpool-friendly routes between us. T3 - A chiropractor cannot work remotely. T4 - Site/Building owner specific. For the one employee who could use a bike to get to work, we have space inside the building to safely stow it. T7 - we do not have distribution/shipping vehicles.	N/A
T2 Teleconference and video conference technologies are used.	Y
T3 Employees can telecommute (work remotely from home). <i>[Multiple Employees]</i>	N/A
T4 Bike parking and/or bike lockers are available. <i>[Multiple Employees]</i>	N/A
T5 Staff knows and can recommend to customers the location of the nearest electric car charging station. Or electric vehicle charging is available on site. <i>[Multiple Employees]</i>	Y



T6 A “no-idling” policy is promoted for cars and trucks and vendors who deliver goods and services.	Y
T7 Distribution and shipping vehicles are used at full capacity and transportation routes are optimized to reduce fuel consumption.	N/A

Water	2/4 (+2)
W1 Faucets, fixtures, and hoses do not leak. <i>[Site/Building Owner Specific]</i>	Y
W2 Faucets in kitchens, break rooms, and restrooms have aerators installed (1.5 gallons per minute or less for kitchens and break rooms; 1 gallon per minute for restrooms). <i>[Site/Building Owner Specific]</i>	N/A
W3 Only tap water is provided; no bottled or delivered water.	Y
W4 Water use is monitored and evaluated annually for conservation opportunities. <i>[Site/Building Owner Specific]</i>	N/A

PART 2: Specific Business Category Section

Business applicants filled out their specific category for this section.

<p>Health Services, Wellness, Yoga, Meditation Includes salons, acupuncture, chiropractor, aromatherapy, counselors, dance/movement teachers and studios, dentists, therapists, yoga teachers, physical therapy and trainers, and studios</p>	+8
<p>HE1 Health and/or wellness services use the greenest medical, beauty, and cleaning products available.</p> <p>HE2 Packaging is recyclable or compostable.</p> <p>HE4 All staff have at least the minimum professional certifications or licensing appropriate to the field as well as senior practitioners on staff.</p> <p>HE5 Provides for the needs of those with special needs such as allergies or chemical sensitivity, or those with mental or physical disabilities.</p> <p>HE6 Reliable education for the community on wellness and how it relates to the products and services provided.</p> <p>HE7 Use of a green office or facility, including resource reuse and maximum use of post-consumer recycled resources as well as maximum water and energy efficiency.</p> <p>HE9 When selling body care, pet shampoo, or edibles of any sort, complete ingredient list where the product is sold on the website and on product packaging.</p> <p>HE10 Practices in place that ensure safety of vitamin and supplement products.</p>	



DOES NOT APPLY

HE3 Detailed and responsible procurement policy for evaluating environmental impacts of products. **We are not large enough to need a procurement policy - we have focused on the quality of the product and always try to order a large enough volume to attain free shipping, which cuts down on total amount of orders made (less transportation impact on the environment)**

HE8 When selling goods made outside the US, robust and verifiable systems for ensuring at minimum prohibitions on child labor, forced labor including forced overtime, unsafe working conditions, and gender and ethnic discrimination. **We sell Shungite from Russia - we have no idea how we would create and maintain these systems to verify the listed requirements.**

PART 3: Additional Practices, Goals, "Put It In Writing"

Business applicants had the opportunity to add additional practices that are not already on the applications, set goals to strive for in the future and put their practices and goals into a written sustainability policy. Businesses are awarded bonus points for filling out this section.

Additional Practices	+2
<ul style="list-style-type: none"> - we order products in bulk - we do business with local business owners as much as possible - all office furniture is secondhand 	
Goal Setting	+2
<ul style="list-style-type: none"> - make our social responsibility mission statement & labor responsibilities public by Oct 2024 - investigate window stickers / solutions for bird safety by Oct 2024 	
Put It In Writing	+



PART 4: Feedback & Suggestions to Improve

After organization applications have been reviewed and scored, they will be awarded a level and receive feedback and suggestions to improve their sustainability score.

Businesses can win back points if they **give reasonable explanations for not doing any** or **if they set a goal to adopt any** of the following statements:

Office Practices

OF9 Use window decals or films to prevent bird collisions into windows. Birds often try to fly through transparent glass that they cannot detect. Details here:

<https://abcbirds.org/glass-collisions/>

Additional Suggestions

Creating a Sustainability Policy:

A Sustainability Policy shows your dedication towards reducing your carbon footprint, decreasing waste, and improving sustainability in your community and business. There isn't a standard layout for Sustainability Policies. Some businesses provide a paragraph explaining their commitment, some provide a bulleted list, and others create multi-page strategic planning and sustainability reports. Remember that a Sustainability Policy should be simple and easy to understand. Check out our full guide to creating a sustainability policy: <https://www.greenstillwater.org/sustainability-policies>

Find More Sustainability Resources:

Want to make your business more green and sustainable but not sure where to start? Well, start here! > <https://www.greenstillwater.org/resources>

- **Green Business Network** - Green America is a national nonprofit based in Washington, D.C. that provides guidance, resources, and national certification for 40+ kinds of business.



Now that you are in our local directory, how would you like to be in a national directory too?

[GreenAmerica's Green Business Network](https://www.greenamerica.org/gbn/) uses the same criteria we use to certify your business (they loaned it to us). Be certified by Green America, and you'll get in front of a national audience with your products and services. Give your company access to a huge, new market of possibilities.

[\(https://www.greenamerica.org/gbn/\)](https://www.greenamerica.org/gbn/)

