

Nightingale Highlights

NOVEMBER 2022



Embrace National Gratitude Month

November is National Gratitude Month. This monthly observance reminds us to embrace the power of gratitude. Being grateful and thankful can shift our mindset from negative to positive thinking.

Practicing gratitude comes with many benefits such as enhancing our mood, decreasing stress and improving overall physical and mental health. Besides developing a greater connection to yourself and the world around you, you can lower anxiety and blood pressure levels, increase peace and happiness and create more fulfilling personal and professional relationships. That is just a small list of benefits and there are many more to experience, but you may be wondering how exactly do you practice gratitude?

Journaling – The act of daily journaling is significant to practicing gratitude. Start small by jotting down three things each day that you are grateful for. These can be an important person in your life or a big or small task you achieved that day. The important thing is that you are dedicating a few minutes each day to acknowledge the positive aspects of your life.



Giving Back – There is no better way to show your appreciation than to give back. Volunteer your time or donate to important causes or local charities. Giving back creates a cycle of gratitude that helps enhance positivity and growth for yourself and the community you live in.

Sharing it with Others – Express your gratitude to those that matter most. Letting people know you appreciate them and their friendship, is a great way to strengthen those relationships and lift someone else's spirits.



Take time this November to practice gratitude. Start with some of the activities above to create positive energy and unlock the benefits of this simple yet impactful practice.

Mayor Crombie visits Nightingale Corp



On Monday November 14, 2022, Nightingale Corporation had the great opportunity to host Mississauga Mayor Bonnie Crombie at our newly renovated Mississauga headquarters. Since being elected in 2014, Mayor Crombie has been advocating and working towards a brighter future for the city.

For the past 35 years of its 95-year history, Nightingale has been proud to be an integral pillar of the Mississauga business community and call Mississauga home. The 250,000 sq ft head office, design hub and modern production plant has recently undergone a transformative renovation. The multi-million-dollar upgrade has further strengthened the Company's commitment to the environment, innovation and sustainability.



During her visit, Mayor Bonnie Crombie and her team had the opportunity to learn about Nightingale and experience the quality of our made-in-Mississauga office seating products. Mayor Crombie toured the entire facility, which included the manufacturing plant, state-of-the-art Research & Development Lab, Innovation Lab and our office and showroom spaces.

After the tour and interacting with Nightingale employees, Mayor Crombie was invited to a cake cutting ceremony where she gave a speech congratulating Nightingale for its success, longevity, innovation, and steadfast commitment to the Mississauga Community in which it operates.

The mayoral visit was a positive and impactful experience for all Nightingale employees. Nightingale Corporation is very grateful to have hosted the honorable Mississauga Mayor Bonnie Crombie and her team and thankful to be headquartered in a world class city.



Cricket II: Now with Casters



Nightingale's functional and comfortable **Cricket II** stackable guest chair now comes with casters. The **502-CA model** enhances the Cricket II's traditional curved back and waterfall seat design to provide users with enhanced comfort and support with the added benefits of mobility and freedom.

The flared arms are integral to the chair's structure and function as they connect to the angled legs that allow for stability and smooth movement of the 2" carpet casters.

The newest Cricket II model features:



Upholstered Seat & Back: With high density foam for durability and comfort that can be upholstered in our wide selection of textiles.

Durable Frame: Flared black nylon arms with a frame 7/8" outside diameter, made from heavy duty round tubular steel, provides the chair with its structure and ability to support the user as they move throughout the day.



Waterfall Seat: Designed to reduce muscle fatigue.



More Comfort: Wider seat and back for elevated comfort and support.



Lumbar Support: Compound curved back provides superior comfort and support.

Smooth Movement: 2" carpet casters with angled legs for stability.



Enjoy the upgraded Cricket II in its latest 502-CA model with casters. Its innovative design allows for mobility making this chair perfect for workspaces that need to be versatile and easily reconfigured.

TIME OF DAY:

The Key to Working More Efficiently

Whether working from home or in the office, people are always looking to maximize their time. Most of us use day planners and schedules to keep on top of tasks and meet deadlines. But what if there was a method that could improve personal performance and elevate corporate results? The answer is to divide your tasks and execute them according to time of day.

Generally, a workday consists of three modes of thought:

Analysis, Administration, and Brainstorming.

According to studies, there is an optimal time of day to tackle specific tasks. This is determined by the type of thinking that is required to successfully complete particular work. The time of day correlates with changes in brain power as the day goes on. Our ability to focus and perform certain tasks fluctuates during the day. This chart identifies when these changes occur and how best to plan your day to achieve the greatest results.



Brain Power	Time of Day	Task
Peak	Morning	Analytical Thinking
Trough	Early Afternoon	Administrative Work
Recovery	Later in the Day	Insight/Brainstorming

This chart signifies that the best time to perform a task depends on the nature of it. Understanding this phenomenon will help individuals and team leaders schedule workdays and meetings more effectively. By identifying the skills required to complete a task, you can block out the best time to work on it and ensure you are using your brain to its fullest potential. It is important to be intentional when scheduling individual and group work. For example, holding a meeting after lunch will likely lead to poor collaboration as most people’s brain power will be in the trough period of the day. However, if held in the morning when brain power is at its peak, communication and critical thinking skills will be stronger and lead to more valuable discussions.

Challenge yourself to consider the “when” rather than just the “what” of your daily work routine. Try this method to determine if planning tasks by time of day allows you to make the most of your schedule.

ABOUT US

Founded in 1928, Nightingale is a contract seating manufacturer that puts purpose before profit. By collaborating with top designers, engineers and research teams, we create quality ergonomic products that are good for your body and the planet. Nightingale is one of the country's Greenest Employers and is committed to building products with minimal carbon footprints that are recyclable, sustainable and durable. All our products are made in our waste-free facility powered by clean energy. As one of the country's Best Managed companies, Nightingale's commitment to comfort, quality and innovation drives our vision to be a global industry leader.

We invite you to visit us at www.nightingalechairs.com to view all our quality seating options, obtain virtual literature, use the My Chair Maker app, learn more about our green initiatives and discover Nightingale's story.



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