

GAIL'S GAB!



KERSHNEROfficeFurniture

WHAT IS NOVEMBER???

Wow! its November! The Holiday season has already started at Kershner Office Furniture and food is rolling in. So once again I will surrender to the weight gain. It's just too hard to pass up all the wonderful holiday treats. Its all about the "Spirit of The Season" which I find is..... Oh So SWEETEEEEET!

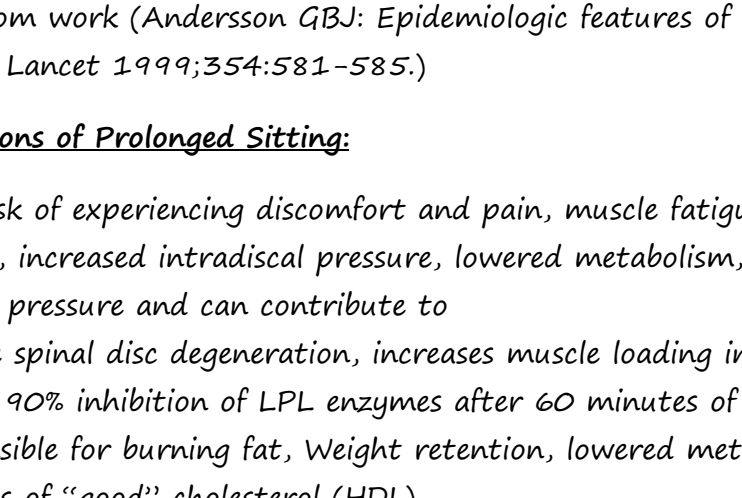
What is November? Daylight Savings, days are short, and nights are so loooooong (too long right), WINTER is on our heels. It's Thanksgiving when we come together to be grateful for the health and happiness and family and friends sharing great times over a beautiful meal. November is the month to be perhaps being THANKFUL shouldn't stop at November.

Perhaps we could extend it into December and be thankful for the beautiful holiday celebrations and allowing the spirit of the season into our hearts, and also January we can be thankful for another new year and snow (yes, I love the snow), and not to forget February being "Love", and also including March, The Flower Show, Daylight Savings, and Spring. We could also continue being thankful for the remaining months as well. Yes, being thankful can go la long way. #THANKFUL #

How many of you started your HOLIDAY SHOPPING???



Spoiler Alert.....perhaps you were unaware but there are only 3 weeks between Thanksgiving and Christmas. Yikessssssss! Better start soon. Thanksgiving evening, Black Friday, Cyber Monday, are BIG retail days. Will the gifts be for the Home, or Office, or Home Office???????? Will it be an Appliance, Clothes or toys or a car (like one of Oprah's favorite things)? I hope you weren't one of those people that ordered furniture for your living room hoping it would arrive for the Holidays. Talk about stress????? But a quick ship task chair? No problem. LOL. I just had to do it. #gotaloveholidayshopping



Men's Health Awareness Month

What is this??????? So listen up GUYS!!! This an event all about MEN. Yes MEN! November November 1st- November 29th

- 70% of the US workforce sits in an office, the typical American spends 95% of the workday sitting

- Prolonged sitting is linked to a variety of musculoskeletal concerns:
 - Low back pain, weight gain, increased risk of cardiovascular disease, increased risk of circulatory problems

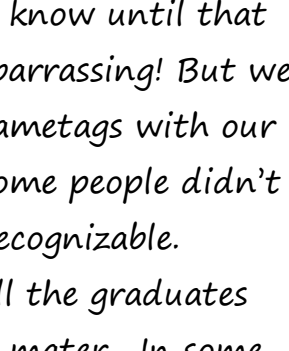
- Low back pain is second only to upper respiratory infections as a cause for absence from work (Andersson GBJ: Epidemiologic features of chronic low-back pain. Lancet 1999;354:581-585.)

Health Implications of Prolonged Sitting:

- Greater risk of experiencing discomfort and pain, muscle fatigue, reduced blood flow, increased intradiscal pressure, lowered metabolism, elevates spinal disc pressure and can contribute to premature spinal disc degeneration, increases muscle loading in the neck and shoulders, 90% inhibition of LPL enzymes after 60 minutes of sitting that are responsible for burning fat, Weight retention, lowered metabolism, and lower levels of "good" cholesterol (HDL)

It raises awareness of men's health issues including but not limited to the following: Prostrate cancer, testicular cancer, mental health and men's suicide. Now this is the fun part! You can raise awareness by growing a mustache. Yes, that's right a MUSTACHE!!! Easy Peasy!!!

Please see below for some for some astounding statistics regarding what you can do to improve your health in the workplace. Special thanks to the one and only Pasquale Capocci from Humanscale for providing me with the following:



Health Implications of Prolonged Standing:

- Prolonged standing is more tiring and requires 20% more energy to sustain than sitting
- Linked to foot pain, varicose veins, and static muscle fatigue
- Causes joints in the spine, hips, knees, and feet to become temporarily immobilized, which can cause damage to tendons and ligaments

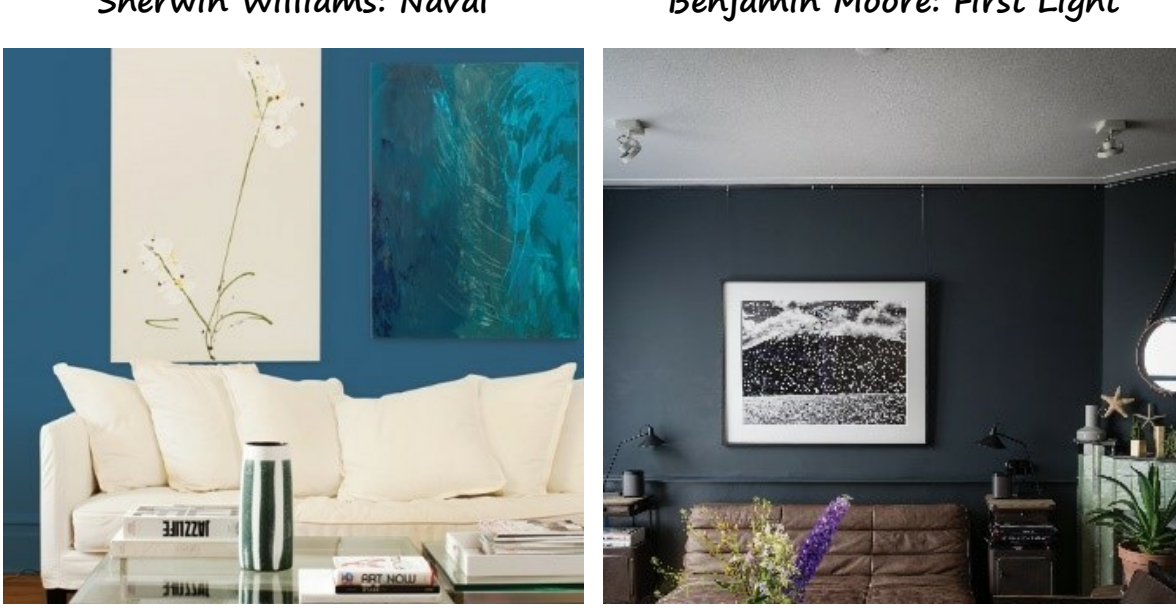
The Solution:

- Movement is Key!
- There is increasing evidence that varying posture throughout the day has significant health benefits
- Movement throughout the day allows the body to activate enzymes and speed metabolism in ways that intense exercise cannot
- It was possible to burn an additional 340 calories per day by spending two hours standing instead of sitting
- The same study found that physically active work protects against heart disease.
- Those who sat for prolonged periods suffered three times the rate of heart disease and more than twice the rate of death after a heart attack than those who were active during work (Levine, James, and Selene Yeager. 2010. Move a little, lose a lot. Waterville, Me: Thorndike Press.)

THE REUNION

Last month was my high school class reunion. OMG! It was tons of fun.

But what a wakeup call! There were about 170 who attended the Reunion. We had roughly 490 students in our class. It was the largest class to graduate from Springfield High School at the time of our graduation. At the Reunion dinner, the consensus was the guys looked really mature (you know, old and I mean old) and the women looked amazing (young). However, there was a noticeable number of women with short hair for some reason. I think everyone had glasses. LOL. And the hot topic was knee replacements! I think probably one of the most amazing things was a guy who my husband and I became friends a few years ago actually graduated with me and we didn't know until that night when we ran into him at the reunion. How embarrassing! But we all got a good laugh from it. I was grateful for the nametags with our senior picture on it, so people knew who you were. Some people didn't change much but other people were totally unrecognizable. #Lovethenametags. Toward the end of the night all the graduates gathered for a group pic and then we sang out alma mater. In some ways the night was too short. It really was great to see everyone again possibly some for the last time. It really was an amazing night.



TRENDING NOW!

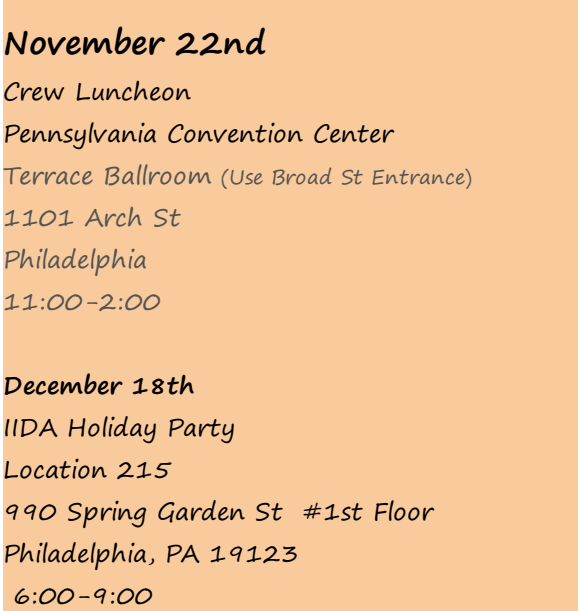
Get Ready, Get Set, Goooooooooooooooooooooooo. It has already started. The "COLOR of THE YEAR"!!!!!! I always get crazy excited when this time of year comes around. I just love to see the new trends and to see what the major paint manufactures are going to select for their "COLOR OF THE YEAR" So let's get started! #thewonderfulworldofcolor.

Benjamin Moore selected: First Light 2102-70. This was a surprise. Pretty in Pink! It is a dainty pink hue and a bit residential. It was selected to reflect the "new definition of the home to satisfy the core needs in life: community, comfort, security, self-expression, authenticity and ultimately, optimism. This description reflects NeoCon 2019. Wow, that is a lot for the dainty pink hue. After looking at this color it could pair nicely with the SW Naval (see below). What a perfect segway! (3 Thumbs up)

Sherwin Williams selected: Naval SW6244. (navy blueish) This is a winner. I think it will be appropriate for Commercial as well Residential and Hospitality. It is a color that exudes confidence. It is a classic with hints of the Art Deco period. It reflects the calming side of nature even though it can be bold in appearance. (4 Thumbs up)

PPG selected: Chinese Porcelain (blue family again) This is a gorgeous color. I think it would be appropriate for Commercial as well Residential and Hospitality. It is a classic cobalt blue with energy and charm. (4 Thumbs up.)

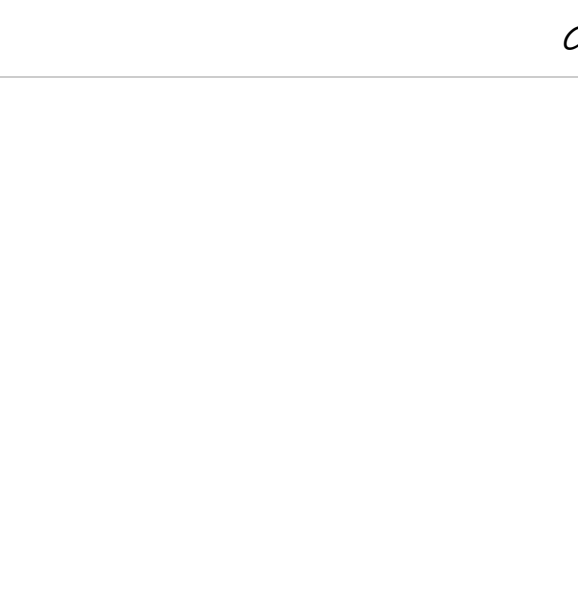
Farrow and Ball: Are also showing inky blues with our favorite neutrals. (4 thumbs up always)



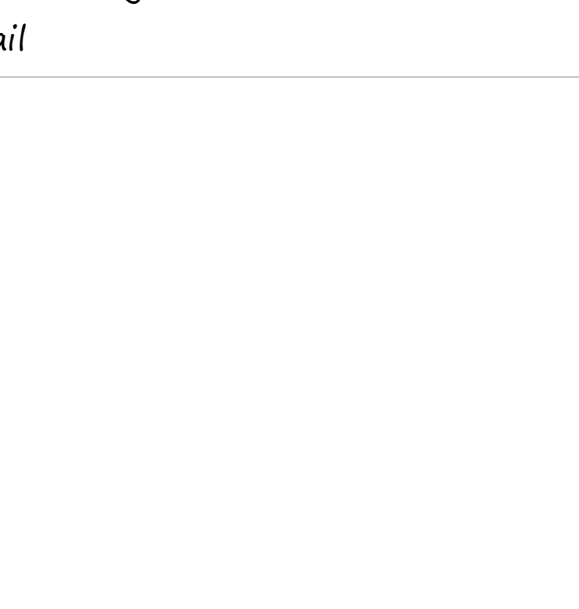
Sherwin Williams: Naval



Benjamin Moore: First Light



PPG: Chinese Porcelain



Farrow & Ball: Black Blue #95

GAB FEATURED PRODUCT

Well its about time! This was the talk of NeoCon! I can't believe I haven't featured it until now. So for those of you who have seen the Kershner Post Neocon Designer Highlights presentation you will know that the OBEYA took Neocon by storm. This is an amazing piece of furniture. It is an open framework construction which implies the setting of an enclosed office which you can customize into whatever interior setting is needed. It can be an office, a breakroom, and collaborative space and whatever you may need that offers privacy and openness all in one. The framework is offered in warm woods. The 90" privacy panels come in full height or half height, the panels are offered in slats, white boards, and tack surface, it also can be powered. It also was awarded best of NeoCon!!!!!! Please see the pictures below for a better understanding.



EVENTS AND HAPPENINGS - NOVEMBER & DECEMBER

November 22nd

Crew Luncheon
Pennsylvania Convention Center
Terrace Ballroom (Use Broad St Entrance)
1101 Arch St
Philadelphia
11:00-2:00

December 18th

IIDA Holiday Party
Location 215
990 Spring Garden St. #1st Floor
Philadelphia, PA 19123
6:00-9:00



til' next time - be well - and remember I am here to HELP YOU so call me @ 610-768-0200 or email me at gail@kershneroffice.com
Gail