



# TAKE TWO

**SPEAKER  
SERIES**

# AGING WELL

## JAN 30, 2020

**3:30 P.M. | Andy's Place (AH100)**

University of  
Lethbridge



**Presenting a Research Café | 3:30 to 4:30 p.m.**  
Coffee and cookies served



### **JON DOAN**

**Kinesiology & Physical  
Education**

The phenomenon of bridge employment (paid full- or part-time work done by adults after the traditional age of retirement) has gained support in North America, with multiple motivating factors for extending the working life. Questions remain, however – appropriate work demands for older adults are neither well-established nor well-applied, and excessive musculoskeletal loading or raised perceptions of discomfort may eventually negate the health benefits of extended work. In this talk I will present trends in work status, work demands, musculoskeletal discomfort, and physical activity amongst active older Albertans sampled over the past decade, and we will discuss age-based ergonomic interventions that move beyond a ‘one size fits all’ approach.



### **JULIA BRASSOLOTTO**

**Faculty of Health  
Sciences**

Sexual expression is often overlooked in continuing care homes, despite evidence of residents’ ongoing need for intimacy, connection, and self-expression. There are currently no policies or guidelines related to sexual expression in Alberta’s continuing care homes. In the absence of related policies or education, staff, family members, and residents improvise to the best of their abilities. In this talk, I will discuss the challenges that come with “just winging it” and offer some targeted recommendations.