

## From the Editor

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The leaves are turning beautiful shades of orange, red and yellow as I write this *From the Editor*. It is also during my observance of the Days of Awe, 5777 in the Jewish calendar. These are the High Holy Days where we work on *teshuva*, *tefillah* and *tzedakah*. That is, *self-repair*, *honest connection* and *loving acts that restore justice*. During these eight days of reflection we ask ourselves questions such as, “What am I grateful for?”, “When do I most feel that my life is meaningful?”, “What was my greatest disappointment in the last year and what were the lessons learned?”.

There was one reading that was particularly meaningful to me by Rabbi Karyn Kedar of Deerfield, Illinois, USA. She wrote: “To recreate our lives in the New Year, it seems that we are to use materials of the past to form a vision for the future. This takes great care. Memory can serve as a crutch if we believe that we are somehow crippled, or memory can service as a foundation for growth, it can make the difference between living in the past and building upon the past... As we retell the story of our lives, one question is most helpful: What have we learned? Every moment, event, person, is an opportunity for learning and is ultimately the foundation for growth. In fact, that may be the difference between being someone who lives in the present and someone who is frozen in the past. Have you learned the lessons of the moment?”

This issue of *WORK* contains 23 articles on a variety of topics which I am sure you will find informative. Although each article advances the evidence literature and are thoroughly enjoyable to read, one of the articles, *Work-Life Balance – Does the Age Matter?* by Anita Ritchert-Kazmierska and Katarzyna Stankiewicz was particularly meaningful

given this time of reflection. In fact, I have invited Anita and Katarzyna to provide the *Learn at WORK* webinar on March 22, 2017 from 1:00pm-2:00pmEST. As described in previous issues of *WORK*, *Learn at WORK*, is a complimentary webinar series where each webinar provides a presentation by and conversation with authors whose evidence-based research article was published in *WORK*. The easy to access platform makes the webinars available globally. Here is the final webinar for 2016:

- December 8, 2016; 1-2pmEST – Dr. Tom Albin will discuss *Computer Ergonomics: State of the Art*

As mentioned, we are already planning the 2017 *Learn at WORK* webinars and welcome you suggesting which articles published in *WORK* you would enjoy learning more about. Please send me an e-mail (E-mail: [kjacobs@bu.edu](mailto:kjacobs@bu.edu).) with the title and I’ll look into the authors’ availability.

You can listen to *Learn at WORK* webinars on our *Learn at WORK* YouTube channel at: <https://www.youtube.com/channel/UCOJalCXvSg9fPHaFFs48PuQ>. I hope you will subscribe, too.

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As always, I welcome hearing from you.

All my best,

Karen  
Founding Editor, *WORK*  
Occupational therapist & ergonomist  
E-mail: [Kjacobs@bu.edu](mailto:Kjacobs@bu.edu).  
[blogs.bu.edu/kjacobs/](http://blogs.bu.edu/kjacobs/)