



Association for Applied and Therapeutic Humor

HUMOR CONNECTION

Monday December 22, 2014

"The Home for Humor & Laughter Professionals!"

Thank you



Cancer Treatment Centers of America

Winning the fight against cancer, every day.*

CTCA is the home of integrative and compassionate cancer care. They never stop searching for and providing powerful and innovative therapies to heal the whole person, improve quality of life and restore hope. 1-877-219-7471 Visit CTCA



GREETINGS

Yes, Virginia, there is a Santa Claus.

No matter what you celebrate, tis the season to be jolly. Spread laughter and good cheer all throughout the land.

Cheers!

Kelly Epperson, editor

Send in your member news to kelly@kellyepperson.com

And remember, find us on:

- Facebook
Linked In
Twitter



"What do you call a kid who doesn't believe in Santa? A rebel without a Claus."

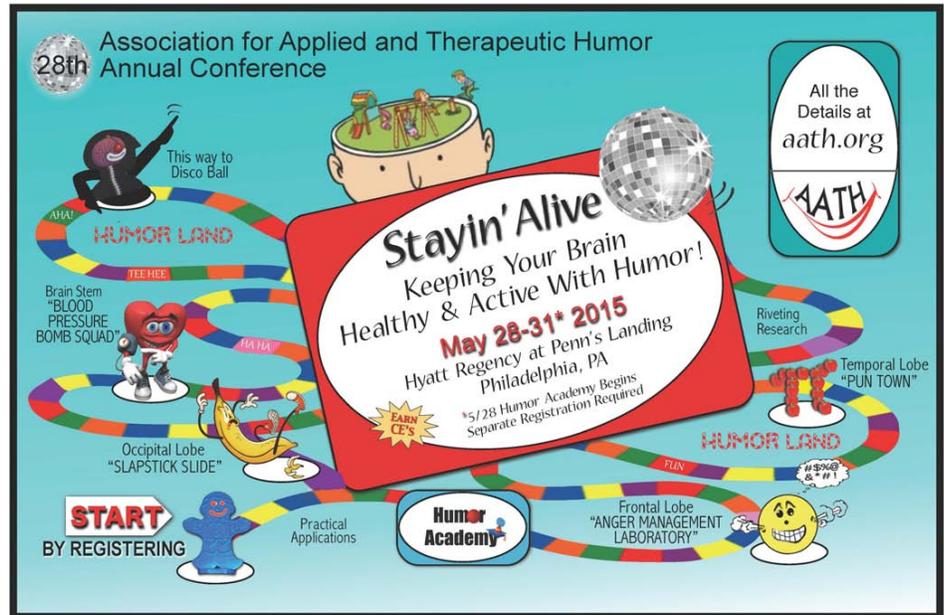
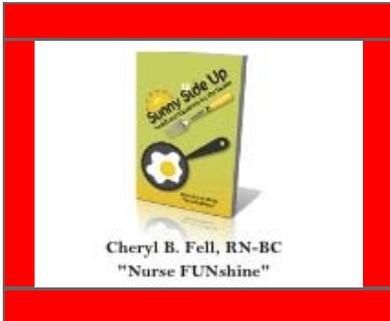
Annual Conference

You don't want to miss out! May 29-31, 2015 is the 28th Annual AATH Conference. "Stayin' Alive: Keeping Your Brain Healthy & Active With Humor." The Hyatt Regency at Penn's Landing in Philadelphia, PA awaits. Can't wait to see YOU there! Bring a

Andrew Sabin
Family Foundation

friend!

Calling all Researchers! Research Poster Session applications for the 2014 conference are available now. <http://www.aath.org/call-for-research-posters>



Look for information on registration shortly!

"What do you get if you eat Christmas decorations? Tinselitis!"

BOOK REVIEWS

Thank you to Diane Roosth!

Sporty King, "I Found Out I'm Dying: A Celebration of Life in SPOETRY"

Sporty King is a member of the National Speakers Association, Professional Speakers of Illinois, and Toastmasters International. And of course, AATH. His SPOETRY (Sporty's Poetry Opens Emotions To Reach You) is a favorite among friends at AATH conferences.

A native of Harlem in New York City, he began writing poetry at age 14. In SPORTY's theme poem, "The Gift of Laughter," he mentions laughing about the experiences in our lives. He reminds us to "don't ever pass up a chance to laugh" because when we "want to laugh...we...can."

Sporty talks about the gift he calls LIFE ("Lessons Intended For Everyone"). He shares his

philosophy and wisdom through his writings. He shares poetry about his work with children on Career Day, emotions such as fear and love, and the importance of taking “the time to keep balance in our lives.” He writes that “when we decide to be a part of the happiness blessing our lives, we constantly feel ourselves refreshed.”

This poetry is a breath of fresh air, reminding us of the importance of living and laughing. Sporty ends his book with a “Pledge Of A Lifetime,” reminding us to enjoy life to the fullest and to share the gift of laughter For all.

Members who would like their book to be considered for an upcoming Humor Connection book review, contact info@aath.org. Please use “Book Review Submission” in the subject line.



“Why does Santa Claus go down the chimney on Christmas Eve? Because it soots him.”

MEMBER NEWS

Noreen Braman was the guest on “Wellness Spotlight” on East Brunswick, NJ local television. (video can be seen on her website www.njlaughter.com) and she presented “Living on the Smile Side of Life,” an interactive presentation on adding joy and happiness to life through humor and laughter. Noreen also has a new blog, Stalking 60, which is a followup to the blog that became “I’m 50! Now What?” Read her at www.stalking60.blogspot.com

Larry Lesser writes: As someone who writes (mostly humorous, mostly intentionally) math songs (www.math.utep.edu/Faculty/lesser/Mathmusician.html), I was inspired by the 2015 AATH conference theme to share a math song that parodies the Bee Gees' hit by the same name:

<http://www.math.utep.edu/Faculty/lesser/Stayin'with5.html>

Lenny Ravich gave workshops at the Gestalt Institute in Moscow in playfulness and humor.

Here’s a link to his talk on “Playfulness and Humor in Gestalt

Therapy” <https://www.youtube.com/watch?v=Zfm8Nqn711A>

Guy Giard was interviewed about his India trip and work with Humanitarian Clowns. Here’s the YouTube link: <https://www.youtube.com/watch?v=-UcPfDcDRhc&feature=youtu.be>

Saranne Rothberg (who is a keynote speaker at the AATH conference in the spring) founder of Comedy Cures was recently featured on CBS NEWS. We love you Saranne! Check it out: <http://www.cbsnews.com/news/what-not-to-say-to-a-cancer-patient-at-the-holidays/>

Kelly Epperson was at a NSA event where the presenter, Nancy Vogl, gave examples of good speaker websites and our very own Karyn Buxman popped up! YAY Karen!

We want to see your very own "selfie"! You can include yours on your profile page in our AATH membership directory? <http://www.aath.org/membership-directory> If you cannot find your directory information, maybe your membership has lapsed! Contact the office to be sure you are included as an AATH professional who studies, practices and promotes healthy humor and laughter.

NEW MEMBER BENEFIT! We now have our own AATH membership directory. Please log in and update your picture and profile. This is a great way to network with your friends and colleagues in AATH. If you cannot find yourself, you may want to check with the office to be sure your membership dues are up to date. <http://www.aath.org/membership-directory>

We want to see your very own "selfie"! You can include yours on your profile page in our AATH membership directory? <http://www.aath.org/membership-directory> If you cannot find your directory information, maybe your membership has lapsed! Contact the office to be sure you are included as an AATH professional who studies, practices and promotes healthy humor and laughter.

Have you found us on Facebook? We have 2 different pages. Looking for fans for our fan page! <https://www.facebook.com/healthyhumor>

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Send YOUR member news to kelly@kellyepperson.com!



“What do you call an obnoxious reindeer? RUDEolph. ”

Thanks to Dwayna Covey for her generous donation for this new scholarship: The Covey "Healthy Humor in Medicine" Scholarship. This scholarship is for medical residents.

Remember that January 15, 2015 is the deadline for all scholarship applications.

And remember the gift of humor! AATH is a non-profit organization. Think charitable contributions! Think year-end taxes. Think LOVE for humor!

Your donation will help us support our members as they share the benefits of humor and laughter. Our members study, practice and promotion of healthy humor and laughter by working with such diverse groups as Hospice, Cancer Treatment Centers, Wounded Warriors and Schools.

Here are some EASY-PEASY ways to support AATH:

1. AATH 2014 CONFERENCE SPONSORSHIP: Your donation to AATH is tax deductible! It will be the funniest donation that you give this year- so practice laughter when you write that check! There are many ways that you can be a sponsor for our AATH conference for as little as \$50. <http://www.aath.org/sponsorship-opportunities>
2. AMAZON SMILE: Did you know that every time you order from Amazon a percentage of your order can be allocated to AATH? The reminder will come up automatically once you sign up! So easy! <http://smile.amazon.com/about>
3. UNITED WAY: As a reminder, AATH is has been vetted as an approved organization by UNITED WAY. If you or anyone you know makes donations through United Way, please designate a portion of your generous gift to AATH. This can be done at your local level.
4. SCHOLARSHIP DONATION: You can designate your gift to the Patty Wooten or Ed Dunkelblau scholarship fund. To make a tax-deductible gift to AATH, you may send check donations to the AATH office at:

ASSOCIATION for APPLIED and THERAPEUTIC HUMOR

342 North Main Street; Suite 301

West Hartford, CT 06117

Scholarship Deadline for the AATH Conference Extended to January 1 – [Apply Today!](#)

Scholarship applications will be accepted through January 1, 2015 and more details can be found on our [scholarships](#) webpage.

Thank you to all of the 2015 scholarship donors, whose generosity provides wonderful learning, and often life-changing, opportunities for members of the AATH community.

HUMOR ACADEMY

The Humor Academy (HA) is a terrific place to learn and grow your humor studies and make wonderful friendships.

If you are interested in Humor Academy, visit <http://www.aath.org/humor-academy> or

contact Mary Kay Morrison.

"Why was Santa's little helper depressed? Because he had low elf esteem."

LETTER FROM THE PRESIDENT

On behalf of the AATH Board, we would like to wish you and your families a safe and Happy Holiday and Blessings in the New Year!

JILL KNOX
President

REMINDER: AATH is officially recognized as a 501c3 and has been vetted by UNITED WAY. If you or anyone you know makes donations through United Way, please consider designating a portion of your generous gift to AATH and please let others know of this opportunity.