



Association for Applied and Therapeutic Humor

HUMOR CONNECTION

February 2015

"The Home for Humor & Laughter Professionals!"

Thank you



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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.

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GREETINGS

2015 is off and running. Do you realize it has been 15 years since Y2K? Where does the time go?! Make the most of your time, every day, by taking the time to laugh. Let's all have the mission this year to spread healthy humor throughout the land!

Cheers!

Kelly Epperson, editor
Send in your member news to kelly@kellyepperson.com

And remember, find us on:



"Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad."

ANNUAL CONFERENCE

The countdown has begun!

May 29-31, 2015 is the date. Philly is the place. The Hyatt Regency at Penn's Landing to be exact.

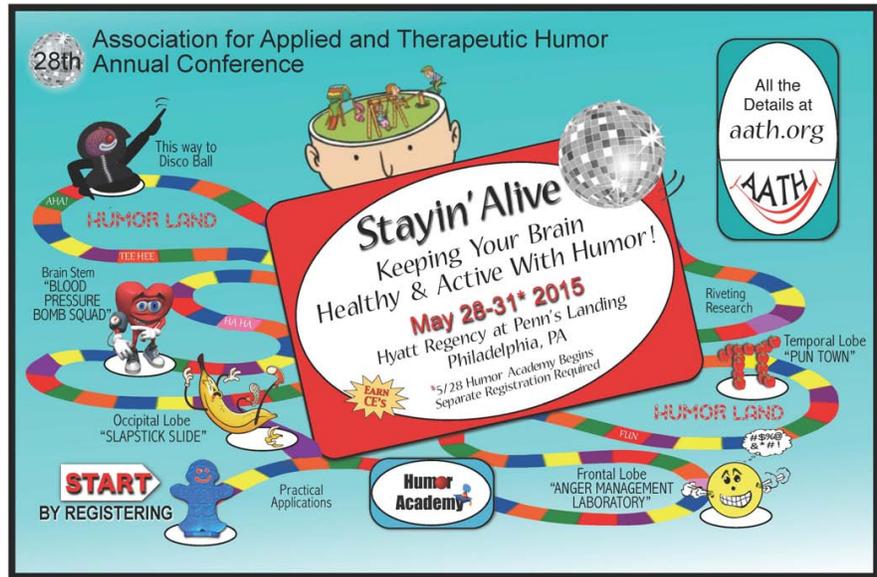
Will it be fun? OF COURSE!
Will it be informative? YES!
Will it make you want to bust out and dance? You bet!

See you for the 28th Annual AATH Conference. Stayin' Alive: Keeping Your Brain Healthy & Active With Humor. Bring your disco groove and bring a friend!

Calling all Researchers! Research Poster Session applications for the conference are due March 15. Call for Research Posters



Andrew Sabin
Family Foundation



- ¥ Register for the 28th Annual Conference [here](#).
- ¥ Click [here](#) to book a room at the Hyatt Regency at Penn's Landing.

"A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station."

BOOK REVIEWS

Thank you, Diane Roosth, for the Book Reviews every month!

Heather Wandell, MA, CLL Monkey Business: 37 Better Business Practices Learned Through Monkeys

Heather Wendell introduces us to a cast of characters to illustrate that we can learn about laughter and playfulness from primates. Her book is based on factual stories of the monkeys who reside or resided at Frisky's Wildlife and Primate Sanctuary Inc., in Woodstock, Maryland, and about real people who work there. She tells stories about her experiences with the monkeys, shares moving quotes, identifies weekly practices and resources, and teaches us lessons learned applicable to the human world of work.

Heather states she was inspired to write her book after attending a World Laughter Tour Advanced Laughter Leader Workshop in Columbus, Ohio, in November 2005. What started in 2005 as writing three columns a week, Monkey Business: Better Business Practices Learned through Monkeys, became a book divided into six parts centered around common themes. She states that: "After observing thousands of hours of human workplace behavior and hundreds of hours of monkey behavior, I noticed there was a connection. Each chapter in this book makes a connection between the monkey featured in the story and a human workplace situation."

For example, when she first went to Frisky's Wildlife Sanctuary for her volunteer work, she made a list of things that needed to be done, including creating an environment where possibility thrives by doing some housecleaning. What Heather learned was that while her intention was good, her teacher was Oogie, the fifteen year old cinnamon capuchin blind and diabetic monkey in that cage. The monkey demonstrated how motivation to tidy up has to come from within rather than someone just forcing the organization and tidiness upon you.

One of my favorite chapters is Ring-Around-the-Rosy, about Bimbee, a thirty-five-year-old monkey. While Heather had played tug of war with Bimbee's roommates who liked the pull back and forth, Bimbee wanted the taste of victory. She was also willing to work with our writer to win. Our author learns from this about the importance of shared leadership in problem solving.

In the Chapter Do or Do Not, Heather tries to invite a group of monkeys to come outside of their cages to greet her. Gizmo, a rhesus macaque, opened the flap to his tunnel and came outside to say hi. Nikki, a female gothic squirrel monkey, ignored Heather's request. From this, Heather says to not use the word try but like Master Yoda in Star Wars, Do, or do not. There is no try. Wandell identifies a weekly practice of substituting an authentic response for the word try, for example, would you come to the meeting.

A fascinating book and a good read!

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.

"A computer once beat me at chess, but it was no match for me at kick boxing."

ANNOUNCEMENT

AATH Extends a huge grateful
WELCOME TO OUR NEW MANAGEMENT COMPANY!

Kathy Velasco and V2 Marketing Communications
220 East State Street, Floor G
Rockford, IL 61104

815-397-6052

*(Please note that this is their main telephone number.
A new dedicated AATH line will be established shortly.)*



MEMBER NEWS

BOB NOZIK, MD, was inducted into the Happiness Hall of Fame in October, 2014. Congratulations!

ALLEN KLEIN, MA, CSP, aka "Mr. Jollytologist" and AATH Lifetime Achievement Award recipient, will be conducting a weekend retreat at Awaken Whole Life Center at Unity Village, a 1400-acre property near Kansas City, MO. "The Healing Power of Humor" retreat March 20-22. Great fun, great food in a great historic setting. Lots more information [here](#).

CINDY MILES is proud to announce the 4th annual Southern Fried Laughter conference in Atlanta. April 24-25. Check out laughterforwellness.com.

JULIE OSTROW has now made several appearances on Milwaukee morning television. Go Julie!

BARBARA GRAPSTEIN and **BARB BEST** announce the release of Smiles to Go. Nab it [here](#) for 99 cents.

HELEN STUCKY is asking AATH colleagues for help in fine-tuning her questions for a survey for employers and organizations called Does Humor Work 4 You? It is in draft version at Survey Monkey. The link to the survey is [here](#). To provide feedback and to discuss her vision, contact Helen at wellnessweavers@gmail.com and check out [Wellness Weavers](#).

Send YOUR member news to kelly@kellyeperson.com!



ASSOCIATION NEWS

AATH MEMBER DIRECTORY: 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.

SOCIAL MEDIA: Keep the conversation going on Facebook! AATH and Healthy Humor: [Facebook](#) and twitter!

DONATIONS TO AATH ARE TAX DEDUCTIBLE: As you ponder the Tax Man, your deduction to AATH NOW will bring you tax relief next year at this time, give some financial relief to AATH right now, and change the course of humor and laughter forevermore. Be a part!

AATH members study, practice and promote healthy humor and laughter by working with such diverse groups as Hospice, Cancer Treatment Centers, Wounded Warriors and Schools. You simply write a check or you can:

1. **[AATH 2015 CONFERENCE SPONSORSHIP](#):** There are many ways that you can be a sponsor for our AATH conference for as little as \$50.
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!
3. **UNITED WAY:** AATH 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:
220 East State Street, Floor G
Rockford, IL 61104

MEMBER ASSISTANCE

If you need help with renewing your membership, or registering for the Conference, or if you forgot your member website log-in information, reach out to Kathy Velasco and her team at 815-397-6052.

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, click [here](#) or contact Mary Kay Morrison.

ELECTION OF NEW BOARD MEMBERS

The Nominating Committee of AATH is pleased to submit the following slate of Board Officers and new Board of Director members to fill positions that are being vacated. According to AATH bylaws, this slate must be published at least 60 days prior to the Annual Meeting to allow other names be placed into consideration. If no other names are submitted, the slate will be accepted as presented by the Nominating Committee. The names are:

Position: President-Elect
Maia Aziz, With Love and Laughter, LaSalle, Quebec, Canada

Position: Secretary
Sporty King, R. King & Associates, Charlotte, North Carolina

Position: Board Members At-Large
Jae-Pierce Baba, LipShtick Productions, Wichita, KS
Melissa Mork, University of Northwestern College, St. Paul, MN
Fr. Paul Moore, Client Focused Counseling, Fayetteville, AR

AATH ON THE AIR!

AATH members January Jones and Debra Chaves Norwood will both be featuring AATH members on their radio shows in the upcoming months to help promote the upcoming AATH conference.

Debra can be found at: www.blogtalkradio.com D search for Look Good, Feel Good

January's show is at <http://www.januaryjones.com/jjblogtalk.html>. She will be broadcasting the AATH interviews each month on the 23rd (except for April 27th) at 6:00 pm EST.

The AATH Marketing Committee is working with the conference speakers to fill these slots!

"The shinbone is a device for finding furniture in a dark room."

LETTER FROM THE PRESIDENT

Hi Everyone and Happy New Year!

On behalf of the AATH Board of Directors and our membership, we would like to welcome our new management company, V2 Marketing Communications. We are looking forward to working with Executive Director, Kathy Valesco, and her staff. Please be patient with us as we work diligently towards a smooth transition, transferring documents, and setting up the technology.

AND speaking of technology, our web site will soon offer registration for our AMAZING conference in Philadelphia, "Stayin' Alive: Keeping your Brain Healthy and Active with Humor." I don't know about you, but I need all the help I can get in order to enhance my super brain power.

In light of the terrorist attack in Paris, I'd like to offer a quote from AATH Past President, Karyn Buxman, as written in her most recent blog. Thanks for your insights, Karyn.

"Protecting free expression is fundamental. So is understanding what happened in Paris and why. Part of this conversation must center on the power, as well as the complexity, of humor. Humor can be healing. Humor can be hurtful. Humor can be entertainment. Humor can be a tool when used intentionally. And humor can be weapon when used strategically. As you can see, humor is power.

It appears that terrorists are more frightened of cartoons than of cruise missiles. I hear that Jay Leno's writers might be looking for a little freelance work."

Stay Warm!....Give lots of HUGS!

JILL KNOX
AATH 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.