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Highlights from our 2015 Annual Conference



CTCA award recipient and conference presenter, Katherine Puckett

Letter From the President

Wow! I am still flying high from our 2015 Conference! It was an honor to be inducted as president by Jill Knox, our AATH president these last 2 years. Jill's leadership has delivered several powerful new initiatives for AATH, as well as a steady hand during a major transition in management companies. I am grateful to her for her leadership and her friendship.

If you were you in Philly with us, you are probably also still flying high. Thanks to our chair, Chip Lutz, and co-chair Cheri Campbell. "Stayin' Alive: Keeping Your Brain Healthy and Active with Humor!" exceeded all expectations for both learning and fun! Please continue to post your pictures and comments on our AATH Facebook page and on twitter @AATH_Assoc.

A highlight of the conference for me was the Humor Academy graduation. As founder and director for the past five years, along with Karyn Buxman as HA co-director, we now pass the reins to Kathy Laenhue, Melissa Mork and Nila Nielsen who are the new HA co-directors.

On a personal note, many of you know that my mom has Alzheimer's disease. My father died of this dreaded disease several years ago and so I am on this journey again. However, as I shared at the conference, something absolutely amazing has emerged this time. Mom's needlework has transitioned into an art form, which is indescribable but delightful. Kathy Laenhue and Deb Gauldin saw her work and encouraged me to have a fundraiser with her "Doily Lamas" at the conference. Here is the link to the smile box that explains. Thanks to your generosity, we raised about \$900 for AATH. We will be posting pictures with your creative Doily Lama ideas.

At the conference, I said that our journey together is much like what my mom is now creating. We do not know when stitches will be missed or what colors will emerge over the next two years, but I know it will be like my mom's needlework--indescribable and delightful. I look forward to the ride with you!

MARY KAY MORRISON
AATH President

Save the Date!

AATH 29th Annual Humor Conference & Humor Academy,

Welcome New Members

Alexa Drubay
Laughter Yoga with Alexa
Media, PA



Keynote Speaker and HAG Grad:
Beth Usher



2016 Conference Chairs:
Beth Slazak, Brenda Elsagher and
Jae Pierce Baba



Congratulations to our Level II
HA grads



Florence Dittlow and Linda Hughes



Erika Ruiz and Debbie Derflinger

April 7-10, 2016 at the Hilton
Phoenix | Mesa.



Interested in speaking at our 2016 Conference ?

AATH welcomes your proposal submission. We invite experts from education, health care, research, business, faith communities, social services and government to contribute to the educational experiences offered at the conference. Proposals are encouraged that cover a wide diversity of subjects as they pertain to evidence-based information about current research and practical applications of humor and laughter. Deadline to submit is August 15, 2015.

[Click here](#) for the submission form.

Conference Followup

Thanks again to our incredible 2015 Annual Conference sponsors!

- Cancer Treatment Centers of America
- Andrew Sabin Family Foundation
- Brain Resource
- The Comedy Cures Foundation
- Humor Quest
- Cheryl Fell
- Charley & Jill Knox
- Father Paul Moore
- Synergy

Whitney Farrar
Piney Ridge Center
Fayetteville, AR

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AO/Decision Point
Bentonville, AR

Bart Sumner
Healing Improv
Ada, MI

Jennifer Wiebold
Western Michigan University
Kalamazoo, MI

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AZ Communications, LLC
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SEND YOUR MEMBER NEWS:
info@aath.org

DONATIONS TO AATH ARE TAX DEDUCTIBLE: Thank you for your continued support of AATH!

You can write a check to AATH and send to the office 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. **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



DFL recipient Joyce Saltman shown here with Mazako Kusakari Level II graduate from Japan



Beth Slazak and Kyle Edgell



Thanks to our Board: Sporty King, Jae Pierce Baba, Chip Lutz, Karyn Buxman, Kathy Laurenhue, Maia Aziz, Jill Knox, Mary Kay Morrison, Laurie Young, Amy Robbins. Missing: Gurinder Baines, Paul Moore, Melissa Mork, and Cheri Campbell



Book Reviewer, Diane Roosh



Congratulations to **Joyce Saltman**, the 2015 Doug Fletcher Lifetime Achievement Award winner!

Congratulations to our Humor Academy Graduates:

- Jae Pierce-Baba
- Kathy Laurenhue
- Melissa Mork
- Shirley Trout
- Beth Usher
- Laurie Young

Stephanie Knox Cubbin, keynote speaker at the 2015 Peace Luncheon, recently wrote about our conference in a blog post on the Metta Center for Nonviolence website. You can read all about it [here](#).

A reporter from the Philadelphia Jewish Voice attended our conference in May and wrote a feature article titled "Is Laughter the Best Medicine?" featuring keynote speaker **Beth Usher**. Enjoy this story [here](#).

Introduction to our 2015-16 Board:

- President - Mary Kay Morrison
- President Elect - Maia Aziz
- Secretary - Sporty King
- Treasurer - Gurinder Bains
- Director - Fr. Paul Moore
- Director - Melissa Mork
- Director - Jae Pierce-Baba
- Director - Laurie Young
- Director - Karyn Buxmann
- Director - Kathy Laurenhue

Thanks to the following retiring Board members:

- Past President - Chip Lutz

donations to the AATH office at: 220 East State St., Floor G Rockford, IL 61104

MEMBER ASSISTANCE: If you need help with renewing your membership, or if you forget your member website log-in information, reach out to Michele St. Clair and her team at **815-708-6587**.

Book Review

Thank you, *DIANE ROOSTH*, for the Book Reviews every month!!

Humor Therapy: The Art of Smiling for Others *by David Mann*

Mann tells his story how he found his calling early in life as the class clown. As a storyteller, he shares how attempts at humor sometimes failed and how he tried again. As a teacher and camp counselor in youth camps, he shares humor skills that are therapeutic and samples of his successes. From the "Art of Conversation" to "Recipes" and "Puns," this book is a true learning experience.

David opens with "My Story and Many Lessons Learned" starting in high school. He talks about how being a "class clown during my teen years helped me understand the art of the punch line, comedic timing, and what my limits were as a prankster." He talks about the importance of laughing with others, not at them, and of being conscious of how you use humor and the setting in which it is used.

He shares thoughts, comments, and quotes of others who understand the concepts of humor therapy and examples of when others have prescribed humor to someone in need of a laugh. He talks about how

- Secretary - Linda MacNeal
 - Director - Amy Robbins
 - Director - Cheri Campbell
-

Member News

ALLEN KLEIN's new book "You Can't Ruin My Day" is flying off the shelves! Get it [here](#). **SPECIAL OFFER:** Either email Allen (humor@allenklein.com) a photo of you reading the book, or a receipt of purchase, and he'll send you the following two things **FREE**:

- 1) The "Laughing All the Way" chapter from MoneyLove 3.0
- 2) New audio book,

WORKLAUGHS: QUIPS, QUOTES AND ANECDOTES ABOUT MAKING A BUCK.

BARBARA MILLER and MARY KAY MORRISON are both quoted in this National Education Association (NEA) article on [How to Use Humor Effectively in the Classroom](#).



MASAKO KUSAKARI won the Toastmasters International Japanese speech contest this year. The title of Masako's speed was "Happy Lucky Me" – the same as her Humor Academy project. Congrats Masako!

sometimes "humor therapy is self-prescribed" and presents opportunities to take a fresh look at life.

In the end, Mann also provides "Twenty Things to Try". He emphasizes that there are many ways to appropriately use humor as a tool to engage people and create connections, in particular with teenagers and adults. Kudos to David for being our teacher and mentor in the art of humor therapy for all ages!

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.

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.