

# HUMOR CONNECTION



Association for Applied  
& Therapeutic Humor



*The Home for Humor & Laughter Professionals*

**Oct. 25, 2018**

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This complimentary Humor Connection newsletter is one of the many ways that AATH fulfills our mission to study, practice and promote healthy humor. You can join our efforts by joining AATH at [www.aath.org](http://www.aath.org)

## News from our President Elect

YO! We've got some deadlines approaching. Check it out below:



## Can You Help?

Can you help us promote our 2019 Conference by sharing the information with your circle of colleagues and friends? Attached is artwork for a Save-the-Date flyer and the event logo. Maybe you have an association that will help spread the word? Or just email to your friends or share on social media? Or even print the flyer and take it to your next

**too**  
**soon?**  
*The Timing of Humor*

speaking engagement. Every little bit helps!

And, if you know someone in the Chicago area who would benefit from attending, please let us know so we can be sure to get them on our mailing list!

[Save-the-Date Post Card](#)

[Save-the-Date Flyer](#)

[Conference Logo Art](#)

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## Relive 2018 Comedy for Caregivers

For those who've been waiting on access to our 2018 Comedy for Caregivers event, the program is now available to purchase for just \$49 and 100% of proceeds go to sponsor our 2019 event in Chicago! Thank you for your support! Featuring: Paul Osincup, Brenda Elsagher and Yakov Smirnoff.

[Check it Out!](#)

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## Member News

Here comes **Debra Joy Hart's** TedX talk on the 27th in Normal, IL! We'll post the link when done. Debra Joy Hart: Nurse, Minister, Author, Humorist and Creator of M.I.R.T.H. (Touching & funny)

**Amy Oestreicher** was interviewed for a Newsweek article about sexual assault victims on September 21st.

[Check it Out!](#)

**Allen Klein** is featured in a new article on Readers Digest.com about how a teacher changed his life.

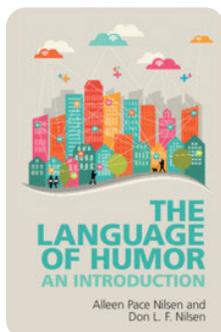
[Check it Out!](#)

**Beth Usher** is featured in the current Oct/Nov Issue of Brain & Life Magazine. This fabulous magazine is free! It is filled with helpful articles on how you can be healthier and happier. The author's love of Mister Rogers' Neighborhood sustains her before and after a brain operation to stop seizures.

[Check it Out!](#)

**Mary Kay Morrison** is featured in the American Institute of Stress' Back to School issue of Contentment. The article "Bubble wrap and bubble gum. Where did the summer go?" emphasizes a focus on humor and fun can relieve back to school stress and energize your learning experiences. Never take life too seriously, you won't get out alive.

**Check it Out!**



Both the paperback edition and the hardbound edition of *The Language of Humor: An Introduction* (by **Alleen** and **Don Nilsen**) with Cambridge University Press are now available in England. The book is also now available on line. The book will also be published in the United States in November of 2018, and in Australia in December of 2018.

**Check it Out!**

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## Chapter Updates

Coming Soon: **AATH Florida Chapter**

Florida Members, **Ola Karasik** and **David Mann** are starting an AATH Florida Chapter. They have sent information to Florida members. For more information contact Ola at [olga.karasik@ucf.edu](mailto:olga.karasik@ucf.edu). or David Mann at [humorthery@yahoo.com](mailto:humorthery@yahoo.com)

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## Welcome to Our New Members!

- **Emily Cohen**, Philadelphia, PA
- **Marsha Gallagher**, Annandale, VA
- **Jacy Imilkowski**, Madison, WI
- **Shelbie Rosenblum**, Austin, TX

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## New Member Profile

**Dr. John Garrett** - [mission3@comcast.net](mailto:mission3@comcast.net)



Greetings from Dr. John Garrett! I hope to attend a future AATH Conference. My background in humor and laughter is as follows: I received my Bachelor's and Master's degrees from BYU in Utah and my Doctorate degree from Nova Southeastern University in Florida. I am also a Certified

Laughter Yoga Teacher, having traveled to India in 2017 in order to certify and complete my training. I enjoy teaching Laughter Yoga classes at the following facilities here in the state of Utah: Assisted Living Centers, Retirement Centers, Senior Centers, Hospitals, and Universities. Have a happy and healthy new day!

**Nanciann Horvath** - improvforhealth@gmail.com



I joined because I realized there is a like minded group out there doing what I have been doing.

Frank Chindamo told me about your group last year. I was unable to attend the weekend because I had a prior commitment, however I did go to one day in San Diego.

I am a definite "maybe" for Chicago in April. I also will be applying for a scholarship because after reading through the applications I think I could qualify for a few of them!

I'm a nurse/actress/stand-up comic and speaker! My business, Improv For Health [www.ImprovForHealth.com](http://www.ImprovForHealth.com) has been growing the past few years since my speaking events highlight the importance of using improvisation and humor in our daily lives and especially in the medical world. I tailor my talks to each different audience, plus they are all interactive! I started working with Seniors and now I have branched out into the business world.

ENJOY YOUR MOMENTS-that's my special tag line ALWAYS because all we really have is our moments!

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## Welcome Our New AATH Board Member



**Mallori DeSalle**, MA, LMHC, NCC, CCMHC, MATS, CPS, has accepted a short-term board position to complete a six-month unfilled position on the AATH Board.

Mallori DeSalle is a licensed mental health counselor, nationally certified counselor, a medication-assisted treatment specialist and an internationally certified prevention specialist. Over the last 15 years working in mental health, substance abuse and prevention fields, she has provided services as a community prevention coordinator, therapist, health-educator, college professor and professional trainer.

Since 2008, Ms. DeSalle has been a faculty member within the Department of Applied Health Science in the School of Public Health at Indiana University, Bloomington. Within her appointment at the university, Mallori serves the Indiana Prevention Resource Center as the Outreach Coordinator and Lead Motivational Interviewing (MI) Trainer.

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# LaughBox



WITH CHIP LUTZ

## Episode 28: Kristin Layous



You're guaranteed the pursuit of happiness but, as Don Draper (from the hit TV series *Mad Men* said), "What is happiness but that moment before you need more happiness?" This week on our podcast, I had the great pleasure to talk with Dr. Kristin Layous, happiness researcher and expert. In the interview she shares what we can do to make ourselves less happy, more happy and the number one thing that we do that sabotages our efforts to stay in our happy place.

[Kristin Layous](#)

## Episode 29: Don Baird



I can't think of a better way to start the podcast year off than with this week's guest, Dr. Don Baird. Don gives us some great insights this week on how to live a little better and laugh a little longer.

[Don Baird](#)

## Book Review

### Robin

By *Dave Itzkoff*

#### A Truly Exceptional Comedian and Man

The effusive praise for this book by the comedians and authors in their jacket blurbs is not really hyperbolic because their comments should be taken literally. Author Dave Itzkoff, the culture reporter for the *New York Times*, has produced the definitive biography of the late Robin Williams. In its total 530 pages, he presents Robin's life from start to finish and provides a detailed annotation of references by page number and chapter, itself comprising 59 pages.

[Read More...](#)

# ROBIN



DAVE ITZKOFF



**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.**