



Association for Applied and Therapeutic Humor

HUMOR CONNECTION

**Monday August 18, 2014**

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Thank you



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**Andrew Sabin  
Family Foundation**

GREETINGS

August is a glorious month. Still in full swing of summer with the anticipation of a new school year. Lots going on and lots to laugh about. What did YOU do on your summer vacation? Write in and tell us!

Cheers!

Kelly Epperson, editor

Send in your member news to [kelly@kellyepperson.com](mailto:kelly@kellyepperson.com)

*And remember, find us on:*

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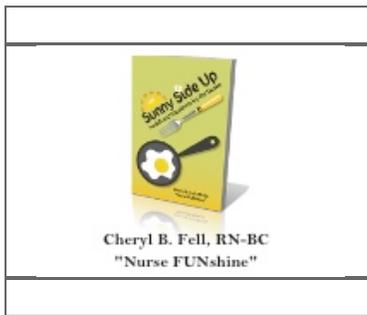
**"A boiled egg is hard to beat."**

Annual Conference

Time flies so set the date NOW for May 29-31, 2015 for the 28th Annual AATH Conference. "Stayin' Alive: Keeping Your Brain Healthy & Active With Humor." The Hyatt Regency at Penn's Landing in Philadelphia, PA is the place. Be there or be square!

\*\* The Humor Academy will meet on May 28th. Annual Conference Activities will not begin until later in the afternoon on this day.

SCHOLARSHIPS - Be thinking of donating to an existing scholarship or creating one yourself.



Many past recipients are active, involved members of AATH now doing great things! Chip Lutz, Julie Ann Sullivan, and Cheryl Oberg to name just a few. Share the love and broaden horizons with scholarships.

**"When you've seen one shopping center you've seen a mall."**

## BOOK REVIEWS

THANK YOU to Diane Roosth for this Book Review!

Eileen McDargh, *My Get-Up-and-Go: Got Up and Went!* 2012; *Talk Ain't Cheap...It's Priceless!* 2007; and *The Resilient Spirit: Heart Talk For Surviving In An Upside Down World*, 2002.

Internationally recognized business and life leadership expert, Eileen McDargh writes from the premise of our need to breathe to overcome "our inventions and pervasive technologies" which have "overpowered the natural circadian patterns." She encourages us to unplug and turn off, and take breaks to recharge our batteries to continue to function in an increasingly fast-paced technology-driven world.

In *My Get Up and Go*, Eileen presents straight-forward ideas to connect us to balancing our lives between stress management and play. She wants us to love ourselves, animals, the world around us, and others, and to breathe deeply. She encourages us to "leave our comfort zone" and "blow bubbles."

McDargh understands the risks and benefits of technology for leadership in the workplace. She highlights the value of managers seeing their staff face to face and making personal contact in *Talk Ain't Cheap...It's Priceless!* Here Eileen identifies the risks of e-mail and overuse of technology to productivity and the importance of personal story telling as a metaphor for encouraging ideas and change.

In *The Resilient Spirit*, she uses art, quotes, and simple language to remind us of strategies for resilience. She quotes holocaust survivor and author Victor Frankl who said, "Laughter is the currency of hope." Eileen highlights laughter as one survival skill that puts things in perspective, and says we should "spend it freely and widely."

Eileen McDargh inspires us to think, do, and balance the business in our lives with the simple pleasures that keep us in true balance.

**Members who have new books or books pending publication, and would like their book to be considered for an upcoming Humor Connection book review, contact [info@aath.org](mailto:info@aath.org). Members should include "Book Review Submission" in the subject line.**

***"Police were called to a day care center where a three-year-old was resisting a rest."***

## MEMBER NEWS

### **Something to "Smile" About - AATH is Part of the AmazonSmile Program**

Calling all on-line shoppers! [AmazonSmile](#) is a simple and automatic way for you to support your favorite charitable organization (ahem...AATH!) every time you shop, at no cost to you.

When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that *Amazon* will donate a portion of the purchase price to AATH. Simply enter "**Association for Applied and Therapeutic Humor**" to search through the list of organizations and select AATH.

Tell your friends, families and colleagues...and start shopping today!

*The Association for Applied and Therapeutic Humor (AATH) is non-profit, member driven, international community of humor and laughter professionals and enthusiasts. Formed in 1987 by Registered Nurse, Alison L. Crane, AATH provides its members the education, cutting-edge resources, and supportive community they need to excel in the practice and promotion of healthy humor.*

HEIDI HANNA is already organizing BEYOND FUNNY - a humor marathon to raise money for Alzheimer's research and to bring awareness to the effect of humor on the brain - for June 2015! Home base is San Diego, but you can participate from anywhere. Contact Heidi for more info.

JULIE OSTROW is making the rounds of TV appearances with America's Champion Laughter trophy in hand. Julie spreads the good word on how laughter and improv can make any situation better from the boardroom to bullying on the playground. Go, Julie!

JULIE ANN SULLIVAN was named Member of the Year of her chapter of NSA! YAY, Julie!

KELLY EPPERSON was named Member of the Year of Chicago's Engaging Speakers.

SARANNE ROTHBERG announces COMEDYCURES FALL COMEDY BASH!

Sept 22, 2014, 7pm at Gotham Comedy Club, NYC. The busy bee BARBARA GRAPSTEIN is on the committee for that event as well.

ANDREW TARVIN shares his TEDx talk on humor in the workplace. See it here: <http://youtu.be/6iFCm5ZokBI>.

DEBRA NORWOOD, the Laughter Lawyer, was interviewed for Best Times Magazine, does Blog Talk radio show, and is off to hang with Patch Adams!

Send YOUR member news to [kelly@kellyeperson.com](mailto:kelly@kellyeperson.com)!

**MEMBER HELP IS ALWAYS AT HAND:** Need assistance with renewing your membership? Forget your member website log-in information? Contact April Duquette at the AATH office! April can be reached at [aduquette@aath.org](mailto:aduquette@aath.org) or 860-586-7507 Ext. 584, and is ready to assist you!

*"Did you hear about the fellow whose whole left side was cut off? He's all right now."*

## HUMOR ACADEMY

The [Humor Academy](#) boasts three levels of awesomeness and the instructors are top notch leaders in humor studies. If you want college credit or simply to boost your credentials, plan on joining HA. The Humor Academy (HA) is a fun and dynamic way to deepen your understanding of therapeutic humor.

If you are interested in Humor Academy, visit <http://www.aath.org/humor-academy> or contact [Mary Kay Morrison](#).

**"A bicycle can't stand up alone; it is two tired."**

## LETTER FROM THE PRESIDENT

Hi Everyone

I can't believe its August already! Where has the summer gone? In honor of the last lazy crazy days of summer, I decided this month to have a contest in preparation for our May Conference in Philadelphia.

The first five people who respond to, [jillknox@hotmail.com](mailto:jillknox@hotmail.com), with the correct answers will receive a humor prize in the mail from me. Winners will be announced in next month's Humor Connection. Please include your mailing address and answer the following questions.

**THE PHILADELPHIA CHALLENGE!!!!**

1. What is the city of Philadelphia's Motto?
2. List TWO nicknames for the city of Philadelphia.
3. Philadelphia is at the confluence of what 2 rivers?
4. What well-known historical figure is credited with founding the city of Philadelphia?
5. What is Fairmont Park known for?
6. List 3 Philadelphia sports teams.
7. What important document was signed here in 1776?
8. What is the "strike note" of the Liberty Bell? Surely you didn't think this would be THAT easy!
9. If you were in "Philly" what famous "samwhich" MUST you order for lunch?
10. And FINALLY! (insert drumroll) What famous musical group, and one of my favorites from the 60's, set some of the words to the document in question number 7 to music in their album PORTRAIT and created a major hit. Love this group!!

GOOD LUCK TO ALL!! Join us in this fabulous city of history, culture, sports, and humor.  
Hope to see you there in May!

JILL  
AATH President

**A dentist and a manicurist married. They fought tooth and nail.**

**INSERT YOUR AD HERE!**

The AATH HUMOR CONNECTION is an electronic monthly newsletter that informs and highlights the accomplishments of current members, as well as introduces the association and its activities to potential members. If you are looking to reach out to humor professionals and enthusiasts, this is the place to be....consider placing an ad! Options range from a single ad placement to discounted monthly spotlights.

For more information on pricing and specifications, please contact Kendra Maigarie at the AATH Office at [kmaigarie@aath.org](mailto:kmaigarie@aath.org).

**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.**

*Please [unsubscribe me](#) from receiving future Humor Connection Newsletters. I understand that by requesting to be unsubscribed I may not receive information from AATH.*