



Save the Date!



AATH Annual Humor Conference & Humor Academy April 27-30, 2017 Orlando, Florida

Presenting Sponsor:



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

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

Letter from the President

Hey There, Hi There, Ho There:

"I am happy as can be" especially as we are getting so close to laughing and learning at the AATH conference in Orlando next month. I am always amazed at the hours of collaboration. Chair, Sporty King along with co-chair, Heidi Hanna promise that this will be an exceptional event. If you have not attended a conference in the past, you owe it to yourself to experience the AATH "Humor High."

Why attend an AATH conference? I have been fascinated by the fact that there seems to be a universal belief in the importance of humor, but it is rare to find people who have participated in a university humor studies curriculum. After 20 + years of working in the humor studies field, I have been asked numerous times for recommendations of graduate programs in Humor Studies. I do know there are schools that provide comedy curriculums, and several schools that offer course work in different departments related to humor, but there are very few places where humor studies are offered as an actual curriculum. Let us know if you have information about a university that offers a curriculum in humor studies.

So, I am especially proud of the fact that AATH is an educational leader in the pioneering field of Humor Studies. While we seek and review current research, our core focus is on therapeutic applications and exemplary practice. There are several articles in this newsletter about our graduate Humor Academy including the CHP (Certified Humor Professional) program. This program is currently only offered at our annual conference. Our conference also offers credentials for various fields of study through CEUs and CMEs. The Humor Academy is an approved Therapeutic Humor Certificate Renewal Program for the Arkansas Board of Examiners in Counseling.

AATH networks with and appreciates our two non-profit "sister" organizations who share research and support our mutual endeavors: The International Society of Humor Studies (ISHS) and The American Humor Studies Organization enrich the field with their attention to research. Both organizations generously share our resources and conference opportunities with their members. We are grateful to all who contribute their time and talents to furthering our mission to study, practice and promote healthy humor and laughter. Join all of us who share the mission to share humor and come to Orlando to experience the AATH "humor high."

Mary Kay Morrison AATH President



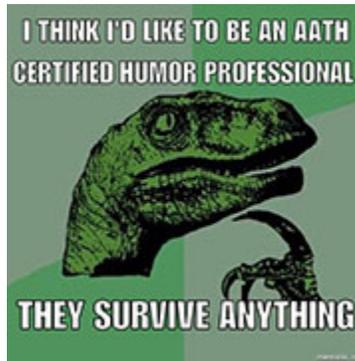
Thanks to Silver Sponsors **Fr. Paul Moore** and **Cheryl Fell**, Nurse FUNShine! It's not too late to join the sponsors who help make our conference possible. Check it out [here!](#)



AATH in the News!

AATH has been featured in this [news article](#) in the Minneapolis Star Tribune. This is the second article this month that our members have been featured on the topic of humor during grieving and death.

The [Chicago Tribune](#) reposted the article from USA Today.



Thanks for this meme by *Beth Slazak*.

What is a Certified Humor Professional? Is it for me?

The designation of 'Certified Humor Professional' is truly an esteemed acknowledgement of the learning, application and leadership provided by the AATH Humor Academy and of the extension of such learning by these members. C.H.P.s are recognized and honored following completion of the 3-year Academy program.

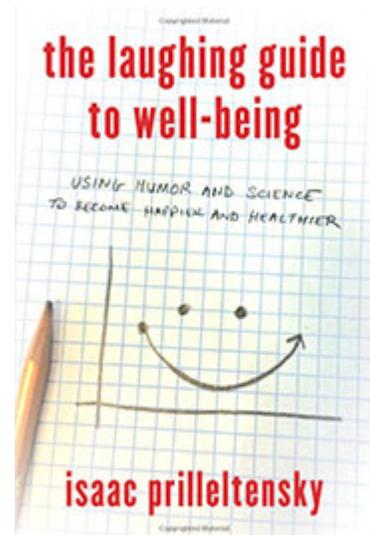
YES, it is for you! This recognition is for anyone who loves humor and wants to share their knowledge of humor with others. Consider the following benefits that are provided to our distinguished C.H.P. members.

Professional Recognition:

- All Certified Humor Professionals

Book Review

The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier



by **Isaac Prilleltensky**
(Reviewed by *Florence Ditlow, RN*)

Mr. Prilleltensky wishes you wellness, a strategy for mind and body- I believe this isn't your usual self-help book. It's written by a college prof. who intends to save you some energy and effort toward self improvement through acronyms like GREASE. This is for gradual, rewarded, easy, alternatives, supported, educated.

Prof. P. cites examples of his own trials as a student living on a shoestring, then as a reformed meat and more meat eater and now as a survivor of Dade County, Florida.

He may be inclined to give you a teacher's lecture and he really does that on dietary concerns, but he wisely tempers the wellness value package with "the humor side." The facts he observes are balanced by his self deprecation. For instance, he reveals that he has to cope with

will be listed yearly in the Conference Program book.

- Receipt of a Certified Professional pin and certificate at graduation provides a distinctive recognition of achievement.
- Acknowledgement of C.H.P. status will be included on the website.
- Certified Humor Professionals will be recognized by having their name, photo, bio and Level II Project description available within the Humor Academy pages on the AATH website.
- C.H.P. Member status will be recognized in the AATH Member Directory.

Professional Designation:

- Unlimited use of the Certified Humor Professional acronym, C.H.P., in all correspondence, stationary, and signatures.
- Official Logos: Permission is granted to the C.H.P.s to utilize both the Humor Academy and Certified Humor Professional logos.
- AATH Conference Humor Academy Sessions: C.H.P.s may attend HA education sessions at the Conference.

Discounts:

- C.H.P.s receive special discounts for Humor Academy luncheons and events.

Leadership Opportunities:

- Webinars: Certified Humor Professionals may have the opportunity to conduct an AATH member webinar.
- C.H.P.s will be invited to join special "Mastermind" group sessions.
- AATH Ambassadors: The Association will provide opportunities for these Professionals to be ambassadors of AATH - providing service through their leadership and

people on the phone all the time...some even perceive him to be a woman who is introducing himself as "ISAAC!"

You will identify with his trials and how his humor vision helped him to leap obstacles. Read here of how he will sound more like Luciano Pavarotti, and forget envying Hugh Jackman. Isaac knows humor makes teachers memorable, for to laugh in a lecture means that you're listening.

Trust, support and joy are interrelated, and he touts the experiences of humor and laughter as an expectation of friendship. I learned from Isaac that the efforts we put forth to be happier and help others in that direction result in our lives becoming more meaningful. Yes, humor is fun, releasing our negativity heals a world of pain- and under all that we may find joy.

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

Volunteer Recognition

The accreditation process for making sure that all our speakers qualify for CEU and CME credits is an arduous process at best. Thanks to **Karyn Buxman, Debbie Derflinger, Nila Nielson** and **Kathy Velasco** for their hard work in making sure these vital documents are completed. This year at our AATH Conference, we are pleased to offer up to 22 hours of CEU for social workers and nurses: and CME credits for doctors when enrolled in the entire conference including the Humor Academy. Hope to see you at our AATH conference in Orlando April 27-30th.

AATH Member

guidance.

- C.H.P.s will be notified of the opportunity to apply as an AATH speaker when the organization receives speaking engagement requests.

Contact Nila Nielsen at:
ninielsen@me.com

Certified Humor Professional (CHP) Recognition

Brenda Elsagher
Your Glasses Are on Top of Your Head. Tales of Life, Longevity and Laughter



Minnesota native **Brenda Elsagher** is an international speaker, comic, and author of five books. The latest, *Your Glasses are On Top of Your Head* was developed through her Humor Academy project. At age 40, while dealing with colorectal cancer treatments, Brenda won a comedy contest that launched a speaking career on the broad topic of combining comedy with adversity. Sharing her message of the importance of colon screening with every audience, she has been lovingly called "the queen of bowels and butts!" The recipient of many awards, including the Twin Cities Funniest Person, within AATH, Brenda was - no butts about it - a fabulous 2016 conference co-chair.

Deb Gauldin, RN

Recognition

Excited to welcome **Amy Oestreicher** to Level I of the Humor Academy. You will hear about her amazing story at the AATH conference in Orlando. If you want a wonderful preview, check out her amazing [TEDx presentation](#). She is also excited about joining AATH HUMOR ACADEMY as you will see in [this blog](#) by Amy.

Congratulations to **Jeffrey Briar** and **Dr. Lee Berk** who are featured in [this article](#) on Laughter and Laughter Yoga.

Maia Aziz is giving a presentation on Humor and Resilience in Pediatrics at the World Summit on Positive Psychology and Psychotherapy in Toronto in May. She has also been confirmed to give a similar session at July's ISHS conference. Congratulations to one of our Certified Humor Professionals who continues to share the mission of AATH through both her presentations and her [weekly radio show](#). Congratulations, Maia!

On March 10th, AATH member, **Kelly Epperson** along with Catherine Johns presented a day-long workshop called, *ON THE PAGE & ON THE STAGE* This popular event was sold out. Please contact Kelly for more information on future events. If you would like to be on the mailing list for Kelly's complimentary newsletter, contact Kelly at kelly@kellyepperson.com

Alexa Fong Drubay, AATH member, certified laughter yoga teacher and Laughter Ambassador announces a World Laughter Day Celebration on Sunday, May 7, 2017 from 2:00-3:30 P.M. at the Rose Tree Amphitheater in Media, Pa. It is fun and free. Contact Alexa for more details, alexafd@gmail.com

Bron Roberts is featured in Laughter Online University with [ideas for](#)

**Wait Lifters & Mood Elevators:
AATH Awareness and Community
Service Project**



Deb Gaudin was the self-described "oldest (and bossiest) of three daughters" who grew up in Iowa aspiring to be the Singing Nun ("but we weren't Catholic"). She became instead the Singing Nurse and as a humorist, recording artist, author and cartoonist, she has delivered hundreds of programs around the globe, specializing in healthcare morale, women's well-being, and the art and science of humor. That was preceded by over 20 years as an obstetric nurse and educator, but is now being followed by a greater emphasis on late life geriatric care and cheer. An active member of AATH since 1994, Deb says her "best credentials are my stretch-marks and laugh-lines."

Katherine Puckett
**HAPI Rounds for Staff at a Cancer
Treatment Hospital (HAPI =
Humor, Appreciation, Play and
Inspiration)**



[laughing with autistic children.](#)

SEND YOUR MEMBER NEWS:
info@aath.org

Conference News Hints

- AATH member **Danny Donuts** will be offering fun and entertaining rides in The Laughing Limo from the airport on Wednesday and Thursday and to the airport on Sunday and Monday. Rates are \$20 per person, \$30 per couple and group rates on parties of 3 to 6 are available. Here's what you need to do to check availability and to reserve your spot. Call, text or e-mail Danny at 773-412-7780, danny@dannydonuts.com
- **Beth Slazak** is fielding all other transportation questions. Contact her at bethslazak@gmail.com
- Need a hotel room? Roommate options available by contacting **Carolynn Bramlett** CJBram.1@gmail.com
- Disney transportation is available free at the hotel. Ask at the front desk for the bus schedule.
- Monday, May 1st, the day AFTER the conference will be an informal "Visit Disney World Day." Information will be available at the registration desk to find others who will be having a PLAY DAY with Tigger and Mickey.

What? Yep! Another first for AATH! Check out the exciting mural project spearheaded by our very own past president and CHP grad, **Jill Knox**. Find out the details in [this interview](#) with the 2017 conference co-chair, **Heidi Hanna**.

Katherine Puckett, PhD, MS, MSW, LCSW, has more than 35 years of experience in human services, addressing the needs of vulnerable populations who have sustained major losses. Her broad-based professional background includes leadership positions in social services and healthcare, with additional experience as a clinician and researcher. In addition to overseeing the counseling services at Cancer Treatment Centers of America® at Midwestern Regional Medical Center, she has introduced many integrative services, including therapeutic laughter and humor, to help cancer survivors and their loved ones manage and reduce stress and live as fully and wholeheartedly as possible during and after their cancer treatment. Katherine is a Certified Laughter Leader, Certified Qigong Instructor, and Master Reiki Practitioner.



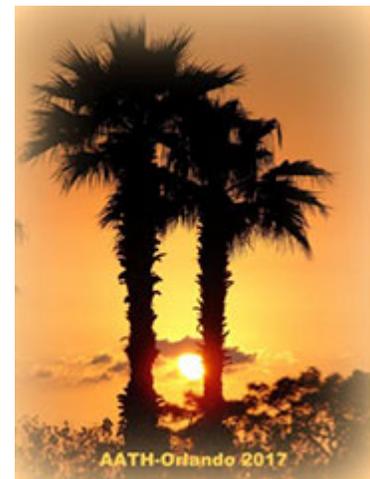
Thanks to **Cheryl Fell** who is our THURSDAY EVENING RECESS SPONSOR! Just wait until you see what fun she, Danny Donuts and Sharon Fisher have planned for you.

2017 Board Nominations

In accordance with board policy, Nomination Committee Chair, Jae Pierce Baba has submitted the following names for board positions to be elected at business meeting at the 2017 conference:

- **Board President-Elect:**
Beth Slazak
- **Board Secretary:**
Deb Price
- **Board Members:**
Beth Slazak and
Megan Werner

Send any additional nomination suggestions to Jae Pierce Baba by March 20th.



Thanks to Kathy Keaton for this meme.

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 2017 CONFERENCE SPONSORSHIP**

: There are many ways that you can be a sponsor for our AATH conference for as little as \$50.

2. **SCHOLARSHIP DONATION:** You can designate your gift to the William Fry, 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 St., Floor G
Rockford, IL 61104*

MEMBER ASSISTANCE: If you need help with renewing your membership, or if you have questions, reach out to Michele St. Clair and her team at **815-708-6587**.

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.