



Association for Applied and Therapeutic Humor

HUMOR CONNECTION

Thursday May 15, 2014

"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

May Day! May Day!

Happy Spring!

Spirits rise as things begin to bloom. (Rumor has it the snow has finally left all parts of the country.)

No matter where you live or how crazy the weather is, humor is always in season. Plant it. Nurture it. Spread it.

Cheers!

Kelly Epperson, editor

Send in your member news to kelly@kellyepperson.com

And remember, find us on:

[Facebook](#)

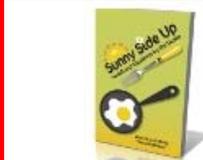
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"The batteries were given out free of charge."

Andrew Sabin
Family Foundation

Annual Conference



Cheryl B. Fell, RN-BC
"Nurse FUNshine"

Attendees are still basking in the glow of the recent annual conference in Vincennes. Mark your calendars for NEXT YEAR. We are shaking it up. Many folks are busy in April because it is after all Humor Month. Next year we will be in Philadelphia, the City of Brotherly Love, (and those steps in Rocky) in the merry merry month of MAY!

The 28th Annual Conference, "Stayin' Alive: Keeping Your Brain Healthy & Active With Humor" May 29- 31, 2015* at the Hyatt Regency at Penn's Landing in Philadelphia, PA. Details on registration and hotel accomadations will follow!



*Please note that the HA will convene on May 28th.

BOOK REVIEWS

THANK YOU to Diane Roosth for this Book Review!

The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing, Bernie Siegel, MD

Author of Love, Medicine and Miracles, Bernie Siegel, MD, reminds us of the great need for encouraging more of a “mind-body-spiritual approach in traditional medicine.”

A retired surgeon and sought after speaker on patient and caregiver issues, Siegel identifies a number of paths, including drawings, dreams, and laughter, as means for patients to “increase the opportunity to receive messages of love and support” in their own capacity for healing.

Siegel states, “Laughter may be one of the purest of the healing arts.” He cites “we have studies documenting that cancer patients who laughed or practiced induced laughter several times a day lived longer than a control group who did not.”

Dr. Siegel recommends the “use of spontaneous laughter and to maintain a childlike sense of humor throughout your day.” He believes it is “impossible to live in fear when you laugh” and that we can control two things: our thoughts and behaviors.

He talks about the capacity for laughter to renew family bonds and heal old resentments. He states, “Self-care has to be a priority” when a loved one is facing terminal illness and caregivers and family members feel stressed and overwhelmed.

Self-care includes joining support groups, laughter clubs, enjoying funny movies. Laughter is high on the list for Dr. Siegel in touching our senses and in creating relationships and expressions of love between those who are ill and those who are caregivers.

Dr. Siegel’s Rx for healing: find the space between science and spirituality and tap “your body’s potential to heal” through positive images, laughter and love.

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. Members should include “Book Review Submission” in the subject line.

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

MEMBER NEWS

JULIE OSTROW is traveling North America with trophy in hand! Our American Laughing Champion came in a strong second at the recent Montreal Laughing Championships.



Here is a write-up of one of Julie's presentations, ["Let Your Laugh Out...Live Your Life With Gusto and Enthusiasm!"](#)

DREW TARVIN wrote this [article](#) on the 2014 conference

ALLEN KLEIN shares [this information](#) on the Nat Schlulowitz humor library - 14,000 volumes! - at the San Francisco library.

GURINDER BAINS' [article](#) on memory loss and laughter has gone viral!

He adds: "ABC national news called for a phone interview. [Click here](#) to read the story.

"Then it just went viral and global: Huffington Post called, and CBS news, and all other news agencies have picked up the story and many have translated it into Chinese, Korean, Arabic, Telegu, Spanish, Vietnamese, etc. and its posted around the world now on separate news agencies. Google "Gurinder Bains Laughter" - there is a huge amount of websites reporting the information."

KELLY EPPERSON showed her French underwear in an egg (from a bubble gum machine at a bowling alley in the south of France) at a recent joyful keynote. Kelly also offers a love discount for AATH members for her Birth That Book Blueprint class. Use code AATH and sign up at <http://kellyepperson.com/btb-blueprint#sign-me-up>.

2014 CORPORATE HUMOR AWARDS WINNER ANNOUNCED

The 2014 Corporate Humor Award winners have been announced and include: Kathy "Piccolo" Keaton, a Humor Academy Graduate "HAG," from the Association of Applied and Therapeutic Humor (AATH), 14-year AATH Member and Therapeutic Clown

Practitioner. Her entry "I want Her job" won her the First Place Best Humorous Award. New AATH member Beth Slazak walked away with the "Custom Humor Award" for her entry: "Best Re-Allocation of Room Designations"

The Corporate Humor Awards, annually celebrate those individuals and organizations who are doing their part to improve the workplace using humor at work and hope to recognize the awesome work already being done by people and companies, and create awareness for what's possible when it comes to humor in the workplace.

The annual contest is sponsored by: "Humor That Works," owner Andrew Tarvin, who's company is dedicated to teaching individuals and organizations become more effective, more productive, and more awesome using humor in the workplace. Since 2009, They've worked with more than 100 organizations, including Procter & Gamble, General Assembly, and The Ohio State University on topics ranging from humor in the workplace to increasing productivity.

Nominations come from the public and are voted on by an [esteemed board](#) of experienced corporate humorists.

You can learn more about Humor that works at <http://www.humorthatworks.com/>



Send YOUR member news to kelly@kellyepperson.com!

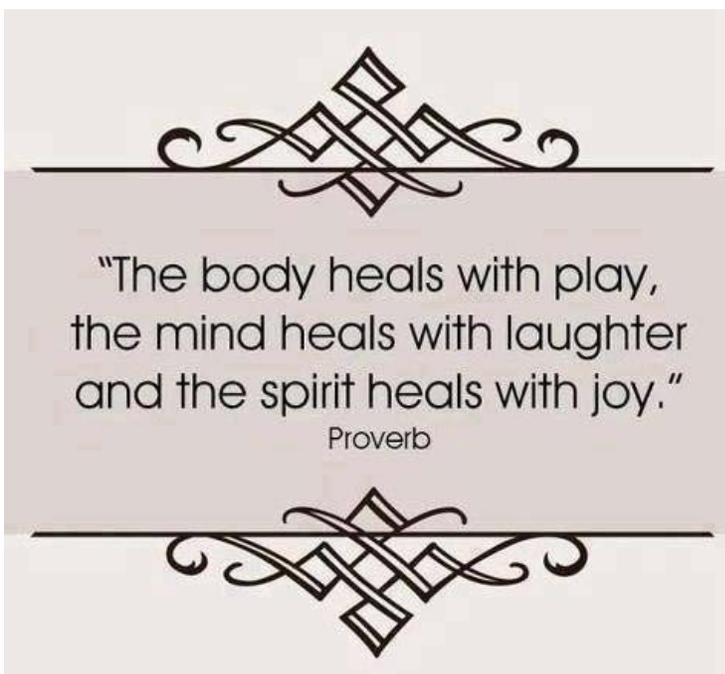
MEMBER HELP IS ALWAYS AT HAND: Need assistance with renewing your membership? Forget your member website log-in information? Contact April Duquette at the AATH office! April can be reached at aduquette@aath.org or 860-586-7507 Ext. 584, and is ready to assist you!

"With her marriage, she got a new name and a dress."

HUMOR ACADEMY

The Humor Academy continues to grow every year. From tiny acorns, all kinds of nuts grow!

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



LETTER FROM THE PRESIDENT

Greetings to All,

It appears as though spring has finally arrived across the country. I hope you are all enjoying sunshine and the sweet smell of spring's flowers and even showers.

The conference in Vincennes provided a wonderful opportunity to network, meet new friends, and reacquaint ourselves with people from past conferences. As usual, and with the best of intentions, we all vow to keep in touch. Sometimes that is easier said than done.

How can we maintain this feeling of connectedness with like minds; you know, that feeling that we have found our "tribe"? I would like to encourage you, and possibly even challenge you, to find the time in your busy schedules to arrange local "gatherings" in your city or region. This can be as simple as a pot-luck in a park, (for those of you in Colorado, I mean casserole) a gathering at someone's home or restaurant, or an all-night bowling party. Take me off the last one—I was the Gutter Ball Queen in Vincennes—but I did have fun!

I know that already Barb Best and a group of friends in the LA area are trying to connect later this summer, and I'm trying to arrange something here in the San Diego area with Yvette, a new member. Take the example of Barbara Grapstein who is always searching for ways to connect AATH with like-minded friends in her travels, and Julie Ann Sullivan who lives in Pittsburgh, PA, but somehow still managed to arrange a dinner with the Chicago AATH people while visiting there last year.

What can you do for yourself to nurture and enrich those relationships from the conference? It might be as simple as one phone call to just one person whose story resonated with yours.

Go for it. Don't be shy!

Have a marvelous spring! Don't forget to stop and smell the daffodils. "Shared joys make a friend....." Friedrich Nietzsche

Love Laughter PEACE Blessings

JILL

President, AATH

"A boiled egg is hard to beat."

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.

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.

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