



Save the Date!



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

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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

Letter from the President

I have had some sleepless nights lately. The baseball world series and the USA election were both televised later than my normal bedtime. For me, these were nail-biting events that transformed my brain into a full alert status. I found that sleep was an impossible dream on those 2 nights.

So I am going deeper! It is always a purposeful process for me. This month I have dusted off my humor skills, focused more on laughter and spent time on my backyard swing releasing my playful self.

We have the unique opportunity to share the benefits of humor, laughter, play and joy with the world through our membership in AATH. It has been heartwarming to see our community of professionals reaching out to support their friends and colleagues during difficult times. It is inspiring to observe our AATH family members reaching out to each other. Caregiving is what families do.

As we care for each other, let us remember to take care of ourselves. That is why this year's conference will be such a source of energy and support for those who attend. I hope you are one of those who can enhance your own humor practice by attending the conference. Our theme this year is "Humor: The Power and Purpose of Play." See you there!

With humergy, Mary Kay Morrison AATH President

CONFERENCE DEADLINE

The deadline for a Free Tee has been extended to Nov. 30th for Humor Connection subscribers only. You will receive a conference shirt with early bird registration. To register, click here. Use the discount code, FREETEE.

Sneak Peak

Book Review

Colonoscopy: It's Not A Party Until Somebody Loses Their Pants

by Patricia L. Raymond, MD (Reviewed by Diane Roosth)

Ms. Butt Meddler, also known as Patricia L. Raymond, MD, RX for Sanity, compiled another volume this



Fun Photos from 2015 in Arizona



Erica Swiatek and Beth Slazak



Barbara Grapstein, Alleen Nilsen and Joan Accolla

Do not miss this awesome interview facilitated by Heidi Hanna with 2017 keynoter Allen Klein. Many of you know Allen as our AATH past president extraordinaire, but he is also a prolific author including his latest book, of "You Can't Ruin My Day." Learn from Allen as he shares his message of inspiration and hope including his journey towards doing a TED Talk.



year called Colonoscopy: It's Not A Party Until Somebody Loses Their Pants. Her below the beltline humor is truly an "in house" job for those over 50 (and some under) who have had the pleasure of a colonoscopy. Her collection comes from her patients, colleagues, and others, including tweets that bring you smiles and laughter.

Her quotes on philosophy are visual: "Getting it BAD at both ends. Colonoscopy and root canal in the same week." Her stories even more: "Sign in front of the office where I'm getting my colonoscopy done said 'All deliveries taken in rear.'" I am still laughing. Also: "Sewer guys came to my house last night & shoved a big hose up my sewer line. Reminded me of my colonoscopy, but without the co-pay."

Volunteer Spotlight

Ed Dunkelblau

Thanks to Ed Dunkelblau for his willingness to research venues for our annual conferences. Ed has saved this organization a ton of money by his amazing negotiation skills. Our venue in Arizona was secured with his able assistance. Thanks Ed!



Roberta Gold and Ed Dunkelblau

She shares with us what has been shared with her about the "experience." These tidbits include: "I advocate writing rude messages on your undies for amusement; Last time I had a colonoscopy I wrote 'Danger: Wide Load,'" "Had a colonoscopy recently and instead of a camera, they sent a sketch artist;" "Should've known better than to take the complimentary colonoscopy that came with my car wash."

Other themes she addresses include: "Fun with Colonoscopy Prep," "Happy Drugs," "TMI?," "Points to Ponder," "The Joy of Aging," and "Culture and Colonoscopy." In anticipation of the holidays, she writes about "Colonoscopy & Family" in her last chapter: "Spent the afternoon disassembling a chicken and listening to my grandpa describe his colonoscopy. Good Christmas."

Humor Academy News

A Big Fat Turkey with Gratitude on the Side

I appreciate Dr. Raymond's ability to laugh with others about experiences and thoughts about one medical procedure she is very familiar with. As a Gastroenterologist in Virginia Beach, she speaks about reviving passion for healthcare professionals with belly laughs as they make the "lifesaving screening less icky."

A long time ago, 2010 to be exact, a group of pioneers wanted to gather together to experience the pleasure of each other and enrich their table by presenting others with the joy of sharing a big fat turkey. Now most of us know that a turkey is commonly the meal served on a platter, but in this instance, the plate of turkey was the joy of sharing and learning about humor. So, they did just that! These AATH members worked diligently together and finally invited others to come and feast.

This, my friends, was the first 'Feast of Humor' now known as the Humor Academy.

The Humor Academy was indeed founded in 2010 by AATH (Association for Applied and Therapeutic Humor) in collaboration with Portland State University, Educational Explorations, and Humor Quest. The Humor Academy (HA) is now a benefit open to AATH members who wish to gather, laugh, learn and in short, feast together to do the following:

1. Pursue a deeper understanding of therapeutic humor
2. Work toward a personal goal for further research or for therapeutic humor's effective application
3. Exhibit leadership in the field.

Participants in the 3-year program are exposed to many of the best human and multi-media resources available, and enjoy the tremendous camaraderie and insights of others in this carefully planned, non-traditional, interdisciplinary group learning experience.

Year after year, the H.A. 'turkey' has been 'basted with love' and 'celebrated with gratitude' to those who originally presented the idea to the table. Our thanks to founder Mary Kay Morrison, along with Karyn Buxman and Shirley Trout.

Now it's your turn. We welcome you

Kudos to Dr. Raymond for her medical, educational, and humor skills!

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.

AATH Member News

Saranne Rothberg wins the New York 2016 Founders Award. The Association of Fundraising Professionals will give this recognition on Nov. 21st to our longtime AATH member for National Philanthropy Day. Congratulations Saranne. We are so happy for you.



Saranne Rothberg with Florence Ditlow

Bobbe Lyon was a guest on the WPRK radio station in the Rollins College Campus with Dr. Brad Neider. Bobbe was so delightful that they have invited her back for a follow up interview. Bobbe did a great job of promoting AATH and our conference in Orlando April 27-30th.

Jim Winter and Wavelength have been selected for a major keynote address for the ASCD educator conference in March in Anaheim. This organization is the largest of its kind in the USA. Congratulations to Jim and his crew!

to come join the Feast!

Contact Nila Nielsen at:
ninielsen@me.com

Certified Humor Professional (CHP) Recognition

Maia Aziz
Morning Moments with Maia... Conversations of Love and Laughter; a radio show that pushes the positive.



Maia Aziz is a social worker, Certified Laughter Yoga Leader, writer, and radio host who works as Chief of the Rehabilitation Program in Specialized Schools for West Central Montreal Health in Montreal, Canada. Maia serves as President-Elect for AATH and her writing has been featured in Inspirations News, Your True Colors Magazine, and The Positive Psychology People. Each Sunday on Morning Moments With Maia...Conversations of Love and Laughter, an eclectic lineup of compelling guests join Maia for heartfelt and sometimes hilarious discussions. Taking "We should go for coffee!" literally, these are conversations of love, laughter and life.

Karyn Buxman
What's So Funny About... Chronic Illness?



Jim Winter with his Level II Project

Cyn Keeler organized and facilitated a retreat for counselors at Camp Boggy Creek. This Wellness Celebration Retreat for MHC's and Caregivers was held on November 5th. Cynthia worked with her Humor Academy co-advisor David Mann who facilitated the logistics. The program included a drum circle at the end of the day! Other sessions included Nutrition for Stress, Essential Oils, Laughter Yoga, Medicinal Herbs, and a simple meal. Cyn indicated that this was a great success and that there will be additional retreats planned for the future. Cyn and David are Level I Humor Academy advisors.

Rosemarie Poverman conducted 2 "Positive Power of Humor" programs in Ocean City, Maryland to the Mid-Atlantic Administrators of Court Managers. The group was having so much fun laughing that the next door session complained that the laughter was overwhelming. It is always great to hear about the wonderful feedback from our AATH presenters.

Humor Academy participant, **Guy Girard** is in Russia with Patch Adams providing laughter and joy to children there.

Laughter Yoga leader, **Alexa Fong Dubray** had a radio interview with 107.3 WFIR. You can catch the interview [here](#). Alexa also trained several laughter yoga leaders including our own HA student, Kyle Edgell.



Karyn Buxman, RN, MSN, CSP, CPAE, is an international speaker, successful author, nurse, and neurohumorist. While her classmates were dissecting frogs, Karyn was dissecting humor. Now a highly sought expert in helping people achieve peak performance and optimum health through strategic humor and positive emotions, she's spoken to over 200,000 people around the globe. Karyn is the recipient of the Lifetime Achievement Award from AATH, and co-founder of its Humor Academy. She is also co-founder of the World Laughter Tour, teaching people how to laugh for no reason. Her mission in life is to improve global health & business through laughter and to heal the humor impaired



Laughter Yoga Group

Izzy Gesell, CSP (Certified Speaking Professional) has completed the shooting of a video learning course for Lynda.com called "How To Build A Team." Set for release in early 2017, this is Izzy's 3rd course for Lynda.com. The other two are: "Humor in the Workplace" and "Leading with Applied Improv." Izzy also has a free new app called "Improv4you." You will get instructions for 10 Improv games you can play anywhere. It's available for both Apple & Android and at www.improv4you.com



Izzy Gesell

Do you want to form an AATH local chapter? Here is the Southern California Regional group at one of their meetings. Contact Heidi Hanna for more details.
heidi@synergyprograms.com



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 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.