



Give the Gift of Humor



Don't know what to get that person on your list that has everything? Want to support our non-profits 501C-3 AATH association? Here are some great suggestions from our AATH "elves:"

- Check out our [AATH Resources page](#) to see all the great books that have been written by AATH Members and more.
- If you plan to purchase ANYTHING on Amazon this holiday season, go to the Resource page first. Link through any book listed and then start shopping on Amazon. A percentage of your entire order will come back to AATH!

Save the Date!

Annual Conference 2016

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

At this time of year we count our blessings and show our gratitude. We are starting to receive registrations already for our Annual Conference, and it reminds me that the Humor Academy has been the start of something great for so many of our non-traditional students. They have expressed their gratitude for this opportunity. They have expanded their friendships and enriched their personal lives. For many, the Academy of humor studies were instrumental to help grow or enhance their career.

Adults of all ages, no matter their path in life, benefit from understanding the benefits of applied and therapeutic humor as taught in the AATH Academy Program. The rich background of humor studies is exceptional. Read about it [here](#).

Past students have graciously thanked AATH for offering this member benefit, but it is the students of the Humor Academy that make the program fun and exciting. They are truly the stars of the Humor Academy. ***We thank our lucky stars!***

Won't you join us in Mesa, Arizona on April 7th as we kick off our 2016 Humor Academy program? Contact Dr. Nila Nielsen, ninielsen@me.com, for more information on the program.

With humergy,
Mary Kay Morrison
AATH President

Present Your Research at AATH

At each annual conference, the AATH Research Poster Session showcases the work of researchers and their studies of humor and therapeutic laughter related topics. In 2015, out of eleven proposals AATH featured four

Member News

AATH Member **Fr. Paul Moore** has been selected for the 2015 Arkansas Counseling Association Donald R. Rye Humanitarian and Caring Person Award! The award was presented at the ArCA Conference in Hot Springs National

AATH 29th Annual Humor Conference & Humor Academy, April 7-10, 2016 at the Hilton Phoenix | Mesa.



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](#)



such pioneers at the Research Poster luncheon session, who shared their study of humor and therapeutic laughter in the realms of Public Education (Greg Matthias), Religion (Nick Mosca), Senior Citizen Living Centers (William Andress), and with Persons Affected by Parkinson's Disease (Debra DeCaro). In addition, two other researchers took advantage of the Humor Lounge to present their research findings.

We're currently inviting proposals for the 2016 Research Poster session. In addition to our [Call for Proposals](#) on the AATH website, we've also reached out to a number of individuals, whose work has been published or received other recognition.

We welcome all proposals on relevant topics. The Research Poster Committee hopes to have a wide variety of proposals to consider. The committee is comprised of: Cindy Miles, Melissa Mork, Shirley Trout, William Andress, and Nick Mosca.

For additional information, or if you know of someone who has recently done some relevant research, please contact the Research Poster Committee Chair, Cindy Miles, cindy@regiona.org.

Last Chance for Early Bird Registration

As part of our current membership appreciation focus, the conference early bird registration was extended to **Thanksgiving**. You do not want to miss this outstanding program this year. Click for our current [conference schedule](#). Join us in Phoenix at the beautiful [Mesa Hilton](#). Early Bird Registration offers \$50 off conference fee and a FREE TEE!

Park, AR. Congratulations Paul!

SEND YOUR MEMBER NEWS:
info@aath.org

Book Review

Thank you, *DIANE ROOSTH*, for the Book Reviews every month!!

Roberta Gold, "Life Is An Attitude", Chapter 28, in The Power of Transformation, Reinventing Your Life, by Linda Ellis Eastman (Author/Editor)

Gold explores the importance of having a positive attitude as a choice "we make every morning." As a woman with a mission, she writes in this self-help book of the importance of using upbeat language and behaviors that cause "the least damage to ourselves" including humor, laughter, and play. She states that "we can...train ourselves to be more positive" through practice and repetition like learning any new skill.

She says that "a negative attitude often manifests itself in stress" that can be physiological as well as psychological. She cites a study conducted by Carnegie Mellon University showing that people who reported a positive attitude reported being "happy, joyful, lively and calm" seemed to recover more quickly from illnesses like the common cold and lived an average of 7.5 years longer than those who presented with a more critical view of life.

Roberta identifies tools that can assist in making a mindful change



The Diverse Faces of Humor

How do you put a face on humor? As we are updating our AATH web site, conversations have emerged on what visuals can be used to represent AATH. How can we portray the diverse professionals in our organization who are passionate about our mission to study, practice and promote healthy humor and laughter? In many ways the very purpose of AATH seems to be an oxymoron. We are purposeful about the study of humor and laughter and yet these very topics are not, nor should they be serious. We debate about using the pictures of members with goofy hats, crazy glasses, clown noses and red lips, as it does not seem to portray our serious focus on research and the benefits of humor. While there is considerable energy involved in exploring the therapeutic use of humor to meet life challenges, there is incredible diversity in the way our members accomplish this goal.

Our members are not all trained as laughter leaders, but we have many who are active in various laughter

to be more upbeat. She says while she always has a smile on her face, she appears happy even when she is not. She tries “to project an outlook that is warm and inviting.” She makes the effort to “compliment” the best qualities in others as a way to connect. She suggests using complimentary words including “intelligent, beautiful, charismatic...optimistic, organized, and efficient, strong energetic and humorous” as examples of accolades to identify other people’s strengths as well as your own. She emphasizes the importance of finding “something to enjoy every day” and of planning “for fun.”

Gold is practical and direct. She states that we as women “do not give ourselves the credit we deserve” and can be “self-critical and unforgiving.” She suggests we replace this with “positive affirmations” and identify our own strengths.

I first met Roberta Gold in 2008 when she spoke at a conference I attended. She was involved with the Association for Applied and Therapeutic Humor as a speaker, leader, and member, and convinced me to attend my first conference. Her invitation to write her chapter in this women’s self-help book is a testament to her over 25 years of experience as a keynote and breakout speaker, consultant and Certified Recreation Therapist and Humor Therapist.

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

clubs. Many of our past conference pictures depict clowns, however those members who practice clowning often have different philosophies about their purpose and practice. We are researchers, authors, nurses, social workers, speakers, psychologists, recreation therapists, educators, psychiatrists, doctors, ministers, and military personnel who are all interested in the therapeutic applications of humor. We share a common purpose in that we all strive to make a positive difference in our world with healthy humor and laughter. Join our dialogue about how to best portray our mission and develop our brand. We invite you to continue to share your pictures with us on our social media sites as we mirror our member efforts to promote healthy humor and laughter.

Thankful for You: Our AATH Humor Connection Subscribers

We are so pleased that you have subscribed to our AATH Humor Connection. The purpose of this complimentary publication is to further the AATH mission to study, practice and promote healthy humor and laughter. Your free subscription is part of our AATH outreach to promote healthy humor and laughter. In these HC issues you will have access to:

- Links to upgraded and updated resource pages including over [40 free power points](#) on humor shared by Don and Alleen Nilsen.
- Details about our pioneering AATH humor studies programs including our groundbreaking [Humor Academy programs](#).
- Opportunities for humor/laughter researchers to [present their research](#).
- Information about registering for our annual [AATH conference](#). This year In 2016 it will be held at the beautiful

subject line.

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 2016 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 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 forget your member website log-in information, reach out to Michele St. Clair and her team at **815-708-6587**.

Phoenix/Mesa Hilton on April 7-10th.

- [Humor and laughter resources](#) available as part of our mission to study, practice and promote healthy humor and laughter.

Membership Directory

What does your AATH profile look like?

Now is a great time to update your profile in our [AATH membership Directory](#). This is a great way to connect with your humor colleagues. Many of our members put their profile as a link on the bottom of their emails. Share the good news of AATH with your friends and colleagues.

Thank you for subscribing and Happy Thanksgiving!

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.