



Tuesday November 18, 2014

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**Andrew Sabin
Family Foundation**

GREETINGS

'Tis the season for thanks-giving. No matter what country you live in, it's always a good time to recognize all the things, and people, you are thankful for. We are thankful for AATH!

Cheers!

Kelly Epperson, editor

Send in your member news to kelly@kellyepperson.com

And remember, find us on:

[Facebook](#)

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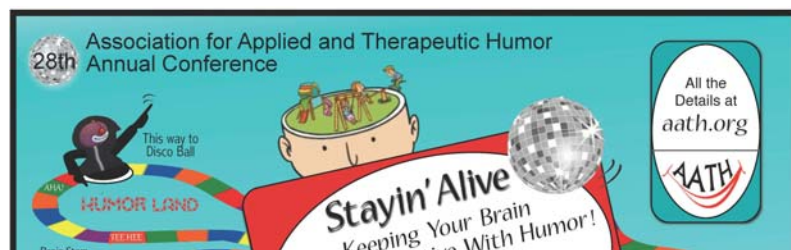
"Those who get too big for their pants will be exposed in the end."

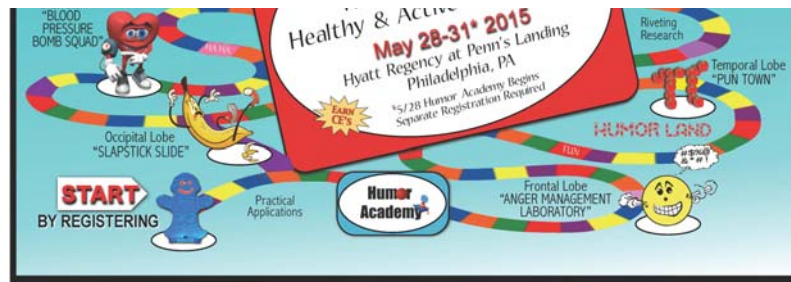
Annual Conference

You don't want to miss out! May 29-31, 2015 is the 28th Annual AATH Conference. "Stayin' Alive: Keeping Your Brain Healthy & Active With Humor." The Hyatt Regency at Penn's Landing in Philadelphia, PA awaits. Can't wait to see YOU there! Bring a friend!

Conference registration will open soon! Plan to register then for early bird rates!

The conference BUZZ is starting. What happens when a researcher, a psychologist and a author walk into a bar and find themselves discussing the death of Robin Williams? Do not miss this Humor Academy session at the AATH conference featuring Karyn Buxman as the Virgin Bar "bartender."





Scholarship Deadline for the AATH Conference Extended to January 1 – [Apply Today!](#)

Scholarship applications will be accepted through January 1, 2015 and more details can be found on our [scholarships](#) webpage.

Thank you to all of the 2015 scholarship donors, whose generosity provides wonderful learning, and often life-changing, opportunities for members of the AATH community.

Calling all Researchers! Research Poster Session [applications](#) for the 2015 conference are available now.

"He had a photographic memory which was never developed."

BOOK REVIEWS

THANK YOU to Diane Roosth for this Book Review!

Nicholas Hoesl, R. Ph., Compiler and Editor

Laughter: The Drug of Choice – Definitive Doses of the Best Medicine, 4th Edition, 2013

Retired Pharmacist Nicholas Hoesl believes in the power of healthy humor to heal as complementary to any drug in the pharmacy. In this collection of sayings and quotes, “medical terms and poetical musings,” we are teased and tickled to smirk and squeal with “new drugs found in this book, including laughter, not... reviewed by the FDA as safe and effective.” Listed alphabetically by topic, this book is an anthology of one liners and short limericks.

Some examples: AUTOPSY “remains to be seen.” BACTERIA are “the backdoor of the cafeteria.” BALDNESS is “follicularly challenged.” One of my favorites is BEAUTY: WC Fields is quoted as saying “is in the eyes of the beer holder.”

Hoesl rounds up the classics: Milton Berle tells us “Somebody once asked me, ‘Do you like bathing beauties?’ I said, ‘I don’t know, I never bathed one’”; and Phyllis Diller exclaimed “I once wore a peekaboo blouse. People would peek, then they’d boo.”

The APPENDIX acknowledges our organization, AATH, as “dedicated to educating health care, business, and educational professionals about the values and therapeutic uses of humor and laughter.” Kudos to Nicolas for reminding us that humor is a nontoxic alternative remedy for most conditions of the humor spirit.

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 subject line.

"It is so cold outside, I actually saw a gangster pull his pants up."

MEMBER NEWS

Brenda Elsagher knows how to go big!



Brenda Elsagher invites you to share a story of Aging Hilariously. There is a quick deadline, money, and rewards with all the details at her website:

<http://livingandlaughing.com/aging-hilariously-submission/>

Mary Kay Morrison recently gave a humor presentation for the Illinois Diabetes Symposium. Information on the AATH conference and Humor Academy were shared with the participants. Mary Kay also shared AATH information when she spoke at a recent Illinois ASCD education conference.

Our very own President, Jill Knox was awarded the Healthy Humor Award by the Invisible Disabilities Organization. <http://invisibledisabilities.org/awardrecipients/2014-ida-honor-awards-recipients/>

Heidi Hanna is hosting Recharge Retreats at Canyon Ranch in Tuscon, AZ. Contact Heidi for info!

Congratulations to Julie Ostrow recently got married to Joe Schreiber in a beautiful ceremony complete with bagpipes.





Sad news from past AATH board member Deb Gauldin. "Hello AATH friends. Many of you heard the sad news of Greg Risberg's passing. Greg was a long time AATH member and supporter. He was a social worker and national speaker, advancing our the AATH mission for many years. Greg had a remarkably playful spirit and very tender heart. He was corny and proud of it! He lived his message, sharing the power of humor, hope and most of all hugs."

Rest in Peace Greg.

Membership Committee News; The AATH membership committee has been reorganized by board member and chair, Amy Robbins. This is the important committee that welcome new members, gently reminds folks about expired membership, monitors our AATH Facebook group page and coordinate our Jest Friends program for new members. Thanks these AATH great volunteers: Amy Beaupre, Trisha Brick, Barbara Grapstein, Cynthia Keeler, Don Morrison, Beth Slazak and Beth Usher!

Past board member, Jeffrey Briar and his mother were interviewed on Huff Post Live <http://huff.lv/1wzVqc>

Mario Barros publishes a magazine of international humor. this fascinating publication called Bostoons. <http://bostoonsmag.com/>

Did you know that Florence Ditlow has been an AATH member since 1989? We treasure our long-time members. <http://thebakerygirls.net/biography.html>

Steve Wilson, AATH member since 2001 recently offered 3 days of CLL advanced training. Past President, Allen Klein and current president, Jill Knox were featured via Skype. Steve is the Master of Mirth, Cheerman of the Bored, the Chief Joyologist and all-around amazing founder of the World Laughter Tour!!!



FUN FACT---You never know when you will meet another AATH member in an airport.





Jae Pierce Babba and Karyn Buxman

A few of our caring clowns were recently presenting in Italy presenting research at a clown conference! Take a look at Patty Wooten, Jacki Kwan and Kathy Keaton!



NEW MEMBER BENEFIT! We now have our own AATH membership directory. Please log in and update your picture and profile. This is a great way to network with your friends and colleagues in AATH. If you cannot find yourself, you may want to check with the office to be sure your membership dues are up to date. <http://www.aath.org/membership-directory> We want to see your "selfie"! You can include yours on your profile page in our AATH membership directory!

Have you found us on Facebook? We have 2 different pages. Looking for fans for our fan page! <https://www.facebook.com/healthyhumor>

Send YOUR member news to kelly@kellyepperson.com!

Updated resources on Aging can be found on our web site <http://www.aath.org/humor-aging> Thanks Laurie Young and Kathy Laenhue for taking on the project of updating our resource pages!





New member, Kyle Edgell created this fun graphic!



Did you know that AATH is a non-profit charitable organization approved for funding through United Way. Share the laughter by designating your United Way dollars for AATH!

"I'm naming my TV remote Waldo for obvious reasons."

HUMOR ACADEMY

The Humor Academy (HA) is a terrific place to learn and grow your humor studies and make wonderful friendships.



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

LETTER FROM THE PRESIDENT

Greetings Everyone!

GIVE THANKS! These two words pop-up every place I roam during the month of November. Tea towels, mugs, plates, clothing, and any number of accessories are adorned with these two simple words and they begin to fade into the background with all of the other clutter that is placed in front of my eyes during the day.

As I was shopping yesterday the words **GIVE THANKS** kept reappearing on just about everything I saw, except my prescription bottle-- for which I truly do **GIVE THANKS!** Of course, I am thankful daily for family and friends, but I was thinking beyond that to the other influences in my life, one of which is our organization, AATH.

As an active member of AATH I have learned from humor experts, have access to humor resources, and, most importantly, have established meaningful friendships with people who share my passion for humor its many benefits. I've become much more intentional in my use of humor, finding it all most everywhere and using it as often as the opportunity presents itself.

So, today I **GIVE THANKS** to all of you, the members, for your part in my life.

Have a Happy Thanksgiving. Oh, and don't forget to **GIVE THANKS!**

Love Laughter PEACE and Blessings

JILL KNOX AATH President

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.