Monday September 15, 2014

"The Home for Humor & Laughter Professionals!"

Thank you

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

September! Back to school and plenty of reasons to implement healthy humor. Find the funny, share a laugh, feel the benefits.

Cheers!

Kelly Epperson, editor

Send in your member news to kelly@kellyepperson.com

And remember, find us on:
Facebook
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"When a clock is hungry it goes back four seconds."

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!

Andrew Sabin
Family Foundation
"The guy who fell onto an upholstery machine is now fully recovered."

BOOK REVIEWS

THANK YOU to Diane Roosth for this Book Review!

Laughing in the Rain: Self-Care for the Storms of Life, by Hilary Saffran

Alaskan writer, human resources specialist, teacher, Toastmaster, single mom, ventriloquist, and clown, Hilary Saffran writes a book on self-care tips “while going through some form of adversity.” Her topics are universal and relatable, and she uses quotes and personal stories to illustrate her points.

Ms. Saffran teaches that part of existence is getting through life cycle experiences that may challenge us, like Parenting, Family Life, Relationships, Pregnancy, Aging, Work, Dieting, Health and the Weather. Her quotes connect us with famous and not so famous people’s personal stories.

For example, regarding Parenting, Ed Asner said – “Raising kids is part joy and part guerilla warfare.” Regarding Family Life, Bob Hope said - “I grew up with six brothers. That’s how I learned to dance – waiting for the bathroom.” Regarding Pregnancy, Joan Rivers said, “I knew I was an unwanted baby when I saw that my bath toys were a toaster and a radio.” Also, regarding Pregnancy, Ms. Saffran talks about her “50 Shades of Stretch Marks.”

Hillary reminds us about the social benefits of humor, laughter, and mirth. She asks us to share our stories and anecdotes on how we dealt with humor with these life subjects. Email her at book@laughterishealth.com so she can collect these for a sequel.

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

MEMBER NEWS

The Intelligent Optimist Magazine features our beloved speaker/author ALLEN KLEIN indisputing "Finding Humor Everywhere." [http://theoptimist.com/finding-humor-everywhere/#bHvsJs]

BRENDA ELSAGHER was awarded Chapter Member of the Year award for the National Speaker's Association, MN chapter. Brenda was President last year and will be on the board again this year as immediate past president.

Brenda reports on what she did on her summer vacation: “I just got back from a great trip exploring Alaska with my family of 20. I started off speaking in St. John's Newfoundland, Canada and then flew across the country to join them in Vancouver on a cruise for a week. I was honored to give two talks in Anchorage right after the cruise for the two hospitals there. One talk was for ostomy patients and the other was for nurses where I presented, "Humor and Healing from the Patient's Perspective." Then my husband and I joined the rest of the family to go up near Denali. The mountains, the glaciers, whales and moose were spectacular. How can you not feel good being around all that beauty?!”

What CHIP LUTZ did on summer vacation. The usual. Hung around with nuts.

BARBARA GRAPSTEIN shares this article of a workshop she attended in Philly (home of the next AATH Annual Conference!)

FLORENCE DITLOW reports that she had an article published in the American Nurses Holistic Association magazine Beginnings. Her article was on the importance of humor for caregivers.

Join in the sharing on AATHs Facebook page!

Send YOUR member news to kelly@kellyepperson.com!
Something to “Smile” About - AATH is Part of the AmazonSmile Program

Calling all on-line shoppers! AmazonSmile is a simple and automatic way for you to support your favorite charitable organization (ahem….AATH!) every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to AATH. Simply enter “Association for Applied and Therapeutic Humor” to search through the list of organizations and select AATH. Tell your friends, families and colleagues…and start shopping today!

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!

"When she saw her first strands of grey hair she thought she'd dye."

HUMOR ACADEMY

The Humor Academy (HA) is proud to produce HAGs (Humor Academy Graduates) who are great at the HAHAHA and the HOW and the WHY of laughter! The Humor Academy is a fun and dynamic way to deepen your understanding of therapeutic humor and form terrific bonds with like-minded people.

If you are interested in Humor Academy, visit http://www.aath.org/humor-academy or contact Mary Kay Morrison.
LETTER FROM THE PRESIDENT

Hi ALL

It’s September. Bright yellow school buses are busily winding their way around the local roads like ants on an ant farm and we are a month closer to our 2015 amazing conference in Philadelphia!

CONGRATULATIONS to Amy Robbins for her quick response and for scoring 100% on our quiz, “What Do You Know About Philly?” Check your snail mail, Amy; a prize will be arriving on your doorstep soon!

Check our web site soon for information regarding scholarships for the 2015 AATH Conference and Humor Academy. These scholarships are NOT based on financial need, but are based on the applicant’s dedication, passion, and use of creativity in the field of therapeutic humor. Go to our web site, aath.org, in order to view last year’s scholarship offerings.

If you would like to create a scholarship of your own or contribute to an existing scholarship, email the AATH office or call 860-586-7507.

TRIBE: …a group of people or a community with similar values or interests… (yourdictionary.com) Are you interested in adding humor to your life, learning more about therapeutic humor, sharing your knowledge and experience in the field of therapeutic humor? Join our AATH Tribe in Philadelphia May 28-31.

Sending Love Laughter Peace Blessings

JILL KNOX AATH President

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.