

May 7, 2020-Stress Less Laugh More PES Call Transcription

Amethyst: Hello everyone. Welcome to the call this evening. We will be starting in just a few minutes. But if you are on the line, I do want to let you know that we encourage everybody this evening to log on with either their computer or their tablet. This evening session is interactive. And so we will be having a video call with Barbara Hee and an interactive laugh exercise. So if you can just log on with your computer or your tablet. Will be starting shortly.

Amethyst: Welcome everyone. This call is now being recorded. I would like to thank you all for being on the call with us this evening and to our sponsors Genentech and Principia Biopharma for making today's call possible. Tonight's topic is stress less laugh more with Barbara Hee. First, let me introduce you to our speaker this evening. Barbara is a former teacher and sales manager who is retired and lives in Philadelphia where she enjoys Zoom contact with her three grown children and four grandchildren. After overcoming a terrible bout with pemphigus, which had caused her to leave her lucrative but stressful sales position Barbara took training to become a certified laughter leader in 2003. She also took training and laughter yoga. Barbara has presented programs to many groups including teachers, nurses, recreational therapists, veterans, seniors, teens and young children. Convinced of the value of laughter for the health of it, Barbara is happy to share her laughter presentation with our community this evening. Today's call is interactive and we hope that you will participate in all the laughter exercises from the comfort of your home. So it is now my pleasure to introduce Barbara Hee to her laughter exercises and to help us stress a little less and laugh a little more. Thank you for being on the call with us.

Barbara: Thank you Amethyst, I'm so happy to be here tonight with you or this afternoon if you're out in California. I'd like to say happy world laughter day, which was Sunday. It's the first Sunday in May every year and I may as well throw in Happy Mother's Day, which is coming up. So hopefully you could enjoy last Sunday and you'll enjoy this Sunday and maybe incorporate some laughter this Sunday when you're celebrating Happy Mother's Day. So as Amethyst mentioned I did have pemphigus. I've been in remission for quite a while now, thank god. It was really bad. It was in my mouth and went up to my nose and my throat and I couldn't eat. I had to leave my job. I think part of the reason I got it was that I was in a very stressful sales position. I did leave my job and I would say it took me about eight and a half months to be diagnosed and finally start getting treatment. Then it took me almost a year to start feeling like a normal person again to just kind of get a handle on what my new life was going to be. At that time I went to a friend's house and she was having a game night and we were playing games. I just happened to go use her bathroom and there was a little magazine there and there was an article about laughter yoga. I thought that it was interesting and I just kind of looked at it and left it there but it stuck in my brain. So the next day I called Maureen and I

asked her for the information and I got a phone number. I called and talked to Steve Wilson and I didn't know if these people were crazy, and I thought what's this laughter stuff all about anyway. It turns out he is a psychologist. He lives in Ohio and he was doing training sessions throughout the United States and he just happened to be coming to Philadelphia where I live almost the very next weekend. I was like, this is just meant to be so I signed up. I think that it came to me at a good time in my life and it gave me a new direction. I didn't do Laughter programs for a while, but I thought I would try it so I would start having a few friends come over to my house and we did this for a while. Once a week people came over to my house and I would practice my laughter. I figured it was fun and it was a nice way to get together. My dad was living in a retirement home during that time. I talked to the recreational therapist there and she invited me to come and I started going there once a month for laughter after programs and then it just took off. I was going to many places doing the programs. Then that same recreational therapist asked me if I ever thought of doing a program for Alzheimer's patients. I told her I never did yet, but I would love to because my mom had had Alzheimer's and I didn't know about laughter programs at that time, but I wished I would have. So I started doing laughter programs once a month for the Alzheimer's group and that was really fun and I have lots of stories. But I'm not going to get into them tonight. But anyway the topic is less stress and more laughter and I think that kind of goes together. I think if we allow ourselves to laugh more it will help us to get rid of some stress. I know it from personal experience, it really works. I don't have to tell you, but right now is a very stressful time for everybody.

Becky: And I was going to say I think a lot of people can relate to your story Barbara and being in that stressful time of life and going through everything that you went through with your disease. I just wanted to say thank you for sharing your story with us. Really quickly before we begin and we get into this. You're right, everything that is going on now with COVID is stressful. We're just going to have a little poll real quickly and we're just wondering how many people have been struggling with their mental health either, sometime in their life or because part of their disease and their diagnosis? Barbara, you said you had and I know I went through something similar. If you're on the line if you wouldn't mind just taking a second and answering our poll. Then Barbara I'm sorry I cut you off and I didn't mean to but go ahead.

Barbara: Okay, am I going to get back to that other screen again?

Becky: Yeah, but in just a minute. Out of the people on our call, it's a very high percentage Barbara. It looks like there's about 72% of people who have said that they have struggled with their mental health. So I know today's call is going to be very important to our community.

Barbara: Yeah, and I've been reading a lot about it and hearing a lot on TV, maybe because I'm just tuned in because I was going to do this presentation tonight. A lot of people are talking about stress and also reminding people to please reach out if you do need a professional. I am not a psychologist. I am not a psychiatrist. I don't have all the answers. I'm just telling you what helped to work for me and share some things that I use. So what worked for me before and helped me get through some stressful situations. The first one really bad one was dealing with pemphigus. In 2008 I developed bladder cancer and that was a big shock. Then just a couple years ago my husband died and we had been married 47 years. So I had a lot of adjustments to make. Again, adjusting to saying stay safe at home. Some of the coping mechanisms that I had used before are already in place so I'm using them again. So one of the things that I'm doing is taking walks when I can, talking to people on the phone, gardening and exercising. I have a friend we used to meet at the gym. But now I call her and say do you want to do some chair yoga? And we both get on YouTube and we do chair yoga. We don't do it together, we do it apart. Then we call each other afterwards and say, what did you think of that one? How was the music? We critique it. So I'm doing a lot of things. I started taking art lessons. So I'm designing little cards and I'm sending them out to people to maybe give them a little bright spot in their day. So I've had to buy more stamps and that's okay. I'm also learning other things like Zoom and being on this call. I was playing Pictionary with my grandchildren on Zoom. I figured out how to do that. Also on Zoom we got into with my older grandchildren, Kahoot and Jack box. So if you have teenagers, they probably know about it and they can tell you how to play these games. I live by myself so it is very important. And again, that's one of the things about stress. If you can be with other people and enjoy their company and laugh with them it's so important. And since we can't do that in person now, just doing it on a webinar is just wonderful to be able to do that.

Becky: We really appreciate you being here. That's for sure.

Barbara: Thank you. I just wanted to say a few words about laughter yoga and it is laughing for no reason. Some people say, well that's fake laughter. It doesn't really count, it's not real laughter. Well, some people say fake it till you make it but I don't really like to say that. What I say is it's doing exercises. These are laughter exercises. So if you go to the gym and you're riding a bike, you're not going anywhere on that bike but your body is definitely benefiting from riding that bike. So the same way with laughter exercises as you're doing them. I'm not here to tell you jokes and funny stories. Although I'll talk about jokes a little bit later, you do get the benefits from it. What are some of the benefits? I'll say a couple of them because I don't like to make claims that I can't prove. People do study laughter and the effects. Can you imagine getting your PhD in laughter? If I had my life to live over again, maybe that's what I would do, get a PhD in laughter and its effects on the body. But it really helps to relieve stress. It kind of gives an exercise to our inner organs. It makes a connection with other people and it just elevates our mood and because it helps us release endorphins and good hormones. I'll call them the good hormones. So this all started, I have this book here and if you can see it, Dr.

Kataria in India started it if you want to hear the background “Laugh for No Reason” is his book. So we're going to laugh together. I invite you to laugh. If you have other people in the room with you hopefully they'll join in too. If not, just laugh out loud. Laughter really is a social event and it's hard sometimes to laugh by yourself. I'm used to it now. So I do it and I enjoy it. But if you're not you might not be comfortable doing it so I'll ask you to get out of your comfort zone and yourself permission to act a little bit silly and enjoy it because if you do it, I'm sure you will enjoy it. So we're going to start with a nice deep breath because this does come from the yoga background. So take a nice deep breath. And exhale and another one. And let your jaw drop so that you can relax your jaw a little bit. We hold a lot of tension in our jaw and maybe just turn your head from left to right very gently and make smile faces with your nose as if you're drawing a smile on the opposite wall. Just very gently and keep breathing too. Okay and now we're going to raise our shoulders up and as you release them say ha. Take a breath in and then release it and say ha. So we're going to start some laughter exercises. The number one rule is don't do anything that hurts we're not here to cause any pain or cause any stress. This is a de-stress kind of a thing. So if I say we're going to put our arms up in the air and you don't want to do that, don't do it or if you say that laughter exercise is a little bit too silly for me. I'm not doing that one, fine. Sometimes just listening to other people laugh helps us to elevate our mood as well.

Continues with various laughter exercises/practicing of different variations of laughter...

Barbara: You might feel your cheeks like really tingling at this point. You might feel maybe your moods already elevated and you might even feel that you're breathing deeper. One thing about laughter, a benefit is it does help us use our lungs more and expand them. I read recently that we have a capacity of six liters of air. Usually we do half of a liter of air so if you try to remember to do that yoga breath and take deep breaths. Even if you're not laughing or doing any of the exercises that I'm suggesting and you want to relieve some stress the best thing to do is deep breaths. Just slow down, take deep breaths and that really does help.

Continues with various laughter exercises/practicing of different variations of laughter...

Barbara: I think it's important to laugh every day and my idea was if you combine the laugh with something you do every day anyway, you'll remember to do it, if you want to no stress. So usually people do brush their teeth in the morning and they brush their teeth at night. So if you combine that with a laugh as you're brushing your teeth that's a good thing to do. One time I was saying this and the person raised her hand and they said, well what if your teeth are over there in the jar and I said well then that's even funnier, do it anyway. You never know what

people are going to say. So you start brushing your teeth and it's a smile, giggle laugh. So you're brushing your teeth and look in the mirror and when you have all that stuff running down your face, you look in the mirror and you smile at yourself and you giggle. So this comes with a warning because you might have to clean your mirror a little bit more especially if you teach your children or your grandchildren this. My grandchildren love to look at themselves brushing their teeth in mirror and that's how I got the idea. So we're going to smile, giggle, laugh, the toothbrush laugh and hopefully this is one you can take home with you. Although you don't have to take it home you're already at home. So that makes it even easier.

Continues with toothbrush laugh laughter exercises...

Sometimes we just take ourselves too seriously, and we really have to lighten up. So this is a laugh at yourself. You just point yourself and you laugh. We're going to do this one and then we're going to a little relaxation and quiet for a minute.

Continues with laughter exercises...

Barbara: We're just going to take maybe a minute to relax and feel the effects of laughter. And see how you feel now as compared to how you felt at the beginning of this laughter session. I'll just be quiet for about a minute and will just absorb the effects of our laughter. Okay, you could come back to the room and open your eyes. Move your arms and your hands a little bit and I invite you to take your hands and place them over your heart. And feel the energy and the love in your heart and open your arms wide to the world and wishing peace and health to all the world. And bring that piece back into your heart. Put your hands up over your shoulders and give yourself a hug and a pat on the back and say thank you. Your body is saying thank you for laughing. I'm sure your body enjoyed it and I enjoyed laughing with you. So I'm going to open this up to some questions Amethyst.

Amethyst Yeah. Real quick, we want to take another quick poll just to see how everyone is feeling after those laughter exercises. So we're going to launch a quick poll. If you can just take a quick minute just to let us know. Are you feeling any better, a little less stressed? I know I definitely am. My cheeks are even hurting a little bit from some of that laughter, which is always a good feeling. Wonderful, and it looks like most of us feel a lot better and I definitely would agree. I feel like I'm doing a lot better. So thank you for that amazing presentation. We definitely enjoyed it.

Becky: We're getting a lot of feedback in our messaging in our chat boxes that a lot of people are feeling improved and they felt silly but they feel good now, so thank you for all you're doing you're making a difference Barbara.

Barbara: Good good.

Becky: Wonderful. So we got a few questions Barbara. I guess the first question would be how do you think that laughing can help with a rare disease like pemphigus and pemphigoid or how has it helped you? I know you explained a little bit about it.

Barbara: I think it's just any challenge that you have whether it's a disease or whatever it is. When I started to learn more about laughter and the effects on the body and how it does help you relieve stress. I started doing some research and I found all these different things about people with cancer and how they use laughter, what was the question again? How does it work? I can't really answer how it works.

Amethyst: Right? I guess the question is do you feel that and I would say you probably do, that laughter has helped you and how do you think that laughter can really help the rest of our community?

Barbara: It's definitely helped me and I think laughter helps anybody. I mean laughter is one of the most human things that we do. I think if you don't laugh you can end up being like Oscar the Grouch in living in a trash can because nobody wants to live with you. Although Oscar was rather endearing. But it helps you just be more of an attractive person. If you ever go into a room and you hear like a group of people over here and they're laughing you wonder what's going on, you're attracted to that laughter. But on the other hand if you're just ready to get into an elevator and you see somebody in that elevator and you know that person is always complaining, you might say oh, I forgot something. I'll get the next elevator and maybe you're not going to get in there with them because you don't want to hear all their complaining. So it really does help. I've read things but I'm not going to make any claims, but they do say, some people say it helps with pain management. I think if it does help with pain management part of it is because it helps you focus on something else. And again, it does help release those happy endorphins. I don't know, try it you'll like it. That's the bottom line. I'll mention another book, this is one of my favorite books I found when I was really involved in the beginning of laughter. "Compassionate Laughter" by Patty Wooten who's a nurse. If you know anybody who's a nurse this is a great gift. She dressed up like a clown like Patch Adams and the whole thing about bringing laughter into hospitals. Then there's one "The Laughing Classroom" for teachers to use which is really nice since I have a teaching background. That's really good too. So I just

wanted to mention those. If you go online and put in benefits of laughter or laughter and cancer or laughter and pain or whatever and you Google that you're going to get a lot of information back because as I said people really are studying these human emotions.

Amethyst: We actually have Odette Miller she raised her hand and she does want to ask a question of you. So Odette we're going to unmute you and you can ask your question to Barbara. Go ahead Odette if you're on the line. Odette are you still with us?

Becky: We're going to move on to Pauline if that's okay. Pauline is asking how do you laugh and force yourself to laugh when you're on high dose steroids? We've all been there right?

Barbara: Yes, those high doses of steroids and nobody warned me what it was going to feel like. I don't like to teach or tell anybody to force yourself to laugh. I think laughter has to kind of be a natural thing. I like to provide opportunities and you can provide opportunities to yourself to laugh. Even watching TV, watching a funny show or comedian. Or watching YouTube videos of babies laughing, it might trigger something in you and help you to laugh. But I really don't believe in forcing laughter. I don't think that's a really good thing. There are certain times that it's not a good time to laugh and you have to honor that and you have to honor your pain. You have to say, sometimes I'm allowed to feel sad and sometimes I'm allowed to just feel this the way that I feel. But what you don't want to do is get stuck in that. You don't want to wallow in it. So I hope that answered the question.

Amethyst: If somebody was going to be doing these exercises and trying some of these at home. Have you noticed that it's better to maybe try them in the morning, in the afternoon to boost your energy again or in the evening to kind of decompress at the end of the day? Or is every time a good time to laugh?

Barbara: Every 15 minutes. Set an alarm and every 15 minutes take a laughter break. Just kidding. However, people talk about coffee breaks. Don't take a coffee break, but instead take a laughter break. If we ever do get back to work and people go back to the office and you need that laughter break you can have one really easy by picking up your phone and pretending you're talking to somebody and that person just told you the funniest joke and you just start laughing. I was kind of thinking that it's probably not a good thing to laugh right before you go to bed, but it might even be helpful and help you sleep better if you do laugh before you go to bed. Certainly laughing in the morning is a good thing. Get up in the morning, do your push-ups, do your sun salutations and your stretches and then do some laughter. I do stretches every day. I've been doing yoga for over 20 years now, but recently I got into chair yoga and I really like that. It's better for me at this stage of my life. So whatever you do, give yourself permission to laugh. I think if you're by yourself, as I said before laughter is a social

thing and it's hard sometimes to laugh if you're by yourself. But if you try it and then it becomes easier like any muscle if you exercise that muscle it becomes stronger. And if you exercise your laughter it becomes easier to laugh the next time. I really believe that. Your kind of priming the pump and then the laughter will come.

Amethyst: That makes sense.

Becky: That's a great point Barbara.

Amethyst: It looks like we have somebody else who raised their hand to ask a question, Gail Willard. Gail we're going to unmute you and if you'd like to ask Barbara your question, you are unmuted now Gail.

Gail: Okay, it's not so much a question as it is a comment. When you were talking about being on high doses of Prednisone a few years back and going to sleep which never happened. You're just walking around the house and I just wanted to share one time I came across Becky's video of what it was like but she was on the high dose prednisone. There's one point where she's just vacuuming, vacuuming, vacuuming and it cracked me up. It was just what I needed and I watched it more than once. I could really relate so thank you.

Barbara: I remember being outside of my house and scrubbing the garage door. I think back and I am like, who does that?

Gail: I think we do.

Barbara: I should have got the power washer or something or hire somebody to power wash it. You don't scrub it by hand. Oh my gosh. I remember it was awful. I'm glad I'm not on them anymore.

Becky: Gail, I have to tell you that moment is quite a funny moment in the video for our family as well. We've watched that a few times and we're laughing quite extensively at that portion too. I'm glad I'm glad you could relate to it and understand our stories but also find the humor in it, too. Well, thank you for your question Gail. Laurel Lynn just asked a question and well, it's more of a statement I guess. Barbara earlier in the call you were going to talk about jokes and she was just interested in what you were going to say.

Barbara: Right, I almost forgot about jokes. Telling jokes, not everybody's good at jokes. And that's the reason that they don't tell jokes in laughter yoga because there's a different part of your brain that's involved with jokes. You have to get the joke. And if you're that person in the room who didn't get the joke, you really feel awkward. On the other hand, if you're the person that can tell a joke and you can actually practice this and you can get better at it. I am from a family of joke tellers, but I'm not really the best at telling jokes. My dad used to tell jokes. Honestly, he could have been a stand-up comedian and he kind of was because when they would go he and my mom would go on bus trips, he would get up on the bus and tell people jokes and get them singing. He had all these jokes at his fingertips. I'm lucky if I can remember, two or three. You can practice telling a joke. When you tell a joke you're taking a risk because you don't know if anybody's going to laugh at that joke or it's just going to fall flat. If you get good at it, I think it's good for your self-image that you can tell jokes unless you go overboard. Some people tell too many jokes. My brother always has a joke whenever I talk to him on the phone he always gives me a joke. I can't remember any of them. You can go online and look at dad jokes. I was doing that tonight because I didn't want to tell people about it and I never visited the site so I looked up to Dad jokes. I'll just tell you a joke. What I do in my laughter programs, I usually tell people if I tell this joke, you really had to promise me that you will laugh like this is the funniest joke you ever heard. So you might have heard this joke before. That's the other thing if you heard that joke before don't spoil it because that person is taking the risk and telling you a joke. If you say to them, I heard that one before you're thrown cold water on. So instead of doing that just laugh and enjoy it and then that person will feel better. You'll feel better. So here's my joke. What's blue and smells like paint?

Amethyst: What?

Barbara: Blue paint. I don't know why but I can remember that one. Anyway, that's my thing about jokes if you want to tell jokes practice, it's all in the delivery. They're working on a different part of your brain that laughter yoga doesn't use. With laughter yoga you just use the left side of your brain, the creative side and you're not using the right side. That's another thing that laughter does, it gets you out of that part of the brain they called the monkey brain, That's always trying to figure everything out and get on to the creative side.

Amethyst: When you do laughter yoga Barbara are you standing or sitting how does it work?

Barbara: Usually when I'm in a group of people, I'm standing and moving around the room. But since I did a lot of laughter programs with seniors and some of them were in wheelchairs we did laughter seated. One of the laughs I didn't do tonight, which is really fun is the roller coaster laugh. So you're sitting in your chair and you're going up and down the roller coaster and it's really a lot of fun. I always say, you have to get in the first car. Maybe you didn't do it when you were younger, but tonight's the night you can be in that first car. They always say hold on, well

now they put you in this thing you can hardly move but in the old wooden roller coaster they put the bar back and they say keep your arms inside. But there were always those bad boys that put their arms out but I never did that. But when I laugh and I do the roller coaster laughter in my chair I can be as wild as I want to. Put my arms up and yell and scream and go over the bumps. So roller coaster laughter is a good one if we ever do this again, I'll do roller coaster with you.

Amethyst: Awesome. Looks like we have another question that came in from Teresa Pope. So Teresa if you're on the line, we just unmuted you if you want to ask your question to Barbara?

Teresa: Sure. Hi Barbara, and this program has been so fun. Thank you. So you keep saying laughter yoga, is that what we've been doing or is it paired with traditional yoga poses as well? I'm trying to figure out what the term itself means.

Barbara: Okay. That's a really good question. The word yoga just means union and when we laugh we're uniting the body, mind and spirit and we're not in the past and we're in the future, we're in the moment. We're doing that yoga breathing and you don't have to do any kind of yoga poses to do laughter yoga. It's just laughing for no reason without jokes or funny stories. Just laughing. We say laughing for the health of it. Okay laughing for the health of it. Certainly if you want to sit there and put your leg in back of your neck or something I guess you could do that.

Teresa: That helps, thank you.

Becky: Thank you Teresa. Pauline says, so basically being childish and silly helps you laugh? And she wants to know if there's any tips and tricks that you can give us to help us to be childish and silly. We'd appreciate that too.

Barbara: Okay. Well, let's see. I know I don't know. Tickling is good. Maybe maybe if you're from a family that's more on the serious side, it depends on how you grow up. Some families are more serious and some they're just naturally laughing. No matter what they say there's a laugh at the end of the sentence. To act silly get yourself a silly hat. I don't know I would have to think about that. I think you have to come up with your own things. You know take a flower and put it on your head and just be silly. You just have to really say to yourself, I want to move in this direction to be more fun. I want to be more silly and how can I do that?

Amethyst: No, that's great advice.

Becky: Pauline just suggested painting somebody's face when they're asleep.

Barbara: Well, I just like to err on the side of caution and not do anything that would upset somebody else either. That's the thing, you want to do all good-humoured and good-natured laughter and nothing that would hurt somebody's feelings or get them upset. So I don't know about painting somebody's face. I think it would be fun though to paint faces. I do have clown makeup and I have a clown outfit and sometimes I dress as a clown. It's fun to put that makeup on and it's really fun when you're driving to a program and you have the clown outfit on and you stop for a red light and look over at the other person and they look at you. I get some funny expressions. Get some clown makeup. Amazon probably is not out of that, you might be able to beat the rush on that. Yeah, that would be fun.

Amethyst: I know in the past Barbara you've kind of suggested doing a laugh journal. Is that something you think would be helpful for people in our community and how does it work?

Barbara: I think it's a good suggestion and the way I thought about it was a lot of people talk about a gratitude journal. Since I think laughter is so important that if you're doing a gratitude journal, or if you want to start one and you write down things that you're grateful for. This is a really good time to do that because again, it'll help us focus on the positive and not focus on all the stressful things in our lives right now and the worried about the unknowns for the future and all the things we're missing. It really is a rough time. But to get back to the point. If you say to yourself at the end of the day, today did I laugh? Did I have any laughter during my day today? And if you don't, maybe you can make some kind of plan for tomorrow that you will laugh. You'll have a laughter break or maybe you'll say I'm not going to go to bed until I laugh, I have to have at least one laugh. Barbara Hee told me I have to laugh. I want to laugh. So go in the bathroom and brush your teeth and smile, giggle, laugh or go in the bathroom look in the mirror and make funny faces and stick out your tongue. Again doing it good-naturedly not forcing it. I hope that answers your question a little bit, but you can keep a laughter journal. What made me laugh. People used to get the newspaper and I would say cut out the cartoon, you know something that made you laugh and put it on the refrigerator. People don't get the paper anymore, but they do get emails and other people's emails make you laugh and then you send them on to somebody else. So I guess that's what we're doing now instead of hanging them on the refrigerator. I think it's nice to put something maybe one your mirror or on your door as you're walking out the door so you see that. Just a reminder that you're never fully dressed without a smile and that was a song from that show Annie. Annie had a good

point there, you're never fully dressed without a smile. So put on your smile's put on that happy face. But don't force it.

Becky: Thanks Barbara. We have one more question and there've been some requests to learn how they can become laugh leaders as well?

Barbara: I'm glad you mentioned that that's a really good question. And I talked to Steve Wilson who was the person who trained me and he is still doing training. I don't know if it's changed over the years, but they're doing laughter training now but not onsite. You can take the lessons by video and I just don't know what's involved with it. When I went it was a weekend and it was like it was just really hard. Oh my God, it was harder than calculus. Now, it wasn't, it was a lot of fun. I met some great people and I'm still friends with one of the ladies that was in my laughter class. So what you would do is go to worldlaughtertour.com and that's where I got trained as a laughter leader. You can also look up laughter yoga and I don't know what kind of training they're doing because Jeffrey Briar trained me. He came to Philadelphia. He lives in Laguna Beach, California, and they usually laugh every day on the beach, but now the beach is closed. But Jeffrey is doing laughter sessions every single day on Facebook at 12 o'clock. You want to look up Jeffrey Briar he has all kinds of videos. If you look up laughter yoga, you'll be able to find somebody that maybe can teach you that. I don't know what they're doing now to be honest, but I know Steve Wilson is still training but not onsite. Jeffery is a master trainer and he used to go different places. I think recently he's been inviting people to come out to California for their training so you can't really do that right now, but you can read all about it.

Amethyst Wonderful well thank you Barbara for being on the call with us this evening. It was a very quick hour and I had a lot of fun and I hope everyone on the call did as well. I want to thank everybody for joining us this evening. And I'd also like to give a huge thank you to our sponsors Genentech and Principia Biopharma for helping to make today's call possible.

Before we go,I have a few announcements:

Our next Patient Education Webinar will be on May 13th with Dr. Donna Culton from the University of North Carolina, Chapel Hill. She will be discussing Clinical Trials and answering your questions. You can register online today!

As you know, the IPPF's main focus is to improve the quality of life for all those affected by pemphigus and pemphigoid through early diagnosis and support. Day in and day out, we're here for you, whether it's by providing support through our peer health coaches, supporting the

research of new treatment options, advocating on behalf of the rare disease community, or accelerating the diagnostic process or having our PES Calls. What you may not know is that we accomplish all of this with just 4 full-time and 6 part-time employees. Though our commitment is international in scope, the IPPF operates as a small nonprofit organization. Due to the ongoing COVID-19 pandemic, the world is facing unprecedented challenges. Unfortunately, the IPPF is not immune. Recent donations are down, and our usual sources of funding are now unreliable. In short, we need your help to keep the IPPF operating in the way you've come to expect. Together, we can keep hope alive. We want to thank everyone who donated on Giving Tuesday Now this week! We exceeded our goal of raising \$5,000 on Giving Tuesday Now and raised over \$7,000.

We need your continued help to reach our goal to raise \$30,000 by June 2. If you would like to donate you can go online and donate today at www.pemphigus.org/hope. Principia Biopharma has generously agreed to match 100% of all donations raised until June 2. So help us reach our goal of \$30,000. If you give today or within the next few weeks you'll double your impact! Thank you everyone for donating that day.

If you have not registered for the IPPF's natural history study we encourage you to do so. The IPPF Natural History study is a patient registry sponsored by the National Organization for Rare Disorders (NORD) and the US Food and Drug Administration (FDA). You can register today at www.pemphigus.iamrare.org. This online data system collects, stores, and retrieves patient data for analysis in research studies. The more data we can collect, the better the information we can give to researchers, the sooner they can find better treatments, earlier diagnosis, and one day – **A CURE!**

Lastly, if you have a question that didn't get answered on the call, or have additional questions please e-mail Becky Strong, at becky@pemphigus.org, or call (916) 922-1298 x:105, and we would be more than happy to help.

This call recording will be sent out with the survey following this call.

Becky: Thank you everybody for being on the call with us today. We hope you really enjoyed it. I know I did, Amethyst you did too so thank you Barbara.

Amethyst: Thank you Barbara for being on the call with us this evening.

Barbara: Can I give my email address if anybody wants to just email me they're welcome to do that. So my email address is laughheehee@comcast.net. So I'll be happy to hear from you. We could be friends on Facebook, look me up.

Becky: Thank you, Barbara. Have a good night. Goodbye.