

National and International Media

August 2003: Broker Magazine
Defeating Stress

November 2002: Best Practices in HR
Handling inappropriate humor in the
workplace

July/August 2000: Arthritis Today Magazine:
Shining Lights

February / March 1999: Arthritis News
Journal: United Kingdom: *Laughing Away the
Pain*

October 1998: Your Health Magazine:
Laughing At Pain

Fall 1997: Health Beat, Quarterly Magazine on
Wellness: *Laugh It Off!*

October 1996: Tucson Lifestyles: Volunteers
make A Difference

1998: Korean Broadcasting System: Video
Documentary- Understanding health and Stress,
Seoul, Korea

RAVE REVIEWS

Thank you for your excellent presentations at the
University of Arizona Arthritis Center. Several
people approached me with such nice compliments
about your session.

Michelle C. RN
Arizona Arthritis Center Coordinator

Your presentation, *Stress Reduction* helped make the
conference a great success! Thank you for an
excellent and informative presentation! It was truly
a wonderful treat. Attendees rated your
presentation the highest – for usefulness, quality of
presentation, knowledge gained and objectives met.

Nola H. RD
Training & Conference Coordinator
State of Nevada Health Division

Your “R.E.A.C.H.” for Humor” workshop was
fantastic! I was very happy with how you
encompassed our theme into your presentation and
have received only “Thumbs Ups” from the
employees who attended.

Eunice P.
City of San Jose, Training Committee Member

The Annual School Health Nursing Seminar was a
great success, thanks to YOU!

Dianne F. Conference Manager

Your presentation received the highest ratings!
Sunny C. Valley Pediatric Conference Committee

Without exception the participants felt your
presentation was “great!”

Bill C. New Mexico Society of Respiratory
Therapists.



David M. Jacobson, MSW

Media quotes

“David Jacobson won’t let arthritis defeat his
body or his spirit.” (Your Health magazine)

Would Someone like David Jacobson ever say I
just can’t do it?” (Arthritis Today Magazine)

“Arthritis has hobbled him. It has not slowed
him down” (PBAA Journal)

Arthritis has altered David Jacobson’s lifestyle,
not his enthusiasm.” (Arizona Daily Star)

David left them laughing after proving that
humor can help you forget the pain for awhile.”
(Green valley News)

Imagine a professionally dressed unicyclist
whizzing down the aisle toward the podium





Accomplishments

President's Eagle Award
Marketing, Inc. Flashnet

National Hero Overcoming Arthritis Award
Arthritis Foundation National Office

Wayne Washburn Memorial Award for
inspiration

National Speaker's Association Professional
member

Greater Southwest Chapter; Arthritis
Foundation, Current board member, former
chair

Governor's Office for Children: Children's
Justice Task Force

University of Arizona: College of Medicine
Former Instructor

Arizona State University: School of Social Work:
Former Instructor:

El Tour de Tucson: Jim Elliot Award and Silver
Medalist

National Association of Social Workers Former
Arizona State Board member

Master of Social Work, Arizona State University
Tempe, AZ 1989

Bachelor of Arts: Sociology, Cum Laude, State
University of New York, Brockport, NY, 1980

Keynotes and workshops are tailored to
your group needs. A sample of workshops
includes:

Humor Horizons:

Presentations

Humor and Health: Laughing to ease the Pain

This Keynote begins with a humorous, yet serious story of the presenter's battle with a severe form of arthritis. The Physical, psychological, social and spiritual benefits of humor are discussed with a delightful mixture of humorous antidotes to keep the energy level high. The final part is a discussion of humor strategies that can be used to improve your humor skills. An optional "Playshop" is available to practice techniques discussed.

Objectives:

Learn about the benefits of humor.

Focus on the serious implications and uses of humor in the workplace, at home and other settings.

Learn strategies to help yourself and others develop a more playful lifestyle.

Humor and Stress Reduction

Burn them stress cells...

before they burn you (out)

Acquire techniques to deal more effectively with burnout, guilt and other negative feelings

Use humor to improve stress management skills.

Humor and Team Building

Build a humor foundation and you'll have a great home...
team

See team members in a new more positive light

Humor and Communication;

Become a master of communication and have fun doing it.

Learn listening skills for everyday use

David was told arthritis would land him in a wheelchair by the time he was 30. That was when he was a 22-year-old athlete who'd be blind-sided by a massive flare-up of arthritis.

Ten years later at 32, he completed a 50-mile unicycle ride for an Arthritis Foundation fundraiser.