

# The TOPS Reminder

A newsletter for Hampden, Hampshire & Worcester Massachusetts Counties & 0395 Greenfield MA

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Fall



1. Alice, Debbie, Nancy Ware 29 received a certificate for a loss of 15.3 pounds per member in 2023.

2. Jo- Ann Prescott leader from 395 Greenfield stands in front of posters she made for a successful open house.

3. Meredith Haesaert and Jeanne Bennis both received a trophy for a 25pound loss. They are from Chicopee 211.

4. Chapter 383 Florence were presented with the David fox Award and gavel. Deloris, Linda, Linda, Irene., After meeting was closed, a small celebration was given to Deloris, she turned 97.



5. Chapter 0001 Agawam presented Margret Canning a four-year KOPS with yellow roses. Margret has been a chapter member for 31 years. Leader Angela Avery is presenting her with a certificate.

6. I installed chapter 0001 Agawam at a special celebration. The board is as follows Carolyn weight recorder, Angela leader, Linda treasurer. Jon Secretary, Dee weight recorder. CONGRATULATIONS!



7. Mary Alice and Leo Romero Jr. of 0447 Sturbridge were both given a five-year certificate. Both feel joining together has made it easier to stay on program. They both lost weight and Leos' sugar has improved.

The following story submitted by Leader Claire Cameron: **October 9, 2024**

**Leo Romero**                      Beginning Weigh: 244    Present Weight: 232

**Mary Alice Romero**        Beginning Weight: 197    Present Weight: 177

### Why Did You Join TOPS?

It appeared to be something we have never encountered before. It was nothing like Weight Watchers where they were selling things. Where the instructors sometimes spoke more about their personal accomplishments. It wasn't about diets or selling a one- size fits all food plan, nor did you have to have an idea right away of what you want from the group.



Also, the program had to be what we both agreed to as a couple. Having an open line of communication was important to see if this program would help us in reaching our goals and maintaining them. A sustainable program and achievable plan would look different for each of us so we needed to be sure TOPS could do that for us.

### **Why have you stayed at TOPS?**

Our nutritionist kept talking about making a lifestyle change. We felt that belonging TOPS is a lifestyle change and we should stay TOPS, and she agreed. She also made it clear not to be too restrictive. And made it clear that no one can live that way. She gave us ways to be able to enjoy food and still maintain a healthy lifestyle. And expressed the importance of support, encouragement, and positive reinforcement, which couples give each other.

So, we created what we call Freaky Fridays. Where we eat whatever, we want, within reason. With her help we have been able to put this into our lifestyle and maintain good eating habits.

### **Exercise**

We also exercise a minimum of three times per week.

## **Other Announcements:**

**L-1;** If you haven't sent in your L-1 please do. PattiJean won't send me the rest of my chapters until she has them all. Thank you

### **Over 40 club**

Ann Bakun 9/13/24 - 46 years Chapter 333 Clinton

### **Loss of 100 pounds**

Carol Bibaud Chapter 0359 Worcester

### **New Members**

Patricia Bessette MA 0001 Agawam

Stephanie LeBoeuf Virtual Chapter 18

Charlene Reynolds Virtual Chapter 18

Fran Mcfaul MA 0449 Gardner

### **New Chapter**

Janice Doppler VC18

# Try a new low calorie recipe for the holidays

## CHOCOLATE CHIP PUMPKIN MUFFINS

111  
calories  
per serving



**You'll Need:** 12-cup muffin pan, foil baking cups or nonstick spray, large bowl, whisk, medium bowl

**Prep:** 20 minutes

**Cook:** 20 minutes

**1/12th of recipe (1 muffin):** 111 calories, 2.5g fat, 248mg sodium, 27.5g carbs, 1g fiber, 5g sugars, 2.5g protein

### INGREDIENTS

2 cups Bisquick Heart Smart baking mix  
1/2 cup Splenda No Calorie Sweetener (granulated)  
1 teaspoon baking powder  
1 teaspoon pumpkin pie spice  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1 cup canned pure pumpkin  
1/4 cup no-sugar-added applesauce  
1/4 cup fat-free liquid egg substitute  
1 teaspoon vanilla extract  
1/2 cup mini semi-sweet chocolate chips

### DIRECTIONS

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, whisk baking mix, Splenda, baking powder, pumpkin pie spice, cinnamon, and salt.

In a medium bowl, whisk pumpkin, applesauce, egg substitute, and vanilla extract. Add mixture to the large bowl and thoroughly mix. Fold in chocolate chips.

Evenly distribute mixture among cups of the muffin pan. Bake until a toothpick inserted into the center of a muffin comes out clean, about 20 minutes. Enjoy!

**MAKES 12 SERVINGS**

### HG SWEET ALTERNATIVE!

Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 140 calories, 18.5g carbs, and 13.5g sugars.

**I believe you Can Do It!**

**Your Advocate**

**Terri**