

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us

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KOPS HONOR SOCIETY

Ever since I became an Area Captain it has been my goal to start an Honor Society for the KOPS in my area. You all worked to join the KOPS circle and I feel you deserve to have 4 meetings a year just for you. My co-leader Amy who is a KOPS is going with me to visit the KOPS honor Society that Barbara DeVita belongs to in Wilmington. I would like to have a meeting in each area Hamden, Hampshire, Franklin and Berkshire counties. I would just have to have somebody in each area find a place.

Looking For Your Help

As an Area Captain it is my responsibility to visit and do my AC program. Some chapters invite me back for officers and award night/day. I usually visit my chapters with 2 programs and award ceremonies.

I'm also here to support the leaders with problems with their chapters. If anyone else has concerns they can

call me. Not everyone gets along with each other it's a fact of life. We are together 1 ½ hours a week let's remember the TOPS mission is to support members as they lose and keep off weight sensibly. Please be supportive at the meeting it's hard to lose weight when you don't want to go to your own chapter. We are all here for the same thing, let's start new for 2014. I'm here for you I've been asked about chapter funds by a few members.

To clear it up....

If your chapter disbands the chapter closes their bank account and a check is written out to Rosie. As your area Captain I will meet with you to pick up check and anything purchased with TOPS funds, example the digital scale, charms, books. We also take back programs etc. If 5 members leave and go to another chapter they DO NOT receive any funds. If they left and started a chapter of their own they would receive a percentage of the funds.

I NEED YOUR HELP TO HAVE WORKSHOPS

This year I would like to have 2 inspiration workshops, an Officers workshop, a night of sharing and a walk in the Spring and Fall

Who is able to help? Does your church have a hall?

Do you have a safe route to walk?

Please don't compare yourself to other workshops. There is no need to cook unless you want to use it as a fundraiser. I could always take orders for Subway. I might have a hall but it's in Holyoke down the street from my house, very safe I would need volunteers and we would have a nice place to walk.

I'll do the work if you find place. I have had no response for help as of yet.

I talked to Beverly Enos who is willing to travel hopeful to the Hamden or Hampshire area it would be less money for mileage for us to pay. Beverly did a program on food at SRD and she had over

200 members in attendance it was an excellent program. We are aiming for one of the last two weeks of September. Just need to find a hall.

News from MA 0411

Westfield

FRUIT & VEGGIE

CONTEST – Over the course of 6 weeks, members tracked their fruit and veggie intake. They recorded 1 point for each ½ cup serving they ate. A drawing was held for those with over 200 pts and our winner of a Yankee Candle was Bill Carroll. Congrats!



Our top finalists were: Donna Capell (313 pts), Bill Carroll (262 pts), Kay Pratt (215 pts), and Rosemary Gowdy (218 pts). Not pictured: Mary Hall (350 pts).

80 Board – We had aboard with 80 numbered squares on it. If you lost weight (KOPS: at or below goal) you put your name in a square. Once the board was filled, we drew a number.



Donna McEwan won a copy of TOPS new book: "Real Life, The Hands-On Pounds-Off Guide". Congrats!



[Division 2 Winner](#) – Denise Green with a 19.75 weight loss for 2013! Good Job!

Flip-Flops May Be Hazardous to Your Health

By [Mary_RD](#) on Jul 20, 2010 10:00 AM in [Tips & Updates](#)

Edited By [+Rachel Berman](#)



When I see women pounding the pavement in high heels, I have to cringe. And if that isn't bad enough, now both men and women are walking around in flip-flops all the time. As a nutrition counselor, I have learned that the fate of your weight is determined by your feet. Most physical activity depends on the use of your feet and, if they don't work, losing weight becomes nearly impossible because it's hard to create a calorie deficit without physical activity. And so my problem with flip-flops, like high heels, is that regular wearing can ruin your feet.

Walking 101

Walking is a very complex motor function involving over 300 muscles and 150 bones, plus ligaments, joints and other anatomical features. The correct way to walk is heel-to-ball-to-toes and push off. Anything interfering with the natural gait affects postural alignment, body balance, body mechanics, and equilibrium. Shoes alone mess with the way we walk and flip-flops are particularly bad.

How flip-flops do damage

Flip-flops can cause persistent ankle and foot pain by altering gait. Researchers in biomechanics at Auburn University proved it when they filmed and measured foot impact in college students wearing flip-flops. [They found](#) that flip-flop wearers took shorter steps resulting in more stress on the body to get to where they're going. Flip-flop wearers also scrunched their toes to keep the shoe on, which prevented other muscles from lifting the toes to push off.

Over time, hardcore flip-flop wearers often experienced muscle and joint pain in the lower legs and their toes sometimes became tender and throbbled. The American College of Foot and Ankle Surgeons ([ACFAS](#)) [reports](#) more arch pain and heel pain from [plantar fasciitis](#) in flip-flop wearers. In addition, the pain is more problematic when the wearers are overweight or sedentary. Other flip-flop foot problems include [inflammation of the Achilles tendon](#), painful pinched nerves, sprained ankles, broken or sprained toes, cuts and scrapes, plantar warts, [Athlete's foot](#), and callus build-up on the heels and toes. When you put it all together, it's hard to image how flip-flops are worth it.

Sensible wearing

Around the pool, in the locker room and after a pedicure, flip flops are perfect, but they are not meant for extensive walking and certainly not for every day. Everyone should wear a shoe with good support or go barefoot around the house, rotate the shoes that are worn frequently, and wear sandals that have arch support and another strap to keep them on. And people with diabetes should never go barefoot or wear an open shoe. (See these [foot care recommendations](#) from the American Diabetes Association.)

Bottom Line: Your feet are your foundation and, if your foundation isn't solid, you will crumble in time. Protect your future weight by judiciously wearing flip-flops (if at all) today.

Reinstated KOPS

Judy Irwin
Pittsfield 0009
Congratulations!

Now the exciting news of 2013

Div.2 1st.place Julie
Cardaropoli 55.25lbs
MA 0395 Greenfield

Div.3 2nd place
Amy Garron 41.25 lbs
MA 0211 Chicopee

Div.4 2nd place
Theresa Cygan 28.25lbs
MA 0498 Chicopee

Div 5 2nd place
Sherry Michon 14lbs
MA 0001 Springfield

Congratulations to all the winners on the state level and the chapter level.

I gave my chapter a challenge for each of them to lose 10 lbs.

It is something to reach for.

PERFECT RESUME

MA 383 Easthampton
Weight recorder Linda
Laflame.

Congratulations!!!!!!!!!!!!

In case you want to send our Royalty a card.

Queen Beverly Sullivan
(Lost 150lbs)
11 Saint Paul St.
Dracut, MA 01826-3314

King Lewis (Buddy) Gomes
(Lost 54lbs)
1205 Alewife Circle
South Yarmouth, MA 02664-6104

Calling All KOPS

I sent a letter out to the leaders and KOPS to see if you were interested in a KOPS honor Society. I haven't heard from anyone yet please email me and let me know if you want to know more by going to the information meeting.
losingweight@tlavigne.us

To view SRD pictures go to
www.MATOPS.com

CONGRATULATIONS

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To MA 395 Greenfield for being the David Fox Winners, with a loss of an average of
14.19lbs



MA 211 Chicopee News

Amy Garron graduated at SRD and is our chapter Queen. She is also Div. 3 2nd place state winner. We are so proud of her!



Remember

With baby steps you can climb any mountain to your goal!



Terri