

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us November 2015

KOPS Honor Society

All chapter leaders receive a mailing from me explaining about the Holiday party. I have 2 new members from 211 Chicopee and RSVP'S from a total of 6. Two from 211 Chicopee, 2 from 412 and 3 from 411 and 3 from 0395 Greenfield

Resume Workshop

Greenfield, MA 0395 will host my resume workshop on Saturday January 2, 2016 at time to be announced 9:30 or 10. Please rsvp either way if you are attending or not so that I know you have seen this. Rosie asked me to remind you to fill out all the information on your KOPS forms. All the information you need can be found on IMIS. It takes Rosie a long time for her to look up the information.

Notice

Looking over reports, it's important that the chapters that don't have a designate send in the form to Rosie and name another to have access to IMIS. These chapters do not have a

designate; 0029 Ware, 0179 Shelburne Falls, 0187 North Adams, 0344 Westfield, Southwick, 0383 Easthampton, 0415 Chicopee, 0423 South Hadley

Halina

MA 0211 Chicopee becomes a KOPS. Halina became a KOPS in her first year of TOPS.



What Halina learned was not to cut out foods she enjoyed eating but to eat in moderation. Her doctor was very happy with her weight loss.

FALL RALLY

Here are the winners from the Western Ma area, Congratulations to all!

MA 0411

KOPS of The Summer

Debbie Pellitier

MA 0412 Winners

KOPS of The Summer

Jeanette Fletcher

Chapter Angel

Jeanette Fletcher

Summer Best Loser

Ruthe Greene

MA0211Chicopee

Chapter Angels

Dave & Terri Lavigne

Walkers

Terri & Dave Lavigne

Marsha Dube

Denise Morgan

Golden Ager

Rita Blden

Summer Best Loser

Marsha Dube

Chapter Leader

Terri Lavigne

MA 0395 Greenfield

Chapter co-leaders

Eunice Stanley & Kathy

Porrovecchio

Centerpiece Winners

1st place

Summer Best Loser

Eunice Stanley

2nd place

Anne-Marie Kogos

KOPS of The Summer

Carolyn Pollard

Paula Girard

GoldenAger

Paula Girard

Walker

Paula Girard

MA Pittsfield 0009

Chapter Angel

I lost name will be in next month. Sorry



The Area Captain's Program

For 2016 is **LEAN ON ME FOR SUPPORT.**

The little foam guys 2 1/2" tall (without hair) x 3" wide. He is a friendly reminder to welcome each other with open arms and open ears and always keep a positive attitude. When squeezed, he says "Woo-Hoo! Do I feel great! The cost is \$3 please ask your members and I'll be calling you so I can have them when I visit you. Thank you. I need to order 25 at a time.

HOLIDAYS

Now that the holidays are just a few days away, don't use them as a reason to go off your program. The holidays are a time to get together with your family. Share stories of those that are no longer with you and celebrate your new additions. Remember overeating is always an option; but is it worth it. The choice is yours.



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

Terri

From: Judy Valente

THE HERBS OF THE MEDITERRANEAN
Stockbridge Farm, 18 Stockbridge Road, South Deerfield, MA 01
413-665-6918 www.stockbridgeherbs.com
Denise Lemay, John & Mary Ellen Warchol

Herbs are essential ingredients in Mediterranean cooking. The diet of uncomplicated, built on vegetables, fruits, grains, fish and olive oil. The food is easy to replicate no matter where you live. There are only a few

- Use very fresh ingredients
- Use olive oil as the major fat ingredient
- Use fresh herbs profusely
- Eat red meat only on occasion



This is an example of something that they are selling at Cumberland Farms. Then they wonder why our children are becoming so obese. The serving size 1/12 of the package 130 calories, 29 carbohydrates considering a woman should only have 30 to 35 carbs a meal according to a diabetic class Dave and I are taking. Men can have 40 to 45 carbs a meal.























TOPS' Ten Ways to Lighten Your Holiday Meal

1. **Fill up first.** Have a healthy snack before hitting the holiday party scene. You will likely make wiser choices when you're not famished.
2. **Go easy at the get-go.** Holiday appetizers are calorie "minefields." Select one tempting starter and then stick to shrimp, vegetables, and fruit before the main course.
3. **Bring your own.** Stressing about what to eat at a holiday gathering? Volunteer to bring your own healthy dish that can double as a host or hostess gift.
4. **Consider cauliflower.** Cauliflower can stretch the starchiest of dishes. When planning an appetizer, look for cauliflower mashed potatoes, pizza, and torte crusts, and even cookie recipes online.
5. **Swap and save.** Substitute low-fat yogurt, milk, cream cheese, mayonnaise, chicken stock, and eggnog for high-fat recipe ingredients.
6. **Get a gravy separator.** Make your gravy "lean and mean." Use a gravy separator to separate juices from fat, saving calories while concentrating flavor.
7. **Do winter fruit desserts.** There's no need for high-fat desserts when winter fruits are in season. Oranges, kiwis, and persimmons are a great finale for healthy holiday meals.
8. **Mingle more and linger less.** Make the rounds at holiday meals, try not to hang around the buffet table, and limit second helpings to the healthiest fruit and vegetable dishes.
9. **Put your fork down.** It's a time-tested trick – if you put your fork down between every bite, you'll eat less and savor more.
10. **Sip smartly.** Avoid calorie-laden soft drinks, punches, and/or mixers in alcoholic beverages, and take in large glasses of water between drinks.

Plan Ahead for Holiday Temptations

According to Yvonne D. Greer, MPH, RD, CD, nutritional expert for TOPS, first be aware of how much sugar you're already eating each day. Then decide how many more calories you're comfortable adding. Perhaps plan to indulge only once or twice a week during the season, not daily. Next, create a list of healthy treats that you can make or enjoy while you're out. At the beginning of each week, decide when, where, and how you'll indulge in extra sugar. Planning what you will eat can help you face down temptation and succeed.

Cutting back on sugar doesn't mean that you can't enjoy the season's delicious foods and an occasional sweet treat. But it does mean making wise choices during the many opportunities for indulgency over the holidays. Follow these tips to keep your sugar intake under control – and to make healthy choices in general – at various venues:

The office potluck. Bring a tasty, low-calorie treat to pass, so you know there will be a dessert you can enjoy. Eat one holiday treat as a dessert or snack – not multiple ones in place of a well-balanced meal. Plus, don't keep leftover candy or other sweets on your desk. Make yourself get up and walk to grab a treat.

The holiday party. Work the room, staying far away from the food table to avoid the temptation to munch. Limit hors d'oeuvres to no more than three, but choose the ones you like best. Pass up high-calorie desserts, like cheesecake. Fill half your plate with fruits and vegetables. If the party does not include healthy options, plan to have something good for you waiting at home.

The shop-till-you-drop outing. Even if you eat ahead of time, pack water and healthy snacks to take with you, making sure to have a combination of whole grains and protein – for example, wheat crackers and peanut butter – which will help you stay full longer. Instead of falling for high-calorie beverages at the coffee shop, experiment with making your own lower-calorie version using low-fat milk, cinnamon, honey, mint extract, and cocoa.

The all-night gift-wrapping session. Take a nap before you start wrapping. That way you won't need a large cup of coffee to stay awake. In case you suddenly feel hungry, have something healthy, like a low-fat cheese stick with fresh fruit, on hand. Invite a friend over to help wrap and keep you distracted from eating by sharing fun holiday stories.

The family feast. If you host, develop a menu with a limited number of items, so you won't overeat by simply trying one of everything. Share the menu with family ahead of time, and let them know they don't have to bring more food. Also, people often want to "clean" their plates, no matter how full they feel. Help them by putting out smaller bowls, plates, and glasses. Make only enough dessert for your guests to each have a moderate portion. If you want to enjoy a small piece of your favorite dessert, skip a dinner roll or sweetened beverage.

Hungry Girl

Pumpkin Pie Cannoli Cones

1/6th of recipe (1 cone): 145 calories, 6g fat, 185mg sodium, 18g carbs, 1g fiber, 8.5g sugars, 4.5g protein -- PointsPlus® value 4*

Prep: 15 minutes

Ingredients:

1/2 cup reduced-fat cream cheese
2 no-calorie sweetener packets (like Truvia or Splenda)
1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
Dash salt
1/2 cup light/low-fat ricotta cheese
1/2 cup canned pure pumpkin (not pumpkin pie filling)
1/4 tsp. vanilla extract
1 tbsp. plus 1 tsp. mini semi-sweet chocolate chips
1/2 sheet (2 crackers) low-fat graham crackers, finely crushed
6 sugar cones (the pointy-bottomed kind)
Optional toppings: Fat Free Reddi-wip, additional cinnamon

Directions:

In a medium bowl, combine cream cheese, sweetener, cinnamon, pumpkin pie spice, and salt. Mix until smooth and uniform.

Add ricotta cheese, pumpkin, and vanilla extract. Stir until uniform. Stir in 1 tbsp. chocolate chips and half of the crushed graham crackers (about 1 tbsp.).

Evenly spoon mixture into the cones. Top with remaining crushed graham crackers and remaining 1 tsp. chocolate chips. Enjoy!

MAKES 6 SERVINGS

HG Alternative: For fancy cones with minimal effort, pipe the mixture into the cones. Just transfer the filling mixture to a large plastic bag and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a hole for piping the mixture.