

The TOPS Reminder

A newsletter for Western Massachusetts Counties:

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us May 2017

YOU HAVE ENOUGH, YOU DO ENOUGH, YOU ARE ENOUGH

Congratulations! CHAPTER 0187 NORTH ADAMS ON YOUR 50th TOPS Anniversary

FALL RALLY

On October 28, 2017, I will be chairing Fall Rally in Leominster at the Double Tree Inn. The theme for the day is "Keys for Success" I will need a great deal of help please email me as soon as possible to let me know you want to volunteer. Just a reminder, success is not only measured by the number on the scale. **Paperwork is done and ready for approval, you should have your packet by the beginning of June.** If not check on www.matops.com

WELCOME TO NEW TOPS MEMBERS

May

Henry Babcock	0029 Ware
Patricia Babcock	0029 Ware

Chapter Manual, second edition all Chapter Leaders received their free copy and coupon for a free second one, **must be received by May 31, 2017**

The Four Kounty KOPS HONOR SOCIETY

They meet three times a year in different areas of Western MA. Meeting dues are \$3.00 and \$10 a year. The Society has meetings to discuss KOPS issues and then will go out to lunch. For information, call Ko-Kaptain Jeanette Fletcher 413-562-4516 or email Area Captain Terri Lavigne at losingweight@tlavigne.us and I will help you. KOPS deserve to do something just for themselves. I will send out information as soon as the Kaptain sends it to me.

CONTEST, MY 10 pound challenge

I hope you are all on you way to losing your 10 pounds. I have chapters 0211 Chicopee, 0423 South Hadley, 0395 Greenfield and 0412 Westfield. Just think all you need to lose is a little over a pound a month. I BELIEVE in us. I already know of 2 members that have lost their 10 pounds. CONGRAGULATIONS!

Success is happening in chapter 0412 Westfield

I want to share my Sisters' story:

I am so proud I don't even know where to start.

Kathy Jo began her weight loss at a clinic at Baystate Hospital.

However due to budget cuts it was eliminated. I had been attending

Tops meetings regularly and thought this would be great for the two of us to do together.

We have been coming together ever since. This is the first thing I can remember that

Kathy Jo and I have done for ourselves in years. This is our special time together. We talk, cry, laugh, shop, eat and most

Importantly listen. We all have stories, issues and reasons for being a member. It's about supporting one another's goals: Encouraging weight loss, healthy eating, exercise and living life today. Losing weight a pound at a time, together we will get there. So far this year Kathy Jo has reached her 5% and reached Barbara Cady's 10 pound challenge, she was a first place Division winner in 2016.

Submitted by: Tammy Tesini Chapter 0412 Westfield



Kathy Jo with leader Judy Valente

Westfield's 0412 Award Ceremony



Division Winner 2016 David Liberty, John Regan Jr, Kathy Jo Tesini, Wanda Palmer, Rebecca Lagasse

Chapter Visits

May 30	Westfield 0412
June 03	187 North Adams 50 th Celebration
June 06	Ware 0029
June 08	Pittsfield 0451
June 13	Chicopee 0415
June 21	Westfield 0344

FORMS

Reminder please send new member and renewals to headquarters, your leader received a few membership forms and labels with the address to headquarters. **KOPS**: New KOPS, lost status and change of goal are sent to Rosie. When sending a new KOPS and change

Rosie

On Friday she will be leaving rehab and going home. Her husband David is excited to have her back home with him. She appreciates all the cards she received from Western MA chapters.

Health Fairs

If anyone knows of any place for me to set up a table please let me know in advance, we need to get out the word of TOPS. I'm in East Springfield this Saturday and at the Eastfield Mall on December 6th. I need the advance notice to receive material from headquarters.

Visitors

If you have a visitor to your chapter, please have them write their name and number down so you can see how they felt about the meeting and welcome them back.

Remember, I am here for you!

Terri

DIVISION WINNERS FROM WORCESTER COUNTY

Submitted by Laurie Halpin

LOSING WEIGHT TOPS takes on 'sensible' approach

Worcester chapter
meets on Thursdays

By Amanda Roberge
Correspondent

WORCESTER — Flying safely under the radar of the constant bombardment from the multi-billion dollar weight-loss industry, one nonprofit organization has existed quietly and humbly for nearly 70 years.

With no prepackaged meals or rigorous workout DVDs to sell, and asking only \$32 per year from its members, the club maintains an intentional distance from every waist trainer, pill and shake.

Founded in 1948, TOPS, known more formally as Take Off Pounds Sensibly, has been an often-overlooked option in the almighty American plight to maintain a healthy body weight.

The conversation at TOPS is centered around building better habits and capitalizing on the available resources, research and information that will help people to hold themselves accountable as they make lifestyle changes designed to promote wellness and health.

The weekly support meetings, according to Worcester chapter leader Laurie Halpin, are the continuing opportunity for accountability,

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those meetings have also helped people to build relationships with others in their community who share the same goals and struggles.

"Like most of us, I have been overweight all my life," she said, adding that while her weight goes up and down, it was the support she found through TOPS that helped her to take off over 100 pounds about 10 years ago. "It's been a never ending battle; which is something that people here understand."

The Worcester TOPS chapter meets on Thursday evening, and meetings consist of a weigh-in and social time, in addition to a more formal program featuring various speakers, lectures, workshops and classes that range in topic but are always focused on some aspect of mental, emotional or physical health.

She added that while the group's membership is currently only 10-12 people depending on the time of year, many of them rely on that weekly weigh-in, and personal check-in, to get them through another week.

Two members from the Worcester

chapter, Judy Harris and Christine Frisard, were recently honored at a two-day TOPS Recognition Days event in Cape Cod designed to "celebrate the big and little successes that our members have," Ms. Halpin said.

Ms. Harris said that it is the myriad ways that TOPS stays connected with its members that has made all the difference, ultimately paving the way for a 106-pound loss in the 1990s. While her membership has ebbed and flowed over the years, it is the place she always returns to when she knows she needs a little extra support in making good choices and taking care of herself.

"TOPS really motivates me, especially when you see all of the success stories and see what happens when people stick with it," she said. "The support I get is something that really means a lot to me."

Ms. Frisard, who attended the meetings with her husband Ron, finds that while some weight loss programs make their reputation on telling people exactly what to eat and when to eat it, the people who find their way to TOPS have experienced a lifetime of being overweight and have "been there and done that" with every plan out there.

"Many of us don't need to be told what to do," she said. "We just need

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Judy Harris, TOPS honoree from Worcester chapter

"Many of us don't need to be told what to do. We just need some support to keep going with what we are doing."

Christine Frisard, TOPS honoree from Worcester chapter

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To learn more about TOPS, visit tops.org. The first meeting is free to attend, and \$5 in dues money is collected at subsequent meetings. Anyone interested in learning more about the Worcester chapter is invited to stop by Trinity Lutheran Church, located at 73 Lancaster St., on Thursdays at 6:30 p.m.