

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us January 2019

RESUME Workshop

Greenfield 0395; thank you for hosting my resume workshop as usual, I appreciate the chapters that gave up part of their Saturday to get their chapter's resume in on time and correct. I would appreciate if weight recorders and leaders read the chapter manual especially the rules for the weight recorder. While processing the resumes and reviewing the charts it was unfortunate that we needed to disqualify division winners because they had no weigh-ins during the month of December. Please remember to use a black or red pen and mark in every week. There were many charts that had blank weeks if there were 4 blanks in a row they too would have been disqualified.

USE OF TOPS PROGRAMS

PROGRAMS: The focus during the beginning of the meeting should be on the Mission, presenting informative and interesting programs based on the common purpose.

- Build in time for fun to keep our spirits lighthearted on this difficult journey.
- Foster and encourage sharing from each member, being careful to avoid one dominating voice that keeps others from participating.
- Invite experts in their field as speakers to expand your opportunity to hear ideas from different sources.
- It's important for members using any printed material to condense it into a manageable size with key points shared at the meeting rather than taking an article from any source and just reading it verbatim. (Which we are not sure are accurate)

TOPS® provides extensive resources for programs at chapter that are available to all. Members are encouraged to take turns presenting the program. TOPS® provides hundreds of chapter programs, contests, activities, ceremonies, articles and worksheets appropriate for chapter meetings. **Experts review all programs for accuracy.** In the Leaders Corner online, 52 weeks of program ideas are always available to the Leader and Web Designate. Taken from Chapter Manual

2018 10 Pounds and More Loseres

Ware 0029

Roxanne Gomes 70lbs.
Cheryl Fenner 22lbs.
Deborah Cirelli 14.50lbs.
Nancy Thomas 13.25lbs

Pittsfield 0009

Anna Corbett Sr. 21.5lbs
Beth DiCarlo 14lbs.
Joy Hines 12lbs

Greenfield 0395

Anne Louden 16.2lbs
Adele Corcoran 13.8lbs
Kristen Henry 10lbs.

South Hadley 0423

Lorraine Justice 17lbs
Diane Page 10.5lbs.

Clinton 0333

Ann Bakun 13.75

Springfield 0001

Marie Santos 12.2lbs.
Peg Bescancon 20lbs.

Shelburne Falls 0179

Lorraine Brown 24.25lbs.

Chicopee 0211

Terri Lavigne 62lbs.
Dave Lavigne 13lbs

Easthampton 0383

Michele Kaleta 22.5lbs
Linda LaFlam 17.4 lbs.
Debra Besko 16.0lbs.

Publicity Person

I enjoyed visiting all my chapters last year. I was disappointed that 3 chapters decided to disband. I need some help to get the word of TOPS out to the public. One of the best ways is to work the program and explain to others how you are doing it. You can put flyers in grocery stores or any bulletin that the public will be able to reach. You can ask your doctors' office or place ads in your free papers. You can take this on as a chapter; we would just need someone to be willing to get the supplies. Please let me know about health fairs, I'm willing to travel to promote TOPS. I know there are members out there willing to help. Please call me. It takes very little time and you may just get some new exciting members in your chapter.

TOPS 28-Day Meal Plan **New for 2019!**

Kick start (or restart) your healthy lifestyle!

This 28-day meal plan, complete with three meals per day plus morning and afternoon snacks, is based on the number of food exchanges recommended for a 1,500-calorie* meal plan and has the same number of exchanges for every day. On any particular day, you may find the total number of calories does not equal 1,500. That's okay! It's because the protein and milk exchange groups have varying levels of fat. When putting this meal plan together, we chose leaner protein and milk choices like grilled chicken and low-fat yogurt. Your day-to-day eating habits will likely not reflect an exact number of calories every single day. Rest assured, even if the total number of calories for a day is a little over or under, your exchanges are still right on point. Healthy eating shouldn't involve rigid numbers or overly careful counting.

Don't like, or can't have, a certain food?

Good news for those with special diets and food allergies! This meal plan allows you to exchange any food for something you do like or can have! For example, if you're allergic to peanuts, exchange peanut butter for avocado on your English muffin since they're both in the fat exchange group. Or maybe you see apples listed in the plan, but oranges are on sale this week. Go ahead and swap! You'll find full food exchange lists in chapter two of [Real Life: The Hands-on Pounds-off Guide](#), including plant-based protein choices for vegans and vegetarians. Learn more on our [special diets](#) page, which includes suggestions for vegan, gluten-free and lactose-free swaps.

If you prefer, you may still access the [previous version](#) of the online 28-day meal plan.

Get on the fast track

Studies show that folks who track their meals and snacks lose twice as much weight as those who don't, so be sure to take advantage of our [free printable food diary](#), [My Real Progress](#), the [Food Exchange Tracker app](#) or the [Food Exchange Cards](#).

**Page 39 of [Real Life: The Hands-on Pounds-off Guide](#), along with [My Day One](#), provide suggestions for the number of daily food exchanges to have for 1,200, 1,500, 1,800, 2,000 and 2,200 calories per day.*

NEW MEMBERS

0412 Westfield James Valente
0211 Chicopee Wanda Puckett
0359 Worcester Dolores Brown

0412 Westfield Nancy Greenwood
0001 Springfield Susan Kelly
0001 Springfield Mabel Latibeaudiere

The Plus Size Pals

I'm looking to start a group with TOPS members that have lost over 50 pounds or need to lose at least 50 pounds. Division 9 members will be welcomed. I would like to run it like a KOPS Honor Society having 4 to 6 meeting a year, changing the location to accommodate the members. We would talk about things at our first meeting. If we had dues we would be able to have speakers and forms of encouragement. I have 3 members interested; I would like to see at least 10. Call me if interested.

SRD "ALICE IN TOPSLAND"

WILL BE HELD APRIL 5-6 at the Woburn Crowne Plaza

I know many members have asked when Dave would be posting the SRD forms. I asked Andrea last week and as soon as he receives them he will post them on his website www.matops.com.

CHAPTER VISITS

February 5 Ware 0029

February 13 Easthampton 0383

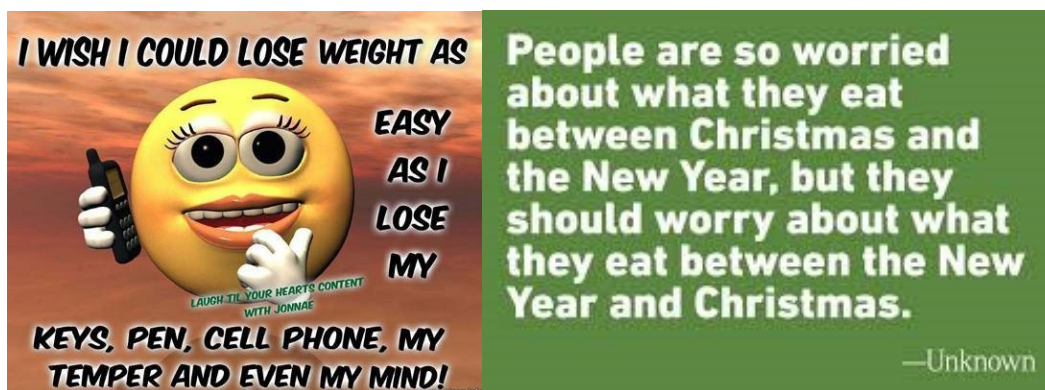
February 21 Athol 0456

February 18 0001 Springfield

February 19 0412 Westfield

CANCELLING MEETINGS

I understand that we live in an area that the weather is very unpredictable. It is important that we try not to make it a habit of calling off a meeting the day before or when we have a small amount of snow. I have received phone calls from perspective members who went to the meeting place and there was no one there. If your chapter feels they need cancel the meeting you can always visit another chapter so you can have your accountability to the scale and to yourself. If possible please text me and let me know so I can inform them.



Help! Two chapters sent me information on weight losses. I had phone problems and lost it. Please send again. -- Terri

YEARLY CHALLENGE

I'm challenging all my TOPS members to have a loss of 12 pounds this year. That is only one pound a month. I believe in you and now you have to believe in yourself. YOU CAN DO IT !!!!



Pittsfield 0009 Area Captain Visit



Northborough 0248 Ann Detora was a vibrant and a wonderful TOPS member who passed away. She will be missed by her friends and family. (She is the lady that is sitting on the couch on the right) Marlene Sweeney



Greenfield 0395 Area Captain Visit
Chicopee 0211 Terri Lavigne won \$80 for losing 10% of her body weight.
Greenfield 0395 gave me a nice celebration for getting the right back to wear my Century Medallion. I had a poem written for me and the 100 out of pennies.

Below I'm holding a wind chime, I can, there are eyes on the can letting me know that 'I can' do it.



REMEMBER I'M HERE FOR YOU;

ALL YOU NEED TO DO IS ASK.

Area Captain

Terri