

## AREA CAPTAINS & CHAPTERS CHAT

September 2017



Share the word that your chapter meeting is underway by displaying a "Chapter Meets Here" sign on the entry door of your meeting space each week.

It is also helpful to post a notice on the door if the meeting has to be cancelled.

Updated brochures for ordering all chapter award items will be included in the January mailing to all chapter leaders.

The 2018 commemorative pin for supporting the Esther Manz Memorial Garden will be available to add to your collection when featured in a future TOPS News.



If you were unable to attend the live broadcast of our TOPS Officers Webinars, all are posted in the Members Area of [www.tops.org](http://www.tops.org). Please, check them out now and review them later on as you wish.

Look for some cool changes in our TOPS Store in the coming months. Our goal is to help you purchase some additional tools to help you on your weight loss journey as pleasant as possible.



The current version of any form may always be found in [The Leaders Corner](#) that is available for Leaders and Web Designates or [Find a Form](#) that is available to all members.



Black and/or White formal attire shall be the dress code for graduates and all KOPS participants shall be announced as presented at IRD 2018. Dates and location for IRD are July 13-14, 2018 in Montreal, Quebec!



2018 marks another milestone anniversary for TOPS. **It is our 70<sup>th</sup> year!** Watch for a dark blue polo shirt with TOPS 70<sup>th</sup> Anniversary logo to be featured in TOPS News and in the TOPS Store to order in celebration of the endurance of our organization.

## Proudly TOPS



Members who attend TOPS retreats shall soon have the opportunity to preorder a special Retreat t-shirt (heather grey with retreat logo) for pick-up at retreat.

### Changes to TOPS<sup>®</sup> Rules effective 1/1/2018:

14 b. The chapter shall make reasonable modifications to weigh-in policies, practices, **time(s)**, or procedures to enable all persons to weigh in. No member may weigh him/herself. At roll call, each member who weighed in may state loss or gain, in or out of leeway, or actual amount lost or gained since last weigh-in.

e. The only **weekly** entries allowed on a weight chart are the actual weights and dates registered on the chapter scale **at the time of the chapter meeting**, excused (EX), absent (AB) or no meeting (NM).

16. To become a KOPS<sup>®</sup>:

A member must secure, on official letterhead or **electronic or paper** prescription from a licensed healthcare professional\*, a signed and dated statement, prescribing goal weight or desired BMI number. For BMI-based goals, the BMI chart in *Real Life* shall be used when no BMI chart is supplied with goal slip.

*Exception:* If for religious reasons, a member cannot seek advice from a healthcare professional, the chapter will accept a statement to that effect, and goal weight shall be determined by the healthy weight range by height listed on the BMI chart in *Real Life*.

This statement must be filed with the chapter Weight Recorder before KOPS<sup>®</sup> may be registered. Altered goal slips are unacceptable.

I Care,