

The TOPS Reminder

A newsletter for Western & Worcester Massachusetts Counties

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

As you get older you will understand more and more that it's not about what you look like or what you own, it's all about the person you've become. -unknown

New Member Coach

New Member Coach's Role

Starting anything new can be a scary proposition, and TOPS is no exception. Think how you felt when you first walked into your chapter. Were you embarrassed, uncomfortable, unsure, confused as to what people were saying? Were you afraid to ask questions because you didn't want to look stupid or seem pushy? Many new members feel just this way.

This position was created to make new members feel welcome, included and informed from the very start so that they can get the most out of TOPS, reach their goals and contribute to the long-term success of the entire chapter.

New Member Coach is appointed by the Leader of the chapter.

- Depending on the number of new members joining your chapter, the Leader may appoint several coaches so each new member receives personal attention.
- Ideally, coach should be at goal or making progress to goal.

2. The New Member Coach will work with new members during the first three months.

3. Coach will provide personal support, which may include:

- Sit by new members during meetings and explain what is going on.
- Introduce them to other members.
- Check in once a week between meetings.

4. Coach will provide orientation to TOPS program and tools in the first four weeks:

- Make sure member receives current *My Day One* (which includes TOPS® Terms), current year TOPS® Rules, current chapter bylaws, and a contact list for all officers.
- Go through *My Day One*, pointing out mix and match menus, how to set goals, and how to start adding more movement to each day. Coach may want to break this up into separate 15-20 minute meetings before or after first few chapter meetings.

- Share chapter copies of TOPS resources such as the lifestyle guide, so the new member is aware of the tools available for purchase at www.tops.org and via the L-017 order form.
- Encourage member to sign up for 10- week free online coaching module on TOPS® website and to explore the Members Area of the TOPS website.

Coaching DO's and Don'ts

DON'T lecture or force your point of view.

DO share what TOPS has done for you and what has worked for you.

DON'T overwhelm the person with everything there is to know at once.

DO help new member identify small, sustainable changes s/he wants to make.

DO listen attentively.

DON'T repeat what's shared in confidence.

DON'T focus on rules and procedures.

DO focus on the individual's goals, aspirations and motivation for joining

As you see there are much more things than just saying hi to a visitor? We want them to come back to our meetings Please have a packet ready for the member when they join with TOPS and chapter information in it.

FRIENDLY REMINDER CORRECTION

Just to let you be aware that when you have a new membership or renewal we need to pay tax. Each state needs to pay their tax rate and as you know ours is 6.25 our total is \$34 **This is not correct. You only pay tax on purchases from the store**

COORDINATORS' INFORMATION

Judy Pettit 523 North Main Street Ext. Gloversville NY 12078 Home phone 518-752-4148 muffyjunior@aol.com If you have any questions please ask your leader ,then your Area Captain and then we ask our Coordinator and she will go to our new SPA Mary Mullane.

10 Pounds and More Losers

I Missed Kay Bukley from 0451 Pittsfield in 2018 she lost 15.6 pounds and retained Her KOPS status! CONGRATULATIONS!!!!1

KOPS ALL OF 2018

Pittsfield 0009

Roseanna St. Pierre

Judith Chenail

Helen Perkins

South Hadley 0423

Lorraine Sowa

Chicopee 0211

Jackie Mashia

Shelburne Falls 0179

Sylvia Dole

Lettice Randall

Anita Wall

Mary

Westfield 0412

Jeanette Fletcher

Greenfield 0395

Carolyn Bellany

Doris Borer

Gloria Freyenhagen

Paula Girard

Marty Glaser

Betty Howe

Lucille Paquette

Carolyn Pollard

Kathy Porrovecchio

Joan Taylor

Richard Henry

Rochelle Weisberg

Dottie Howes

Patricia Webb

Ione Wickline

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. I'm going to set up my first meeting in April so let me know.

Workshop Hosting Chapter

I've been trying to find a chapter and a place to hold a workshop. Shriners 'Hospital no longer rents the room. I'm looking forward to having Diane Marshal speak, she is a great inspiration. Let me know ASAP if you can host the workshop.

SRD "ALICE IN TOPSLAND"**WILL BE HELD APRIL 5-6 at the Woburn Crowne Plaza**

Dave has posted the second letter about SRD . www.matops.com. Hope to see you there.

CHAPTER VISITS

0001 Springfield March 11

March 6 Easthampton 0383

0411 Westfield March 12

0359 Worcester Graduation March 14

Athol 0456 March 21st,

0359 Worcester March 28

CANCELLING MEETINGS

If your chapter meeting is cancelled and it is important for you to be accountable don't hesitate to visit another chapter. We are a support group and welcome your visit.

WELCOME NEW MEMBERS

0489 Brookfield Amy Warden
Nancy Kittredge

0248 Northborough Rose Spinney
Karen Spinney

0395 Greenfield Maureen Steiner
0447 Sturbridge Gail Watson

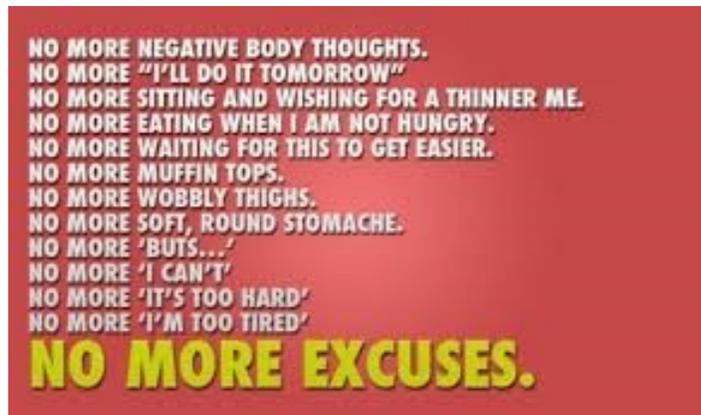
0386 Uxbridge Florence Blackmer
0412 Westfield Nancy Charkiewicz
Thomas Charkiewicz

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 !!!!** Let me know when you reached it. We will keep adding names to the list.

REMEMBER I'M HERE FOR YOU;
ALL YOU NEED TO DO IS ASK.

Area Captain
Terri



Ware 0029 Chapter Visit



South Hadley 0423 Chapter Visit

