

## **OCTOBER 2015 - TOPS Norfolk and Bristol Counties**

### **Gail Lewis - Area Captain**

Who loves the cooler weather, say I??? I!!!!!!! Loving the cool fall days, blankets on the bed and crisp leaves neatly raked in a pile! ☺ Enjoy now because this will all turn to the white stuff soon enough. Call me if you need me. Thank You Linda Watts for letting me know I have the wrong number listed on my newsletter. All fixed now.

### ***INSPIRATION WORKSHOP***

Thank you for all who attended our workshop on 9-19. We did have a great time, so enjoyed our guest speaker, Runner-up Queen Beverly Holmes. So many chapters are planning on having her come. If you ever have a chance to attend, do so. You'll always receive lots of good information there at the workshop and lots to take home as well.

### ***UP AND COMING EVENTS***

MA 348 Taunton is almost at a net loss of 200 pounds for the year. Can any chapter beat that?

If you want to add something about your chapter next month, email me, let me know what's going on, and it's in. Thanks

### ***FALL RALLY***

Hope to see lots of you at our Fall Rally this year - "TOPS - Your Potion for Weight Loss". It will be October 24, 2015 at the Great Wolf Lodge in Fitchburg, MA. If you still want to go, let me know as soon as possible so I can check on registrations. We want to make sure everyone that wants to go is able to go.

### ***RD CONTEST***

See the attached regarding our Regional Director's Contest. There are a lot of ways to get points.....see if you qualify.

### ***INFORMATION - INSPIRATION***

I saw this in the newspaper a couple days ago - I enjoyed it.....very cute.

## IT'S EASY TO STAY HEALTHY BY EATING HEALTHY

Y'all have been advised ad infinitum to eat good things. That is fish, fruits and veggies.

At the risk of infinitum-ing again, this will be a variation of the theme.

As always, check with a physician to see if anything may not be allowed:

If plain goodies don't entice, a dash of something may suffice:

Now what about that daily apple? It's supposed to be eaten with the skin to get all the healthful stuff within.

Perhaps a start is crisp and tart.

With a Granny Smith begin, sliced and dashed with cinnamon.

Then there's bananas, only one or two if able when taking pills that have it to keep potassium stable.

Something sweet is a sure treat.

So Grapes and berries you can eat.

Eat 'em fresh unsweetened.

Just rinse and briefly chill to taste.

You'll find that they will hit the spot without a bit of waste.

Or try a bunch of raisins; they are truly dandy.

They provide some iron and potassium. Rightly nature's candy.

Some dieticians have advised that nuts are off the list.

If there is an allergy or sodium ban, they really must be missed.

But unsalted cashews and pistachios are lovely to be had.

In reasonable amounts they help the heart and that surely isn't bad.

And for a bowl of salad, deep green lettuce is the trick.

Iceberg has no vitamins or nutrition that will stick.

Broccoli's a challenge one president eschewed.

It's best when the whole stem and top are chewed.

If steamed and plain is not the choice then add low-fat sprinkle cheese.

Just a bit and a garlic dash to see if it will please.

Add ripe tomatoes, squash or radishes to the daily diet.

If these have been missing, you really have to try it.

Don't forget the peppers in orange green or red.

Or spinach, cukes or carrots at a meal instead.

Sweet onions can give a dish a pleasant kind of bite.

Slice up several rings to top a dish some night.  
Something fishy can also be a dinner saver.  
Salmon or sardines also give memory a favor.  
The fish contains Omega-3 that boosts the old gray matter.  
It's in these fatty fish, but it won't make someone fatter.  
Everyone of any age has a healthy reason to gather nature's bounty  
whenever it's in season.

That's it for October.  
Have a great month. Let me know if you need anything.  
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