

NOVEMBER 2016 - TOPS Norfolk and Bristol Counties
Gail Lewis - Area Captain

QUOTE FOR THE MONTH:

"You are not defined by other's perception of you but how YOU choose to perceive yourself, your potential is truly limitless".

CUTE JOKE for the Month:

Question: What is a SCARECROW's favorite fruit?

Answer: STRAW berry!!

FALL RALLY

Thanks to everyone who attended and supported this year's Fall Rally. A very special thank you to the entire chapter - #438 Taunton, led by Deb McGuire for the great job you all did putting it on. It was both inspirational and fun. Nicely done!!!!

Judy Pettit's Contest

I don't think I included the instructions to Judy Pettit's contest for SRD this coming fall - I have included them here as part of the newsletter. I will also attach it if you need it separate.

OH, BY THE WAY -

Be on the look-out leaders for an update letter from Headquarters. This has to do with where you send registrations in 2017, etc. Very important for every chapter to read and know. Will repeat in December!!! Thank You!!!!

INSPIRATION

Here is something I received from TOPS - I thought it was excellent. Feel free to share with your chapter.

November is Diabetes Awareness Month. If you have diabetes, or know someone who does, it's possible to enjoy the holidays and the food while staying on track with your healthy goals. The American Diabetes Association has some helpful tips that might just make this holiday season a bit easier.

5 Tips for the Holiday Season

- The holidays can be a very busy time of year, but it's important to still make time to be active. Staying active and in your routine will help you stay on track.
- It's a party, enjoy yourself but don't overdo it. Keep your portions reasonable. If you plan on having dessert, consider swapping out some carbs from your dinner or giving yourself a smaller portion.
- Volunteer to bring your favorite dessert. Bring something you know you'll b5 Fun Fall Activities
- Is there another person at the gathering who is also trying to stay on track? Buddy up! Having another person there who is on the same page as you can help with temptations.
- Use this time to focus on friends and family and not food. The holidays and social gatherings are a time for us to slow down and catch up with loved ones. You could even choose to do something active together for your next gathering.

5 Fun Fall Activities

- Harvest apples - Visit a local apple orchard and get to picking. This is a great activity at any age and a fun way to spend an afternoon.
- Attend a fall festival - Many cities and towns have their own fall festival with art, crafts, music and much more. Find out if there's an event near you and spend the day celebrating this beautiful season.
- Visit a pumpkin patch - Search for local pumpkin farms in your area. You may just find the perfect pumpkin for carving while you are there...and get exercise to boot!
- Find your way through a corn maze - Corn mazes are fun for the whole family and keep everyone moving.
- Create a list of blessings - Sometimes life gets distracting, so it's important to take time out to remember all you have to be thankful for.



BLUE RIBBON CHAPTER AWARD
All participating chapters will be recognized at SRD 2017
From January 1, 2016 thru December 31, 2016



Chapter name and number # _____, _____

Return form to: Judy Pettit, 523 N. Main St., Gloversville, NY 12078 by 1/31/2017

- We welcomed new members this year. Yes ____; How many? ____; No ____
- We have an active new member coach who welcomes, supports, and answers questions for new members. Yes ____ No ____
- We provide each new member with a copy of "My Day One" and the TOPS Rules and explain how to use these great tools. Yes ____ No ____
- We presented TOPS Chapter Programs. The following were used:

- We used the following TOPS materials and certificates from the TOPS Website

- We awarded weight loss achievements: Weekly ____ Monthly ____ Yearly ____
- We called "No Meetings" only when forced to do so by weather, problems with meeting space or holidays. Yes ____ No ____
- We have KOPS in our chapter Yes ____ No ____
- We award our KOPS regularly by _____
(If more space is needed, please use back of form)
- We include our KOPS in contests Yes ____ No ____
- Our newest KOPS reached goal on _____
- We invited our Area Captain to participate in our meeting on _____
- We invited our Coordinator to participate in our meeting on _____
- We attended and took part in the following area events:
Walks Yes ____ No ____ Health Fairs Yes ____ No ____
Fall Rally Yes ____ No ____ Inspiration Day/Workshop Yes ____ No ____
Officer Workshops Yes ____ No ____ SRD Yes ____ No ____

That's it for November. Let me know if you need anything. Gail Lewis (508)
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