



Chapter Chit-Chat
Barnstable & Plymouth Counties

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Joke: Two overweight women were walking home from work, and they began talking about their schedule of activities for the evening. "I've got an idea" said one. "Let's flip a coin. If it lands on heads, we'll go get a cheeseburger. If it lands on tails we'll go get a pizza. And if it lands on its side, we'll go to the gym and work out."

SRD will be here soon! Enjoy March 31 and April 1st. at the Sea Crest Beach Hotel in Falmouth. TOPS will be visiting the 1920's with all its glitz and glamour. Come in costume Friday night. There is no contest or prizes just have fun showing off your 1920's outfits. TOPS President Barb Cady will be the guest speaker Friday night. You should have all the forms filled out and mailed by the time you receive this. Any questions feel free to contact me. SRD is a weekend of getting together to recognize and congratulate our last years' winners. You will be inspired and motivated when you hear their success stories.

YOU COULD BE ON STAGE NEXT YEAR!

A few reminders from headquarters

1. Online members may join a chapter using the printed voucher stored in their online profile. Write their membership number and enrollment date on the membership application. Fill in the members first weight recorded at chapter as members present weight. (The online enrollment date on the voucher is the starting date; the first weight on the chart should reflect the date and weight of the member at first chapter weigh-in. Complete all other areas of the membership application as usual. Attach the voucher to the application and mail to headquarters. If the member cannot print a copy of the online payment voucher, indicate that on the application and headquarters can confirm payment when processing the application.
2. Nonmember caregivers of members with disabilities may attend TOPS meetings and activities if and only to the very limited extent necessary to assist the member with the disability to attend and participate in TOPS meetings and activities. The caregiver may not participate. Chapter executive committee determines reasonableness of the caregiver attending.

3. Food and drink at meetings.. eating and drinking are not allowed at meetings with a few exceptions.

Note: Weigh-in period is part of the meeting. Chapters may have a tasting meeting where a sample is offered to provide a small taste on one low-cal, low-fat or low-sugar item. This is not counted as a food function. Chapters are allowed two sensible food functions a year. A food function does not replace the regular meeting, which must not be cancelled for the food function.

Kingston, Chatham and East Falmouth chapters had articles in local newspapers. In the Kingston Chronicle there were before and after pictures of two members, Louise and Richard who have lost about 80 pounds combined since January 2016 when the chapter started.

The following chapters have welcomed new members the past three months ending Feb 22nd:

Dennis 1, Chatham 1, Kingston 1, Middleboro 1, Duxbury 1, Yarmouthport 1, Hyannis 2, Buzzards Bay 5, East Falmouth 8

We wish you all success on your weight loss journey!

The following is a message from TOPS headquarters. You may sign up on the TOPS website to get a wellness message with a recipe every month

March is National Nutrition Month® and this year's theme from the Academy of Nutrition and Dietetics is, "*Put Your Best Fork Forward.*" This year's theme is meant to serve as a reminder that each one of us holds the tools to make healthier food choices. We've got a few tips to help you "*Put Your Best Fork Forward.*"

5 Tips for Making Healthier Choices

- Find out what your body needs. Talk to your doctor about a calorie level and foods that are right for you.
- Practice portion control. If you tend to take larger portions, try using a smaller plate to help limit your portion sizes or try using a portion plate for guidance.
- Fill half of your plate with fruits and/or vegetables before anything else.
- Cut back on foods that are high in sugar such as sweets and juices. This will also help you cut extra calories.
- Drink plenty of water. Water and other low-calorie drinks can help you maintain a healthy weight.

Two months down for our weight loss challenge. 4 months to go. Hope you are all losing.

Thought for the month: Don't start a diet that has an expiration date...focus on a lifestyle that will last forever

