



# CHAPTER CHAT

RD NEWSLETTER - FEBRUARY, 2017

Hello TOPS Pals:

Hooray! The results are in! I just completed each state's 2016 resumes. What a list of great winners! 2016 was a wonderful year with many accomplishments both for chapters and individual members. Congratulations to each and every one of you who have successfully taken off pounds sensibly this year. Congratulations to all KOPS who made it through another year retaining KOPS status. You are our inspiration. I can't wait to visit you at your SRD's and take part in your celebrations. Hope you will be there for the excitement!

I plan to chat with you via my RD Newsletter on a regular basis. There is so much that I wish to share. It is my plan to bring something fun, educational and inspirational to your attention each time we "chat".

This month I would like to call your attention to some awesome tools available to each of you on our TOPS website ([www.tops.org](http://www.tops.org)). Do you know that great information is yours to enjoy in the Members area of the website? Do you know you can sign up for various Wellness Newsletters and other great information in the members' area? Yes, you can! If you have not already done so, please consider it. This is what you do.

1. Go to [www.tops.org](http://www.tops.org)
2. Click on the members' area (in blue area across the top of the page)
3. Click on TOPS Tools (under the heading "Eat Better and Move More")
4. Under TOPS Tools and Apps, sign up for the "Weight Loss and Wellness Newsletter" and "What's New on the Website" Newsletter by clicking on the "Sign up Now" button and follow the instructions.

Once you sign up using the above procedure, you will have access to a wealth of educational and inspirational information....it will be very helpful as you continue your journey to your weight loss goals.

You will also have access to President Barb Cady's Monday Moment of Truth and TOPS Wellness Manager Maggie Thorison's Wellness Wednesday blog. While you are visiting the Member Area, be sure to check out the many other tools available to you as a TOPS member. If you have any questions as you explore our website, do not hesitate to contact your Area Captain, Coordinator or me. We are here to help!

More on exploring our great website when we chat next time!

Again, I remind you that the December, 2016-January, 2017 TOPS magazine is full of great news. One Year...One Million Pounds! We each have been challenged to lose 10 pounds in 2017. If we all lose just ten pounds, we can meet our MILLION POUNDS MISSION! KOPS can focus on staying at or below goal. How are you doing? Perhaps you may wish to encourage your fellow chapter members with a private challenge in your chapters to keep you going. Check out the Cut and Burn Calendar on the inside back cover! It's great!



## WORDS OF WISDOM

February is known as the month of “Love”. In order to love and care for others, always remember you must love yourself first!!

## CHAPTER ANNIVERSARIES

### **Congratulations to our chapters with milestone anniversaries:**

50 Years – NY 0267, Hastings; NY 0272, Massena; NH 0013, Rochester; NH 0014, Rochester;  
MA 0179, Shelburne Falls

45 Years - NY 0531, Geneva; NH 0062, Concord

35 Years – NY 0715, Ilion; CT 0087, Naugatuk

30 Years – ME 0157, Dixfield; ME 0160, Auburn; RI 0018, Westerly

25 Years – ME 0192, Lewiston

### **PUBLICITY IN YOUR AREA**

Has your chapter done anything different and exciting to promote TOPS in your area? Would you be willing to share it? If so, please send me a note describing your event or publicity project. I would love to let your fellow chapters know what is working for you. Sharing is what it is all about!

### **CHAPTER AND PERSONAL ACCOMPLISHMENTS**

I would love to hear about accomplishments and/or milestones your chapter may have reached. If you have something special to share and would like me to put it in my newsletter, please let me know. I will be glad to acknowledge it and share with your fellow TOPS pals.

### **TOPS MISSION STATEMENT**

To support our members as they take off and keep off pounds sensibly.

### **TOPS VISION**

To be the best weight-loss support choice for people who want an active and a healthy life.

YOURS IN TOPS FELLOWSHIP,  
“JUST JUDY”  
Regional Director

If you no longer want to receive TOPS Newsletters, please send me an email at [muffyjunior@aol.com](mailto:muffyjunior@aol.com) or call me at 518-461-3329