

NOVEMBER 2014

Middlesex Newsletter

Hi Everyone,

You probably all thought I disappeared from Massachusetts but I haven't. I did try to disappear in SRD 2015 presentation but that didn't happen either. (LOL)

I had a few personal things I had to deal with over the past few months. I got into two car accidents within three weeks and totalled both cars. I had to help my father move out of his house where he had been over 48 years into an elderly housing. Then my husband decided to retire but went right back to work after being home one month. I was also diagnosed as having a growth on my thyroid which they thought was cancerous but turned out to be benign. We also had some kitchen remodeling, siding and windows done on our house. I am also involved in other ministries within my community so I haven't had a lot of time to devote to TOPS but I think I am back.

It seemed like everytime I was going to tell you some NEW news, Headquarters found you all. They are very efficient these days informing the leaders as they should through email.

FALL RALLY

I hope those of you that went to fall Rally found it fun and motivating. We had a lot of entertainment from Madonna, Michael Jackson and Richard Simmons. Wasn't Dr. Chris Berard a hoot and his friend from Australia!!! Lots of winners including chapters that were celebrating milestone anniversaries. 50 year shout out to MA 32 Burlington and MA 50 Malden for celebrating the B-I-G 50 years. Can't you wait until SRD 2015? All photos and stats will be posted on our state website.... which is www.matops.com Please be sure to check them out.

SRD 2015

It is being held at Doubletree Hilton in Leominster, MA on April 10 & 11th. Lee Allen along with all the other area captains will be coordinating this major effort.

Our theme is : VIVA MASS VEGAS.This is in conjunction with IRD's theme in Reno, Nevada.



LOBBY



KING SIZE ROOM



INDOOR POOL

FACEBOOK

If you aren't a member on our closed group on Facebook, please be sure to sign up to be amongst the 106 members who currently are. Members from just Massachusetts get first hand information about events, updates and other motivational quotes from other MASS members that post.

TOPS WEBSITE

Check out the recently revised website at :www.tops.org. New homepage and much more user friendly for anyone visiting whether it be a member or not.

PUBLICITY 2015

I am looking for some members in the Middlesex area to help me out next year for publicity. They should be KOPS or TOPS members who have been successful or are on the road to success in losing weight. I would ask them if they would be willing to distribute some information just in their locality and/or if they would be able to help if there are any health fairs, etc. occurring in 2015 in your areas. If you have any volunteers in your chapters that would like to help out in this marketing endeavor, please forward me their names. I need them ASAP.

RESUMEs

I have heard from some of you about doing resumes. Some I have not yet heard. I am looking to see if a workshop is needed for your weight recorder to attend on January 3rd at the Burlington Library at 10:30am. This would take approx. 2 hours to do. I need to schedule the room if needed. So send me an email please.

I also have an up-to-date resume in a PDF format I will send out later this month so you can follow these instructions. Remember all resumes are due 1/8/15 to Rosie Smith.

Fantastic Frozen Dinners

Selection and Serving Strategies

So how do you make the best choice, faced with hundreds of frozen dinners and entrees that are readily available?

- Frozen meals have gotten tastier over the years, but you still must buy and try before you find your favorites.
- Beware of potpies with crust, Hungry Man dinners, and stuffed-crust or extra-cheese pizzas.
- Select dinners that are balanced and contain a lean source of [protein](#), such as Lean Cuisine, Healthy Choice, and Weight Watchers brands.
- Choose meals with no more than 30% of the calories coming from fat. This would be about 10-14 grams of total fat if the meal contains 300-400 calories but no higher than 600milligrams.
- Add on a side salad with low calorie dressing, a serving of fruit, and a glass of low-fat milk to round out the meal. This will help you boost [fiber](#), calcium & nutrient contents of your meal.

Thought for the month:

**May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!**

With TOPS,

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FACEBOOK-Closed group for Massachusetts TOPS members