

I am so overdue with my newsletters. Thanks for your patience. I took on the role of chairing SRD by myself this year. Usually two members or Field Staff co-chair but I decided to undertake this major role by myself. I had plenty of help from chapter members, field staff and Rosie that I hope it all went smoothly like I had hoped and planned.

Pictures from all the sessions have been posted on both www.matops.com and also our closed group on Facebook called MASS TOPS. If you aren't already a member to our group, please friend me first and then I will add you into our group. Over 200 Massachusetts are in this group.

We had 265 in attendance mostly staying over Friday night.

I thank the chapters who attended. Thanks to 9032 Burlington, Melrose, 82 Reading, 107 Chelmsford, 253 Billerica, 327 Burlington, 397 Dracut, 461 Billerica, 478 Tewksbury, 497 Arlington for all attending these special days of Recognition. Maybe more of you will attend next year.



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Our Middlesex winners and our new State King & Queen & Runner-up:

Our New State King is: John Keating from 348 Taunton. Address 50 Highand St, Unit #172, Taunton, MA 02780. He lost 89 pounds to goal.

Our new State Queen is: Eva Peterson from 224 E Falmouth. Address is: 330 Acapesket Rd, East Falmouth MA 02536. She lost 66.50 pounds to goal.

Runner Up queen is: Dianne Marshall from 224 E Falmouth. Address: 467 Teaticket Hwy, East Falmouth, MA 02536. She lost 56 pounds to goal.

Other winners in our Middlesex county –

Richard Theriault from 397 Dracut who lost 15.8 pounds last year in his division

Debbie Stone from 107 Chelmsford who lost 59 pounds last year in her division

Robin Jones from 497 Arlington who lost 65.4 pounds last year in her division

Both of 32 Burlington **Alice Moore** losing 13.8 to goal and **Judy Peckham** losing 27 pounds to goal and Brenda Comeau of 50 Melrose losing 50 pounds and graduated as KOPS.

Congratulations to all of you ! Send our State Royalty “Congratulations” from your chapter. They seek to stay inspired by our TOPS members and would love to hear from you. Both State King & Queen are hoping to go to Montreal and be recognized as our State Royalty.

It's a birthday party theme as TOPS
in July at IRD.



turns years old in Montreal CANADA

If you haven't made plans yet, think about going. You can ask me how ! It truly is inspiring. It's being held on July 13 & 14th, 2018 with many workshops. Rooms are still available at all the hotels. I might be looking for a roommate and you can drive with me if interested.

New Members who joined TOPS in January, February & March 2018

 Christina Nikitas	9032 Burlington	1/17
Rita Beckett	497 Arlington	1/30
John Murray	82 Reading	2/6
Marjorie Gath	460 Tewksbury	2/8
Lorenza Callahan	69 Lexington	2/8
Marie Major	460 Tewksbury	2/15
Janet Hurley	9032 Burlington	2/16
Helen Rogers	377 Chelmsford	2/28
Marie Silva	107 Chelmsford	2/27
Nancy Clancy	82 Reading	3/1
Jean Reid	82 Reading	3/2
Carol Horan	299 Townsend	3/22

CHAPTER ANNIVERSARIES

497 Arlington	2/4/2013	5 years old
MA 82 Reading	2/15/1966	52 years old
107 Chelmsford	3/14/1966	52 years old
460 Tewksbury	4/6/2005	13 years old
377 Chelmsford	4/7/1992	26 years old
9032 Burlington	4/14/1964	54 years old

*****SAVE THE DATE*****

Workshop is being planned for June 2nd at the Burlington Library at 10:30. More details will be forthcoming soon.

Did you know?

The fifth healthiest county in all of America is right here in Massachusetts, and nine other Bay State counties were ranked among the 500 healthiest Monday by U.S. News & World Report. The rankings, compiled in collaboration with the Aetna Foundation, have six Massachusetts counties within the top 100.

U.S. News evaluated 3000 communities across 10 categories to determine the rankings. In addition to the overall rankings, U.S. News also ranked communities across four groups: urban high-performing, urban up-and-coming, rural high-performing and rural up-and-coming. Massachusetts communities also ranked in two of those categories.

"Research has shown that in the United States, your ZIP code is a greater predictor of your life expectancy than your genetic code," Mark T. Bertolini, chairman of the Aetna Foundation and chairman and CEO of Aetna, said in a press release. "In other words, where you live has a significant impact on your overall health." Here's the Massachusetts counties that ranked among the [500 healthiest in the U.S.](#):

- Dukes County (5)
- Norfolk County (18)
- Hampshire County (45)
- Barnstable County (50)
- Nantucket County (65)
- Middlesex County (67)
- Franklin County (209)
- Berkshire County (297)
- Plymouth County (391)
- Worcester County (449)

Here are the communities that were ranked in the urban high-performing category:

- Dukes County (5)
- Norfolk County (17)
- Hampshire County (34)
- Barnstable County (38)
- Middlesex County (52)

Found this interesting article online !!

Identifying a Healthy Weight-loss Plan

Obviously, it helps to know what kinds of weight-loss plans to avoid. But when it comes to taking action, what sorts of factors should you be looking for? Most weight-loss plans have these things in common:

- **Practice Moderation** – Cutting foods out “cold turkey” is unrealistic for most. All things, for the most part, can be eaten in moderation to maintain a healthy diet.
- **Pair Nutrition with Exercise** – Want to maximize your weight-loss results? Strive for at least 150 minutes of exercise per week that consists of both cardio and resistance training. Aim for 10 minutes
- **Work with Your Healthcare Team** – Primary physicians, nurses, dietitians and more can work with you one-on-one to determine what next steps you need to take for your health.
- **Aim for Diversity** – You’re more likely to stick to your nutrition goals if you eat plenty of diverse foods. This includes various lean meats, veggies, fruits and healthy whole grains.
- **Set short-term and Long-term Goals** – Don’t just aim for goals far off into the future. Set goals you can also reach for the week, month or even quarter. Use your TOPS weight loss calendar.
- **Find Accountability in Others** – Don’t try to travel this journey alone! Seek the help of a family member, TOPS friend or healthcare provider who will provide emotional as well as practical support.
- **Make it a Lifestyle** – If your weight-loss plan is only meant to be followed short-term, you are likely to face weight regain. Make sure your efforts can be followed-through for a lifetime.



Words to Forget

I can't
I'll try
I have to
Should have
Could have
Someday
If only
Yes, but
Problem
Difficult
Stressed
Worried
Impossible

Words to Remember

I can
I will
I want to
Will do
my goal
Today
Next time
I understand
opportunity
challenging
motivated
interested
possible

Looking for PUBLICITY VOLUNTEERS

I'm looking for more volunteers in our county. It doesn't take a lot of time. You can ask help your chapter members to help. You are given a pamphlet to pass out to your doctors' office, medical center, clinic, or any medical place you visit on a regular basis. We have a special "Healthy and Active Magazine" designated just for these types of professionals. It is a culmination of last years' stories from TOPS NEWS. Your contact will then receive 25 magazines and when they run out can get a FREE refill directly from TOPS HQ. There are also publicity pamphlets that can be dropped off. Just get permission before any leaving the materials. Right now we only have ONE person in our county. Having a few more will get the word out about TOPS !

CHARMS for SALE

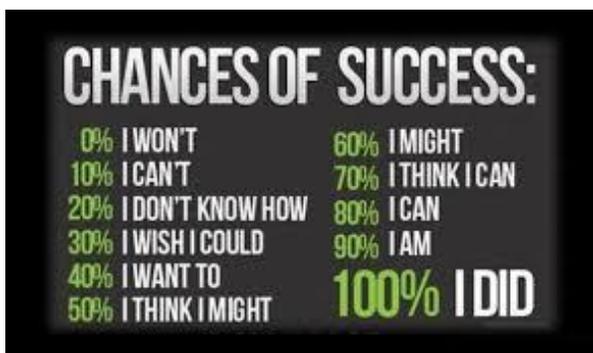
These charms and pinettes were not available at SRD. But they are now! They are \$5 each if you want a keepsake from SRD. Send me your check or cash for each and let me know if you want charm or pinette.



SAVE THE DATE *

Fall Rally Theme: 70th Birthday parrty for TOPS

October 13, 2018 at the Crowne Plaza Hotel in Woburn, MA



Best of luck in reaching your goal,

DIANE TRAYAH

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