

December 15, 2017

TO: Southeastern Region TOPS and KOPS
From: Mary Reed, Regional Director
RE: This and that for year end



WOW! I've been seeing reports of your Christmas parties on Facebook and hearing about them from your area captains! Sure wish I could be there to celebrate your successes and to get reenergized as we look forward to a new year. Maybe I'll be that little "Elf on the Shelf" at your parties, watching to make sure that you are good examples to each other when you make smart choices from all the sensible goodies that are provided. If you're going out, you CAN eat within your eating plan if you plan ahead. I'll be anxious to see how many members have met the Million Pounds Challenge by losing 10 pounds personally or reaching your health care provider prescribed goal weights. I've noticed several chapters announcing that their average weight is more than 10 pounds! It is so exciting to see you excited about your progress. You are remembering why you joined TOPS in the first place.....TO TAKE AND KEEP OFF POUNDS SENSIBLY!!!

With the New Year arriving, your chapter will need to be ready when those new members come to your door. Be open and welcoming to them as they arrive. Make sure that they have information they need and feel like a part of your group. You'll want to have that New Member coach ready to explain things to the new member, to follow up with that person during the week. If you have a larger chapter, you may need more than one New Member coach. On page 36 of your "Making Your Chapter Great: The TOPS® Chapter Manual," you will find the position description. Leaders, you may want to make a few copies of that page to share with prospective "coaches." Your coordinators and I have been working hard to get some publicity out to your local areas to put the name of "TOPS®" in front of the public. You can help us with that by providing us with placements for "Healthy and Active" magazine and other TOPS materials in your area, in places that you visit every day. Your coordinator will be able to provide you with posters and brochures if you just contact her/him.

As new members come and as current members are ready to start another successful new year, please, if you do not already use the meeting format recommended in the manual, on pages 6 through 10, begin to do so. You can customize the agenda to best fit your group but the basic order of events should remain the same....Weigh-in/Roll Call; Program: Awards and Recognition; Business; Closing. If you have heard me speak at your events, you'll remember me reminding you that it's important for our members who have to leave early for some reason to get the Program, good solid information to carry them through the week, not the secretary report before they leave. Be sure that new members are aware of the TOPS® Member Bill of Rights.

I'm sure you've received your December/January issue of TOPS News by now...if you haven't you'll want to see why.....is your membership current? ...You may need to renew. Is your address correct on your record?....check www.tops.org to be sure. Your field staff will be able to help you.

The announcement of the "back to basics" series is exciting....The articles will teach us the Food Exchange System, provide fitness and activities, help us learn healthy cooking techniques with recipes. I've already learned something...who knew that a little vinegar helps to thicken the protein in an egg white, which can help a not-so-fresh egg hold together better while poaching? And a poached egg is only 72 calories....no added fat calories there.

In the center, you will find the TOPS® Rules updates that become effective January 1, 2018. You'll notice any updates will be highlighted in yellow.

You'll want to pay particular attention to pages 18 and 19, announcing an exciting change on our horizon. The Regional Directors had the opportunity to meet and work with President Elect Rick Danforth at our November meeting. We were impressed with his insight and vision for the future of TOPS® and are looking forward to working with him in years to come. President Barb Cady will be working with Rick in an advisory capacity to ensure a smooth transition and has also been re-elected to the Board of Directors so will continue to be a valuable part of our organization.

This issue is chalk full of information and tools. You'll want to go over the information about IRD 2018 in Montreal. And don't miss the 2018 weekly Goal Calendar on the inside back cover. It can be your weekly progress at a glance.

I would take this last little space to wish you and your families and friends the Merriest of Christmases and the Happiest and most Successful New Year ever. Also I would thank you so very much for all your love and support throughout my trials and tribulations in the past year. Everything is looking good although I do have to take maintenance treatments every eight weeks through 2018 and into the summer of 2019.

Let's hit 2018 running toward great weight losses and swamp our coordinators with all the new and reinstated KOPS to process.

Love,

Mary Reed

TOPS® Regional Director

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PS: Don't forget that chapter resumes are to be mailed no later than January 8, 2018.