

TOPS Coordinator #588 - Paula Rice

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Dear Chapter Leaders and Members,

There is a nip in the air, the first snowfall of the year has fallen, which only can mean the holidays are here. I hope everyone had a blessed Thanksgiving.



Let us all remember the reason for the season and take time to be kind to family and friends. I hope we continue to remember during this busy season to take time for ourselves. Planning and going to gatherings with family and friends can cause us to not watch what we are doing. Please remember to take time to do something for you by attending your weekly TOPS meetings

Just a couple of reminders:

- Leaders and Weight Recorders chapter resumes (which have already been mailed to the leader) with weight charts are due to me by January 8, 2012. Remember you can mail them before the due date.
- Chapters please take time to have a meeting, which includes roll call and make visitors welcome. I know holidays are coming and meeting days may change for holiday weeks, but please have roll call. Please remember we are here for support not just to visit and go out to eat. TOPS Club Inc provides the chapter with 100 programs; I hope you will give them a try. They are trying to make them user friendly.
- If your chapter has not retained any new members this past year, if your attendance seems to be low, if some members aren't in the 'weight control' mood, now would be a great time for your chapter to do a self-evaluation to determine what the members need. We have it posted called the 'Chapter Rescue and Rejuvenation Kit' found on www.topswonders.com, home page for region under 'Information Station! Great new tools for your chapter'. There are step by step instructions on how to maximize the chapter's effect on the members and improve what your chapter offers to new members.
- Every new member should be receiving a 'My Day One' at the time they join. This is the first tool you can give them to get them started on their weight loss journey. Many chapters put together a 'New Member Packet' that they keep ready to hand

out. If your chapter does not have these, now is the perfect time to put some together so that you are ready for 2012. Found on www.tops wonders.com, home page for region under 'Information Station! Great new tools for your chapter'. It's a word document that you can 'fill in the blanks' and print out.

- The coordinator in our area have each taken a project to do a chapter Lesson Plans. They are on TOPS Wonders website home page for region under 'Information Station! Great new tools for your chapter' so that your leaders have an opportunity to utilize them the first of the year. I have copied January and enclosed it. We are encouraging you to try using them. This was an awesome project - but we worked through it and I believe it is an exciting tool for our chapters.
- There are changes that are taking place on the TOPS website. I hope that you have had an opportunity to visit and see how fabulous everything looks. Plus, TOPS is really getting into the "social network" arena with Facebook and LinkedIn. A sign of the times and a wonderful way to attract younger prospects. When you get a minute, please go to the website (www.tops.org) and check it out. Our president, Barb Cady, and wellness coordinator liaison, Maggie Thorison, have both started weekly blogs that are certainly worth reading.

Thank you for reading this letter at the chapter meeting.
Happy Holiday to everyone.

TOPS love,

Paula Rice
TOPS Coordinator

Enclosure
Christmas card for the chapter and a pinette for the Leader