



# Monthly Newsletter

Covering Allegheny, and Washington Counties

August 11, 2011

Volume 2, Number 08

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- WEBSITE Programs **New**
- PA 0041 Monroeville shares
- Closing Remarks on Discussion Meetings
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## Fall Rally

**“The ABC’s Of Weight Loss”  
Summer Contest Recognition Day**

**Sept. 17, 2011**

4 Points Sheraton Mars

**October 01, 2011**

Penn Hills Comfort Inn

**Cost \$24.00**

**Time 9am-Noon**

**Basket Raffles**

**ATTITUDE**

**BELIEF**

**COMMITMENT**

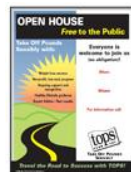
**Hope to see you there!**

**PI -083C**

**Check it out!** New on the website now available are “The Road to Success” themed OPEN HOUSE Materials. You can find them under Forms in the PI Forms section.



The “Road to Success” Bookmarks are awesome! I plan on printing some of them and laminating them for a Health Fair I am attending.



Also check out the Recipe section on the website. The only problem is it makes you hungry just to open the page. The pictures and recipes are super!

**PI -082C**

TOPS have been doing some great things with the website and if you are not using the materials etc, shame on you. They do the work for you; all you have to do is present it!



A lot of you have been asking me about the **My Self Care Program**

Join TOPS wellness expert Patty Amborn as she guides you on a journey of self-exploration in this series of 25 narrated slide shows. Savor the process of rediscovering yourself, gain new insights, and learn tips that will help you travel your personal road to success.

Programs may be paused at any time so that you can make notes or take time to reflect on a point that was especially meaningful to you.

As in life and weight loss, there are no shortcuts, so start at the beginning of the Self Care Program. When you finish each module, the next one in the series will become available to you. You may return to any of the programs you’ve already completed at any time.

My Chapter has been doing this as a Program each week. You cannot download it. If you have internet available you can show it at your meeting. If not have your member watch a session each week and journal, journal, journal. Then have them discuss the things they have found out about themselves that has helped them become happier and healthier. Last week we discussed setting goals. Outlining a goal increases the probability it will be accomplished. Here are some guidelines and techniques to help you accomplish your goals:

## Contact Me

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## TOPS WEBSITE

[www.tops.org](http://www.tops.org)

PA LOCAL WEBSITE

[www.topscares.com](http://www.topscares.com)

\*My Newsletter and Fall Rally Forms can be viewed on this website.

## TOPS Website

\*TOPS News electronic version now available

- Focus on results and opportunities.
- Use positive, meaningful language.
- Personalize to your values and purpose.
- Write it down with a deadline.
- Use clear, simple and specific words.
- Make it exciting or challenging.
- Build in reminders and milestones.
- Create a contract with yourself or others.
- Craft a way to visualize the goal.
- Set short and long-term objectives.
- Analyze for problems and solutions.



Losing weight is not easy and it does take WORK! You have to do the work to reap the rewards. We make our kids do their homework, yet we procrastinate and do not do the things we need to do for ourselves. Practice what you preach and do your homework! (KEEP A JOURNAL) Even if it is just a food journal you now know what you are doing right or doing wrong. If you have a week that you lose 2 pounds and have done a food journal, turn around and eat the same menu next week. It works! Just do IT!

**Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead-end street.**



## Anniversary Congratulations August

Norma Epstein

12 years PA 0060

Patricia Savulchak

2 years PA 0295

Imogene Dalbo

5 Years PA 0360

Pat Merchant

1 Years PA 1192

Darlynn Croce

7 Years PA 1476

Deborah Zukow

2 Years PA 1476

Charles Glenz

1 Year PA 1620

Diana Feil

1 Year PA 1620

Lisa Wood

2 Years PA 1620



in the meetings. She did a spin-off from the ABC article in last month's TOPS News. She had each member pick from her a slip of paper A-Z, which she had written information or a simple question having to do with weight loss and being healthy.

Ex: B for Breakfast is the most important meal of the day. It helps to get your metabolism started which helps you burn more calories. How many of you skip breakfast?

Great job Teresa and thank you for sharing with us.

Discussion meetings come in many different forms, Small and Large Groups. They can be one of the most important parts of a TOPS meeting. It lets everyone speak and share their feelings. There are no "Right" answers to the questions, only "Your" answer. We all need to remember that we are here to support each other,





## TOPS' Mission

*is to support our members as they take off and keep off pounds sensibly.*

not to put down or ridicule anyone. Many times someone may answer a question that appears to be funny or weird to us. We need to be able to share our feelings without being judged.

### Example of Large Group Discussion:

- Have your newest KOPS take questions on what worked for them etc.
- Biggest Loser of the month takes questions
- After a recognition day event have a discussion on what they experienced.
- At the end of the year have each member tell how they feel about their yearly loss/gain
- Have a hobby night/ helps you not eat. Share your hobby.

### Example of small Group Discussion:

- Hand out questions to be answered.
- Do you feel sorry for yourself in certain situations?
- How do you feel about yourself right now?
- Can you leave food on your plate?
- Have a get acquainted circle.

After a discussion group, always bring it back home with a meeting sparkler/or some kind of motivation. A few positive words at the conclusion of a meeting can hold special meaning for a member who is struggling to over- come daily temptations. It ends a program with grace and caring on the part of the leader and gives members food for thought. Whether it is a short phrase (you haven't failed until you quit trying) or prayer, change it up weekly. Make your meetings fun and rewarding!

Bragging Rights! Next month I will be sharing with you The progress of Allegheny Counties newest Chapter PA 1658 Pittsburgh. They have been with us now 6 months and want to give everyone a report of how they are doing!

I would like to add this as a new section of my newsletter, but I need your help. Please send me something your chapter is doing and has worked well or something someone in your chapter has accomplished, a milestone, etc. Share with me and I will brag to everyone!

Enjoy the remainder of your summer! Kids will be back to school soon! YEAH! Remember I am here for you and would love to visit with your chapter! Let me know when you are available, I'd love to visit!



TAKE OFF POUNDS SENSIBLY *Hugs, Debbie*