

Happy New Year!

Happy New Year TOPS Friends,

It's difficult to believe, but it's true - 2018 is here and 2017 is now in our rear view mirror as we make our way on the journey to better health. Last spring, it was so much fun celebrating your success and accomplishments throughout the states of Maryland/DC, New Jersey, Pennsylvania, Virginia and West Virginia. Together we celebrated our Division winners, Royalty, New & Reinstated KOPS, Century Medallion recipients, KOPS longevity awards, chapter anniversaries and welcomed new chapters and new members too! This year I also plan to be with the Delaware members as my knee is healed. I was sorry to have missed seeing you all but I did hear that you all had a wonderful celebration.

You continued to stay on the road to success throughout the summer, working hard to stay focused and earned many awards at fall rallies. Reports are coming in from across our region that many of our TOPS lost your 10 pounds (and more) and KOPS maintained status all year for the TOPS Million Pound Mission by the last weigh-in of December 2017. I am excited to have those who successfully met this challenge be entered into a drawings for a \$50.00 Visa gift card from TOPS Club, Inc. The selection will be made while we celebrate the 70th anniversary of TOPS in Montréal at IRD in July.

As we say goodbye to 2017, know that while our objective is to Take and Keep Off Pounds Sensibly, our success is measured by more than a number on the scale. I am so thankful for each of you, and proud of the work you do in your chapters. Each of you makes a difference by being a positive influence within your chapter and your communities. You've demonstrated that in the many caring ways you support local food banks, our military, our schools and one another. You can be proud of your efforts and those of your chapter. If you reached goal or moved closer to it in 2017, congratulations. Reach out your hand to those who are struggling with their weight in your family, among your friends and in your community and offer to help. For those who didn't make the progress hoped for, know that today is a new day and 2018 is a new year filled with opportunity to get back on the road to goal. You are worth every right decision.

A few things to note:

IN CASE YOU
MISSED IT...



Chapter Leaders: Visit the TOPS web site for an outline of programs to follow for the season <https://www.tops.org/tops/TOPS/Member/Seasonal-Meeting-Ideas.aspx>. It will take the stress out of program planning and help keep your chapter focused. If you have trouble locating the outline, please contact your Area Captain or Coordinator for assistance.

Weight Recorders: Chapter resumes were due to your coordinator by January 8, 2018. If for some reason you are unable to complete the resume, please don't worry.

Just place all original weight charts in a large envelope and mail them immediately to your coordinator. He or she will complete your resume for you and return a copy with any certificates the members earned.

New procedure for Maintenance Fund: All chapter leaders should have received a maintenance assessment in the mail from TOPS Club, Inc. in December. There is a new procedure this year. This is due to be returned to headquarters with a chapter check for the amount listed by January 31st. Maintenance fees are based on active memberships in the chapter, NOT on members who attend each week. This will be mailed directly to headquarters as instructed on the form.

Spring Events: Your coordinators will soon be sending out chapter packets for ARD's and SRD's. They are excited about celebrating your success with you. These events are more successful when you attend. Area and State winners, I encourage you to attend and share your personal stories. Your Coordinators, Area Captains and fellow members work very hard on these events. Please come, support and celebrate with each other! I look forward to seeing you there too!

www.topscare.com: This website is the home website to TOPS in Delaware, Maryland/DC, New Jersey, Pennsylvania, Virginia and West Virginia. It is a great place to find staff newsletters, event information, see pictures and news of past events and successful members and learn of coming events too! If you haven't explored it, please take the time to do so.

Invite Just One Person: This is my challenge for all chapters this year. We all know at least one person that could use our help with losing weight. Have your chapter do a challenge to get everyone to invite at least one person to TOPS to see if you can double your size... Not your dress sizes your membership size! Let's see how many people we can help in 2018 lose the weight. We say that we believe in TOPS and if we believe in TOPS, let's show it by inviting just person to join with us. Let's see what we can do.

If I can ever help you in anyway please don't hesitate to send me an email. Email is the best way to get in touch with me as I do have another job with the state of VA part-time. If you call, please leave a message and I will return your call as soon as I can. You can also text me at any time. My phone number is 434-258-2891 and my email address is Judyp tops@msn.com.

Best wishes to all for success, let's "Go Lean in 2018".

Together we can!

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