



MONROE COUNTY COMMUNICATOR



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A MESSAGE FROM YOUR AC

Greetings TOPS Friends!

There's so much being shared this month that I have no room for a lengthy message. What a great problem to have! Please take the time to look at the photos and read the good news of all the successes of your TOPS friends.

Love and Hugs,
Sandy

NY 0301 ROCHESTER SHARES...

(Article submitted by Debbie Silver, Assistant Weight Recorder of NY 0301 Rochester)

I would like to tell you a story about a fellow TOPS member that I am very proud of. In 2003 **Carol Palmer** was getting uncomfortably heavy at nearly 182 lbs. and felt her weight was really slowing her down. Her clothing was tight and she was inching up into larger sizes than she had ever worn before. She had heard about a TOPS group that met in her town, **TOPS NY 301**, and decided to attend a meeting to see what it was all about. Carol was quite impressed with the meeting. She found the members to be very warm, welcoming and supportive. She said she felt "at home" and joined right away.

Carol has regularly attended meetings and participated in TOPS group events ever since. Even in 2006, when she fell and fractured her hip which required surgery and kept her from exercising for at least 6 months, Carol did not let this deter her from attending meetings! In fact, her doctor felt that her weight loss and regular exercise resulted in a much better outcome in terms of her injury and healing time. In June 2007 Carol was diagnosed with Type 2 diabetes and was put on diabetes medications right away. Carol believes she may have had diabetes long before she was diagnosed due to fact that she was fatigued and noticed difficulty with wound healing. Carol was told by her physician that her condition could be controlled through diet and exercise in addition to her medications. Since joining TOPS, Carol has lost weight at a very slow and gradual pace bringing her weight down to 152 lbs which is only 10 lbs from her KOPS goal.

Her doctor has been impressed with the pace of her weight loss and, as of her last physical, she has completely reversed her Type 2 diabetes. Her blood work shows no signs of the disease at all and she has stopped all diabetes medications. Both Carol and her physician are shocked and thrilled with this news. Carol credits her participation in TOPS for this remarkable progress. Over the years she has regularly attended meetings and, with the support of her fellow TOPS members, has been able to work through those tough plateaus that we all go through on our weight loss journeys.

In the end, Carol summarizes by saying "I have adopted a healthier lifestyle using tools learned from TOPS which has helped me improve my eating habits and walk frequently. This has resulted in freeing me of diabetes, a smaller dress size and a better outlook on life."

Carol is and continues to be an inspiration to her fellow TOPS group members.



Sandy Frieday, Area Captain

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WELCOME NEW MEMBERS!

Please join me in offering a warm welcome to these new members who have recently joined our Monroe County TOPS family!

TOPS NY 0022 Rochester - Anne Piedmont

TOPS NY 0037 Spencerport - Kim Gascon and Amber Maker

TOPS NY 0241 Rochester - Annie Brown

TOPS NY 0301 Rochester - Janet Gelein

TOPS NY 0292 Webster - Teresa Markidis

TOPS NY 1303 Rochester - Vernice Dowe

We are happy to have you with us, and we are here to support you! ☺



(Carol Palmer, NY 0301)



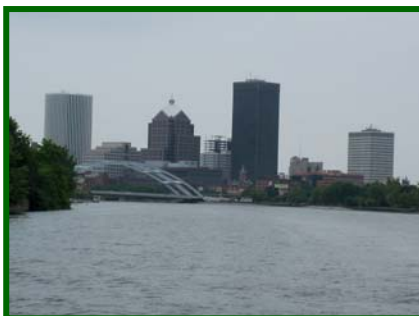
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KOPS KRUISE ON THE MARY JEMISON - AUGUST 6TH





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SECOND MONROE COUNTY TOPS WALK - AUGUST 13TH



TOPS Walk!

Thank you to all who came out for our second Monroe County TOPS Walk on Saturday morning, August 13th in Fairport. We had a wonderful time and enjoyed some beautiful scenery as we walked three miles. We are looking forward to the next walk to be hosted by NY 0250 on Saturday, September 10th at Tinker Park in Henrietta and hope to see even more members there! If your chapter would like to host a walk, please let me know. ☺



REQUEST FOR NEWS ARTICLES AND PHOTOS

Please remember to capture special moments at your Chapter meetings in photos and email me the jpg files along with an article for the Newsletter. This is a great way to share with all of our Monroe County TOPS Family. Thank you!



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TOPS NY 0393 ROCHESTER SHARES...



Bill Eckert, Weight Recorder for NY 0393 Rochester shares that on Tuesday, August 9th, their Chapter had their picnic at Braddocks Bay Park. Although it was raining, they had a great time. They did the Chicken Dance and the Twist. They also colored masks and then posed for a group picture.

The Chapter had most of the food catered and it was all good. Some items were brought by members. A good time, in spite of the downpour, was had by all.

The previous week, they were blessed with the presence of our NY State Queen, Jackie House of NY 0241 Rochester. She talked about loving ones self from the inside out. It was a very rewarding and informative therapy. They were pleased to have her visit them and very proud of her accomplishments.

CONGRATULATIONS - NO GAIN WEEKS!



(Pictured are members of NY 0250 Rochester - Judy Coe; Aileen Paulson, Leader; Betty Comstock; Grace Travis, Wt. Recorder; Paula Zack, Co-Leader; Jean Polcyn, Treasurer; and Nadine Basalyga, Secretary)

Aileen Paulson, Leader of NY 0250 Rochester reported a No Gain Week for her Chapter on July 19th with seven members present and a loss of 6.4 pounds! Congratulations to Aileen and to all members of Chapter NY 0250. Way to go!

Dorothy Landauer, Leader of NY 0632 Hilton also reported a No Gain Week for her Chapter on Friday, July 15th with SEVENTEEN people weighing in. The group had a loss of 28.25 pounds! Achieving a No Gain Week with 17 people weighing in is an amazing accomplishment! Congratulations!!

We are so proud of both Chapters for achieving this success!

No Gain Weeks!

KOPS

REMINDER: To maintain KOPS status, KOPS must have at least 15 weigh-ins per year. There are 19 weeks remaining in 2011. Weight Recorders, please remind your KOPS of this requirement.



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SAVE THE DATES!

Saturday, September 10th - TOPS Walk at Tinker Park in Henrietta at 9:00 a.m. Directions will be sent to Chapter Officers.

Saturday, October 1; Fall Rally Day; The Diplomat; Come join us for our exciting adventure on a virtual ***TOPS Road Trip!*** **Rally Registrations due by September 7th.**

Saturday, October 22nd - TOPS Walk to be hosted by NY 0301 Rochester. Location TBD.

Saturday, November 5 - Lilac KOPS Honor Society Luncheon/Christmas Party - Slayton Place Restaurant, Spencerport at 11:30 a.m.

June 8 & 9 - 2012 SRD at the Albany Marriott.

July 5-7 - 2012 IRD - California Dreamin' at the Town and Country Resort & Convention Center in San Diego, CA

SUMMER BEST LOSER

REMINDER: The Summer Best Loser Contest started with the first weigh in of June and ends with the last weigh-in in August.

The person in each Chapter, who loses the most weight during that time period (minimum of five pounds), will receive special recognition at Rally Day on October 1st.

Division 9 members will be honored separately.
Good luck, everyone! 😊

THE BUDDY CHALLENGE

At this year's SRD, Judy Pettit, Regional Director announced a Buddy Challenge which began at this year's SRD and ends at next year's SRD in Albany. You need not have attended this year's SRD to be in the challenge. If you choose to participate, you buddy up with someone to help each other reach your goals and then report back on your progress at the 2012 SRD. Judy would like to have the email addresses of those participating so she can send periodic notes of encouragement. Please contact me if you need more information.

CONGRATULATIONS KOPS!

Please join me in offering a very sincere congratulations to Reinstated KOPS **Gloria Bansbach** of NY 0288 Rochester and to our brand new KOPS, **Mary Lou Rothbauer**, also of NY 0288 Rochester! We are so proud of you both and hope to see you at the Lilac KOPS Honor Society Christmas Luncheon on November 5th! 😊



**SAVE THE DATE
MONROE COUNTY RALLY DAY**



**Join us for inspiration and fun!
Saturday, October 1st**

Registrations due by September 7th!

**TOPS FELLOWSHIP SONG
(Tune: "Ach Du Lieber Augustine")**

The more we get together,
together, together
The more we get together,
the slimmer we'll be
For your loss is my loss,
and my loss is your loss
The more we get together,
the slimmer we'll be!