

# **TOPS South East Ohio Area Captain Notes**

## **Real People, Real Weight Loss**

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**Please take these notes to your Chapter and share with everyone. When I'm visiting Chapters, I find that not all members are aware of upcoming activities and other information provided.**

### **2015 Ohio SRD**

**I wanted to add to what Karen mentioned about SRD and to remind all of you that the deadline for registration is fast approaching. Not having met a lot of you, I want to take some liberties and urge all of you to attend SRD. It is such an inspiring event. We all struggle with weight control and we sometimes feel that we are here all alone in that endeavor. By going to SRD you get a chance to see what can be done and get a chance to learn how others have been successful. It is a wonderful time to meet old friends or make new ones that you can help on their journey. Also, if you have not met our TOPS President, Barb Cady yet, this is your chance to meet her. Registration deadline is April 30 and this event will be on May 22-23 at the Akron/Fairlawn Hilton. I want to see all of you there.**

### **Area Captains Annual Program**

I have received the new Area Captains Annual Program and wanted to tell you a little about it and ask that each Leader call me and schedule a time for me to come present it to your Chapter. It is entitled "Making Your Plate Great with the Food Exchange System" This is one of the best presentations that I have seen and I am very excited to be able to come present it to the Chapters. It really places the emphasis on the Exchange System and making it work for you. Call me and let's set up a time for this new and exciting program. This is also a chance for me to come and meet you and all of your wonderful members.

The following Chapters have scheduled times for me to present this annual Program:

OH 1428 Peebles Done  
OH 1965 Jackson, 3/30  
OH 2021 Chillicothe 4/5  
OH 2042 McArthur 4/6

OH 1952 Hillsboro 4/20  
OH 2196 Winchester 4/22  
OH 1517 Jackson 5/1  
OH 2152 Mt Orab 5/11

A couple of other Chapters have contacted me and are awaiting schedules, etc. If you have not scheduled a time for me to come and meet you and your members and give this great presentation. Please call me and schedule a time.

## **Something for Chapters to Think About**

Recently TOPS Headquarters did a survey of members whose membership had lapsed and here is what they found:

- The meeting was nothing but a social club
- Members aren't losing weight
- Poorly administered/disorganized
- Rushing through meetings
- Boring meetings
- Terrible leaders
- Received no information about eating plan
- Like Girl Scouts, played games, treated like children

The reasons stated above and others would make for an interesting program one night. I urge each leader to take one night and discuss the above with all members. Also discuss that all of us should:

- Make sure everyone realizes that Real People, Real Weight Loss is more than a slogan or a theme...it's who we are when we are at our best
- Meetings should be concise, relevant, educational and motivational
- Members should be welcoming and helpful. I truly believe that this one is very, very important. When a new member comes in for the first time, someone has to be a "sponsor" and explain everything to them, take them by the hand and make sure they come back again. So often a new member comes once or twice and then does not return. Someone has to keep in constant contact with all members that are missing meetings
- Members should lose weight, as proven results is the way to get more members



**TAKE OFF POUNDS  
SENSIBLY**