

Drain TOPS Club Members Recognized at Honor Society Meeting

Drain TOPS Club members were recognized at the February 1st meeting of the Yellow Rose KOPS Honor Society of Douglas County for achieving and maintaining their weight losses. The four KOPS (Keep Off Pounds Sensibly) members pictured have a total weight loss of over 140 pounds. Arlene Ammons has maintained her weight loss for 37 years; Jacque Douglas and Lyn Schuller have each maintained their weight loss for 3 years. Kathleen Exum has reached her goal weight and has joined with the others in becoming a KOPS member.

Honor Society welcomed Ken Lambert and TOPS Club Coordinator, Jeannette Lambert, along with members from thirteen Douglas County TOPS Chapters to this month's luncheon meeting. Jeannette Lambert was the guest speaker and introduced a new mentoring program for Oregon KOPS members to take an active part in motivating TOPS members in Taking Off Pounds Sensibly. The KAT – KOPS Adopt a TOPS program is designed to encourage TOPS members by providing a supportive environment in achieving their goal weight. The Drain TOPS Chapter is looking forward to implementing this program to support and assist our members in their sensible weight loss journey.

TOPS Club, Inc. is a non-profit charitable corporation dedicated to assisting members in sensible weight loss; thus the acronym, TOPS, for Take Off Pounds Sensibly. Our meetings emphasize nutrition, exercise, motivation and wellness education. Chapter dues are just \$3.00 per month, and we meet at the Church of Christ Annex each week on Monday mornings, with weight recording from 8:00am-8:55am and the meeting from 9:00am-10:00am. For more information about TOPS Club, Inc. or our local Drain Chapter, please contact Cindy Jones at (541) 378-7801.



Left to Right: Lyn , Arlene, Jacque, and Kathleen.