

From Pat Foust WA 1284, Ocean Park

When I weigh in this week, I don't know how I will do but I do know that I will have the support and caring that I need either way. Today my heart is heavy and this is the reason. This past month has been a hard, sad time for some of my Tops friends.

* One member is bravely fighting cancer, and has lost her hair. Her future is uncertain but she has TOPS. When she lost her hair, the members of our chapter brought her bright, cheerful hats to wear and provided many hugs.

* Another member's husband is valiantly fighting cancer. She has missed some meetings lately because she is by his side. But her TOPS friends offer her support and a shoulder to cry on if it is needed.

* And my dearest friend, my TOPS sister and our weight recorder, Dee, was dealt a double blow from which she is trying to overcome. She and her husband lost their 40 year old son to cancer after a long fight. Then, on the heels of that loss, their 14-year old grandson (only son of their deceased son) became ill while visiting relatives. He died at the hospital of heart failure. He did have some medical issues including diabetes. Dee and her husband are devastated but have been recovering slowly with the love of their TOPS and Lions friends and family. TOPS and Lions friends are there for them if only to listen and try to understand.

So this is what TOPS is to me. It's not just weight control and support, but is actually "Life Support" for all of those times when we need a shoulder to cry on, an ear to listen to us and a heart that cares. We are so fortunate that we have each other.

Submitted by Pat Foust