



EAP Newsletter

Employee Assistance Program

SUNY Fredonia
E.A.P.

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Losses

Local, national and international news are filled with horrors, tragedies, and war. How do we all make sense of the loss of life, the loss of dreams, the loss of hope, the loss of love and what can we do to help relieve the suffering? A large question like this cannot be tackled by this column. But we can acknowledge that while the world swirls around us, this campus has also suffered many significant losses in the past year. This has been a difficult year as students, faculty, staff, alumni and supporters of SUNY Fredonia have died, several tragically and unexpectedly.

The wisdom of our committee cannot begin to make sense of this mystery of life nor can we even fathom the magnitude of feelings, lives lost, families shattered that many of you have experienced by these losses as well as the losses in your immediate circle of family and friends. However, we sincerely want to express our sympathy to all of you.

Just like neighbors and friends who aren't quite sure what to do or say at these times, EAP sincerely desires to do something for you and for the community as a whole. The "thing" that we do best and what we have to offer is information and referral and the means to do this is our newsletter. So, this column is an extension of us to you, inviting you to contact Wilma Parry, EAP Coordinator at 673-3586 for assistance should you or, someone you know, need assistance. Grief often sneaks up on people days, months, even years later. We will always stand ready to help.

Update on the Editor's Challenge:

Last year at this time, the editor issued a fitness and weight loss challenge, inviting you to share your stories. January 2005 finds the editor having once again lost weight through diet and exercise, only to "fall off the wagon" and gain it all back. She is maintaining her weight of the past decade! As she has walked around campus, she has noticed that many of you did not "fall off the wagon". In fact, she did not recognize some who have experienced significant weight loss. She invites you to tell your stories of courage, perseverance, success and failure.

One intrepid reader did respond (because she is a member of the committee, she might say coerced) and wrote the following:

Not having to ever diet before, I had been reluctant for a long time about partaking in any sort of diet plan. When Weight Watchers was offered on campus, I didn't bother even trying because I just figured I couldn't do it. However, after my doctor strongly suggested that I try to lose some weight and bring down my cholesterol with dietary changes, I decided to join Weight Watchers.

In 4 months, I not only lost 18 pounds, but also brought my cholesterol level down 50 points! And, I must say, it hasn't been as difficult as I thought it would be. I am still able to eat what I want, but in more limited portions, and have learned how to substitute some healthy foods for the more unhealthy, without really sacrificing the taste. I highly recommend Weight Watchers.

Chris Maziarczyk

CONTINUING THE EDITOR'S CHALLENGE: WHAT IS YOUR 2005 HEALTH AND FITNESS RESOLUTION?

Check out EAP's new website at <http://www.fredonia.edu/eap>