



154,935



SPARKPEOPLE®

Photos

START

MY TRACKERS

Feed

Voted Featured Blog Post

Blogs

Awards



A Salute to All the Younger Sparkers

Info

Saturday, May 06, 2017

"No reason to apologize to me" I told the young mother ahead of me at the grocery checkout. She had a child by her side and one in the seat of the cart which I noticed was full of healthy selections (oatmeal not sugar cereal, produce etc.) There was some problem with an item and the clerk called for the customer service guy.

No one WANTS to wait.

However, as a retired person:

I have no boss to answer to. No job where I MUST show up or not be paid. I don't have children to care for and who depend on me for their very existence

I do have a husband but fortunately he recovered completely from his brain surgery and can take care of himself. Anything I do for him is because I WANT to not because I HAVE to.

His tremendous medical bills were taken care of by socialized medicine (Medicare) sadly unavailable to anyone under 65 and by our supplemental insurance that fortunately can't deny benefits based on any "pre-existing condition" at least as of now.

We have a "fixed" income but through my volunteer work as the treasurer of Christian Ministries I KNOW this is higher than what many young families live on. DH and I had professional jobs with benefits currently unavailable to younger workers.

On Thursday we spent 8 hours on the train with Joe's sister after burying my MIL in NYC. Many in our age range (68-72) have conversations about our aches, pains and stiffness. SIL has sciatica but, as a retired doctor, knows what she needs to do for relief. Arthritis of assorted body parts affects just about everyone by age 70.

So we three would get up and walk the aisle and stretch and discuss the benefits of a healthy lifestyle. Our only regret is not having started sooner.

Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by **BROOKLYN BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >



We had a lot of time to reflect on our lives.

Oh yeah, we have to cook and clean, get the mail, pay the bills and walk the dog. Young people have to do all that too while WORKING and taking care of families.

Young people have medical challenges also, not only for themselves but many affecting their children. Just reading on Spark will make you aware of that. A blog yesterday by a young mother described the effect of having THREE children on the autism spectrum.

Many of you have left words of sympathy about our recent 3 family losses and kind words on my blog regarding my maintenance and fitness status. Thank you for your support. I really appreciate it.

However, as a retired person I have TIME to pursue a healthy lifestyle.

I want to congratulate you younger Sparkers, especially young women, who are seeking a healthy lifestyle while working, raising families and dealing with the stress that comes along with all that. It's YOU who I find inspiring. It's YOU that I admire most,

I want to encourage you to continue on that healthy path for yourselves and those you love. They and your future self will thank you for the extra effort you put in now.

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Member Comments About This Blog Post



BOREDA

You are so right: we all begin to take care of ourselves in our later years when everything starts hurting, but we would do so much better if we started earlier.

1370 days ago



I am looking forward to that chapter to be here soon, 3+ months and counting, I do hope I make wise decisions...





Thanks for the reminder to take good care of myself now for my future self. 1467 days ago



CD16313034

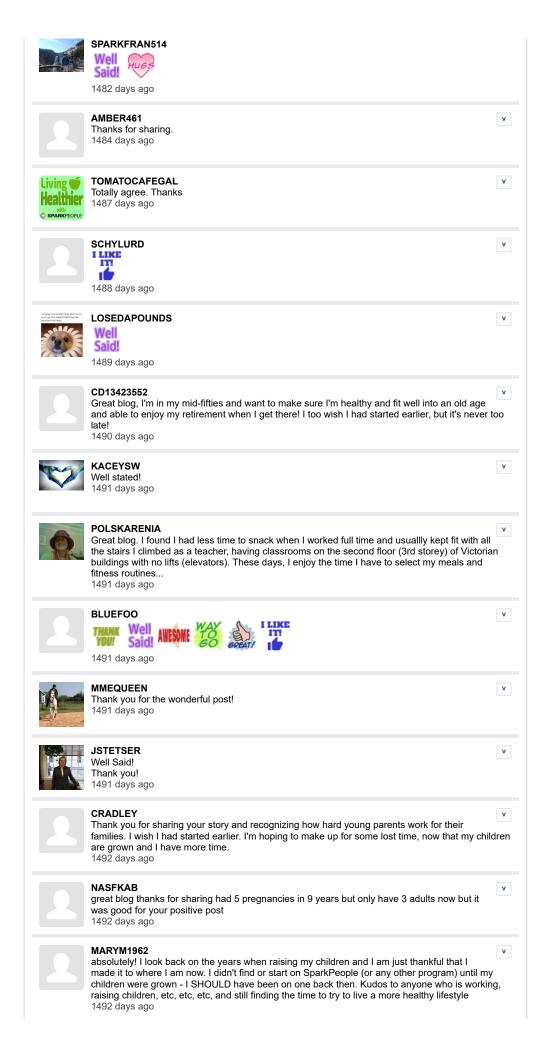
I have 2 kids on the spectrum one more severe than the other. Hard to manage life sometimes. thanks for posting this 1480 days ago

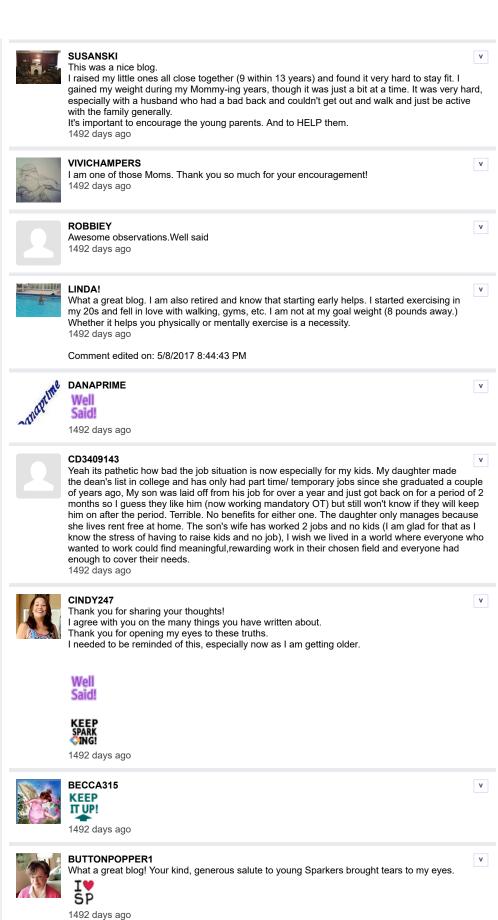


٧

v

٧







MOM1014

Excellent blog and I found myself agreeing with every word. Well said and thank you for posting this.

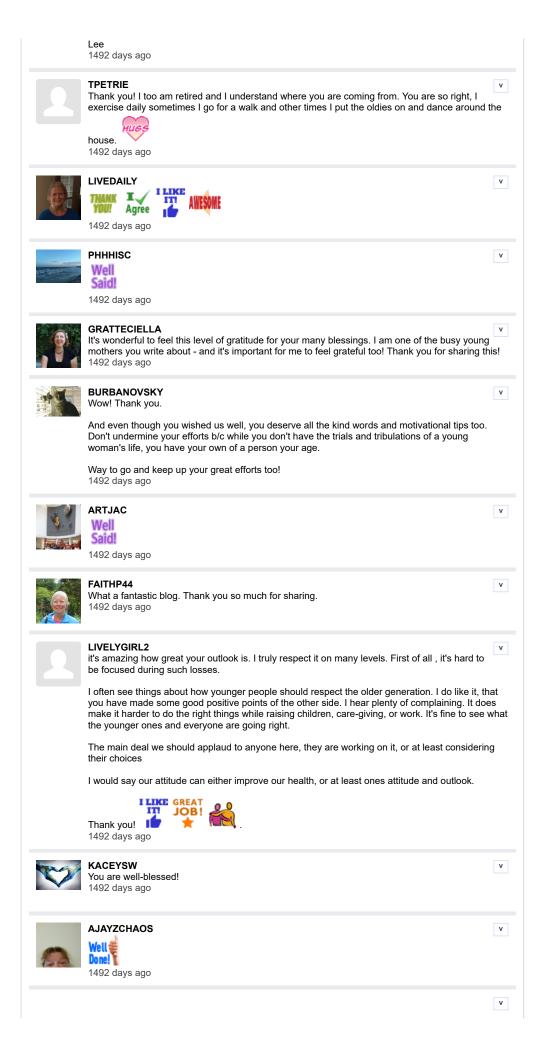


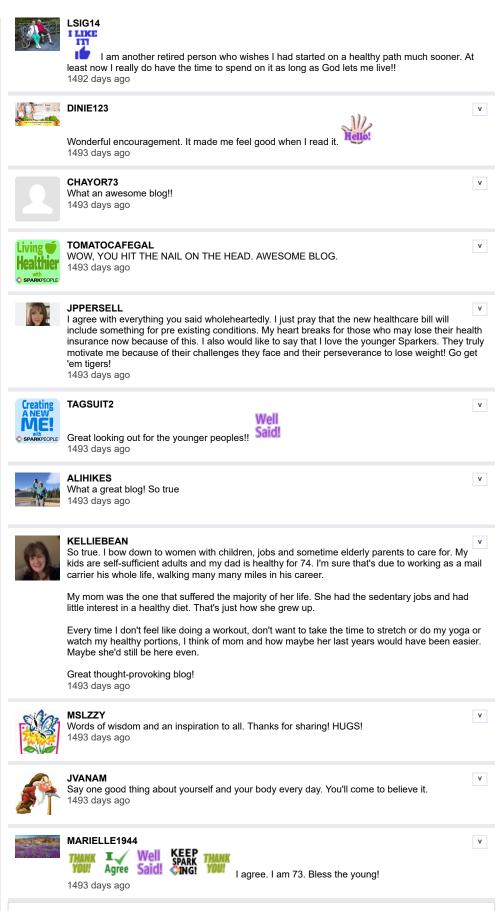
٧





(not necessarily in that order)





Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines.

☐ Subscribe to this blog	ADD AN EMOTICON	SPELL CHECK
Post Comment		
Member Comments Page (192 total):	1 2 ;	Next > Last >>
Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.		