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Dragging DH back to Spark with me

Friday, October 02, 2020

I used to post a lot about my husband Joe – the “Junk Food King of World”

We’ve been married for 53 years & “together” for 57.

Back then “together” meant “going steady”.

This was my table in January 2010.

I had reached my maintenance weight Thanksgiving Week.



This was NOT staged. The table really looked like that.

Obviously, I was either going to need super will power or he would have to change

“The Spark Solution” arrived in my mailbox as a free gift along with my new Spark T-shirt.

He read it!. Then DD (Hayburner1969) gave him “Eat This Not That”

He got with the program. He even let me take his picture and blog about him

He agreed, reading the ingredients, that there is a good reason they don’t call this item “Smart Man”

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There were once a LOT of these in our freezer.
My NEW DH lost weight, increased his exercise and read nutrition labels.

In 2016 Joe had emergency brain surgery. He fell out of bed while we were in Slovakia. No symptoms and we continued our trip, even hiking the High Tatras. Back in the USA 3 weeks later he was dragging his left foot and couldn't even button his shirt with his right hand. Two massive hematomas – the doctors told us all the possible outcomes of surgery – none of them hopeful. I suppose they have to do that to get informed consent.

Joe is fine. There were 6 weeks of outpatient rehab, but we continued our lives and travels. The doctors said that at age 71 if he hadn't been "in good shape," he wouldn't have survived, let alone returned to normal.

Fast forward to today. Just as COVID prompted my return to Spark, Joe is coming along too in the background. He is a "Stealth Sparker"
He's trying new recipes and gives them to me to check through the Spark recipe calculator.
He understands portion control.

Why am I thinking of Joe right now?
Sorting through jewelry that I don't have any reason to wear in our "hermitage" I found this.



That's the ankle bracelet he gave me 57 years ago this Sunday.
The date is engraved on it.
We've come a long way since those naive teenagers in 1963



My hair was dark and he HAD hair!

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BEESHELL8

I love this! And so glad to see you back on Spark.

239 days ago



ZIGGYGAL

What a lovely couple-- glad your hubby is okay. Love the read, thank you.

240 days ago



HEALTHYANDFIT27

A lovely story! So glad that Joe recovered!

241 days ago



2BDYNAMIC

What s beautiful story and picture of the two of you.



Congratulations on a successful

marriage and your husbands good health!

245 days ago



To Sparks! (Isn't it fun blogging again too?)



OSONIYE

I love hearing your story again! It's one of my favorites around here. I'm so glad your sweetie is still a stealth sparker!

247 days ago



ISNESS

I am happy for you that he recovered and thank you for sharing this cute story. The bracelet is

beautiful. You were a beauty. You still are.

247 days ago



SPARKNB

Aww, so sweet...what a beautiful couple! (then and now)





247 days ago



CAMETHYSTE

So much fun to read! Thank you. I sure wish my husband would agree to eat healthier, but you can't change someone that doesn't want to be changed. I have to concentrate on me (and sneak healthier things to him when I can!)

247 days ago

v



SUSANYOUNGER



248 days ago

v



OVERWORKEDJANET

What a sweet blog!

It's nice to see you're back!

248 days ago

v



POETLKNG2LOSE

What a romantic story and glad he is on board too.

248 days ago

v



MANGO1960



248 days ago

v



JOAN214

This is such a sweet, loving post!

248 days ago

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AZMOMXTWO

what a beautiful life I am so glad that you are both together still

248 days ago

v



SIMPLY_JAE

lovely story...I enjoyed reading it..

248 days ago

v



SUSANM18

Such a sweet story. Congrats on 57 years and for supporting one another in healthy goals.

248 days ago

v



SUNNYBEACHGIRL

A husband and a friend

248 days ago

v



MTN_KITTEN



Beloved Hubby and I are celebrating our 44th Wedding Anniversary this weekend.

We just re-committed our relationship to include taking care of our health.



248 days ago

v



1CRAZYDOG

Wow! Thank you for sharing that story. And so happy to hear that Joe is in the game for a healthy lifestyle, too. Awesome.

I JUST LOVE the picture of you two as 'young 'uns'. Lovely.

HUGS

248 days ago

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**WATERMELLEN**

What a sweet picture and lovely anklet -- so glad your stealth Sparker is back with you!! There is NOTHING like a strong immune system and optimum weight as a base for recovery from whatever life might throw our way . . .

249 days ago

**BONIFIANT**

Tat is definitely news worth sharing. Thank you.

249 days ago

**THOMS1**

What a great story and 57 years is nothing to sneeze at. It sure was a good thing that your DH decided to join you on spark. It probably saved his life. It sure is wonderful having you back here

on spark and blogging.

249 days ago

**TAYGRL**

This was AWESOME to read!!! Thank you for sharing!!! 😊

249 days ago

**GODSBEST**

Great love story - thanks for sharing.

249 days ago

**1DAY-ATA-TIME**

Watch an awesome picture of you two! Wishing you and joe the best!


249 days ago

**HOLLYM48**

You 2 are so sweet and I am so glad you convinced your husband to come along on the spark journey! I agree so much that he was in such good physical condition that he was able to recover more quickly than others who are not concerned with what they eat or have other conditions. We are in charge of many things with our health and we must make sure we do what we can to be the healthiest that we can be so that when health challenges come along, we have a better chance of surviving them. I am so happy that your husband made a full recovery and has sparked along beside you for all of these years. I pray you have many more happy and healthy years together! Sending hugs!

249 days ago

**SHAKERATTLEROLL**

 for you to start getting healthier when you did for it truly was a life saver for you husband when he got on board. Thank you for the wonderful read.

249 days ago

**THINCPL2004**

Congratulations to you and Joe! Wow!! That is awesome, you guys make and awesome couple!! You remind me of my folks they have been together for 56 years!! And here's to many more years to come!!

249 days ago

**RHOOK20047**

What a sweet blog. Congrats to you and Joe! Sounds like you have had a blessed life!

249 days ago

**MAREE1953**

Awww, such cuties! Great memories! And welcome back to the "lurker"!!

249 days ago

**ALICIA363**

You guys are so cute!
Congratulations on your many years together!



249 days ago



v



KITTYHAWK1949



249 days ago



NASFKAB

Congratulations to both of you. All the best to both of you

249 days ago



QUARTERMASTER3



249 days ago



BUTTONPOPPER1

What a great story, full of love and devotion! It's great that your husband Joe came along with you on the journey to good health here on SP. It's a dangerous world out there right now, and Spark affords some much-needed sense of control and some companionship as we face challenges together.

Congratulations on coming through that health scare in 2016 and on your 57 years of happiness together!



249 days ago



TCANNO



249 days ago



DOVESEYES



249 days ago



SPEDED2

"Come grow old with me, the best is yet to be." ~ William Wordsworth

Congratulations!!

249 days ago



LINDA!

The photo of you two is beautiful. So happy that you are both on board. Glad that he is healthy.

249 days ago



HARROWJET

Thank you for sharing your story. We say similar things about having dark hair and having hair when we look at our pictures from back in the 60s too. (We have been married 54 years.) Keep taking care of each other.

249 days ago



ALEXSGIRL1

outstanding blog i am glad you made it together A happy love story Hugs

249 days ago



MJREIMERS

Great blog and how awesome being together so long. I love the ankle!

249 days ago



PHEBESS

What a sweet photo of you two!!!

And it helps having your sweetie along on this journey toward healthier living, doesn't it?

249 days ago

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BJAEGER307



249 days ago



MARYJEANSL

It's a great story. I'm glad he was healthy enough to not only survive, but thrive. :-)
249 days ago



SUSIEMT

Thank you for this blog! It is such a sweet story! But if you had known what was happening on that trip to Slavokia I can imagine how scared you would have been. I am so glad he went along with the program!
(((HUGS)))



249 days ago



MARTHA324



Thanks for sharing your story and your love story. And the two of you certainly are an advertisement for taking care of your health and each other.

With all that's going on COVID being only one of the stressors, Spark has been a lifesaver.
249 days ago



NANASUEH

Great love story! I'm glad DH decided to be smart.



249 days ago



CD4114015

OH, what a wonderful blog! Many, many people don't make it where you and he have. You are truly blessed and being rewarded for your diligence at it! Goc bless you both!!!!





250 days ago



3VEGGIES

Nice blog...when I saw the title I envisioned a rope tied to his feet and Joe grabbing at the

grass as you pulled him forward thru the spark door. LOL.  And I'm super glad Joe's story

has been a happy one. May you both have many more years together. 
250 days ago



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