



# BROOKLYN\_BORN

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## Where have all my old friends gone? Day 13

Friday, May 20, 2016

Suddenly, recognizing old friends became a bit more difficult. Heck, when I logged in on Wednesday for my 654th consecutive day, I hardly recognized myself. My profile picture, where I proudly display my Spark T-Shirt, was a tiny little "postage stamp" amid a sea of blue.

The new format of the spark pages right in the middle of my project tested my perseverance. I may not have remembered everything about friends I haven't heard from in a long time, but I remembered their page. One loved cats, one was a Star Trek fan etc. I could see their profile, join date and program at a glance. Oh yeah, that's the friend that whose fitness was water sports. OK it's still there, one extra click away.

I was a Math/Computer Science teacher and later Technology Coordinator in my former life so it's no surprise that I accept and adapt to change. While I really disliked all the big, clunky edit buttons on every window, I decided to get on board with the program and added a banner picture.

So now my little picture is smack inside of the Brooklyn Bridge. At least the clutter isn't visible to viewers of each personal page, only to the owner.

I've been spending a lot of time on the site/technical help message board - specifically the thread "the new spark page." Coach Denise has the thankless job of being on the front line dealing with the complaints, questions and general frustration of sparkers. Tech admin should give her a raise.

I remember the last major overhaul of SP. It was May 2014 and my DD#1 (Hayburner1969) and I were doing a presentation at a conference. Our topic was "Seeking a Healthy Lifestyle." Of course, SP was the #1 resource to be highlighted, especially the benefit of spark friends, teams and blogs.

Suddenly, the list of blogs disappeared from each team page. How's that for unfortunate timing?

Happily the opinions expressed on the message boards resulted in the list of team blogs being eventually restored, although it did cause DD and I to do some on the spot adjustment in our presentation.

I'm a very persistent person. I've been in maintenance for over 6 years and the resources, support and motivation I find here every day are a big part of that. I'm not going anywhere although I really wish the new design could have gathered all those edit buttons together and made them accessible through a single tab along with the INFO, Feed, Awards etc. There's even a blank tab space available for this. I don't edit my page every day!

Now for the data:

Today I sought out 30 old friends instead of 10 or 20.

Subconsciously I may have feared I would lose some to frustration with change.

14 Active 16 Inactive/Missing - 47%

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Summary so far:

119 out of 240 are still active

That's 50% still hanging in there

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## Member Comments About This Blog Post



**JEANKNEE**

I have a visual scanning deficit and am struggling a bit with the changes. But, I am persistent and hope my eyes/brain will adjust. The blogs seem to be okay. It's the Spark Page (info) that I'm finding difficult for visual processing. What appears neat and clean to some is being experienced by me as a visual punch to the gut.

1845 days ago



**LIVEDAILY**

Ahhhh...ch-ch-ch-changes...  
R>I think one reason why I am so resistant to change is because of all of the instability I had in my life growing up. My Dad in the Navy submarine service, we moved every 18 months - 2 years. It was hard growing up, craving the one thing you had no control over.

Yes, change is inevitable, but it's so much easier to accept if you have input into it.

1847 days ago



**CD4114015**

SO glad you are not going anywhere...nor am I...not for as long as I can write and have a right mind. I feel spark is my most important health site! SO several of us will still be around for a LONG

time. And 50% is excellent I think!

1848 days ago



**DOVESEYES**

I like the new page and I really liked your banner, it was one of the stabilizing factors for me when I logged on that day. My banner was always hidden behind the front 'pages'. I'll get used to using the buttons. The people on SP are more important to me than the actual pages.

I'm glad you can still find 50% of the Sparkies in your list. I'm sure people like Weight Watchers etc would love those stats.

1848 days ago



**ONEKIDSMOM**

50% is still a good thing. And like you, I am a stubborn and persistent learner / adapter. No way I'm going anywhere, as Spark is my constant re-motivator when the going gets tough, and it's ALL about the Spark friends and our shared experience through blogs... not so much challenges, or tracking (although that's a fine tool, and I would not want it to go away), or even message boards... it's the blogs... the personal stories and day to day anecdotes, the musings and sharing of links to information by people I feel I've come to know even though I've never met most of them!

I'm glad to hear you're not "going away" either!

1848 days ago



**CD1663328**

I guess we always have to be alert to changes that can happen suddenly in our lives.

1848 days ago



**PHEBESS**

Yeah, I'm not sure I like the new format for SparkPages and blog posts. Looks too much like Facebook. And I miss being able to tile a photo and fill the background.

1849 days ago



**HELEN\_BRU**

Oh, I see what some complained about - the background colour going black when they try to change it - so I'll not mess with mine. I do enjoy being able to read peoples' pages now with the white background, altho' not so individual looking.

I've just deleted any SparkFriends I had on my page who don't have a profile picture. Can't figure

that out. It's one of the first things a person wants to do - put themselves out there. Oh, well.



Hugs!  
1849 days ago



**GINIEMIE**

Change when you are already under stress can sometimes feel overwhelming. I need to destress-but I'm not de-SP even though some of the changes have added to my stress. I'm not comfortable with many technological stuff and never had been. In the past I had my Steve, then my Erik to help me. Now I struggle till I'm about to lose it and call on Steve's friend or my daughter

to help-but they are so busy.



1849 days ago



**PHOENIX1949**



1849 days ago



**ANGIEN9**

So glad you're finding 50% are still active at least as of today.

I don't like the new look of the my spark page, but I haven't tried to change anything yet and hope I will do just fine with it. I am not going any where either!! This site helps me too much every day. I will not give up that easily!!

The only thing consistent in life is change.

Have a great day!!

Angie  
1849 days ago



**CD10748384**

Change is what you make of it. 😊

1849 days ago

Comment edited on: 5/20/2016 7:56:44 AM

## Add Your Comment to the Blog Post

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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.