



# BROOKLYN\_BORN

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## My Cocoon

Thursday, October 27, 2016

I spark, I run, I sing and I play scrabble

Monday will be 2 months since Joe's brain surgery. We have so much to be thankful for. For all daily activities our life is back to normal except he is supposed to avoid stress and anything that would cause vibrations in his head.

So,

No TV at least for the next 13 days (Netflix is working out very well)

No mowing the lawn (We've got grandsons for that)

No sitting on bleachers in the cold (I'll go alone to see the grandkids in the marching band)

No hiking the Andes to Machu Picchu (Trip cancelled, money refunded)

So I'm virtually traveling the world. Through worldwalking.org, I'm currently in the Baltic countries.



I just passed through Tallinn, Estonia.

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I use the term "cocoon" figuratively to describe blocking out anything that can cause harm. I feel like I'm holding my breath every time he has another doctor's appointment. I'm waiting to exhale until the CT scan is normal. They tell me that it will take months for his brain to adjust and perhaps it will only settle into a new normal.

He was released from OT a while ago.

The PT people call him a star. He regularly walks over 3 miles alone. I no longer follow him like an anxious nanny.

As for me, beginning each morning with Spark is my touchstone. I'm not as active as I have been in the past, but I credit the spark connection with my continued stable weight and commitment to fitness. Yes, even strength training. The set of dumbbells are still in plain sight and will not be ignored. My 7 year maintenance anniversary is coming up next month. I don't want to mess up now.

It's been 8 years since this photo of my "aha" moment. I recently added it to my gallery so I won't forget it.



It was the moment when even though I won my age group with my slowest 5K time ever, the forced smile on my face masked the decision in my brain - "I must take off this extra weight!" I found Spark one month later,

As for exercising my mind, there's online scrabble. I'm really quite good at it. As I described in my last blog I only play against the computer - a disembodied brain that has access to the dictionary database and is an unemotional opponent.

I've had to adapt and learn to make all those nonsense words too, but that's the way the game is played. "Jean"?? What's that? Half a pair of jeans?



Sometimes this results in sealing off whole sections of the board. I don't like that, but I've accepted it.



As you can see from my 265,233 "tokens," I've played a LOT. Of course, I never spend any tokens since I have no friends to spend them on. The computer and I get along fine in our little cocoon.



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**PGBACK**

I am so glad that you are adjusting to your hubby's "new normal." I am so glad that your hubby

is doing so well. I might check out that walking site.

1679 days ago



**CD17264479**

Oh my gosh, I had no idea your husband was ill—I deleted my account when a few personal issues arose. So sorry to hear and I'm very happy he's on the road to recovery. Cocoons are good, I have spent a lot of time in mine the past month or so. Please take care!

1680 days ago



**1STBUCKETITEM**



I've done the same by playing the different Solitaire games and trying to challenge myself with a better score by the end of the month. I'm usually listening to Pandora the same time.



Congrats on your 7 year maintenance. You are an inspiration!  
1682 days ago



**DS9KIE**



1685 days ago



**YELLOW09RED**



Thankful that your Joe is doing well.  
Glad he is walking his 3 miles.  
Healing thoughts for him.

Take care,  
Hugs,  
Debbie

1685 days ago



**MRSFANCYLADY**



I love Scrabble too! I spark, and I've been working at running since Labor Day, 2016. I'm following a 'plan'. It increases mileage each week, but I've decided to just stay with a week until I feel comfortable in advancing. On 11/1 I plan to move to week 3.

I'm thrilled that your husband is having a good recovery. God bless you both!



1685 days ago



**KRISSY82**



It sounds as if, despite a difficult situation, you are both making the best of it. I love what you are doing with scrabble and walking. Keep on, keeping on! :)

1685 days ago



**SUNNYBEACHGIRL**



I am glad you feel less need to follow your DH around. But I am sure he is never out of your mind even when he is out of your sight. Life changing physical events really force you to readjust your expectations. I admire the positive attitude you have. I am struggling with my own DH health issues. I am glad your DH is progressing

1686 days ago



**CD17249221**



I love my cocoons. And I hope your husband continues to get well and recuperate! P.S. It sounds like you're doing great, too--7 years and I'm here on my first!--keep up the awesome work and thanks for the motivation this morning.

1686 days ago



**BBEAGAN**



So glad to hear you and Joe are doing okay. I have missed you out here in the virtual world of imaginary friends, and am glad your relative absence is due to contented cocooning, rather than anything having gone awry.

1686 days ago



**CD4114015**



YEP you have it made! SOUNDS good to me anyway.....I won't watch any election stuff...but I WILL be voting. Glad things are going as well as they are though...could be far worse...still praying here in MI for you both (all). And love that you are managing to let us all know too! WE CARE!



1686 days ago



**DOVESEYES**



I like your Cocoon :,) it is safe and secure and still has time to travel the world :). It also speaks highly of keeping our body at the right weight so it has all it needs to continue the healing process if needed.thinking of you and Hubby.

1686 days ago

**HOLLYM48**



So glad that you are both adjusting to the new normal for now. Just keep on taking it one day at a time. I pray for continued healing for your hubby. Thank goodness for computer games to



keep us busy. Congrats on staying on track with your strength training and your maintenance. SP is so awesome and I need my daily fix as well. I would be lost without all of my awesome friends! Keep up the great work!  
1686 days ago



**BEESHELL8**

wow, this is what I get for not subscribing to friends' blogs. I had no idea until I checked in on your page and saw the "post brain surgery" posts and thought WHAT??? I just read through and got caught up - it sounds like he is doing really well.

On one of the blogs you mentioned that being in shape helped his recovery. I whole heartedly agree. My husband has had stents put in his CA and had a heart attack in August. He is an outlier in terms of risk for this; he is thin, never smoked, a marathoner. Two years ago, we/he changed to a plantbased diet. He doesn't eat sweets. And then this happened.

HOwever, because of being in good shape, he has recovered well and basically, needs to manage stress better - the one area I've told him he needs to work on. It is so true that being healthy helps.

Three years ago, I was hit by a car (my own), in a parking lot and hit my head - I had a subarachnoid hemorrhage. I didn't need surgery and it resolved, but it was very scary. I've had some ongoing issues related to mood that could be attributed to it but am grateful. Will keep you & your hubby in my prayers for on going improvement. I love the idea of traveling the world!  
1686 days ago



**SMILINGEYES2**

Good to hear your dh continues to improve. The body is amazing.

Always good to have those before and after photos to really see what was accomplished. You are an inspiration.  
1686 days ago



**PHOENIX1949**

Glad that your husband is progressing well. I think I will start using the word cocoon instead of nest to describe our home which I spent most of my time in due to being allergic to almost everything but Oxygen. Good for you for not derailing your SP life during such an emotional time.  
1686 days ago



**LIVEDAILY**

So glad to hear from you! Happy that Joe continues to improve and is walking 3 miles a day! That is very good!! I had been playing a Scrabble like game on MSN Games, but now I play Words of Wonder, a free game, on my Kindle. I read the NYT every day, too. Lots of words!! Good for you for continuing to run!!  
1686 days ago



**PHEBESS**

So happy to hear that Joe is doing well - and there's nothing wrong with a cocoon! Well, except not being able to get to Machu Picchu this year - but you can always do next year!  
1686 days ago



**GARDENCHRIS**

glad he continues to improve.  
1686 days ago



**SYLPHINPROGRESS**

Joe's continuing progress is wonderful. As to scrabble, I used to love the game and wasn't half bad at it. With one exception, about five years ago, it's probably been decades since my last game. If you're up for playing together, let me know. I'm not computer-knowledgeable, but I know that it's done.



1686 days ago



**DR1939**

Glad he is progressing. We have stopped traveling because my husband is so fragile now. We did take an Alaskan cruise and then our own land tour but our daughter traveled with us. She drove and took care of things for us. It worked really well.  
1686 days ago



**JEANKNEE**

Remaining within the protective confines of the cocoon sounds like a wise move at this point. I am happy to hear that Joe continues to progress and is able to take walks alone. That must have



been a big step. It's good to hear from you. Take care!  
1686 days ago

**GINIEMIE**

I love scrabble, but I don't know about playing against a computer. However it might be better than not playing at all. Erik cannot be an opponent, he has to much trouble finding words he needs



to talk let alone write or play word games (Aphasia). Playing with my granddaughters fosters their interest but is not exactly a challenge for me. I'm glad the computer provides you with brain activities. For the time being I'm playing WordBrain on my cell when I'm not knitting. My yoga instructor encouraged us to start doing crossword puzzles if we aren't already doing so. Just started chair yoga yesterday.

Praying for you and DH.



1686 days ago



**MILLEDDGE2**

So glad your DH continues to improve AND that you are coping in such healthy ways! Your



Spark friends are cheering you on!

1687 days ago



**TCANNO**

You are doing well



Trev

1687 days ago



**ONEKIDSMOM**

Stay safe in that cocoon! No election news! Too stressful!

1687 days ago



**PEGGYO**

1687 days ago



**KELLIEBEAN**

I'm so glad your husband is continuing to do well! Life can be good in the cocoon!



You have always been inspiring to me and now even more so, maintaining your healthy habits through all you have gone through.

Congratulations on getting to that seven year mark!

1687 days ago



**BRANDI1809**

Sounds like your both doing' just fine'. Seven years maintaining is an incredible achievement.



1687 days ago



**WATERMELLEN**

I love Scrabble in "real time". Both DH and DS play an online version with competitors (I think it's called "Words With Friends"??) and they are very competitive!



Your cocoon sounds perfect for this healing phase . . . we need it from time to time. Your DH is recovering and so are you: from a pretty traumatic experience. Take care of yourself! You are worth it.

1687 days ago

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