

Visual Reflection

People say we should learn from the past to better the future. When I look at this picture, I see a young soldier listening intently to an elderly Veteran. To me this portrays that statement perfectly. It is easy to see that the younger soldier is very attentive to what the Veteran has to say. The way he is leaned forward and is looking right at him shows both the respect he has for this man and the interest in the context of what he has to say.

The younger generations of people often believe that the older generations do not know what were going through. That they are old, and don't understand. That is where the initial mistake is made. They used to be where we are, they've been through the same type of things we go through, and experienced many similar things. The difference is, I think we have it easier than the preceding generation did. It seems more common nowadays that when our relatives get old and need help taking care of themselves, we are quick to ship them to a senior center. We tend not to even think twice that these people took care of us when we needed it, and we are now so selfish to not assist them in their time of need. What better way to thank them for what they have done than to help them the way they helped us?

I recently visited a Seniors Center on Christmas. I was talking with an elderly lady and I asked her how her Christmas was. At that moment, tears welled up in her eyes as she explained that not one of her family members had come to see her that day. I was stunned to hear the news. It was Christmas day, and no one had visited her. Later on, I was talking with another woman and she had the most incredible stories to tell. She knew so much about so many things! She continued to tell me

**things she believed I should know. I was amazed at the similarities we had from our teen years. I used to be one that thought older people didn't know much about what I was going through, but that day changed my entire view on that.**

**I think it's so important to take the opportunities to listen to these people and hear the things they have to say. They know so much because they have been through it. Taking just a bit of your time to have a conversation with someone might help you and I know from experience they love to have people listen. They won't be around forever and hearing about their lives, and experiences could help you in your life. You might be surprised at how much they know about you.**