

Aging-update research paper

[Media](#), [Interview](#)



This paper will reflect about an interview that I conduct about aging. It will reflect over several critical questions and answers from this interview. This interview is from a person that one was under the age of thirty. The other person was over the age of sixty-five.

The thirty year view on life experiences were this is part of life happening, and that is part of the circle of life. He also felt that old age is someone who lived longer than him. He felt that the old age was defined as being 65 years old. He felt that growing old was seeing your kids and grandchildren around you. He also shared other beliefs.

He felt that with age comes the gift of wisdom. He also felt there were not many challenges with old age. This journey of life will gain a further reflection with the interview of sixty five-year-old gentlemen.

He defined old when a person starts having a problem doing a task. He also stated an old person is a senior citizen and people aged differently. He said the key to old age is upholding your health so you can stay strong.

He states the challenges to old age, was the ability of free will and not has any disease take control of their body. The ability to have their independence still and their pride. This brings to the reflections questions and answers of this interview.

These questions that were asked above were reflected to give a foundation to the meaning of life. It brought a new meaning and defiance of what life is about. The answers gave a reflection on was the true definition of a happy life. These were the key messages that were clarified through this interview. My reactions from this interview were a reminder of the Blessings that I have in my life. It was also a reminder that when I become a senior citizen that I

have my full health, so I can still enjoy all the wonderful of this earth.

I could relate to the part about the kids and grandchildren in the future. I as well hope to have a family down the road. I hope as well to have loving, and warming memories of my kids and grandchildren embraced me in my future.

I could not relate to the part of not being able to complete a task. I understand the idea, but sometimes I take it for granted that I have the abilities to walk, see and other senses of the word. Through hearing this, I remember there are countless senior citizens who grow up and get sick, but do not have a family member to take care of them. Again, it something I know. Life throws so many curveballs; this interview reminds me to stop more and enjoy life.

I feel this interview will also be a learning experience for me. I can image that if read this paper forty years from today, my reflections will change because of my experiences in life. It would be like put this paper in a time capsule and open in for that future date.

Regardless of when reading this, I know I learn that an age is nothing but a number. I know that it all about keeping good health and having good mental spirit. I know it about the love of family that makes the years of getting older better. Life should never be taken for granted.