Where Would I Be Without My Smart Phone?

Marie Andrieux

Technology is always with me on my path through daily life. My day begins and ends with technology. Where would I be without my smart phone?

Morning

I wake to the alarm of my smart phone. From then on, I’m attached to it. On my way to work, if I am late, I use my phone to call my job. I look up what time the subway will come and find out if there are delays. Sometimes, I text my son to make sure that he is awake for school. My smart phone it very important to me. I stick to it throughout my day, but at work I have to put it on vibrate so I can focus on my job.

Noon

I use the Internet for my job as a nursing assistant at a hospital. I take a computer cart around to my patients so I can enter their vital signs. I put in weight, height, blood pressure, temperature, and pulse. This information is immediately available on the patient’s computerized chart. I contact my coworkers who are at the other end of the floor on my smart phone to avoid shouting and disturbing the people on the floor. This also saves us time while keeping information confidential. With technology, everything is possible.

Afternoon

After a busy day at work, I turn to my smart phone again. I check on my children and my husband. I look to see if I have any emails or text messages; I respond to them. I make a few phone calls. I chat online. I use the calendar to plan the rest of my week. I schedule appointments and create “to do” lists.

My smart phone is also my emergency device. We live in a world of emergencies. When you have family, you always have an emergency. Some are real emergencies and some are “kid” emergencies. They are all important to me though.

And Night

At the end of the day, I am glad I have a smart phone. My smart phone helps me get home. It alerts me to transportation delays. It helps me find a different way to get home if necessary.

When I get home, I try to give my smart phone a rest and spend real time with my family. Before computers and smart phones, this is what we did, and I make sure we continue to spend real time together daily.

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