

"I've Fallen but My Watch Can Call For Help!"

By Leonard E. Sienko Jr.

Over the past 20 years during which I have blogged and edited an e-newsletter for the NYSBA General Practice Section, I have received some questions about my discussions of Apple products. One recent correspondent even insisted that I stop shilling for Apple and write about other topics. That's easier said than done.

I bought and used my first MacPlus in my law office in 1985. I have used Apple products exclusively in my office since that time, down to today's iMacs, iPad Power Plus, and iPhone. When I responded to my correspondent, while not admitting that I was an Apple "fanboy," I pointed out the latest numbers on Apple product use by lawyers:

"...Overall, 93 percent of lawyers use a smartphone for law-related tasks outside the office. The percentage varies slightly by firm size, from 90 percent for solos to 96 percent for lawyers in firms of 100 or more.

For operating system, the iPhone is the most popular by a wide margin, with 73 percent of lawyers who have a smartphone saying they have an iPhone. Android is next most popular, used by 23 percent of lawyers, then come BlackBerry (3 percent) and Windows Mobile (2 percent)..." according to the 2016 ABA Legal Technology Survey Report as quoted by Robert Ambrogi, Law Sites (November 8, 2016).

Apple iPhones are relevant to today's lawyers. However, one problem I have found with my iPhones is that their size seemed to increase proportionately to their usefulness. My current iPhone 6 Plus, even though a couple of years old, seems enormous. The increased screen size is a boon for these old eyes; but the extra size and weight makes carrying the iPhone a bane. Many shirt pockets are too small. Most jeans and other men's pants front pockets are too small. You can never put an expensive gadget in a back pocket for fear of "forgetting" and sitting on it.

My larger iPhone is put on a stand to charge whilst I'm sleeping, in the shower, moving up and down stairs, or engaged in other activities of daily living. It's hard to find a spot for the iPhone in your pajamas. What do you do if you should keep your iPhone within arm's reach; but it's too large to carry conveniently?

Why do you want or need to keep your iPhone within arm's reach? If you live alone and have already fallen, you know the need for a connection to the outside world. We laugh at the TV commercials crying "I've fallen and I

can't get up," but the reality can be life threatening. Even if you don't live alone; but are working late at the office or walking to the car or subway after dark, it is reassuring to be able to call for help. What do you do when your iPhone is on its charger stand and you can't reach it because you really can't get up?

Those of us who have been caregivers may be familiar with the type of alert "button" one wears as a necklace. Hold and push the button to call for help. Unfortunately, such alerts are limited by their technology to their immediate surroundings. They'll work in a limited location, in your home or office if wired into an alarm system, but step outside and you are out of range and out of luck. The "panic button" version tends to get lost in a pocket or left on a dresser top or counter. Many seniors (not present company, of course) are too vain to wear such a clunky accessory as a necklace.

For me, at least technologically, with apologies to Shakespeare, "...Past is prologue...." I turn to Apple and its newest innovation, its Apple Watch Series 3 Cellular. You may have seen the Apple Watch in its earlier incarnations and wondered what the fuss was about. Even if you opted for the "rose gold" version, the Apple Watch was not going to replace your Rolex or similar "lawyer's watch." Even the contrarian Timex wearers were unconvinced.

While the Apple Watch sported some neat Apple apps, which helped monitor your walking, breathing, heart rate, so did other wrist-worn devices. Apps were available to manage your exercise. Of course, when my doctor said "exercise," I heard "extra fries." The earlier versions of the Apple Watch required being near, virtually tethered to your iPhone, a type of new era extension phone.

Series 3 is the first available cellular Apple Watch. No longer do you need to have your iPhone nearby for the Series 3 calling features to work. Now the Apple Watch Series 3, with its own optional cellular connection, can operate independently of the iPhone. You can leave the iPhone behind, either intentionally or inadvertently, and still make calls or send texts with just your Apple Watch Series 3 Cellular.

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The cellular capable Apple Watch 3 uses your existing iPhone number for making and receiving calls, with what amounts to a more sophisticated type of call forwarding. This means that you can forget your iPhone in the charger and not panic. If you fall, without your iPhone at hand, you can still use the Apple Watch Series 3 Cellular to call for help.

The Apple Watch Series 3 Cellular has an easy to use emergency feature. "Press and hold the side button until the sliders appear, then drag the Emergency SOS slider to the right. Apple Watch 3 calls the emergency services in your region—for example, 911. (In some countries, you may be required to press a keypad number to complete the call.) After the call ends, Apple Watch alerts your emergency contacts that you made a call and sends them your current location (if available)."¹

You can also press and keep holding the side button until Apple Watch beeps and starts a countdown. When the countdown ends, Apple Watch calls emergency services. Apple Watch beeps even if it's in Silent Mode, so if you're in an emergency situation where you don't want to make noise, use the Emergency SOS slider to call emergency services without a countdown.²

Unlike the "panic button" or "alert-type necklace," the Apple Watch 3 Cellular is not limited to one location. It's not even limited to the indoors. It is truly as portable

as any cellular phone and its size and comfort in being wearable encourages its use.

The Apple Watch Series 3 Cellular has even better health apps than earlier versions. I'm enjoying the gentle liberating reminders to stop and breathe for a minute or to get up from my desk and walk around. The heart rate monitor alerts me if my rate exceeds a preset limit, a helpful feature if one wants to avoid one's second heart attack.

Unlike most watches, which measure case size horizontally, Apple measures the Apple Watch vertically. The smaller of the two watch sizes has a height of 38mm; the larger, 42mm. I found the larger easier for me to see. I imagine most seniors would agree.

What, you may ask, does all this cost? The Series 3 Cellular with Space Gray Aluminum case with Black Sport Band, which I opted for, starts at \$399. Various cellular carriers have "deals" available, so YMMV (your mileage may vary). You can indulge yourself up to Rolex prices with Hermes, Nike, and Ceramic variations if you care to, but I'm pleasantly surprised by the fit, finish, and comfort of my basic black version, which seems more than adequate to help keep me healthy and safe.

Endnotes

1. Excerpt from: Apple Inc. "Apple Watch User Guide," iBooks, <https://itunes.apple.com/us/book/apple-watch-user-guide/id985786488?mt=11>.
2. *Id.*

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