

A Day in the Life II

Flowchart



Introduction:

Michael and Janet are married and receiving a voucher. A former factory worker, Michael uses a wheelchair as his way of getting around a house that lacks accessibility options. He could use internet to find jobs; however, he does not have a computer, and is intimidated by technology¹. Janet has an associate's degree from Cuyahoga Community College, and works as a Shift Manager at Family Dollar. Sarah, Michael and Janet's daughter, attends John Adams High School, where she runs track & field. She could be better, but her family fears young girls are not safe to exercise within their own neighborhood. (Continue to Flowchart)

Name	Michael	Janet	Sarah
Position	Father	Mother	Daughter
Age	46	42	15
Background	former factory worker; recently lost a leg to diabetes; requires special accommodations	Works to support the family as a shift manager at Family Dollar	Student and aspiring athlete; public safety fears keep her from running in her neighborhood
Education	High School	Associate's Degree	10 th Grade

Figure 1

References:

Janet bought an unreliable, high-mileage vehicle from a buy-here-pay-here dealership. She would go home to check on Michael, but she fears her car will break down at any moment.

⚠ Bensinger, K. (2011, November 2). Los Angeles Times. *A vicious cycle in the used car business Sign, drive, default, repossess and resell – that's the game at Buy Here Pay Here dealerships*. Retrieved February 9, 2017, from <http://www.latimes.com/projects/la-fi-buyhere-payhere/>

With Michael's poor physical health, and extended periods of isolation, this can have damaging effects on his mental health, leading to depression.

¹ <https://theamericangenius.com/business-news/unemployed-americans-universally-intimidated-by-job-search-resume-creation-study/>

- ▲ Depression and pain Hurting bodies and suffering minds often require the same treatment. (2010). Harvard University Health Publications. Retrieved February 8, 2017, from http://www.health.harvard.edu/mind-and-mood/depression_and_pain

Janet could walk, or take the bus home after practice; however, amidst safety concerns she waits for her mother to get off work to take her home.

- ▲ Goodyear, S. (2013, June 10). *The Horrifying Inequality That Plagues Ohio Students' Routes to School*. *The Atlantic*. Retrieved February 10, 2017, from <http://www.citylab.com/commute/2013/06/why-ohios-city-kids-are-much-greater-risk-getting-hit-car/5856/>

Michael's sedentary lifestyle combined with a high intake of fatty foods, causes weight gains, while increasing risks of heart disease.

- ▲ Hivert, M., Alhassan, S., Camhi, S., & Ferguson, J. (2016, August 15). *Sedentary time may raise heart disease risk - sit less, move more*. American Heart Association. Retrieved February 9, 2017, from <http://newsroom.heart.org/news/sedentary-time-may-raise-heart-disease-risk-sit-less-move-more>

Young girls in Cleveland face an increasing risk of predation.

- ▲ Morris, P. (2017, February 05). *Alianna's last journey down Kinsman Road offers lessons in the dark*. *Cleveland.com*. Retrieved February 08, 2017, from http://www.cleveland.com/morris/index.ssf/2017/02/aliannas_last_journey_down_kin.html

With limited supervision, Sarah can make unwise choices.

- ▲ Parker-Pope, T. (2011, February 3). *Teenagers, Friends and Bad Decisions*. *The New York Times*. Retrieved February 8, 2017, from https://well.blogs.nytimes.com/2011/02/03/teenagers-friends-and-bad-decisions/?_r=0

The longer Sarah waits, the less productive she will be when time to study.

- ▲ Richter, R. (2015). *Among Teens, Sleep Deprivation an Epidemic*. *Stanford Medicine News*. Retrieved February 6, 2017, from <https://med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html>.

Sarah eats lunch. Like the majority of her peers at John Adams, she is on a reduced lunch program.

- ▲ US News: John Marshall High School. (2017, January 08). Retrieved February 02, 2017, from <http://www.usnews.com/education/best-high-schools/ohio/districts/cleveland-municipal/john-adams-high-school-15165/student-body>

Janet could reduce her carbon footprint by taking alternative measures to work, but her street has poor sidewalks and no bike lanes.

- ▲ Walljasper, J. (2015, January 29). *11 Reasons Why Trains, Buses, Bikes, and Walking Move Us Toward a Brighter Future*. *Project for Public Spaces*. Retrieved February 07, 2017, from <https://www.pps.org/blog/11-reasons-why-trains-buses-bikes-and-walking-move-us-toward-a-brighter-future/>

