



Senior Fellowship News & Views

Summer 2026

Message from the President

Hello everyone! We hope you are enjoying this beautiful spring and are ready for a wonderful summer.

Board News

Our leadership board is staying the same this year, with one exception: **Dorothy Bunnell** is stepping in as our new Vice-President (*while continuing her great work with the Sunshine Committee*). Please give her a warm congratulations when you see her at Mass! We also want to thank **Pat Jenkins** for her wonderful two years of service as VP, and over 15 years of service to our fellowship.



DOROTHY BUNNELL

We Need Your Help!

Our fellowship thrives on volunteers. Without you, we can't host the dinners, field trips, and "Lunch Bunch" outings we all love. Volunteering is a great way to meet friends and bring fresh ideas to our events.

"We Need Your Help!"

How to Sign Up for Events

Visit us during our **Membership Drive** (August 1–2) at the *Welcome Desk* in the church foyer after all Masses. You can also sign up via the annual dues paperwork coming to your mailbox this summer.

Mark Your Calendars

MICHIGAN CENTRAL STATION BUS TOUR

- Date/Time: Thursday, July 23
(**Meet at the church parking lot by 10:30 AM**; tour starts at noon).
- Cost: **\$35.00**
(Includes bus ride and tour. *Must be paid in advance*).
- Optional late lunch at **Red Ox** afterwards is a separate cost.
- To Register: Call 248-651-9595, ext. 440.
- To Pay: Use the church website or mail a check payable to St. Irenaeus to Adelia Macker, 171 Longford Drive, Rochester Hills, MI 48309.
- Note: **Limit of 40 slots**—they will go fast! Check the bulletin for more details.



SUMMER TAILGATE

- Date/Time: Wednesday, August 5, right after the 9:00 AM Mass.
- Location: Church parking lot.
- FREE pastries and drinks - bring your own folding chairs!

CHILI NIGHT CHANGE

Thursday, **February 18 at 4:30 PM** instead of 5:00. *This year features chili sampling and raffles only (no speaker)*, so we can all drive home before it gets too dark. **We need extra hands for this event!** Have a safe, blessed, and wonderful summer!

Adelia (Dee) Macker

MISSION STATEMENT

PROMOTE FELLOWSHIP AND SPIRITUALITY AMONG PARISHIONERS
55 YEARS AND OVER THROUGH SOCIAL ACTIVITIES, OUTREACH
PROJECTS AND A SHARING OF COMMON INTERESTS.



Kat's Korner



July 28

Adams Social
4822 N. Adams Rd.
Rochester

August 25

HopCat
4390 Baldwin Rd.
Auburn Hills

September 22

Too•Ra•Loo
139 S. Main St.
Rochester

October 27

Crepe House
45817 Mound Rd.
Shelby Twp.

November 24

Sagebrush Cantina
25 S Broadway St.
Lake Orion

December

Christmas Break



Lunch Bunch at Old Detroit Bar & Grille - May 19, 2026



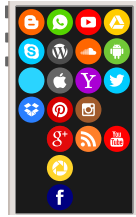
St. Paddy's Day Dinner - March 12, 2026

Tek Tips

From Marilyn Pearson

Android apps need boundaries:

If new downloads keep popping up on your home screen, there's a setting causing it. Long-press an empty spot on your home screen, tap **Settings** and turn **Add new apps to Home screen**. To clean up what's already there, long-press an icon and tap **Remove**.



Save money on printer ink:

The Arial font looks clean but burns through cartridges. Try Times New Roman instead. Tests show it can use up to 27% less ink over time.

Stay ahead of the storm:

Weather alerts tell you when conditions are getting dangerous. Make sure they're turned on.

On iPhone, **Settings > Notifications > scroll to bottom > enable Emergency Alerts**.

On Android, **Settings > Safety & Emergency > Wireless Emergency Alerts**.

Problems with your vehicle?

Type your car's year, make and model into ChatGPT, Claude or Gemini and ask: *"What are the most common mechanical problems with this vehicle, what are the early warning signs and what should I never ignore?"*

You'll get a list of known issues specific to your car, what symptoms to watch for and which problems turn into \$4,000 repairs if you wait too long. Do it before your next oil change. Know what your mechanic knows before you take it in.

iPhone can track any flight without a third-party app:

Someone texts you a flight number, and it's already underlined. **Press and hold** it for real-time progress. Tap **Preview Flight** for departure and arrival times. On a MAC, you can open **Spotlight** and type the flight number directly into the search bar. Works on iPad too if you type in the flight number.

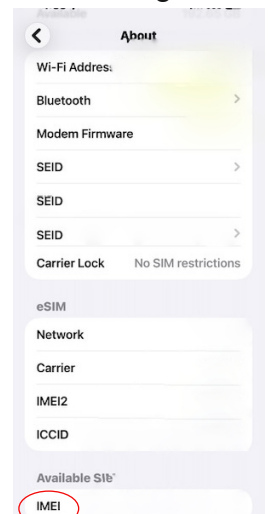
Open Camera quickly on your Android:

Most Android phones let you double-tap the power button to turn on the camera. Quick camera access is essential for capturing those fleeting moments. You can also use volume keys to focus and take the shot. Long-press on either to start a video recording.

It's **vital** to have a copy of your smart phone's IMEI

The IMEI number is your best friend when it comes to tracking a lost or stolen mobile device. If that happens to you, the first thing you must have is your **IMEI**. *A thief or anyone who finds it won't be able to use it, even after inserting a new SIM from a different cell operator.* **Your carrier will not have a copy of your IMEI.**

On most phones open **Settings, General, About**, then scroll down until you see **IMEI** and save the numbers in a safe place. While in **About** window, why not write down your device's serial number too.



AI FOR SENIORS

You Can Take it One Step at a time



Benefits of AI (*Artificial Intelligence*) for Seniors

AI offers several advantages that can significantly improve the quality of life for older adults:

Enhanced Communication: Voice assistants like Siri and Alexa allow seniors to make calls, send messages, and access information using simple voice commands.

Health Management: AI-powered health apps can track vital signs, remind users to take medications, and provide health information, helping seniors manage their health more effectively.

Home Safety: Smart home devices can detect unusual movements, send alerts in case of falls, and control lighting, which enhances safety and peace of mind.

Daily Task Assistance: AI can help seniors with organizing daily tasks, such as creating grocery lists or setting reminders, making routines easier to manage.

Common AI Tools for Seniors

Tool	Purpose
Voice Assistants	Make calls, play music, and answer questions
Smart Home Devices	Control home environment and enhance safety
Health Apps	Monitor health and remind about medications

Consider This When Using AI

While AI can be beneficial, *seniors should also be aware of potential risks:*

Privacy Concerns: *AI devices often collect personal data. It's important to review privacy settings and limit unnecessary permissions.*

Scams: *AI technology can be misused for scams, such as creating fake calls. Seniors should be cautious of urgent requests for money.*

Overreliance on Technology: *AI should support, not replace, human interaction and professional care. It's essential to maintain meaningful connections with family and friends.*

By understanding AI and its applications, **seniors can leverage this technology to enhance their daily lives while remaining aware of its limitations and risks.**



HAPPY BIRTHDAY

July

Leah Hoffman
Wayne Hammond
Mimi Glasgow
James Goran
Marilyn Walker
Brad Susick
Deacon Ron Valade
Pat Jenkins
Dennis DeLeo
Karen Sobrilsky
Judy Hitt
Vince Lauro
Dorothy Mazurkiewicz
Janet Siladke

August

Deborah Humphrey
Barbara Plante
Monica Raisanen
Kathleen Lamparelli
Bill Grogan
Joanne Schantz
Irwin Harrison
Sallie Voorhees
Judy Govern
Carol Pennington
Jim McCluskey
Pat Borus
Keith Gifford
Virginia Hosbach

September

Gayle Andrek
Tom Neveau
Jeannette Kageff
John Moran
Shirley Brown
Leslie Dean
Tony St. James
Jerry Kondalski
Barbara Mack
Diane R. Wilson
Mary Ann Van Tiem
Ken Pompili
Marilynn St. James
Eileen Gifford
Patricia Proulx
Theresa Hammond
Robert Miller