



# XH QUARTERLY NEWSLETTER

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## Leadership Notes — From Jenn & Teresa

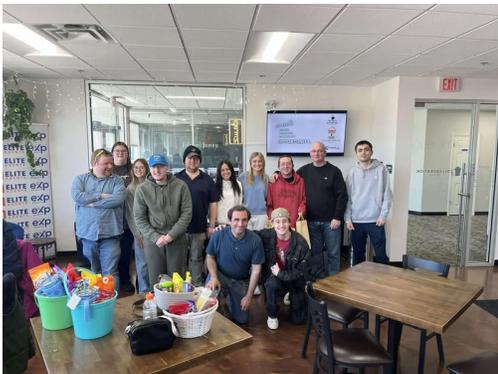
2025 started out pretty quietly for us here at XH! The weather has been uncooperative and unpredictable, the Board has been busy behind the scenes developing new initiatives for our future, illnesses, moving, etc. have kept us from being as present as we normally are! We are here, trust me! Jenn, Teresa, and the entire Board are available anytime our XH Family needs us, has suggestions, questions, or whatever else is needed! We are very excited about future plans for us moving forward throughout the year, and beyond! Enjoy reading our 1st Quarter accomplishments and highlights!

## Recent Events/Activities:

Our partnership with The Way Coffee Co continues to thrive and evolve! We are now on our 5th session of trainees with Olivia Sanders and The Way Coffee Co! We also welcomed a new volunteer, Carrie Weiner, and she has been a perfect fit for this training! Our training day is Thursday's at the shop, but Olivia has also brought a couple of our Heroes onboard as employees! We are also in discussions with Wilderness Trails to start our partnership back up this Spring! These are such unique opportunities to learn new skills, give back to our community with service, and potentially find a bonafide job! We are so grateful for the opportunities that have been extended to our Heroes by these businesses! Keep your eyes open on our Facebook page for the next opportunities to join these very fun teams! You won't be sorry!



## Recent Events/Activities:



Speaking of Way Coffee Co, our wonderful student volunteers at Powers Catholic High School reached out and requested a special event to host a Bingo Night at The Way Coffee that they could provide oversight for! We had a very nice turnout and everyone had a great time! THANK YOU to these incredible student leaders who are accomplishing some great things not only with XH, but with their education, and through building a successful future for themselves! XH is so grateful for their commitment to us!

Our friends at Above Par Disc Golf hosted a bowling fundraiser in February and XH was the sole recipient of this very generous function for the second time! All we had to do was show up and have a fun time! It was great to see so many Heroes participating and enjoying themselves! Thank you to Above Par Disc Golf for your thoughtfulness and continued support of Xceptional Heroes!



Our crazy Heroes: Hunter Wollard, Rob Smock, and Tony Mann and our friends: Christopher Cassidy and Angelina Mayer, all took the "Plunge" again this year in the annual Polar Plunge at Lake Fenton benefitting Special Olympics!



## Expansion of services to XH North, located at Lacure Community Center

The XH Board of Directors has known for a long time that travel to our activities can be a barrier for many of our Heroes. The creation of XH North in Clio has EXPLODED! We have been onsite for 3 months and we are already having to consider finding a larger space to accommodate all the Heroes that are attending! XH North offers many of the same activities as the south, but they also have some unique activities such as Drumming, Painting, Fun Night with a movie, and more! We are also hoping to build a community garden at XH North, as well as an outdoor pickleball court as the weather continues to improve and get warmer! We will be hosting an Open House on May 14th to introduce the community to our services and ALL are welcome to join us! Lacure Community Center is located at 12167 N. Lewis Rd., Clio, MI 48420.



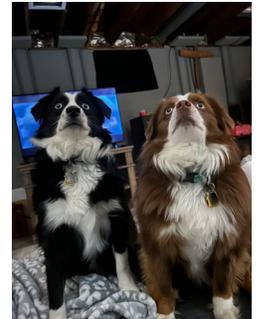


## **VOLUNTEER SPOTLIGHT—Michelle (Micki) Linn**

Many of you know Micki as she has been closely involved and active in the special needs community for many years! Micki is the mother of Amanda Armbruster, a fellow Hero! Micki has coached Special Olympics bowling for at least 10 years, as well as being the director of the Terminators bowling league at Grand Blanc Lanes for several years.

Micki is a lifelong resident of Grand Blanc and she raised her family there. Now that she is retired, Micki enjoys spending time with her fur babies, Lena and Willow, and her grandchildren! When she is not doing those things, Micki can always be found at any number of XH activities helping out wherever and however she is needed! Micki is always one of the first to jump in and lend a hand and she particularly enjoys the Bingo and Craft Night functions!

We are blessed to have you with us, Micki, and we are very grateful for all the support you provide to our Heroes and to our event leaders! You are Heroic!



## **HERO SPOTLIGHT—Megan Zahron**



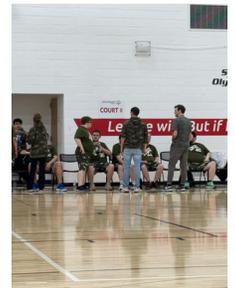
Megan is a friend to ALL! She always has a beautiful smile on her face and will sit and talk with just about anyone! Megan has been involved with XH for about 2 years and she has fit right in to the XH Family!

Megan says that she works 4 days a week at Freedom Treasures in Grand Blanc. She also cleans and goes to the Food Bank. Megan is also a team member on the Terminators bowling league. She loves spending time with her two toy Aussies, Wrigley and Rookie! Megan also loves attending the Flint Firebirds games with her friends! If you see Megan at any of the XH activities and you are looking for a friend or someone to talk to, she's your girl! We adore you, Megan, and we are so glad you are an Xceptional Hero!



## Basketball—Xceptional Heroes and Andrew's Army

Once again, our two teams had a phenomenal Special Olympics season! Andrews Army took Gold at the District Tournament, but came up short at State Games in Grand Rapids, taking 4th place. The Xceptional Heroes team didn't make it to States, but they played hard and finished the season with a winning record! It's not about winning or losing—it is about the experience, it is about leadership, it is about teamwork, it is about friendship. THAT is what is important to us at XH. We are so proud of all of you and we thank you for representing XH as admirably as you have these past few years! Special thanks to coaches Ed Schlosser, Tamara Schlosser, and John Irwin for the Xceptional Heroes team and to Andrew Hatton, Will Sanders, and Christopher Cassidy for the Andrew's Army team! None of this is possible without your mentorship and leadership! Rumor has it that Ed is retiring from coaching basketball, and we are working to get our new coach, Zack Shue, in place so we can continue this legacy!



## Heroes in action! Various physical activites throughout the 1st Quarter!



# Upcoming Activities

XH has some really amazing activities coming up in the near future for our Heroes! As mentioned earlier, we are working on our partnership with Wilderness Trails to get that running again!

One of our lovely parents, Gladys Stocker, has graciously begun hosting a parent/caregiver support group in her home. Follow on our Facebook page for the days and times she schedules them for! It takes a village and we can all learn from one another on how to best raise our Heroes and address special challenges!

XH has 2 fundraisers coming up and **WE NEED YOUR HELP!** The first one is on April 27th at Buffalo Wild Wings. XH will receive 20% of all food and beverages sold that day when the patrons show our flyer. We scheduled this for the same day as our Lunch and Matinee activity, so feel free to join your Heroes for lunch that day and tell your friends and families to go out to eat on April 27th at BWW! We are also hosting our 3rd annual bowling fundraiser at Richfield Lanes on May 3rd! This is our only large fundraiser of the year so we are in great need of sponsorships and raffle items to be donated! Sponsorship is easy and we have divided it into three different levels. We also have 48 lanes we fully intend to fill up this year, so please put a team together and join us on May 3rd!



XH is also proudly sponsoring 15 Heroes to join our Crim Training Program! The Crim Foundation contacted us and proposed a specialized training program to offer our Heroes! This is a 15-week program, beginning May 7th at Mundy Miracle Commons. Our very own Shelly Gardner and Tamara Schlosser will be our Leaders for this initiative! At the end of the training, our Heroes will participate in the Crim race of their choice (but will be training for the 5K), receive 2 Crim shirts, vouchers for 2 additional local races, coupons to various local businesses and running stores, Crim Training guidance, and access to virtual training program! Since this is a sanctioned event, we must abide by the Crim Training guidelines, and commitment and participation are the two most important objectives. We ask that any Hero who registers for this opportunity be firmly committed to participating in the full 15-week session. We are hosting a mandatory informational meeting on April 14th at 6:30pm at Mundy Miracle Commons. Parents/caregivers are required to be present for this meeting. We will be registering as many Heroes that day as we can! XH is committed to the health and well-being of all our Heroes and we are absolutely thrilled to be able to offer this very valuable program at no cost to you!

**XCEPTIONAL HEROES**  
TRAINING THE CHAMPIONS IN ALL OF US!

**CRIM TRAINING PROGRAM**  
The Crim Training Program called and XH answered!

XH is very excited to offer a 15-week training program to our Heroes! XH volunteers will be leading this training that was developed exclusively for our Heroes! At the end of the training, the Heroes will be able to participate in the Crim (separate from the Lois Craig), as well as receive vouchers for 2 local races. Participants will also receive 2 Crim shirts and coupons to various local businesses and running stores, Crim training guidance, and access to virtual training programs!

This opportunity is for Heroes only, and is limited to 15 Heroes. You must be committed to the full 15 week training schedule. XH is covering the cost of this training.

A **mandatory meeting** will be held on April 14, 2025 at Mundy Miracle Commons at 6:30pm. Registrations will be completed at that time and parents/caregivers must be present.

**RUN & WALK**

# Activity Sign-Up and Sign Up Genius

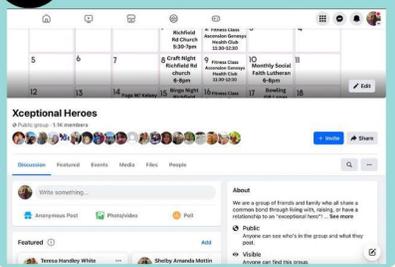
We are aware that there are sometimes challenges to getting registered for our activities. The first, and most important thing, is to have a valid email address on record. If you are unsure that you have provided one, please contact Jennifer Silverton or Teresa White to verify. All activities from our calendar are created into “Events” on both Facebook and on our website (www.xceptionalheroes.org). These events have a Sign Up Genius link embedded in the description. THIS is where you want to click to register your Hero, or yourself as a volunteer, for any activities. Simply clicking the Going/Not Going button in Facebook does not register you for an event.

It is very important for us to gather this information so that we can adequately staff each event to ensure the best possible experience and also provide for the safety of our Heroes. We also request that you sign in and sign out of our events, as well as provide us with an emergency contact phone number.

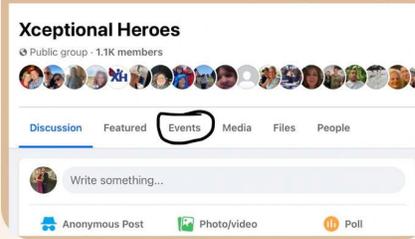
Shelby has created this step-by-step guide to registering for our activities. We hope you find it helpful! As always, we are here to help!

## How To Sign Up For Events!

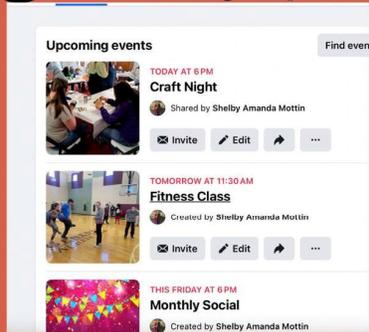
### 1 Go to the group



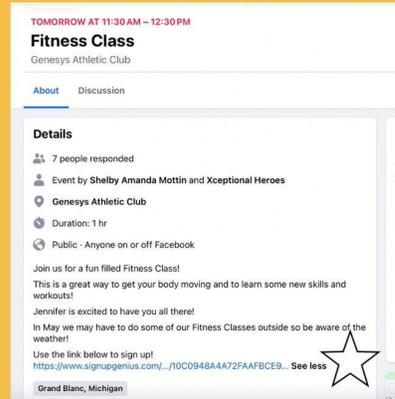
### 2 Click the events tab within the group



### 3 Click on the event you wish to sign up for



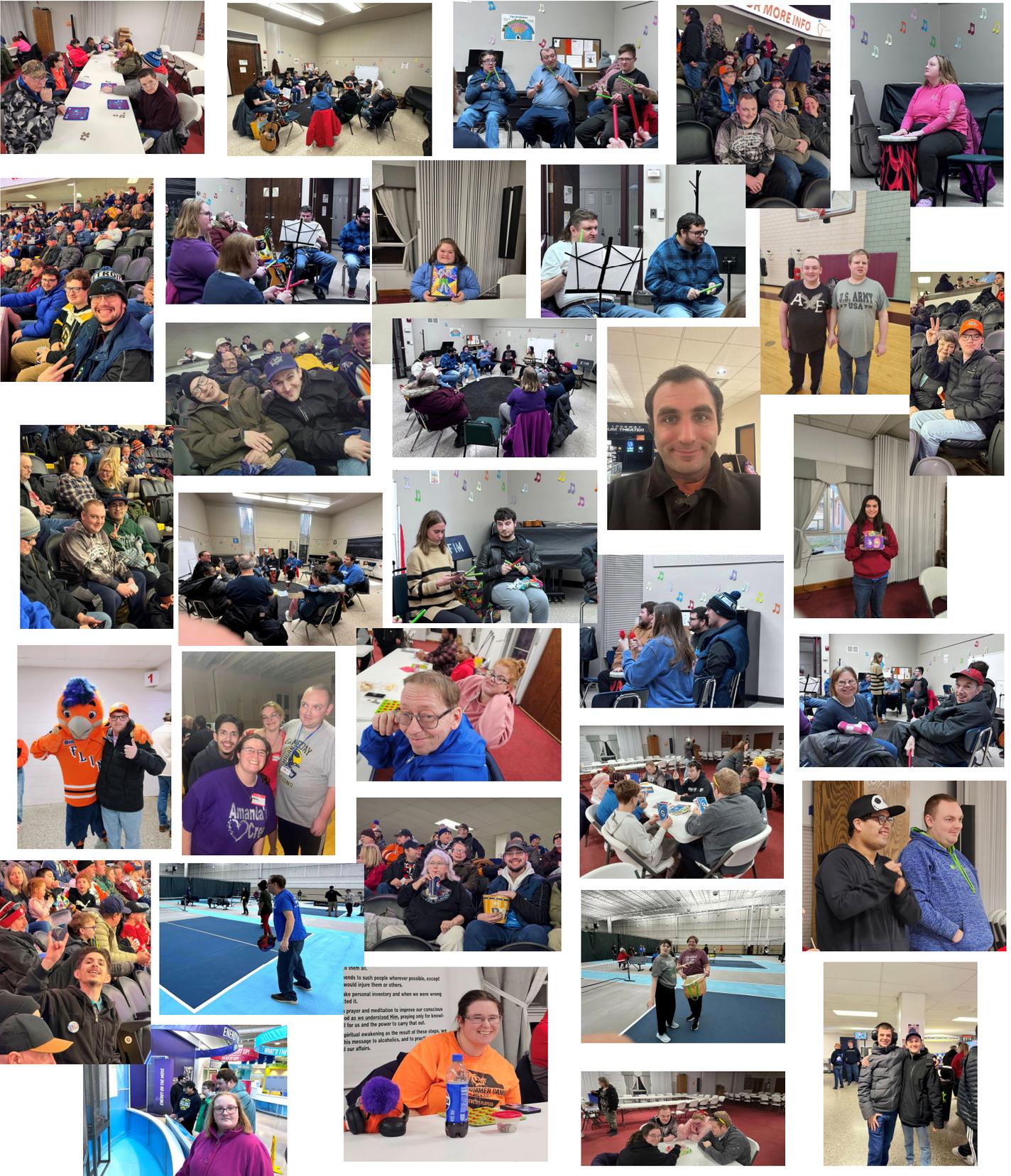
### 4 Within the description of the event there will be a link. The link will be highlighted blue, where the star is located. You may have to hit “see more” in order to see the link.



### 5 Click on the link and it will take you right to the sign up in sign up genius

# 1st Quarter Memories and Photos

Our craft nights, Bingo, our weekly fitness class, our Pickleball lessons, occasional Firebirds games, our monthly trips to Flint Intitute of Music, and more remain favorites among our Heroes! We capture so many memories that we have to share them with all of you so you can experience the same inner smile that we get every time we look at them! A Hero's smile is quite contagious!



## 2nd Annual SHEros Night Out!

For the 2nd year in a row, McKenna's Squad and MK Beauty Co came through BIG TIME for our lovely Sheroes! Our ladies spent the afternoon getting their hair, makeup, and nails done while also making bead bracelets and necklaces while they waited their turn! Jenn, Teresa, and Chris took all the Sheroes and our amazing hosts out to dinner at Boson's in Fenton afterward! It is such a joyful feeling to see these ladies feel pampered and loved! We are already looking forward to next year (although I think our Sheroes would like this to be a monthly activity and we hear that the boys are a tad bit jealous and want a night of their own!)



# HEROIC COOKING

## Peanut Butter Protein Balls

### Tools needed:

Large mixing bowl, measuring cups, measuring spoons, wooden spoon, plate or baking tray

### Ingredients

1 1/2 cups rolled oats

2 tsp vanilla

1 cup peanut butter

1/2 cup unsweetened shredded coconut

1/4 cup honey

Pinch of salt



### **STEP 1:**

Wash your hands and fill sink with warm, soapy water for washing dishes later  
Get all materials and ingredients set out and ready!

### **STEP 2:**

Put peanut butter, honey, and vanilla into the mixing bowl

### **STEP 3:**

Stir everything in the bowl for 15 seconds with the wooden spoon

### **STEP 4:**

Add rolled oats and shredded coconut to the bowl, add one pinch of salt.

### **STEP 5:**

Mix all ingredients in the bowl for 30 seconds with the wooden spoon

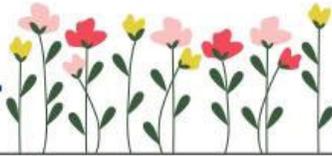
### **STEP 6:**

Scoop the mixture into your hands and roll it into a ball. Put the ball on the baking tray. Repeat making the balls until all the mixture has been used

### **STEP 7:**

Place the baking tray in the refrigerator for at least 20 minutes. After 20 minutes, they are ready to enjoy!

# April



Instagram handle  
@xceptional.heroes  
Facebook handle  
@Xceptional Heroes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Fun w/ Fitness Henry Ford Health 11:30-12:30	Pickleball Class 1-2:30pm	
6	7 Craft Night in the North Lacure Building 6-8pm	8 Fun W/ Fitness Lacure building 6:30-7:30pm	9 Craft Night Richfield Rd church 6-8pm	10 Fun w/ Fitness Henry Ford Health 11:30-12:30	11 Pickleball Class 1-2:30pm	12 Bowling GB Lanes 6-8pm \$10 person
13	14	15 XH North Drumming Class 6-6:30pm	16 XH North Bingo Night Lacure building 6:00-7:30pm	17 Mandatory Crim Training meeting @6:30pm	18 Fun w/ Fitness Henry Ford Health 11:30-12:30	19
20	21	22 Fun W/ Fitness Lacure building 6:30-7:30pm	23 Bingo Night Richfield Rd Church 6:00-7:30pm	24 Painting Class in the North Lacure Building 6-7:30pm	25 Fun w/ Fitness Henry Ford Health 11:30-12:30	26 Reading Fun w/ GHS Social Club @ Barnes and Noble 10-11:30
27 Movie & Lunch at BWW Buffalo Wild Wings Fundraiser	28	29 XH North Drumming Class 6-6:30pm	30 Game Night Richfield Rd church 6-7:30pm			
		FIM Music Therapy 11am				

## Happy January Birthdays

Jennifer Silverton 3rd  
Miracle Stocker 5th  
Shannon Les 7th  
Nicholas Gregoire 14th  
Lindsey Freund 15th  
Davis Linson 19th  
Johnny Irwin 25th  
Mindy Groat 25th

**HAPPY NEW YEAR**

## Happy February Birthdays

Ricardo Rueda 5th  
Josh Humphrey 5th  
Allison Baker 13th  
Ryann Conner 14th  
Vanny Stocker 15th  
Janelle McKenzie 18th  
Jessica Dail 19th  
Terry Bontumasi 20th  
Cole Alvado 21st  
Michelle AnnMarie Mann 27th  
Caitlyn Grojean 28th

## Happy March Birthdays

James Gannon 1st  
Meredith Sanford 3rd  
Mike McCauley 4th  
John Pease 6th  
William Gregoire 12th  
Aaron McBean 14th  
Lexie Allen 15th  
Pat Peters 17th  
Derek Carroll 19th  
Adam Raisin 20th  
Myles McCormick 23rd  
Katelyn Snyder 23rd  
Megan Zafron 30th  
Alisha Hart 30th

## Xceptional Heroes—Board of Directors

Listed below are our dedicated members who so generously donate their time, talents, and hearts to this very worthy foundation and the Heroes that we serve:. We currently have a need for dedicated board members to join us on our mission! Please contact us with interest!

**President— Jennifer Silverton**

**Vice President/Treasurer—Teresa White**

**Secretary—Christine Huff**

**Volunteer Coordinator— Vacant**

**Marketing Director—Vacant**

**Social Media/Digital Content Manager—Shelby Huff**

**XH North Facilitator—Kelley Smith**

**Member At Large—Sara Naddeo**

**Member At Large—Shelly Gardner**

**Member At Large—Carol Garrison**

### Xceptional Heroes can be found on the following platforms:

- Facebook
- Instagram
- Email—xheroes2021@gmail.com
- Website—www.xceptionalheroes.org

### Links to helpful resources:

- Genesee Health System (GHS) - <https://genhs.org/>
- The ARC of Mid-Michigan—[https://www.geneseeserves.org/agency/detail/?agency\\_id=91265](https://www.geneseeserves.org/agency/detail/?agency_id=91265)
- The Disability Network—<https://disnetwork.org/>
- Michigan Alliance for Families—<https://www.michiganallianceforfamilies.org/adult-agency/>
- Michigan Rehabilitation Services—<https://www.michigan.gov/leo/bureaus-agencies/mrs>
- Bureau of Services for Blind Persons—<https://www.michigan.gov/leo/bureaus-agencies/bureau-of-services-for-blind-persons>
- Social Security Administration—<https://www.ssa.gov/onlineservices>

## CALL FOR VOLUNTEERS

As XH continues to grow and expand, so does our need for dedicated, reliable volunteers. We are currently limited in the activities we can offer due to the number of volunteers we have available to help us. Our volunteers are vital to the success of our activities and help to ensure the safety of your Heroes.

We have volunteer applications and waivers available on our website that you can complete. Upon completion, you can give them to any board member and your information will be forwarded to Carol Garrison, our volunteer coordinator. Carol will reach out to you to discuss your availability and interests and work to place you in activities that would be most beneficial to everyone. We also conduct background checks on any volunteer working with our Heroes through the Ichat application of Michigan State Police.

We are truly at a stand-still as far as expanding and offering more activities until we can fill this very important gap in services. Please consider being a volunteer!



### Contact Us:

[www.xceptionalheroes.org](http://www.xceptionalheroes.org)

[xheroes2021@gmail.com](mailto:xheroes2021@gmail.com)

Looking for ways to help? We are always looking for peer volunteers and parents who are available to jump in and assist! XH is staffed 100% with volunteers who dedicate their time and energy providing fun and safe activities for our Heroes. While there is no limit to the amount of fun activities we can schedule, unfortunately we are having to scale back on the number of events offered weekly due to an inability to adequately staff these events and have responsible personnel on hand to run operations. We all have jobs, families, personal matters that require our attention, etc., just like you. We truly need your help and we hope you will consider sharing your time and talents with us and our Heroes so we can continue to grow and provide these much-needed services!

