



XH QUARTERLY NEWSLETTER

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Leadership Notes — From Jenn & Teresa

Welcome to our 2nd quarter newsletter of 2024, full of plenty of updates, reports of success and exciting news for growth! Xceptional Heroes continues to expand, servicing more adults living with intellectual disabilities which means we are very busy creating unique programming and keeping our eye on the future of XH!

Recent Events/Activities:

DAY OF GIVING



XH was so fortunate to have been selected by the Transition Center of Genesee Intermediate School District to be the recipient of it's "Day of Giving." The Transition Center asked XH to provide a list of our needs. No request was too small, nor too big! We got busy and boy did they ever deliver! We received boxes and boxes of donated items ranging from craft supplies, athletic equipment, snacks, party supplies and more.

THANK YOU TRANSITION CENTER OF GENESEE INTERMEDIATE SCHOOL DISTRICT!



We are so appreciative to have been chosen. There are truly so many worthy causes and we are humbled to have been selected. We would also like to send out a special shout-out to Brenda Boyle and Michelle MacKay for coordinating this effort and leading the team who delivered our treasures to us!

THE WAY COFFEE CO.

The Way Coffee Co. and Xceptional Heroes are partnering for a unique job skill training/placement opportunity! The Way Coffee Co. operates both a coffee trailer that goes to events and a coffee counter in the Common Grounds space in Fenton.

The Way Coffee Co is owned and operated by Olivia Sanders, a former special education teacher. The Way Coffee Co., is a nonprofit, instructional program, committed to providing a meaningful curriculum and employment experience for young adults with learning differences. This XH-exclusive partnership began in mid-July. Heroes are learning key aspects of the restaurant/hospitality business including food safety, time management, money management and of course, how to be a Barista! Sales of coffee during our instructional time will be split between XH and The Way Coffee Co. so go grab a cup of joe on Thursdays to help our Heroes train and benefit two good causes!



PICKLEBALL

XH was fortunate enough to have two sponsors cover costs of 2, 6-week Pickleball lessons for our Heroes. Participants hit the courts at Ascension Genesys Athletic Club under the direction of head coach, Don Leavey, coach Ben Yeacker and coach Miriam McCormick. It was amazing to watch the Heroes progress and have a blast. Thank you to Al Serra Auto Plaza and Dort Financial Credit Union for generously covering the costs for this amazing opportunity. We hope to continue pickleball outside during the summer.. Stay tuned!



SUMMER KICK-OFF BBQ

We celebrated the end of school and the beginning of Summer by hosting a BBQ cookout at Richfield Road United Brethren Church. We at XH sure know how to throw a party! We had a wonderful well-rounded menu of delicious food provided by our families! The weather looked threatening, but that did not stop us! Tug-of-War was, hands down, the highlight of the day, as well as our special visitors from Wilderness Trails Zoo!



The list of thanks is many: THANK YOU to Pastor Jim and Julie Pryor for the use of your beautiful grounds, to Rick and Twig White for the use of the tents and chairs, to Dave and Sue White from the church for all your help setting up and tearing down, to Scott Greer (Bubba's brother) for the use of his massive grill and for cooking all the meat, to Wilderness Trails Zoo for joining us and bringing some special guests, to our new volunteers from Powers Catholic High School, and to our own volunteers and Board members who showed up and made the day a huge success!

Our next large event will be a day at Heron Beach! Stay tuned for details!



Volunteer Spotlight—Greg “Bubba” Greer

Greg “Bubba” Greer is one of the most sincere and caring people you will ever meet! Anyone who has met Greg will recognize his big, hearty laugh, his smile, and his corny jokes! He has a congenial way of connecting with our Heroes and it’s part of what has kept Bubba working in the special needs community since 2016.

Bubba is a life-long friend of Teresa’s husband, Greg, and he grew up with Greg and Teresa in Burton. Bubba first started as a respite worker for Tyler Shue, Teresa White’s son, in 2016. Working with Tyler meant being around a large group of Heroes on a consistent basis, which quickly evolved into full-time participation in numerous events and activities with XH. Bubba also worked with a group of five clients who live in a local group home, and once Xceptional Heroes was up and running, he would bring “his guys” to bingo and other XH events, thus increasing participation and attendance at XH activities.



While adding to the XH family with “his guys”, Bubba’s involvement with XH led to a volunteer role where his real chemistry with the entire group flourished. Bubba initiated XH bowling at Grand Blanc Lanes, which continues to draw a large crowd on a consistent basis. He also leads the wildly popular Bingo twice a month at Richfield Road Church with the assistance of Tina Seidel, Mike Boyle, and many others. They play a variety of different games and the Heroes are so thrilled to win the jackpot when they get a Bingo! He also has served as a coach for Unified Special Olympics, along with chaperoning at State Games.

Greg is deeply committed to the mission of XH and he spends his time sharing our group with people he meets, he delivers our activity calendars to local group homes, he goes out of his way to share our activities with anyone he believes would benefit from our family, he assists with transportation, etc. He works tirelessly to continue to get the word out about the resources, socialization, and friendships that are available here at Xceptional Heroes! Bubba’s enthusiasm for our Heroes is so contagious, he has even gotten his younger brother, Scott, involved who is now our honorary “chief griller” when we have cookouts! When he is not working or participating with XH, Bubba can generally be found on “the wall” in Port Huron fishing for Walleye!

A USAir retiree, Bubba says nothing is more satisfying or has made him feel more blessed than working with our great bunch of Heroes. We thank you, Bubba for all of your time and heart that you give to our Heroes!



Hero Spotlight—Vanny & Miracle Stocker

Vanny and Miracle Stocker are two Heroic siblings who became part of the Xceptional Heroes family a couple of years ago. They started out a bit timid but that quickly changed thanks to such an amazing and welcoming community within XH.



Mom, Gladys, gives so much credit to Vanny & Miracle's social growth to the wonderful group of adults that work so hard to make XH activities THE PLACE TO BE ! Miracle needed her Dad to come in and sit with her for her first event but before they were even back to the car, she was calling Mom to sign them up for the next activity! This is a young lady that did not ask to go out anywhere on her own. Vanny had been in a program at school that placed students out in the community so he engaged right away. NOW after just one year, XH has made Heroes out of both kids. They have made friends, have invited other Heroes to their house, and have built so much self-esteem their first year. Mom says she has a grateful heart for all this group has enabled them to DO & BE... and a big part of what they are, which is being independent!



Now, Vanny & Miracle are living ON THEIR OWN! They had been living with Mom and Dad for more than 20 years. Fast forward to a few months ago, Mom and Dad sold their home, bought two mobile homes three doors from one another and everyone moved in! Vanny & Miracle have 2 bedrooms EACH!

In the first month they settled in VERY nicely. Mom and Dad are so proud of them. Miracle just paid her first lot payment and they pay for utilities and cable. Miracle makes a grocery list and shops for everything she needs. Vanny remembers to take out the trash and brings cans back to the house and he cuts the lawn every week. They are keeping the house nice and clean including each of their bathrooms. Gladys knows they are making progress through indicators such as coming over to their house less frequently, making statements such as "Well, I guess I'll head HOME," and showing pride of ownership in their new home!

Vanny says he REALLY feels like a grown up man; "I own a house and I have my own address and my own mail box with my own keys"! Mom and Dad feel like retirees after 52 years of raising kids. The Stocker's expect plenty of good from these two INDEPENDENT ADULTS and couldn't be more proud. XH is also proud to have Miracle and Vanny in the the family as they are always fun, energetic and inspirational to all of us!





Board Member Spotlight— Jennifer Silverton, President

Jennifer Silverton is the President and co-founder of Xceptional Heroes; but first, she is a mother to Aidan and Camryn. Jenn hit the airwaves as a news reporter/anchor after graduating from Michigan State University. After working at TV stations around the country, she married one of her interview subjects, Kimball Silverton, for a medical story and the rest is history! Jenn and Kimball lived, briefly, in Los Angeles, returning to Mid-Michigan to be near family, when they started their own family.



The Silverton's have two children, son (and Hero) Aidan and daughter, Camryn. Camryn is currently in graduate school to be a Physician Assistant and Aidan lives north of Atlanta, in a residential community called, Annandale Village, for adults with intellectual disabilities. Aidan lives with Fragile X Syndrome, (FXS) one of the most common forms of inherited, intellectual disabilities. When Aidan was diagnosed, Jenn reduced her commitment to work outside of the home in order to take Aidan to his many therapies. She soon left work altogether to care for Aidan, but while this turn of events closed the door on her journalism career, Jenn opened another door to philanthropy and activism.

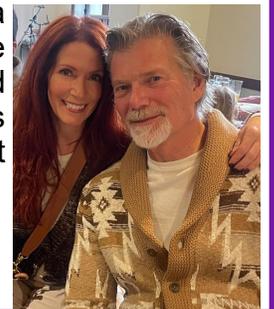


For over seventeen years, Jenn and Kimball, together, raised nearly \$3 million for the National Fragile X Foundation and other organizations dedicated to research and care for the FXS community. During that time, Jenn became active within the FX Foundation, becoming a board member and ultimately, President. While navigating the special needs journey, Jenn turned her passion for purpose within her own community, here in Mid-Michigan, after realizing what little engagement existed for graduating high school students with special needs. Jenn and XH partner, Teresa White, knew one another for years as their boys went to

Grand Blanc schools together and they both saw the writing on the wall regarding a potential dismal future for their boys. You know what they say, "If not you, then who?". Jenn and Teresa took off running, establishing XH as a private social club with the help of a few other caregivers. In 2021, they took it a step further by establishing XH as a nonprofit. Fast-forward more than three years, the growth is tremendous but the need keeps growing.



Jenn focuses much of her XH duties during the day, overseeing the daytime activities and attending community events to spread the good word about XH. Jenn's primary activities involve participating in the local Chamber of Commerce in Grand Blanc and Flint, she schedules meetings with important stakeholders, she conducts tremendous outreach in her efforts, and she is the "face" of XH by being the primary person to be interviewed on television, radio, magazines, etc! Teresa wants no part of the limelight, and that is exactly where Jenn shines! In her free time, Jenn loves to exercise, read and travel with her family. Her work with Xceptional Heroes is incredibly rewarding and Jenn remains very excited about the future of XH and the population that it serves.



HEROIC COOKING

Cottage Cheese Ice Cream (YES! Ice Cream!!)

This recipe only calls for 4 ingredients and is packed with 20 grams of protein! We definitely want to hear about it if you make this! There are many variations and items you can add to personalize your ice cream! Try it out and let us know!!

Ingredients

2 cups (16 oz) full fat cottage cheese (save and clean the container!)

1/4 cup honey

2 Tbsp peanut butter

2 Tbsp chocolate chips

1. Add cottage cheese, honey, and peanut butter to a food processor or high powered blender and pulse/process until smooth and creamy.
2. Stir in chocolate chips
3. Add mixture into the clean cottage cheese container or into a loaf pan. Freeze for about 4 hours or until hard.
4. Remove from the freezer, let thaw for 5-10 minutes and enjoy!

Fun variations:

Chocolate—add 1/2 to 1 Tbsp cacao powder or cocoa powder, plus the chocolate chips

Fruity—Blend in your favorite frozen fruit such as strawberries, blueberries, bananas, etc

Nutty—Swap the chocolate chips for chopped nuts like almonds, pecans, walnuts, or pistachios

Spiced—Add a pinch of cinnamon, nutmeg, cardamom, or pumpkin spice

Coffee—Mix in a shot of espresso or a spoonful of instant coffee powder

Vanilla—Add vanilla bean paste from 1/2 to 1 vanilla bean pod or vanilla extract

Strawberry Cheesecake—Add frozen or fresh strawberries and crushed graham crackers

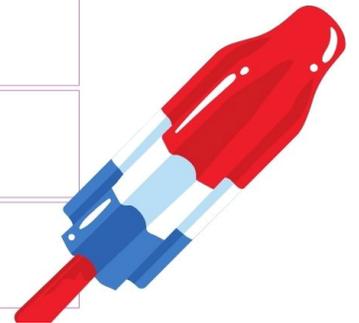
This ice cream can be stored in the freezer for up to 2 weeks, but who is honestly going to let it last that long?!



2024 July



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 Bingo Night Richfield Rd Church 5:30-7pm	11 Fitness Class Mundy Miracle Commons 12:00-1:00	12 Monthly Social Faith Lutheran 6-8pm	13
14	15	16 Yoga W/ Kelsey Holy Family 6:30-7:30pm	17 Craft Night Richfield Rd church 6-8pm	18 Fitness Class Mundy Miracle Commons 12:00-1:00	19 Bowling GB Lanes 6-8pm \$10 person	20
21	22	23 Watercolor Flint Institute of Arts 2-4pm	24 Bingo Night Richfield Rd Church 5:30-7pm	25 Fitness Class Mundy Miracle Commons 12:00-1:00	26	27
28 Movie & Lunch at BWW	29	30	31			



Happy April Birthdays!

Kyle Gray 6th
Aidan Silverton 7th
Jacob Macheca 11th
Desmond Moore 20th

Happy May Birthdays!

Christopher Cassidy 4th
Erik Mitchell 6th
Alex Mitchell 6th
Tony Mann 9th
Jeffery Lewis 12th
Adam Dickerson 13th
Alyson Richardson 17th
Camy Church 27th

Happy June Birthdays!

Kayla Royce 2nd
Jonathan Mayer 5th
Joseph Mayer 5th
Judah Bellmore 5th
Anna Nyhofs 5th
Austin Wascher 6th
Christopher Locke 8th
Arayla Case 8th
Greg Greer 15th
Taylor Vondaggenhausen 26th
Aiden Yost 29th
Taylor VonDaggenhausen 26th

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:

President— Jennifer Silverton

Vice President/Treasurer—Teresa White

Secretary—Christine Huff

Volunteer Coordinator— Vacant

Marketing Director—Vacant

Social Media/Digital Content Manager—Shelby Huff

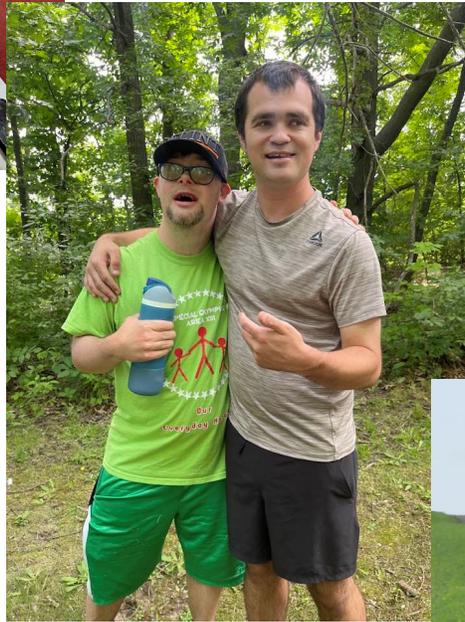
XH North Facilitator—Kelley Smith

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
- 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/?gclid=Cj0KCQjwkqSIBhDaARIsAFJANKggCteSma-49wGUIsiBPr0dh2tuvD0oKZjspwHqICByzQ7X_C0woBcaAsUOEALw_wcB



Contact Us:

www.xceptionalheroes.org

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!

