



XH QUARTERLY NEWSLETTER

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Leadership Notes — From Jenn & Teresa

How is it September already?? It seems like we were just in the planning stages for our summer activities and now we are gearing up for Fall and Winter fun! The Board of Directors has been VERY busy in the background laying some important groundwork for new initiatives and taking XH to the next level as an organization! So many positive happenings coming in the near future for XH and for our Heroes! Please enjoy our 3rd quarter edition of our newsletter and we dare you not to smile while reviewing all the photos from our past events!

Of particular note, we have secured a location to begin hosting activities for XH North again! You will notice Bingo and Craft Nights scheduled on the calendar! Our goal is to expand our outreach to all corners of Genesee County!

Recent Events/Activities:

The partnership between The Way Coffee Co and Xceptional Heroes is in FULL SWING and we only anticipate this venture to grow far beyond our dreams! Our most sincere thanks to Olivia Sanders for approaching XH about giving our Heroes this amazing opportunity to work and develop their job skills training! She is amazing while working with our Heroes and they have already developed some very impressive customer service and coffee-making skills! XH receives 50% of the proceeds on Thursday's and we operate two different shifts, providing 8 Heroes with this very valuable experience! Stop out and support our Heroes either at the shop on Thursday's, or while they are in the trailer providing on-site services!



QUALITY PRODUCTS
donuts
 We proudly serve Bluebird Donuts, a part of Carrigo Town Ministries in Flint, MI.

MEANINGFUL INSTRUCTION
unity
 Instructional Units are on topics such as time management, communication, food safety, and self awareness & advocacy.

EMPLOYMENT EXPERIENCE
employment
 A gradual release of control in the cafe & trailer space allows for students to complete our programming with a feeling of ownership & independence.

THE WAY COFFEE CO.
 POUR WITH PURPOSE

coffee
 Our coffee is roasted at Shadnath, Mewchick, and AboutFace in Goodrich, MI.

standards
 Students have individualized timelines & goals leading towards sustainable employment. WCC is a reference and resource for job applications and skill review.

trailer
 Our trailer brings our curriculum directly to local schools, allowing to supplement current programming.

support
 Throughout the year, students create and market products such as wax melts, soaps, t-shirts, candles and more. These funds help our program sustain!

cafe
 Our cafe space allows for employment experience even in the Michigan winter! Students can experience payroll, skills, clocking in and out, and all other factors of employment.

waycoffee.org



Sporting Events & Activities

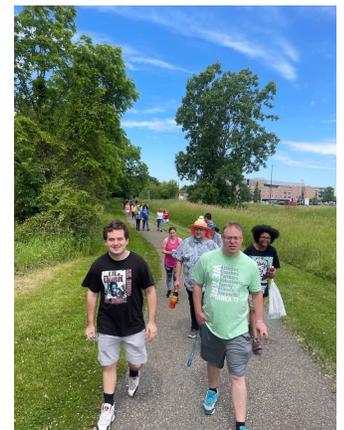
We at XH work hard to keep our Heroes moving and engaged in physical activity as weather permits! This summer, we have been extremely busy with our weekly fitness class, our Top Golf team, our Golf Skills team, and other Special Olympics teams that our Heroes participate in (cycling, softball, etc)! We also had a massive attendance at the Lois Craig Invitational!

Our weekly fitness class is conducted on Thursday's either by Jennifer Silverton or Tamara Schlosser. During the spring and summer, we make every effort to be outdoors as much as possible. Tamara has also initiated swimming at the pool located at the Grand Blanc High School! This was BIG HIT!! As the weather cools off, our fitness classes will resume indoors at the Ascension Genesys Health Club. Our calendar will always indicate where the class will be held, as well as any announcements on our discussion page when a change of plans becomes necessary.

Teresa started coaching the inaugural Top Golf Special Olympics team with Andrew Hatton last Fall. Since this was a new initiative, it took quite a while for the planning to come together and for Special Olympics to decide how they wanted the competition to look. After several months, the team was handed over to Andrew Hatton, Twig White, Jamie Mann, and Angelina Mayer to finish out the season so Teresa could begin focusing her efforts on the Golf Skills team. Our Top Golfers were able to have their very first competition in Auburn Hills in August and all our athletes showed what many months of practice and dedication look like! Special thanks to Andrew, Twig, Jamie, and Angelina for taking the team over and leading them to a very successful season! THANK YOU!!

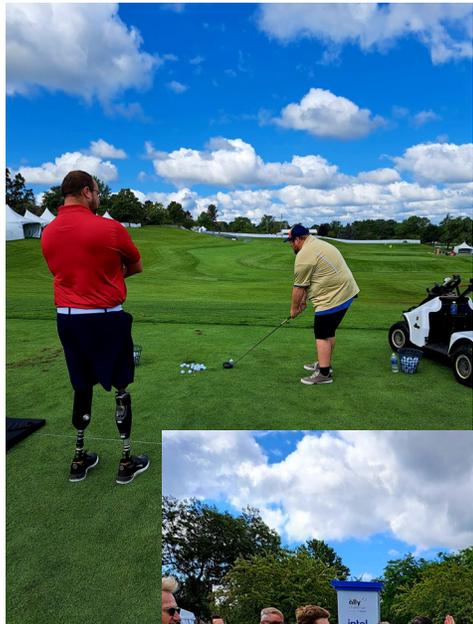
Greg and Teresa continue to coach the Golf Skills team until State Fall Games this month! Our athletes had two very special opportunities to demonstrate their abilities this summer at Pine Trace Golf Club and at the Ally Challenge Adaptive Golf Skills Clinic! It was absolutely rewarding to watch our athletes hard work pay off and shine through when they were competing! Eric White won the citizenship award at Pine Trace this year and Bret Rife received his plaque from winning the same award last year! What a proud moment for us to have our Heroes be recognized for being such gracious and supportive competitors! We would like to send a special thank you to Swartz Creek Golf Course for generously donating practice space for our athletes again this year for the Golf Skills!

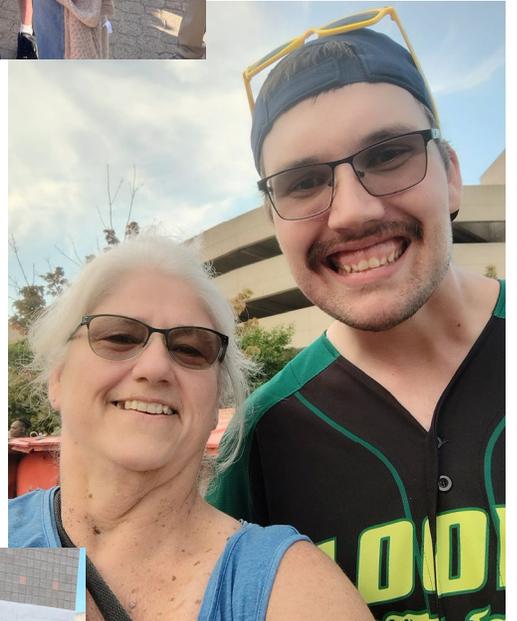
Keep your eyes open for the upcoming basketball season and any other Special Olympics sport your athlete may want to participate in!













Board Member Spotlight— Teresa White, Vice-President/Treasurer

Teresa White is the Vice President and Treasurer of XH, as well as the co-founder. In 2015, Teresa saw an article about an inclusive living community in Florida that set the stage for all that Xceptional Heroes currently has become! Teresa made a random call to Jennifer Silverton and pitched an idea—and here we are today!

In addition to her duties with XH, Teresa works a full-time job for the federal government and is a mother to 4 young men (Tyler (original Hero), Christian and Cody, and Zachary; stepmother to Krista, Austin, and Abby; grandmother to Mattie, Myles, MyaLynn, and the surprise baby Hudson! Life is a blessing and it starts with FAMILY! After Teresa lost her mother unexpectedly in 2021, she now spends every Friday with her dad—either golfing when weather permits or having breakfast. These “dates” are a life-line for her!

Teresa is a US Navy veteran and served from 1989-1993; serving time in the Gulf War. She spent 6 months on a tour to the Middle East visiting Pearl Harbor, Singapore, Malaysia, United Arab Emirates, Persian Gulf, Bali, and Hong Kong! Military service was the most miraculous experience of her life until her children were born! While enlisted, Teresa was a mechanic on pumps and valves servicing the fleet submarines. Since there aren't too many subs here in Michigan, Teresa set her sights on entrepreneurship and owned/operated The Coffee Bar for 10 years while raising her young sons! Teresa's largest and best contract was with the University of Michigan, where she set up her shop for home football, basketball, and hockey games! She also was present at nearly all the local festivals including The Buick Open, Frankenmuth Ice Festival, Bay City Pig Gig, and so many more! Times change and so did the business, which was sold in 2008.



In addition to working her job and managing XH, Teresa enjoys spending time with her amazing husband, Greg. Greg is also a very instrumental part of the XH operations and he can always be found right by Teresa's side. Greg and Teresa have a cottage up north where they spend as much time as possible. Teresa loves golfing, softball, fishing, football, college basketball, reading (is there even time for that??), crossword puzzles and Suduko! Her true love lies with our Heroes and there is nothing more fulfilling than to spend an hour or two at an XH function surrounded by the loves of her life! Teresa (and Greg) also coach for Special Olympics including basketball, golf skills, and most recently Top Golf.

Teresa's focus with XH has transitioned to education and training and she is currently developing an outreach program to address the parents/caregivers of upcoming 11th and 12th graders to assist the families in transition planning. There is nothing more important than helping these families assist their young adults in a successful move from high school to independent living; and to introduce them to our amazing XH family! XH has given Teresa her life's purpose and she will remain dedicated to the advancement of our goals indefinitely. Teresa believes we are just at the tip of the iceberg and there is so much more to come for XH! Our horizons are boundless and her efforts will be focused on advancing the mission of XH in our local community and beyond!



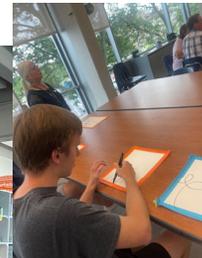
WILDERNESS TRAILS

XH has also partnered with Wilderness Trails Zoo, located in Birch Run. Our Heroes have been given the opportunity to work with the zoo staff, assist with food preparation, grounds maintenance, or special event help! Our first activity with Wilderness Trails took place on August 13th and we had several Heroes show up! The feedback was overwhelmingly positive and our Heroes can't wait to go back this month! Participation in this activity could potentially lead to a paying position with the zoo! We do have another event scheduled with WTZ on September 18th and we do have openings available if your Hero would like to experience this opportunity!



FLINT INSTITUTE OF ARTS

Jennifer met our group at Flint Institute of Arts for a very special event geared specifically toward our Heroes and provided them with an enriching experience in which they toured the gallery and then had a private art lesson learning how to work with watercolors! We think the parents/caregivers enjoyed this outing as much as our Heroes! Look at the amazing works of art that were created! We are currently working with FIA and with Flint Institute of Music for additional dates for art and music therapy for our Heroes! Stay tuned!



Volunteer Spotlight—Mike and Brenda Boyle

Mike and Brenda Boyle have been a part of the Hero family since 2021 when they brought their son, David, to his first bowling activity. Like most everyone, they were a little leery of not knowing anyone, but the butterflies flew away the minute fellow Hero, Aralya, saw David from across the bowling alley pointing and screaming his name! She dragged him in to introduce him to the group, and it's all history from there!

Not only did David fit right in to our Hero family, but Mike and Brenda jumped right in offering to help with anything and everything! They quickly became invaluable to us as a volunteer team and they have continuously gone above and beyond to give XH the much needed support that a foundation like ours requires. They assist at every function they attend, including our monthly Social, Bingo Night, and any other event where we need help! They have also selflessly jumped into action when we've had unexpected medical emergencies or situations where leadership was needed. We couldn't do it without amazing people like Mike and Brenda and we are so "Xceptionally" grateful for all they have brought to our family!



Mike and Brenda were married 22 years ago on Valentines Day, and they are more in love now than ever! Brenda says that Mikes charm and humor keeps things real. (She also said his good looks have always been a bonus!) Mike suffered a traumatic brain injury from a motorcycle accident many years ago. He may have some aches and pains and forgets a lot of things from the TBI, but Brenda says Mike is always there for them and he makes sure she has everything she needs or wants. Brenda has held various caregiving roles throughout her life. She is currently working at the GISD Transition Center, passionately advocating for inclusion in the community and workforce for our young adults with disabilities. In fact, Brenda was the catalyst that resulted in XH being the recipient of the Day of Giving award from the Transition Center a few months ago! Brenda absolutely loves loving on each student, praising them for all the positive growth that she is witnessing, and giving them a slight push to move forward.

Mike and Brenda have three children—the Boyle boys; Aaron Noah and David. They have also recently been blessed with their first grandchild, sweet Mila Grace. They travel to Mount Pleasant every chance they get to see her! What family is complete without furbabies? Mike and Brenda's dogs are Baby, Guapo, and Sarge. Being grandparents is the best though, says Brenda!

Mike and Brenda both love gardening, flowers and veggies. Pulling weeds is so relaxing and stress relieving (PLEASE come to my house!!). They love to take walks, bike ride, kayak, and do anything outdoors, soaking up the sun. They also manage to find time to enjoy quiet moments sitting in the hot tub!

In Brenda's own words: "We absolutely adore Jennifer and Teresa and all that they have created, this safe zone for David, and so many other Heroes that deserve the sense of belonging and family we have found with XH. We were truly amazed and touched by the number of friends from XH that came to David's high school graduation open house to celebrate him. It was nothing but beautiful. We stand behind all that XH has done and continues to do. It is our pleasure to volunteer anytime that we can. Mike and I have a strong faith in God and believe we are made perfect in our weaknesses. It is important to be generous to those who can not repay you. We are all just people."

Mike and Brenda—you are a blessing to us all and we are so honored to have you in our Hero family! Thank you for all you do!



MONTHLY CRAFT NIGHT

XH has been blessed with our incredibly talented volunteer, Robin Edwards! Robin has taken over the planning and execution of our monthly craft nights. Robin is always on the lookout for fun, new, and innovative craft projects for our Heroes to complete! Not only has she spearheaded our projects, but she has also initiated a wish-list on Amazon and has received numerous donations! Robin's wish list is pinned on our group page on Facebook if you would like to donate to our upcoming projects! Our craft nights have always been extremely successful, but since Robin has taken over, our roster has been FULL and we are now expanding to include an additional craft night in our XH North location at Lacure School in Clio! XH is very grateful to both Robin for taking the lead on our craft nights, but also to Richfield Road United Brethren Church for giving us a "home" for our Heroes to create these works of art!





Hero Spotlight—Bret Rife

Is there anyone in Genesee County who doesn't know who Bret Rife is?? Allow us to introduce him to you!

Bret is a 35-year old young man that was diagnosed with Autism Spectrum Disorder, but he certainly doesn't let that define him. He is one of the most social, outgoing, and friendly guys you will meet! He loves meeting new people and he has never met a stranger! Bret is very helpful to his family, friends, and XH family. He loves being an Xceptional Hero mentor, performing his duties of



greeting new Heroes and their families with a smile and handshakes (and quite often hugs, as well!). Because of this, Bret is one of our most reliable mentors. He always has his badge ready to go and he takes his responsibilities very seriously!

Bret has been active in Area 13 Special Olympics sports since the age of 11, and still continues to compete year round. The varying sports Bret has completed include: track and field, gymnastics, soccer, poly hockey, volleyball, cycling, golf, Top Golf, bowling, Unified bowling, and basketball. In 2015, Bret was blessed to be part of the Special Olympics World Games in Los Angeles, CA, competing in volleyball! His team brought back a Gold medal, which he and his family are very proud of! In 2023, Bret also won the Lydia Silvani Foley Award for superior qualities of sportsmanship, competitiveness, and teamwork while competing at Pine Trace Golf Club! This summer, Bret was also co-founder, Teresa White's, partner for the Special Olympics golf outing held at Lapeer Country Club, in which Bret was a great contributor to the team!



Recently, Bret has also been working at The Way Coffee Co in Fenton, MI, where he is learning valuable job training skills. Bret greets customers, makes coffee drinks, works the cash register, and more! It can also be said that Bret may be the best ambassador for spreading the news of The Way Coffee Co. due to his enthusiasm for the work he is performing and his willingness to share the good word with anyone and everyone! The staff and his co-workers enjoy working alongside Bret and certainly enjoy his contagious and positive attitude and, of course, that smile!

In his limited amount of spare time, Bret enjoys spending time with his family, friends, and his cats Simba and Nala. He has a love of cars, especially Corvettes, which he shares with his dad, Ed. Bret hopes one day to own and drive his own Corvette! He also loves going to Lake Michigan beaches, a love that he shares with his mom, Tamara!

While Bret certainly keeps himself and his family on the go all the time, he embodies all the love, compassion, energy, and spirit that makes him an Xceptional young man and an Xceptional Hero!



MEDIA AND PUBLIC OUTREACH

Turn up those radios on July 8th! Our very own Jennifer will be on the radio on Fox 103.9 with a surprise guest!



Jenn has been busy, as usual, on the media circuit and conducting all of our public outreach! Teresa stepped in and participated in the Philanthropy Speaks podcast, but Jenn has been busy conducting interviews with Fox 103.9, attending marketing events, and making very important contacts for XH, etc.! For the radio interview, Jenn invited our very own Amanda Carter to join her and represent XH, which was immediately followed by a news article about Amanda herself!



CONGRATULATIONS TO SHELBY AND AARON

The XH Board of Directors would like to extend our very best wishes to our very own Shelby (Mottin) Huff! Shelby married her true love and best friend, Aaron Huff (son of Board Secretary Chris Huff) on June 15th! Sending lots of love for a long and happy life together!



HEROIC COOKING

3-Ingredient Vegan Banana Oatmeal Pancakes

Ingredients

2 cups oats

2 medium ripe bananas

1 1/4 cups water

2 tsp baking powder

STEP 1:

Measure 2 cups oats and place in blender

Blend until finely ground

Peel bananas and place in blender

STEP 2:

Measure 1 1/4 cup water and put in blender.

Measure 2 tsp baking powder and place in blender

Blend until smooth, adding water a little at a time if the batter is too thick.

STEP 3:

Spray griddle with cooking spray or add a small amount of oil

Turn heat to medium and wait for griddle to heat up

Add 3 Tbsp batter per pancake to hot griddle

Cook 2-3 minutes, flip and cook another 2-3 minutes



2024 SEPTEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Fitness Class Mundy Miracle Commons 12:00-1:00	6	7
8	9	10 Pickleball Class 1-2pm	11 Bingo Night Richfield Rd Church 5:30-7pm	12 Fitness Class Mundy Miracle Commons 12:00-1:00 Bingo Night Lacure Building 5:30-7pm	13 Monthly Social Faith Lutheran 6-8pm	14 Camp Copneconic Day Trip 8am
15	16	17 Pickleball Class 1-2pm	18 Craft Night Richfield Rd Wilderness church Trails 6-8pm 11am	19 Fitness Class Mundy Miracle Commons 12:00-1:00	20 Bowling GB Lanes 6-8pm \$10 person	21
22 Movie & Lunch at BWW	23	24 Pickleball Class 1-2pm	25 Bingo Night Richfield Rd Church 5:30-7pm	26 Fitness Class Mundy Miracle Commons 12:00-1:00	27	28
29	30 Craft Night Lacure Building church 6-8pm					

HAPPY
July Birthdays!!

- Kelsey Koch July 6th
- Raleigh Tannehill July 8th
- Alex Pung July 9th
- Amanda Berry July 9th
- David Boyle July 16th
- Hunter Wollard July 19th
- Tyler Shue July 22
- Dylan Vondaggenhausen July 25th
- Jason Campbell July 27th
- Amanda Carter July 29th
- Simona Metcalfe July 31st
- Madeleine McCarthy July 31st

HAPPY
August Birthdays!!

- Sam Shapiro 3rd
- Alex Schubring 5th
- Ryan Lee 17th
- Tessa Scott 17th
- Justin Tilley 27th
- Theo Golden 28th
- Hayley Bragg 28th
- Robert Smock 30th

HAPPY
September Birthdays!!

- Eric White 1st
- Oliver Wicker 3rd
- Coach Ed's 7th
- Alleya Gould 13th
- Chelsea Popilek 14th
- Thomas Mize 17th
- Angelina Bontumasi 18th
- Mark Voight 21st
- Sam Morris 23rd
- Kyle Palmer 23rd
- Evan Smoot 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:. 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

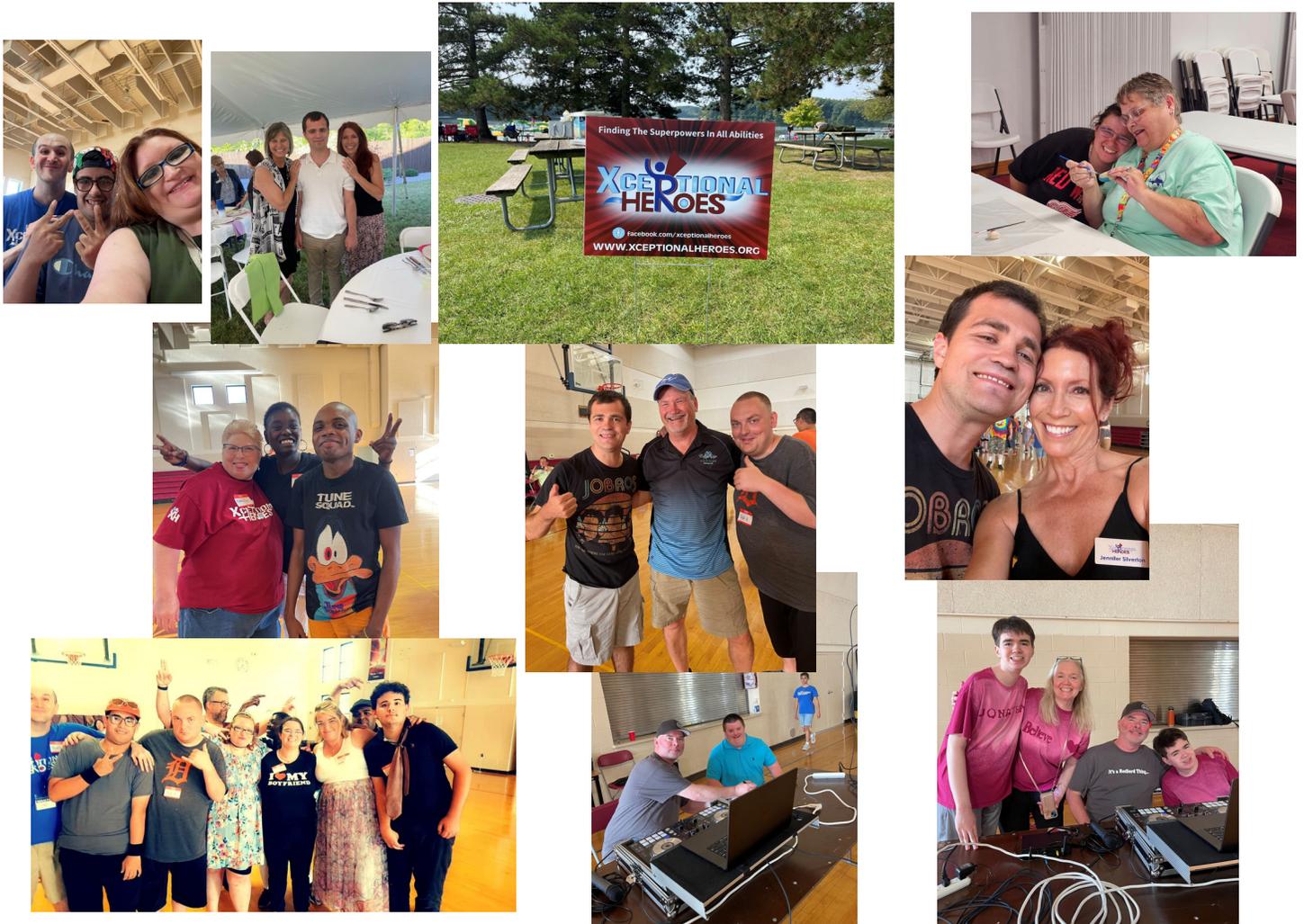
XH North Facilitator—Kelley Smith

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!

