



XH QUARTERLY NEWSLETTER

In this issue:

- Leadership Notes
- Recent Events
- Recap of 2nd Qtr activities
- 3rd Quarter Highlights
- Policies/Procedures
- Heroic Cooking



Leadership Notes — From Jenn & Teresa

To say that we have been busy behind the scenes is an understatement! Time slipped away so quickly that we failed to get a 2nd Quarter newsletter together for our Heroes and Families! Never fear, we have recapped all the high points here for you to enjoy! XH continues to move the dial and we are making great strides toward accomplishing our goals and building toward our Master Plan! Expect to see some exciting new changes in the XH world in 2026 as we continue to develop and massage these moving parts! In the meantime, it's business as usual and we've enclosed many highlights for your enjoyment!

Recent Events/Activities:

Let's start with the not so recent updates from the 2nd Quarter of 2025! As many of you know, XH opened a satellite location at the Lacure Building in Clio in an effort to accommodate our Heroes located in the more northern locations in Genesee County! Our Open House was a huge success and we even welcomed many new Heroes that day! "XH North" was a much needed addition and it is growing and thriving every day! Your Hero can enjoy many of the same activities as we conduct from our main calendar! **ALL** are welcome and we encourage you to come out and support Chris Huff and Kelley Smith as they continue to grow our northern programming!

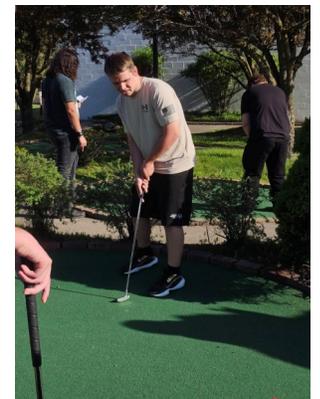


Recent Events/Activities:

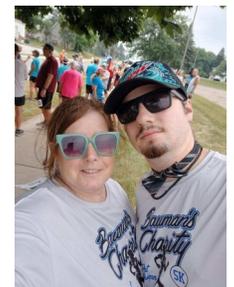
2nd Qtr continued:

We also hosted our annual Bowling Fundraiser at Richfield Lanes! We had an amazing turnout and generated plentiful funds to sustain our programming! THANK YOU to all who attended and supported this event! It was a great day for everyone! We would like to send a special thanks to Frank Pepp, who always works with us to make our events very successful and enjoyable!

XH hosted our first annual "Guys Night" by sponsoring all our guys to go play putt-putt and get ice cream at Uncle Ray's Dairyland in Fenton! This was much needed and we will definitely do this again! The guys all had such a great time!



XH is always promoting physical activity, health, and wellness! We encourage healthy eating habits and develop programming to get our Heroes up and moving as much as possible throughout the year! We have always had a weekly fitness group, held on Thursdays, but this year we also had the unique opportunity to work with The Crim Foundation and put together our very own training group! We cannot express how thrilled we are with how committed our Heroes are to their physical well-being and the dedication they have shown all year long! Our weekly fitness group meets at Henry Ford Genesys Health Club for the majority of the year until we are able to move outdoors, and our Crim Training Group trained at Mundy Miracle Commons once weekly as a group and our very dedicated team also practiced independently as well as participated in additional races throughout the Spring! The training team continues to meet on Monday's to walk the trails at Mundy Miracle Commons, all are welcome to join as weather permits! We would be remiss if we didn't thank **Shelly Gardner, Tamara Schlosser, and Shannon Mitchell** for spearheading our Crim Training group, and to Shelly and Tamara for leading our weekly fitness classes and Pickleball training! We couldn't do this without our dedicated volunteers and we are so very grateful to all of you!

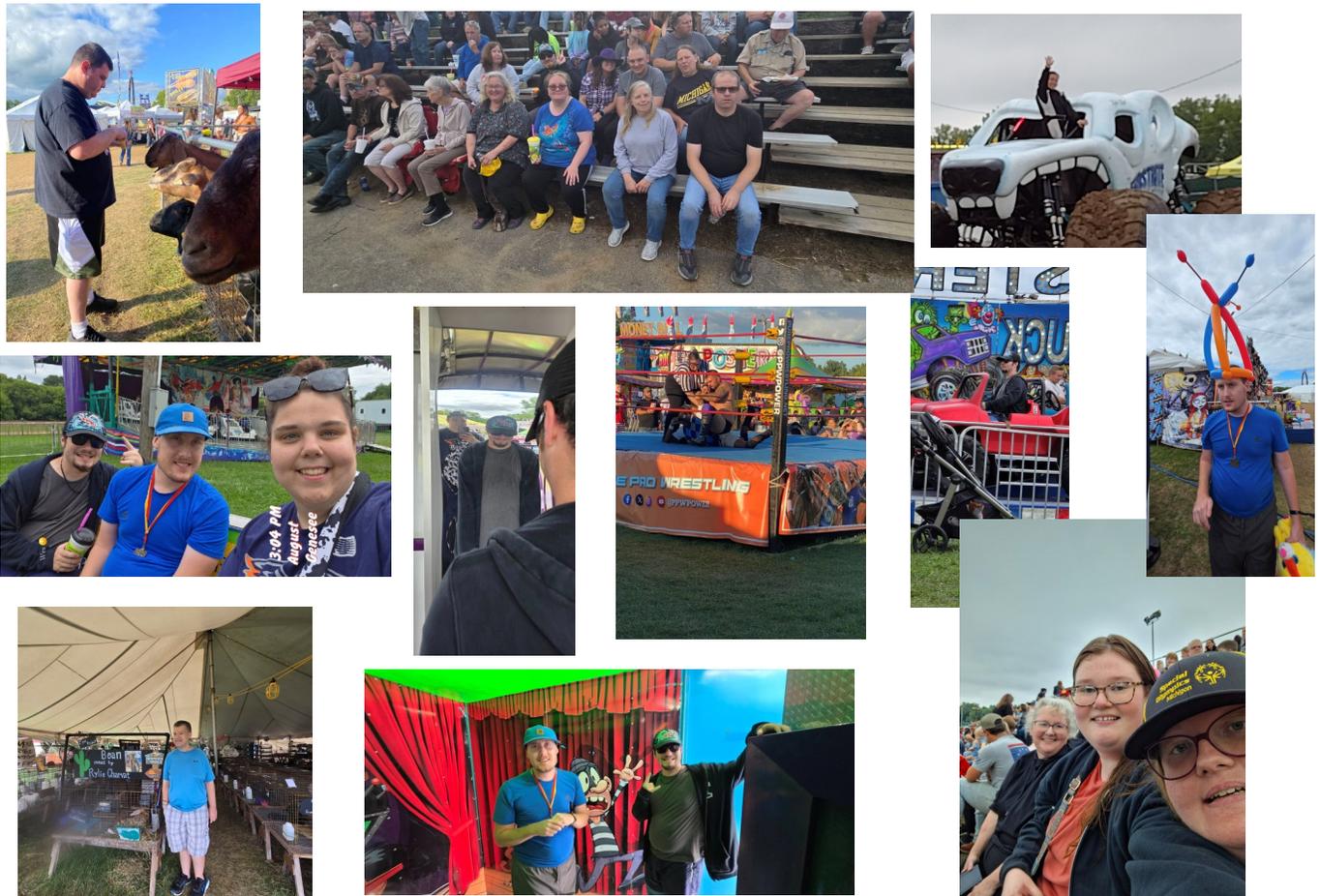


3rd Qtr:

XH hosted our Heroes and Families for a day trip to visit Wilderness Trails Zoo and Alpine Mountain Adventure Park! WTZ generously waived admission fees for everyone and we all had the best day enjoying the animals, playing putt-putt, riding the water boats, and drag racing in the go-carts! This is always such a fun day for everyone and we are very grateful for our community partners who help make these trips possible!

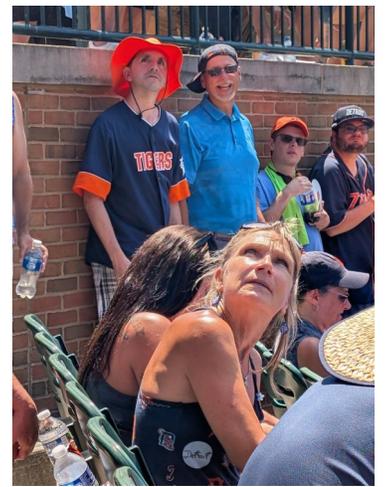


Another incredibly generous donation we received were Grandstand Passes and parking passes for our Heroes and families to attend the Genesee County Fair! We are very grateful to Genesee County Fair, Pure Pro Wrestling, and Joe Byrd for this amazing gift! We also want to send a special thanks to Dean and Annette Humphrey for coordinating this for us! Everyone had an amazing time!



As if all that weren't enough, XH also received 75 tickets to attend a Detroit Tigers game, courtesy of the Tigers Organization! XH chartered two buses and we all traveled to Detroit to watch a very important game! Our Tigers had been on a losing streak, but with the Heroes in attendance, the team let the bats loose and we won that game with conviction!! Yes, we will take full credit for their change in luck! It was soooooo HOT that day, but a very special memory for us all nonetheless!

THANK YOU to the Tigers Organization for your philanthropy and generosity!



Welcome to Alex Wareham!



Please join us in welcoming Alex Wareham to the Xceptional Heroes Family as our new Activities Director (AD)!

We are SO excited to have Alex on board and he can't wait to meet all of you! Alex is a Grand Blanc native and is currently a sophomore at University of Michigan-Flint where he is studying business and information technology and informatics. He also plans to pursue his MBA degree.

In his free time, Alex is very active in the special needs community, participating as a Unified Partner with Special Olympics of Michigan (SOMI). Alex serves as an assistant Unified volleyball coach and as head coach for Unified Bocce Ball! Alex was drawn to XH because the organization stands for everything that speaks to him about inclusion and helping to create opportunities for adults living with intellectual disabilities. He also has a brother with special needs, so Alex really "gets us"!

Alex starts NOW! Be sure to introduce yourself and give him a warm welcome! Alex will be at most of our events getting to know XH and all of our Heroes and Families!

WELCOME ALEX! We are thrilled to have you!



Another need that we've addressed is the addition of Kathleen Gannon to our Board of Directors!

Kathleen is mom to our long-time Hero, James Gannon! Kathleen has spent an incredible amount of time researching disability advocacy, she has some very important contacts in this industry, and she brings a strong and impactful desire to develop a sustainable residential village in which our Heroes can live independently and thrive. This is 100% aligned with the mission of XH, and we are beginning to work toward those goals!

Feel free to discuss thoughts and feedback with Kathleen, or any Board member, about the direction XH is going and how you would like to see certain programming developed.

Your voices deserve to be heard, and we are all here to assist with that. Our mission at XH goes far beyond a social activity calendar and with Kathleen's expertise and experience, we will begin working toward the next steps in our Master Plan! We are so incredibly excited for the changes we anticipate coming!

WELCOME Kathleen!

The board of directors has been aware for a while that we needed to add to our staffing in order to continue our programming and ensure a positive experience for all our Heroes! We are absolutely thrilled to announce the addition of Alex Wareham to our staff! Alex has already begun to attend various functions and making himself familiar with our Heroes, Families, and protocols.

Volunteering is a vital piece of our programming and we strongly encourage you to work with Alex and board member, Carol Garrison, to get involved as a volunteer and help to make XH's activities as impactful and positive as possible! Volunteering takes approximately 2-3 hours, but brings a wealth of fulfillment—not only for the Heroes but also for yourself!

If you have any ideas or thoughts about possible activities that you would like to see added to our calendar, please feel free to discuss with Alex! He welcomes any and all suggestions!

Be sure to introduce yourself to Alex when you see him at our functions and make him feel welcome!



Welcome, Kathleen Gannon!

Xceptional Heroes is excited and proud to announce the addition of Kathleen Gannon to its Board of Directors! Kathleen is a mother of three, including James, who is a longtime "Hero". In her free time, Kathleen loves to bike and aspires to tackle one of Michigan's "long rides"!

Kathleen turned to XH after many unsuccessful experiences with other organizations. "This organization provides opportunities for community, friendship, and communication that we have not experienced in years. The smiles on our faces are returning because of belonging", Kathleen said.

Kathleen brings extensive experience working with agencies and organizations that support individuals with disabilities. Kathleen's background includes navigating the complexities of systems and regulations that often create barriers, making her a valuable advocate to advancing our work.

"This journey has been a fight to live, learn, and grow. I am excited to join the board, to hopefully help others discover options and paths on the journeys that are important to them. I, in turn, am excited of the paths and gifts I will learn from others", says Kathleen.



In May, 2025, XH was awarded the largest grant we've received so far! Community Foundation of Greater Flint approves of and believes in our mission and they awarded us \$37,600! While that may seem like a lot, in truth, it's not near enough and XH still funds all our activities from our own resources. We are creative in how we generate consistent funding so that we can continue to offer our activities at little to no cost to our families; we return cans/bottles, we participate in various "chip in" programs such as PayPal, Kroger, the Ally Challenge, etc. As mentioned earlier, we also host an annual bowling fundraiser.

This year, because we are taking important "next steps" toward achieving the next action in our Master Plan, we have been planning a party that will strictly fund the development of a "camp" where Heroes can reside in our facility for a short amount of time and work with our staff to learn independent living skills; as well as begin the process of a permanent residential village for our Heroes. We encourage our families to attend this fun evening, share the invitation with friends, family, co-workers, employers, etc! This will truly be the party of the year and you won't want to miss it!

Think about an evening out with your spouse or loved one. It's easy to spend \$100 on one meal, isn't it?! \$50/person to attend "Hustle for Heroes" gets you 4 hours of disco dancing with DJ The Spins, food stations available all evening, Silent Auction with some amazing items to be had, prizes for best outfit, etc! It's a value and we promise you will have a wonderful evening! The funds earned from this fundraiser are desperately needed in order to advance our mission and we need your help!



RETRO 70'S
PARTY

HUSTLE FOR HEROES
XH FUNDRAISING EVENT

JOIN US FOR A GROOVY FUNDRAISER!
-18 OCTOBER 2025- TIME: 6PM-10PM
THE FLINT ELKS LODGE
7177 E MAPLE AVE GRAND BLANC, MI 48439

50/50
Cash Bar
Food

FOOD, DRINKS, BEST DRESSED
PRIZES, GROOVY MUSIC AND
GROOVY DANCING!

Silent
Auction

TICKETS ARE \$50 PER PERSON
(INCLUDES 2 DRINK TICKETS)
SCAN THE QR CODE TO PURCHASE
TICKETS!



DJ
The Spins
on the decks
all night!



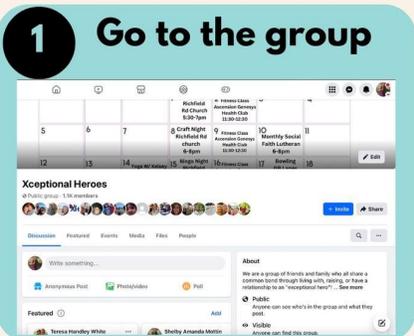
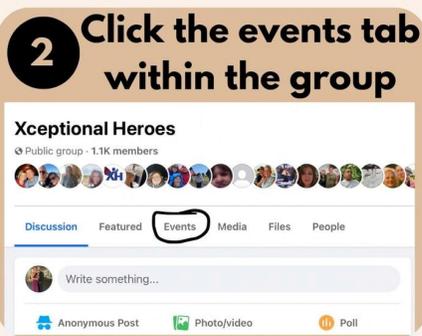
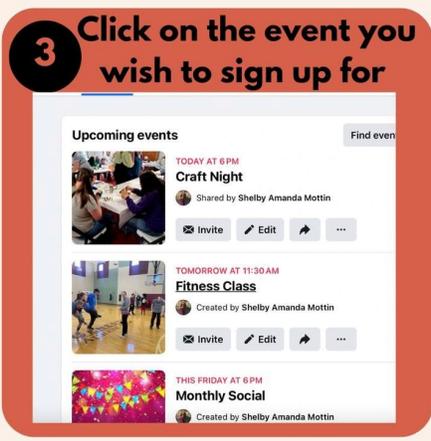
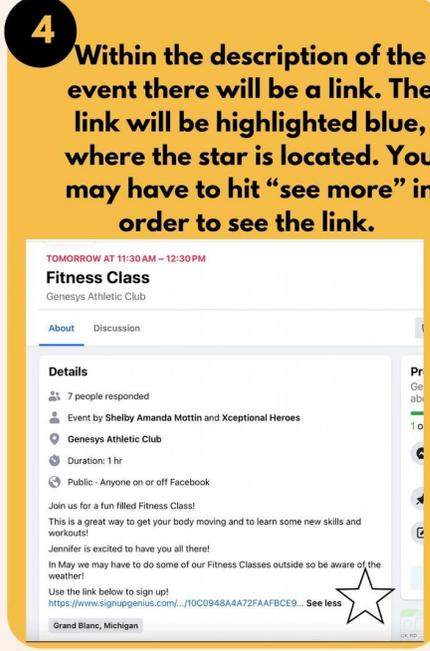
Activity Sign-Up and Sign Up Genius

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.

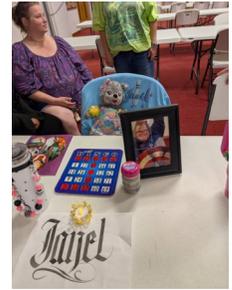
It is very important for us to gather this information so that we can adequately staff each event to ensure the best possible experience and also provide for the safety of our Heroes. We also request that you sign in and sign out of our events, as well as provide us with an emergency contact phone number.

Below is a helpful step-by-step diagram on how to register for events! This is also pinned to the Featured section on our Facebook page.

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 signup genius**

In June, we all experienced a first for XH. We unexpectedly had to say good-bye to our beautiful Hero, Janel Provost, and to Cheryl Palmer, mother to Hero, Kyle Palmer. We were unprepared for how devastating these losses would be not only to us personally, but also to our XH Family. Greg Greer hosted a memorial Bingo in honor of Janel, which was very touching. Kyle has been transferred to a private facility where they will continue to care for him. Please keep the Provost and Palmer families in your thoughts and prayers.



XH also had the unique opportunity to partner with a new restaurant that opened in Genesee County that caters specifically to the special needs community! 810 Munchies, owned by Steve Brewer, opened in the Dort Mall in August and invited XH to assist in the Ribbon Cutting and Grand Opening! It was a huge honor to be included and we are very excited to support Steve and his new venture! Please stop by the restaurant and support them! You won't be disappointed!



Over the Labor Day weekend, our "Craft Master" and "Art Master", Robin Edwards, Chris Hammermeister, Robin's sisters, and Micki Linn all worked to host a fundraising yard sale! This was one massive sale and these ladies generated over \$3,000 in funds that will be dedicated solely for our arts and crafts programming! THANK YOU so much ladies for your dedication and investment in XH!



POLICIES & PROCEDURES

As mentioned before, you can anticipate some changes to our operating procedures beginning in 2026. We will outline these changes as they are formalized by the Board and will share with our XH Family in early December.

One of the most important changes that has already been implemented is the mandatory completion of our Hero Information Forms and Waivers. This information is vitally important to our operations for a variety of reasons. Some of the data is collected and used when applying for grants, some of the information helps us with planning, but most importantly, this information provides us with very important health and safety information for your Hero. We need to be aware and prepared to address any potential “disturbance” or any critical health issues immediately. If you are new to XH, these forms are mandatory and must be completed prior to attending our activities. Your email address will not be added to our trusted list until we have confirmation that these forms have been completed. Without a valid email address on file, you will not be able to register for activities.

We will have signage with QR codes at all activities that will direct you to the forms. You can also access them directly on our website at www.xceptionalheroes.org (under the Contact Us tab, there is an option for forms & waivers), or we can provide a hard copy to be completed upon request.

Henry Ford Genesys Health Club policies:

An ongoing problem that we have is the restrictions in place by the Henry Ford Genesys Health Club where our Fun with Fitness and Pickleball classes are conducted. The health club very generously donates this space for our use, but we are at risk of losing this very important partnership due to continued non-compliance from our Heroes and Families.

In order to attend ANY function or activity at Henry Ford Genesys Health Club, you must have a profile on record and all waivers signed BEFORE attending. You will also be required to be photographed for their records. If you show up without this information on record, you will be turned away at the door and not permitted to participate. They are very strict about this rule and they are very sensitive to our continued non-compliance from some families. If you wish to continue having access to indoor fitness and Pickleball classes, you must follow these guidelines. Failure to do so hurts us all.

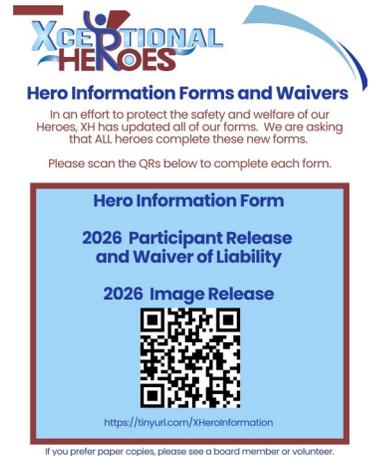
Activities and Volunteering:

We utilize Sign Up Genius for activity registration. Slots are specifically and separately established for Participants and Volunteers. Many of our activities have a firm headcount, which will always be indicated in the number of slots available for a function. Most times a waitlist is available. We continue to have Heroes signing up as Volunteers because the other slot is full. Any sign up for volunteering that is a Hero will be deleted. Continued practice of signing up as a volunteer will also result in a temporary suspension from our activities. When Heroes fill up our volunteer spots, that limits the much needed help available to us in order to provide a structured, safe, and positive experience for all. Our volunteers are invaluable to us and we must keep these spaces open for those to help us.

Bowling with Bubba:

Bowling is one of our most popular and highly-attended activities. Grand Blanc Lanes has generously offered us special pricing for our Heroes to enjoy 2 hours of bowling at a reduced rate. Bowling begins **PROMPTLY** at 6pm. Due to the number of Heroes that sign up for this event, it requires Greg Greer to reserve a specific number of lanes and also arrive early to begin inputting lane assignments so the event can start on time.

Any Heroes that have a specific desire to bowl with a friend must arrive early to make sure you are assigned to the same lane. Once the names are input and bowling begins, there will be no change of lane assignments. We understand that Heroes like to be with their friends and hang out, but this could also be considered an opportunity to make new friends, to welcome a new Hero into the XH Family, or to help someone feel more included. We appreciate your cooperation.



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!



October 2025

Instagram handle—@xceptional.heroes Facebook handle—@Xceptional Heroes

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---|--|
| | | | 1 | 2 <i>Fun w/ Fitness</i> Henry Ford Health 11:00am-12:00pm Pickleball Henry Ford Health 1-2:30pm | 3 | 4 |
| 5 | 6 <i>XH North Craft Night</i> Lacure Building 6-8pm | 7 <i>XH North Fitness</i> Lacure Building 6:30-7:30pm | 8 <i>Craft Night</i> Richfield Rd Church 6-8pm | 9 <i>Fun w/ Fitness</i> Henry Ford Health 11:00am-12:00pm Pickleball Henry Ford Health 1-2:30pm | 10 <i>Monthly Social</i> Faith Lutheran 6-8pm | 11 |
| 12 | 13 | 14 <i>XH North Drumming</i> Lacure Building 6-6:30pm | 15 <i>Cardio Drumming</i> Richfield Rd Church 6-6:30pm <i>XH North Bingo</i> Lacure Building 6:30-7:30pm | 16 <i>Fun w/ Fitness</i> Henry Ford Health 11:00am-12:00pm Pickleball Henry Ford Health 1-2:30pm | 17 | 18 <i>Trunk or Treat</i> Life Church 1-3pm |
| 19 <i>Lunch & Movie Day</i> 11:00am | 20 | 21 <i>Art Class</i> Mundy Twp Senior Center 6-7:30pm <i>XH North Fitness</i> Lacure Building 6:30-7:30pm | 22 <i>Bingo Night</i> Richfield Rd Church 6-7:30pm | 23 <i>Fun w/ Fitness</i> Henry Ford Health 11:00am-12:00pm Pickleball Henry Ford Health 1-2:30pm | 24 | 25 <i>Oct 23, con't</i> <i>XH North Painting Class</i> Lacure Building 6-7:30pm |
| 26 | 27 | 28 <i>XH North Drumming</i> Lacure Building 6-6:30pm | 29 <i>Cardio Drumming</i> Richfield Rd Church 6-6:30pm | 30 <i>Fun w/ Fitness</i> Henry Ford Health 11:00am-12:00pm Pickleball Henry Ford Health 1-2:30pm | 31 <i>Bowling Night</i> Grand Blanc Lanes 6-8pm | <i>Oct 30, con't</i> <i>Game Night/Lego's</i> Lacure Building 6-7:30pm |

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. We conduct background checks on anyone who comes into direct contact with our Heroes. Your information is confidential and maintained electronically. Carol Garrison, our Volunteer Coordinator, and Alex Wareham, our Activities Director, 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 are truly at a stand-still as far as expanding and offering more activities until we can fill this very important gap in services. Our craft and bingo activities are particularly in need of volunteer support. Please consider being a volunteer!



Volunteer Forms
Are you interested in volunteering with Xceptional Heroes?
Please scan the QRs below to complete each form.

XH Volunteer Application
<https://forms.gle/3XVvsk1mneApplication>

If you prefer paper copies, please see a board member or volunteer.



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— Carol Garrison

Marketing Director—Vacant

Social Media/Digital Content Manager—Vacant

XH North Facilitator—Kelley Smith

Member At Large—Sara Naddeo

Member At Large—Kathleen Gannon

Member At Large—Vacant

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>

This edition of 2Q and 3Q newsletter is lovingly dedicated to the memory of Janel Provost and Cheryl Palmer. May you both rest easy in Heaven.

Contact Us:

www.xceptionalheroes.org

xheroes2021@gmail.com

Facebook Page: [@xceptionalheroes](#)

Facebook Group: <http://facebook.com/groups/557349456021135>

Instagram: [@xceptional.heroes](#)

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!

