



XH QUARTERLY NEWSLETTER

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Leadership Notes — From Jenn & Teresa

In the blink of an eye, we are already 3 months into 2026! Time is a thief! As always, XH has been very busy implementing new policies and procedures, expanding our services, searching out and planning new initiatives, etc. This work is so exciting for us and to see our plans come to fruition AND to see our Heroes thoroughly enjoying our programming is the greatest reward and makes all the behind-the-scenes efforts worthwhile!

RIBBON CUTTING at The HUB!

The HUB has been open and operational since December 2025 and we've been busy ironing out all the complexities involved with operating a facility to host our activities. This place has been a true blessing to us all and we are so thrilled to share that we are hosting a Ribbon Cutting on April 9th at The HUB! We have invited many dignitaries and public figures to attend, as well as all of our community partners! What better way to get the good news out that XH has a place of our own to serve our Heroes! We are also planning an Open House in the coming weeks and details will be provided soon!

XCEPTIONAL HEROES
Ribbon Cutting Ceremony
Hero Unity Building
April 9, 2026 | 3:30PM

Xceptional Heroes is a 501(c)(3) which strives to provide social, recreational, skill building, and community inclusion opportunities for adults with intellectual disabilities in Genesee County, Michigan

Join us to celebrate the grand opening of our Hero Unity Building a.k.a. The H.U.B..

Reception to follow ribbon cutting.

The H.U.B.
G3490 Miller Rd., Ste. 11
Flint, Michigan 48507

Scan to R.S.V.P

Membership Rollout and Town Hall Meeting


Beginning in January 2026, we began rolling out our new membership plan. We are very grateful to everyone who has joined us on this journey. It's never easy to impose fees or to ask our Heroes and families to pay to participate in our activities. A great deal of thought and care went into the decision to launch this initiative as we never want to unduly place hardships on anyone.

Since 2021, XH has operated strictly on our own personal funds, volunteers, fundraisers, grants, etc. Due to the rapid growth of our population and the pursuit of our long-term business plan, it has become necessary to rely on the additional support these membership fees provide. Not only do the membership fees we've collected help to sustain our daily operations, but it also communicates community commitment, longevity, and sustainability to our potential funders

There was a fair amount of confusion and, of course, some displeasure. We have done our very best to be transparent about how these funds are utilized and how they benefit your Heroes. In February, we hosted a Town Hall Meeting to answer your questions and explain our plans for growth. Overall, it was a very beneficial meeting for both XH leadership and our families. A lot of questions were asked and a tremendous amount of positive feedback and ideas/suggestions for best practices were received. THANK YOU! A summary of the Town Hall meeting is posted on our Facebook page, but you are always welcome to request this information from any of the XH Board Members.

Membership Fees


- Membership dues are not intended to cover “per activity” costs. They are intended to support the organization as a whole as we evolve and grow.
- **Membership fee schedule is as follows:**
 - 1st event for a new Hero is complimentary
 - \$5 per event
 - \$25/month (if you attend more than 5 events/month, this is a deal)
 - \$250/year (2 months free. If you attend 50 events/year, this is a deal)
- **Group Home—Per Event Fees**
 - 1 Hero = \$0
 - 2 Heroes = \$4
 - 3-5 Heroes = \$10
 - 6 or more Heroes = \$15
- Scholarships are available on a case by case basis, please inquire with XH leadership
- Events with an out-of-pocket cost are not subject to \$5/event fee.
- Bingo events are subject to \$5/event fee. There is no longer a progressive jackpot and Heroes are asked to bring \$2.50 in quarters to play
- The Monthly Social will remain free to all participants



**You've got questions...
We've got answers!**

Join us for a Town Hall Meeting
Thursday, February 12
6:00-7:30PM
XH Hero Unity Building
6-1400 Miller Rd., Suite 11
Farmington, MI 48327

Scan QR or visit
<https://tinyurl.com/XHTownhall>
to submit questions for the event



Xceptional Heroes Town Hall Recap

FUNDRAISING

Speaking of operating funds and sustainability, we have already begun the year with “dine to donate” fundraisers at Panda Express and Buffalo Wild Wings. These are fun and easy fundraisers for us while our supporters get to enjoy a great meal, all while benefiting their favorite organization!

In addition to these smaller fundraisers, XH has been very blessed to have loyal and supportive friends in our community who continue to amaze us with their compassion and generosity! We are deeply grateful to **Above Par Disc Golf** for another year of raising funds through their Pins for a Purpose bowling fundraiser! This is the 3rd year they have benefitted XH and they have been solid supporters of ours since our early beginnings! It was SO WONDERFUL to see our Hero families out supporting this effort! You were seen and you are valued!

We are also blessed to have community members who work to support our efforts in a variety of ways—“Uncle Phil” has presented XH with funds from Tootsie Roll sales through Knights of Columbus on multiple occasions, Goodwill in Goodrich and the Kroger Foundation has selected us every year as a recipient of their “Round Up” campaign to benefit various charities, our friends at Pure Pro Wrestling are always happy to donate tickets to their fun events, etc. We are truly blessed and honored to receive the amount of support from our community friends and partners!

We have a super special, very fun event in the planning stages and hopefully we can provide details about our next fundraising effort in the very near future! Our friend, Joe McMorris, has come up with a completely unique and very engaging idea that could potentially change our fundraising game! We are so excited! Stay tuned!



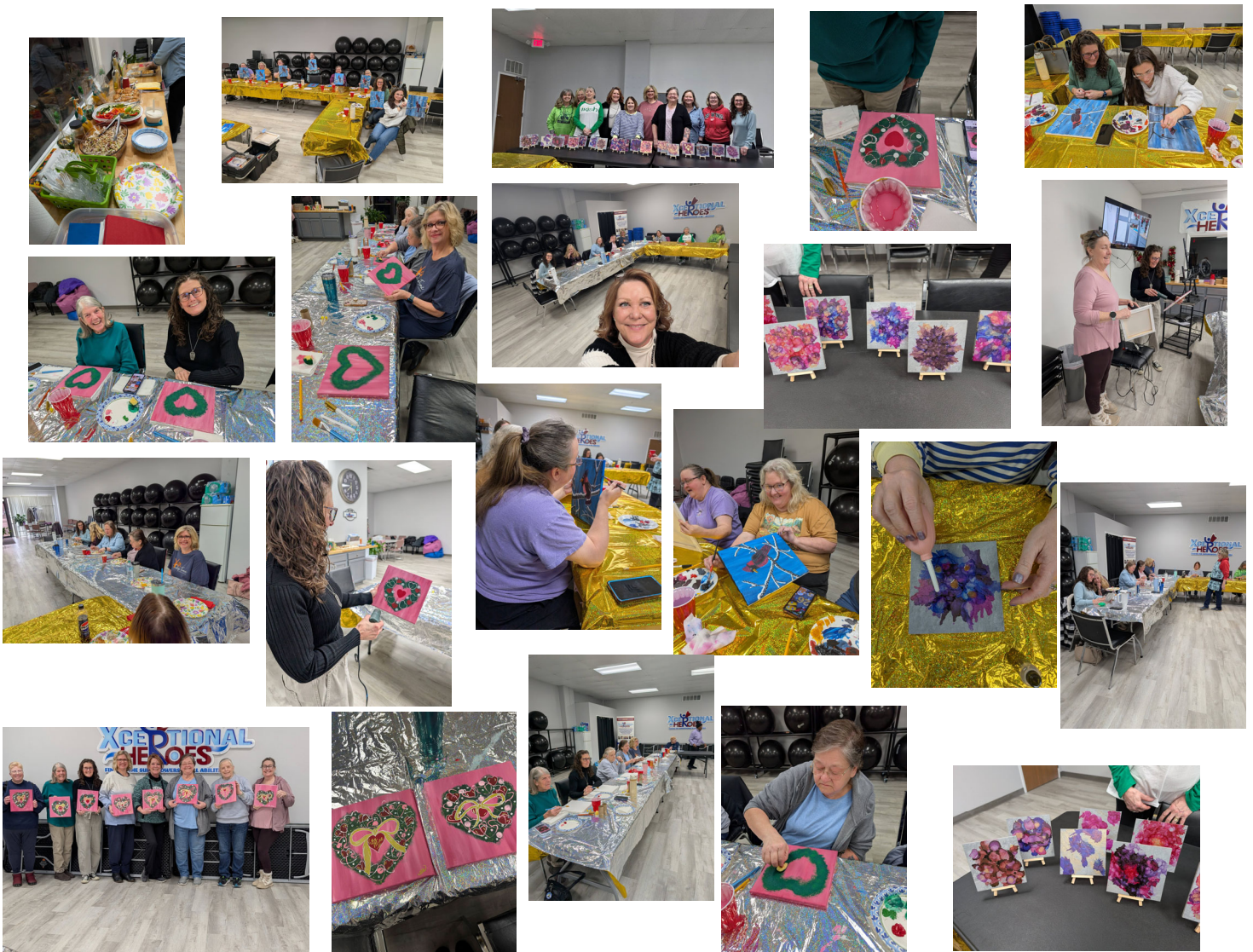
ACTIVITY HIGHLIGHTS

Parent/Caregiver Potluck

Xceptional Heroes strives to provide our Heroes with engaging and beneficial activities that keep them moving, stimulated, and excited! It is our greatest reward to see friendships develop, new experiences enjoyed, new milestones achieved, and maybe even some “romance” blossoming!

One of the best, and most unexpected, benefits of our XH family was the bonding of parents and caregivers! Who better to align with than others who have walked our paths, understands our struggles, and celebrates our successes with us! There is true strength in seeking out the support and friendship amongst ourselves and these new relationships have been so impactful!

We started providing our parents/caregivers with a small activity to provide them with some “ME TIME”. It started as a craft activity, but has grown into a 2-hour potluck gathering where we are able to talk, share stories, offer support, laugh, eat and drink, and maybe make an amazing craft at the same time! This camaraderie has become something to look forward to for us all and we encourage everyone to come out and join us! Men and women! Doing the craft project is optional, but the true value is just being in a loving and supportive environment!



NEW ACTIVITIES—ZUMBA, PUPPY LOVE, LINE DANCING, AND KARAOKE

Our newest activities that we've begun offering have proven to be well-received and so much fun! Our calendar is now FULL of fun and engaging activities and the addition of these new functions has added a whole new dimension of participation! We anticipate that these will continue to grow and thrive! Zumba is led by our newest volunteer, Brianna; Mid-Michigan Therapy Dogs loves to bring their fur babies to The HUB to give our Heroes some loving, Alison has brought her line dancing talents to The HUB, and the Mann family has generously donated a karaoke machine and are our hosts for this very fun evening! If you haven't checked them out yet, you are missing out!



TRIED & TRUE ACTIVITIES—MONTHLY SOCIAL, ARTS & CRAFTS, PAINTING, BINGO, AND MORE!

Our established activities continue to grow and thrive! We are so proud of all the various activities we can offer our Heroes and families! It is a true honor to bring this level of activity and engagement to our Heroes! We are always looking for fun, new ideas! Feel free to share any input with Alex Wareham, our Activities Director, or any Board member!



HEROES IN MOTION—FIREBIRDS, FIM, FIA, ORIGAMI, PICKLEBALL, AND MORE!

Our Heroes love a good hockey game at Dort Financial Center, they rarely miss a craft night or Bingo night, and our monthly social remains our most popular, most well-attended event! Pickleball—LEGENDARY!



PHOTOS BY JOANNA (TwinSpell Photography)

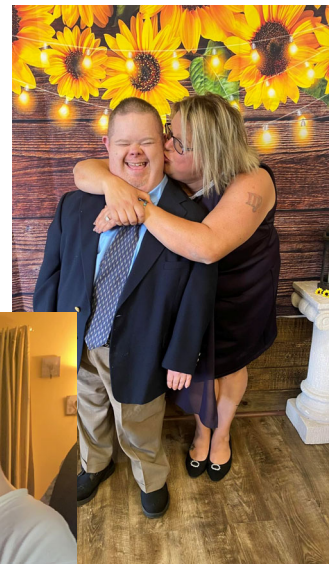
Teresa and Angelina Mayer were off on an adventure for XH back in 2022 when they had the pleasure of meeting Joanna and her twin boys! Joanna has been a huge friend of XH ever since! This is the 2nd time she has scheduled a photo shoot for our Heroes and the results are FABULOUS! The galleries were shared with all the participants and these are some of Jenn's "behind-the-scenes" shots while Joanna was working! We are hoping to do this again soon! The portraits will be on display at The HUB!

THANK YOU JOANNA!



In Memoriam:

Our sweet Gary Davis departed this world in December 2025 and his memorial was hosted in January. There are no shortage of fun stories about Gary and he will always be remembered for his fun-loving, flirtatious ways! His sister, Melanie, is his biggest fan and will always be happy to share all their escapades with whoever will listen! We will hold you close in our hearts forever, Gary. Rest easy knowing you are so loved.



POLICIES & PROCEDURES

As mentioned before, you can anticipate some changes to our operating procedures beginning in 2026. We have outlined them for everyone on our Facebook and Instagram pages. We are still trying to work out some details regarding multi-Hero families, group home rates, and scholarship opportunities as we appreciate your patience while we continue to finalize our plans.

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.

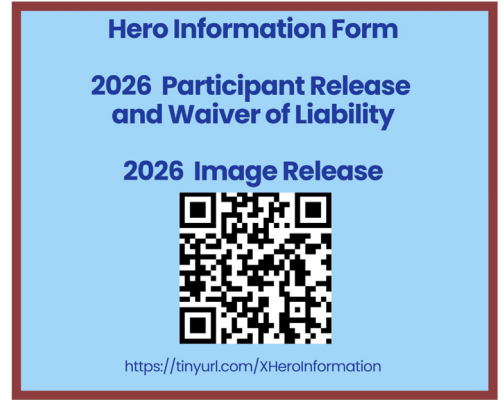
We are also working with Spud Software to develop a custom program to address all our needs in one specific location. This software will track registrations and completed waivers, it will process your membership elections (per event, monthly, or yearly), it will remind you of renewal dates for waivers and membership, it will contain all activities for sign up, and it will allow Heroes to check in and check out electronically. We anticipate this software should be functional by the end of January and this will alleviate everyone having to go to more than one application to fulfill our requirements. We are very excited about the potential of this new software!



Hero Information Forms and Waivers

In an effort to protect the safety and welfare of our Heroes, XH has updated all of our forms. We are asking that ALL heroes complete these new forms.

Please scan the QRs below to complete each form.



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



Volunteer Forms

Are you Interested in volunteering with Xceptional Heroes?

Please scan the QRs below to complete each form.



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

VOLUNTEERS

We are SO appreciative of our volunteers who give so selflessly of their time to assist at our activities! The safety and well-being of our Heroes is of the utmost importance to us and we do require that anyone who is working with our Heroes in any capacity complete our Volunteer forms and authorize a background check. Once your paperwork has been processed, our Volunteer Coordinator, Carol Garrison, will reach out and discuss your availability and interests and we will work with you to place you where you will be successful at working with our Heroes!

If you are currently working with our Heroes and volunteering and you aren't sure that you've completed these required forms, please check and verify with us. If we determine that you haven't completed the

forms, we will be reaching out directly to ask you to do so.

SPECIAL EVENTS—NEW YEAR’S EVE PARTY AND SHINE ON 2026

Weather has not been very agreeable for us this winter. We had to reschedule our NYE party to Jan 1st due to a storm, but we got the par-tay in and everyone had such an amazing time! Our friends at New Life Christian Fellowship also hosted their version of a “prom” in February and we always love to see our Heroes show up in their finest and have such a wonderful time! It’s ALWAYS about inclusion and community!



In addition to our regular calendar activities, we are working hard to schedule some fun “field trips” for this Spring such as a Butterfly Farm, Detroit Tigers baseball, Lansing Lugnuts baseball, Wilderness Trails Zoo, and much more! If you have any ideas for fun outings, please feel free to share and we will see about getting something scheduled!

Here are some fun photos of our friends to enjoy until next quarter! THANK YOU all so much for being a part of our XH Family! We love and value each and every one of you! As we continue to grow, so do our long-range plans!



HEROIC COOKING

NACHOS

Tools needed:

Fry pan, small sauce pan, cookie sheet, spatula, large spoon, knife, hot pads, strainer

Ingredients

1 lb ground beef, cooked and drained	1 pkg taco seasoning
1/2 onion, chopped	1 can Refried Beans
1 Tbsp butter	Nacho chips
1 bag Cheddar Cheese	1 Bag Taco Cheese



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:

Preheat your oven to 400 degrees. In the fry pan, cook the ground beef thoroughly and drain the fat. Add the taco seasoning and approximately 1/4 cup of water. Mix and set aside.

STEP 3:

Chop your onion and set aside. In the small saucepan, put the refried beans and 1 Tbsp butter, cook over low heat until warmed through.

STEP 4:

Layer your nacho chips on the cookie sheet (you can spray this with non-stick spray if you want). Scoop the refried beans all over the chips. This will be clumpy, don't worry about making it spread perfect because it won't! Layer your chopped onions over the refried beans. Add your taco meat over the top. Cover everything with LOTS of cheese!

STEP 5:

Bake in the oven for approximately 10 minutes or until the cheese is melted and bubbly.

STEP 6:

Use the spatula to serve the nachos on plates!

You can add any of your favorite items to your nachos: black olives, jalapenos, chicken instead of ground beef, guacamole, sour cream, salsa, etc!



March 2026

Instagram handle—@xceptional.heroes

Facebook handle—@Xceptional Heroes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Bowling Fundraiser Above Par Disc Golf Richfield Bowl 5-7:30pm	2	3 Flint Institute of Art w/ TDN 2-4:30pm	4 Bingo Night The HUB 6-7:30pm	5 Pickleball Henry Ford Health 1-2:30pm	6 Monthly Social Faith Lutheran 6-8pm	7 Photos by Joanna The HUB 1-4pm (10 min sessions)
8	9 Craft Night The HUB 6-7:30pm	10 Stretching/Toning/ Cardio Drumming The HUB 5:30-6:30pm	11 Activity with Powers Volunteers The HUB 6-7:30pm	12 Pickleball Henry Ford Health 1-2:30pm	13	14 Parent/Caregiver Painting Night The HUB 4-6pm
15 Lunch & Movie BWW/Trillium 11:00am BWW Fundraiser	16	17	18 Bingo Night Richfield Rd Church 6-7:30pm	19 Pickleball Henry Ford Health 1-2:30pm Painting with Kerry The HUB 6-7:30pm	20 Zumba The HUB 1-2pm Karaoke Night The HUB 6-8pm	21 Line Dancing The HUB 1-2pm
22	23 Origami Balance Class Henry Ford Health 1-2pm Art Class The HUB 6-7:30pm	24 Stretching/Toning/ Cardio Drumming The HUB 5:30-6:30pm	25 Flint Institute of Music 11am-12pm Game Night The HUB 6-7:30pm	26 Pickleball Henry Ford Health 1-2:30pm	27 Animal Therapy The HUB 1-3pm Bowling Night Grand Blanc Lanes 6-8pm	28
29	30	31				



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**

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>



Contact Us:

www.xceptionalheroes.org

xheroes2021@gmail.com

Facebook Page: [@xceptionalheroes](https://www.facebook.com/xceptionalheroes)

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

Instagram: [@xceptional.heroes](https://www.instagram.com/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!

