



## XH QUARTERLY NEWSLETTER

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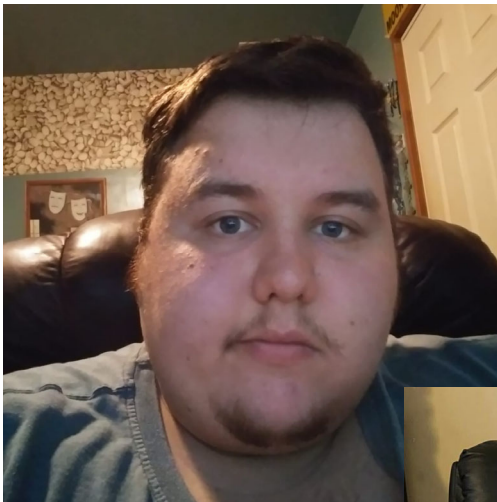
### Leadership Notes — From Jenn & Teresa

Greetings Heroes and Families! While activities typically slow down during the 4th Quarter due to the holidays and such, the Board of Directors has been busy, busy, busy preparing for a multitude of new adventures for our Heroes! We are so excited to share with you all the progress and advancement we have realized since September! Great things are

happening for XH and they directly impact our ability to continue delivering the much-needed services to our Hero population! Read on and ENJOY!!

### Recent Events/Activities:

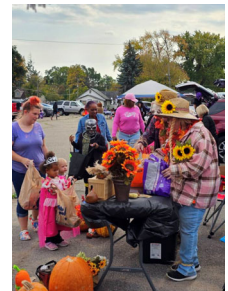
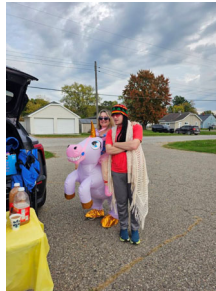
Let's all take a moment to hold our dear Heroes who have passed away this year in our thoughts and prayers. While death is inevitable for all of us, to have 5 losses in one year has been tragic for us and we were ill-prepared for how devastating each of these losses would be. Each of these Heroes brought magic to our family and, no question, many laughs and hugs! Their names are Janel Provost, Connor Main, Cheryl Palmer (mother to Hero, Kyle), Lisa Steeh (photo cannot be located), and Gary Davis. Our lives are forever changed by each of them and they will be sorely missed very much.



## Recent Events/Activities:

### TRUNK OR TREAT

This was the first year we've attempted to host a Trunk or Treat. While it was wildly successful and we had a great turnout, we definitely found out there is a learning curve! Will we do it again next year? YOU BET!! You grow from mistakes and missteps, and we have made note of what we can do differently next year! Thank you to all who participated in our first year!



## U OF M INCLUSIVE HALLOWEEN

This was our 2nd year attending this function and it is SO FUN! It's a great opportunity to get out and reach new Heroes, it's a great collaborative effort and makes new connections possible, and it's just so fantastic seeing everyone out and enjoying community inclusion! If you haven't attended before, it's free and it is amazing! You won't regret it!



## HARVEST PARTY

This fun party has become one of our staple events of the year! Everyone has such a great time dressing up and bringing food for a potluck dinner! We had a capacity crowd this year and everyone enjoyed themselves so much! Congratulations to our costumer winners: Scariest—Kayla Royce, Most Original—Daniel Madden, Most Glamorous—Brittany Crane, Funniest—The Mayer Family as South Park, and Best Overall—Tessa Scott and Lindsey Freund as Pink Ladies!



# THANKSGIVING DINNER

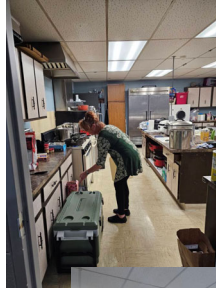
While this was not an XH activity, a group of volunteers from XH (Teresa White, Tina Seidel, Chris Huff, Robin Edwards, Micki Linn, Tamara Schlosser, and Greg Greer) all got together and planned and delivered an amazing turkey dinner! It started out as a way to help our less fortunate Heroes who were negatively impacted by the loss of SNAP benefits, but quickly grew to include any of our Heroes and their family members! Thanks to generous cash donations from several individuals, 5 turkeys donated by Rowlands Meat Farm and Andrea and Jerry Bennett, and various grocery items, we were able to serve over 120 plates that evening! Special thanks goes to Teresa's cousin, Ron Osborn, and The Well Church for hosting our dinner at their beautiful facility! Our volunteers did their part to contribute, but it was so refreshing to see our community come together for those impacted and provide resources for families to find the help they needed! It means more to give than to receive.

**A Heroic Thanks**

Please join our committee in thanking the following for their contributions to our Thanksgiving Dinner! YOU ARE HEROIC!

ROWLANDS MEAT FARM  
SAM'S CLUB  
AMLEGATE CHEVROLET  
CHRIS MORSE SPRINGER HAMMERMEISTER  
TERRY WHITE  
THE MANN FAMILY  
KERRIA LEE  
MELANIE TAYLOR  
BRUCE HANDLEY  
CAROL GARRISON  
JACKIE GREEN  
ASHLEY BOLAND  
THE IRVIN FAMILY  
LORETTA & CRAIG RIBBITZ  
CHEYL & SCOTT BAKFRANN  
AMANDA PETERS  
THE COUTURE FAMILY  
LINDA NEIB  
KENT & ANITA RATHMAN  
CHRISTINE THOMAS  
JOHN COSELMAN  
RON & CONNIE OSSORN  
MIRE BROUGH & PATTY BROWN  
MARY DEEBING  
JERRY & ANDREA BENNETT

Your generosity means the world to us!  
Teresa White, Tina Seidel, Robin Edwards, Micki Linn,  
Tamara Schlosser, Greg Greer, and Chris Huff



## ART OF ACHIEVEMENT AWARDS

Xceptional Heroes was nominated (more than once!) for the Nonprofit Impact Award this year! This award recognizes a charity, church, or nonprofit making great strides to positively impact any facet of the Flint & Genesee community! While we did not win, it was a tremendous honor to be nominated and considered for the work we are doing! It was a fantastic evening at the beautiful Capitol Theater in downtown Flint and we all enjoyed ourselves very much!



## FLINT FIREBIRDS GAME

One of our Heroes very favorite activities is to attend a Flint Firebirds hockey game! This game happened to fall on Teresa's birthday, so everyone was forced to celebrate the day with her! We enjoyed a GREAT game and the Firebirds came out on top with a big win for our Heroes! We were also able to enjoy the High Five Tunnel before the game as well as watching some live demonstrations in the lobby with Pure Pro Wrestling (another Hero favorite!) Special thanks to the Firebirds organization for always being so generous with our Heroes!



## ARTS, CRAFTS, PAINTING, AND BINGO

While our Heroes enjoy and participate in most of our activities, our biggest Hero favorites are anything to do with arts and crafts! Although, Bingo comes in at a very close 2nd! We have some incredibly generous and talented volunteers who share their creativity, talents, and time with our Heroes several times a month! A huge shoutout to Robin Edwards, who hosts 2 craft nights per month, to Chris Springer who has been leading one art/painting class per month, but has expanded to 2 classes beginning in December, and to Kerry Munsey, who leads "Painting with Kerry". Kerry was our painting leader at XH North and we are hopeful our northern artists will follow Kerry and her class to The HUB! Greg "Bubba" Greer is our Bingo master and he leads 2 Bingo Nights per month, one at The HUB and a larger group at Richfield Road Church. These activities are enough to keep us hopping without all the other events we have going on!



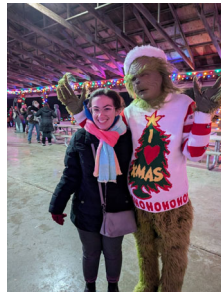
## ARTS, CRAFTS, PAINTING, AND BINGO

One page isn't enough space to share all the creative genius from our arts and crafts and the fun times spent at Bingo! All of our leaders deserve the recognition of their commitment to XH and who doesn't love the pride and the smiling faces from these photos!



## HOLIDAY TREE LIGHTING

This was our 3rd year attending this activity at Bicentennial Park! Teresa and Greg faithfully lugged 5 gallons of hot cocoa to the main pavilion per the unstated "tradition"!! It was a chilly evening, but Grand Blanc Parks and Rec does a great job providing fires for warmth and for making S'mores! The lights on the walking trail and around the entire property were stunning, and of course, Santa made his grand entrance on a fire truck! The tree lighting and the following fireworks were just as gorgeous as in years past! Consider joining us next year if you missed this one! It truly is a fun and special evening!



## JENN'S OUTREACH

A large part of Jennifer's responsibilities involves community outreach and developing relationships with community partners. She attends Chamber of Commerce meetings in Grand Blanc and in Flint/Genesee County routinely. Jenn is also asked frequently to speak publicly on behalf of XH and spread the word about all the important work we are doing in and around Genesee County! Her outreach has resulted in some incredible partnerships and future collaborations that will bring a whole new dimension to the fun and exciting activities we can offer our Heroes! Some of the outreach Jenn did in the 4th Quarter was to present to the Women's Leadership Committee, a division of the Flint/Genesee Chamber. She brought a Hero Ambassador, Amanda Carter, with her to personalize the Hero experience for the individuals she was speaking with. Amanda was so sweet and brought hand-made bracelets for all the attendees! Jenn was also a guest for a radio interview with Joan Esposito of WCPT 820, Chicago, IL! Word of XH has spread all the way to Chicago!!! The link to that amazing interview can be found on our page if you would like to listen to it! It is because of Jenn's hard work and consistent presence in the community that XH was recognized for the Art of Achievement Award this year! We truly couldn't move the dial the way we have without Jenn's efforts and resilience! THANK YOU, Jenn, for all your hard work!



## **Introducing The HUB (Hero Unity Building)!!**

To say that Jenn, Teresa, and the XH Board of Directors is unspeakably proud to be able to introduce the product of 4 years of diligent, hard work is an understatement! Obtaining a "home base" of operations has been a goal of ours since the very beginning. We were VERY particular about the location because it had to be centrally located to accommodate Heroes from all corners of Genesee County and beyond. It also had to be spacious enough to fit our very large, very full activities and classes! We were thrilled to locate the property that we now call "The HUB"!! It checked all the boxes and has been a great fit! It is close to restaurants and shopping so parents/caregivers can entrust us with their Hero while they go enjoy an hour or more of solitude and alone-time! One of the main goals of XH is to encourage the independence of our Heroes and allow parents to "step away" to get a break. This is very meaningful in the lives of our Heroes to learn how to be without their primary caregivers as one day, sadly, they will find themselves facing this reality. This is the first step in our long-term business plan and we couldn't be prouder of our efforts! We signed the lease on October 1st and we were renovated and ready to open by December 1st! Please join us in sending out our most sincere gratitude for those who made this possible for us: Smith & Smith Carpet for our gorgeous flooring, Deonna Wilson for the lovely paint job, Frank Mitchell for building shelving and renovating spaces to our specifications, and to Joe McMorris for jumping in to tackle a major countertop and cabinet project! Each one of these individuals were critical in ensuring we were ready to open by December 1st! THANK YOU!!!

Going forward, the majority of our activities will be conducted at The HUB. We remain committed to staying active and present in our community so we will continue to host events and activities outside The HUB as well. Be sure to check the location of events on our monthly calendar and in the event sign-up's.



## 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.

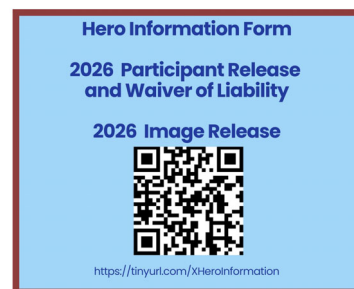
One of the most important changes that has already been implemented is the mandatory completion of our Hero Information Forms and Waivers. This information is vitally important to our operations for a variety of reasons. Some of the data is collected and used when applying for grants, some of the information 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!



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.

## VOLUNTEERS



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.

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.

## MEMBERSHIP RATES

Since our beginnings in 2015 as a small social group, to when we expanded and became a non-profit in 2021, XH has never collected membership fees. We have shouldered the cost of activities through fundraising and donations. With our expansion and our goals to dramatically increase our programming, we are introducing a modest membership fee beginning in January 2026. This decision was not made lightly and great care and thought went into how best to address the needs of XH against the Heroes ability to pay this fee. While the final details have not been finalized regarding situations such as multi-Hero families, group homes, and an inability to pay the fees, we have instituted the following and we truly appreciate your understanding and support! More details will be provided in the very near future. You can speak with any Board member with questions you may have.

**Pay to Play—\$5/activity (perfect for Heroes who only attend a few functions per month)**

**Monthly Membership—\$25/month (Unlimited access to all calendar events, discount on activities requiring payment)**

**Annual Membership—\$250/year (Unlimited access to all calendar events, discount on activities requiring payment)**

## ANNUAL HOLIDAY PARTY

Our Annual Holiday Party is our flagship event of the year and we have such a great time planning it and doing everything we can to make this the most memorable evening of the year for our Heroes! The DJ was kicking, the food was amazing, and our Heroes all looked fabulous!





# HEROIC COOKING

## Veggie Sushi

### Tools needed:

Medium stock pot, mixing bowl, knife, cutting board, veggie peeler, spoon

### Ingredients

1 1/2 cup sushi rice	1 3/4 cup water
3 Tbsp Rice Vinegar	1 Tbsp sugar
1 1/4 tsp salt	2 cucumbers
1 bunch green onions	1 avocado
2 carrots	



### **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:**

In stock pot, mix the rice and water. Bring to a boil and cook for 9-10 minutes

### **STEP 3:**

In mixing bowl, combine the rice vinegar, sugar, and salt. Stir until dissolved.

### **STEP 4:**

Pour mixture over the cooked rice and mix well

### **STEP 5:**

Prep the veggies:

Slice the avocado and green onion into 1 1/2 inch long pieces

Peel the carrots and cucumbers, creating thin slices

### **STEP 6:**

Get a small scoop of rice and roll into a ball. Place the ball at the end of a cucumber slice

### **STEP 7:**




Lay 1 carrot slice, 1 avocado slice, 1 piece of green onion on the rice ball and roll the cucumber slice. Enjoy with soy sauce!



# December 2025

Instagram handle—@xceptional.heroes

Facebook handle—@Xceptional Heroes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Stretching/Fitness/ Cardio Drumming The HUB 5:30-6:30pm</i>	3 <i>Bingo Night The HUB 6-7:30pm</i>	4 <i>Fun w/ Fitness Henry Ford Health 11:00am-12:00pm</i>	5 <i>Tree Lighting Bicentennial Park Main Pavilion 6-8pm</i>	6
7	8 <i>Craft Night The HUB 6-7:30pm</i>	9	10 <i>Craft Night The HUB 6-7:30pm</i>	11 <i>Fun w/ Fitness Henry Ford Health 11:00am-12:00pm Painting with Kerry The HUB 6-7:30pm</i>	12	13 <i>4th Annual Holiday Party Elks Lodge 6-10pm</i> 
14	15 <i>Art Class The HUB 6-7:30pm</i>	16 <i>Art Class Mundy Twp Senior Center 6-7:30pm</i>	17 <i>Bingo Night Richfield Rd Church 6-7:30pm</i>	18 <i>Fun w/ Fitness Henry Ford Health 11:00am-12:00pm</i>	19 <i>Group Activity w/ Powers Volunteers The HUB 6-8pm</i>	20
21 <i>Lunch &amp; Movie Day Avatar Fire &amp; Ash Buffalo Wild Wings 11:00am</i>	22	23	24	25 	26 <i>Bowling Night Grand Blanc Lanes 6-8pm</i>	27
28	29 <i>Adult Painting with Chris The HUB 6-7:30pm</i>	30	31  <i>New Years Party The HUB 6-10pm</i>			

## Happy October Birthday's!

Brittany Crane	10/1
Matthew Hickey	10/3
Brendan Allen	10/6
Kimberly Ravidue-Allward	10/6
Steve Okenka	10/11
Andrea Davis	10/11
Allison Tanner	10/14
Corbin Lincoln	10/15
Eric Gloster	10/19
Xander Sewell	10/21
Christian Schwabauer	10/25
Justin Hatton	10/29

## HAPPY December BIRTHDAYS

JENNIFER BERDEN	12/3
CHRIS GREEN	12/4
MCKENNA GOYETT	12/5
RYAN MCREYNOLDS	12/5
CASEY TRIPP	12/14
MIKE GILLET	12/15
SAMIR HADZIC-BENITEZ	12/17
CHLOE HAGGERTY	12/18
LISA MACAULEY	12/19
ETHAN HUNT	12/19
EMILY SCROGGINS	12/27
DONOVAN SETTO	12/30
ROCHELLE MIDDLETON	12/31

## HAPPY NOVEMBER BIRTHDAYS!

DAVID COLTON	11/2
LINDSEY PRINGLE	11/9
KELLEY SMITH	11/11
PAUL COUTURE	11/11
TERESA WHITE	11/15
JIMMY ANTON	11/17
SARA NADDEO	11/17
ANDREW HATTON	11/22
BRET RIFE	11/26

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

[xheroes2021@gmail.com](mailto: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!

