



Happy New Year From Community Opportunity Center

As we enter into a new year, it's a time for reflection on the past and anticipation for the future. In closing out 2023, Community Opportunity Center (COC) has completed its 58th year of service to people with developmental disabilities and has been blessed with help from talented and community oriented volunteers, employees, and organizations along the way, many of whom are featured in this edition. Their contributions have supported the mission of Community Opportunity Center by helping to maintain homes, build friendships and improve care delivery to those we serve. We look with anticipation to 2024 and all the promise it holds, knowing that the connections and relationships across residents, employees, families and supporters of COC are strong and continue to provide the necessary resources and talent required to help COC carry out its mission.

New Year's Reflections

COC friends share their best memories of 2023 and what they look forward to in 2024.

Jeannie, Livonia House: *My best memory of 2023 is going to the Bahamas. What I am looking forward to in 2024 is going to a Pistons game.*

Liz, Livonia House: *My best memory of 2023 is going to dances with friends. I am looking forward to feeling calm and happy in 2024.*



See more Reflections on page 13.

Our Mission

We promise to help the people we serve lead fulfilled lives by providing quality, individualized support.

What's Inside:

COC News	2-3
Staff News	4
Employee Awards	5
Resident Activities	6-9
Resident Spotlight	10-11
COC Volunteers	12
Get Your COC Gear	13
COC Legacy Giving	14
Support COC Mission	14
Generous COC Donors	15
Board of Directors	16

Fun Fact About New Year Holiday

The first New Year's celebrations date back to the early civilizations in Mesopotamia. However, Julius Caesar, in an effort to reform the confusing roman calendar, was the first to declare January 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back.

COC News

Dunning Grant

Community Opportunity Center received a grant of \$85,000 from the Margaret Dunning Foundation in late fall of 2022. The Margaret Dunning Foundation was founded by Ms. Dunning in 1997. She was born in 1910 in Redford Township, Michigan, and moved with her mother to Plymouth, Michigan in the 1920s. During her lifetime, Ms. Dunning was a successful businesswoman, philanthropist, and civic booster. She was a major supporter of many Plymouth non-profits, including the Plymouth District Library and the Plymouth Historical Society. In addition to her personal philanthropy, Ms. Dunning was a classic car enthusiast and a regular participant in the Woodward Dream Cruise with her 1930 Packard 740 Roadster. Ms. Dunning died in 2015 at the age of 104. Her estate provided additional funding for the Margaret Dunning Foundation, which continues to support her charitable interests and legacy. For more information visit margaretdunningfdn.org.

Work on the approved home improvement projects began in January, 2023 and was completed in October, 2023. The funds were used to support projects at Redford Opportunity House and Plymouth Opportunity House. ROH purchased a new roof and hot water heater, updated interior flooring and paint, improved furnace duct work, repaired exterior brick damage and renovated two bathrooms. POH received a new, large commercial refrigerator, updated living and dining room flooring and paint, renovated two bathrooms, applied epoxy flooring in the garage and installed ceiling fans in seven bedrooms to improve ventilation and lighting.

These maintenance upgrades are a great blessing and assist COC in carrying out its mission of providing quality, long-term housing by ensuring that those we serve have a nice place to live. COC is grateful to the Margaret Dunning Foundation for its help and support.

Second Annual Celebrity Bowling Challenge

On March 31, Community Opportunity Center and The High 5ive Foundation teamed up for our second Annual Celebrity Bowling Challenge at Oak Lanes in Westland. Once again, Drew Stanton was the honorary chair of the event. Also in attendance were several celebrities including former Detroit Lions Tony Sheffler, Dave Rayer, Cory Schlesinger, Calvin Johnson and radio personality Mike “Stoney” Stone. We filled more than 30 lanes with residents, family members, volunteers and celebrities, hosting over 120 bowlers. Everyone had a great time. COC received \$8914 through support from this event. Many thanks to all who attended.



COC staff pose with Detroit Lions great, Calvin (Megatron) Johnson.

Third Annual Celebrity Bowling Challenge

Mark your calendar and plan to join us on March 10, 2024!

Watch for more details to come.



Craft Classes

The monthly craft classes continue to be popular with the COC residents who enjoy being creative while hanging out with their friends. The two-hour classes are held at the COC office with ten to twelve participants. The program requires a handful of dedicated volunteers and staff to aid those who need help with the projects. Three core volunteers meet two weeks before the scheduled class date to organize each project and ensure that we have all the supplies that will be needed.



Holiday crafts are featured so they can be given as a gift or used to decorate the individual's home. Depending on how complicated the projects are, there can be up to three separate projects per class. Most of the ideas come from Pinterest or from shuffling through the craft closet and taking note of which supplies are in abundance, such as beads, ribbon, yarn, etc. Then a plan is formed!

Thank you to the many COC friends and families who have donated items or sent monetary donations so that we can continue to offer this creative outlet. There is a three dollar charge per class. Those funds are used to buy crafting items to keep our closet stocked with glue, scissors, pipe cleaners, fabric, craft paints, etc.

It is so fun to watch how the creativity of each participant is reflected in their completed project. Of course, the crafters love having their pictures taken with their items and those pictures are posted on the COC Facebook page each month. The folks are always proud of their end result!

It is worth mentioning that Val (supported by COC) is considered the "assistant" because for the past year she comes early for each session and helps get the room prepared and the supplies organized at each station. We are so thankful for her help and dedication, and she always shows up with a smile!

Creativeness is a natural part of human expression that we should all value and cultivate.

Health and Wellness

Health and Wellness continue to be an important priority for all of us at COC! The cardio drumming classes continue at Plymouth House, with laughter being a major factor of our weekly exercise classes.

Friendship House continues to participate in weekly targeted seated yoga classes, and Garden City is showing improved stamina during their weekly exercise classes. We were also lucky enough to have a canine visitor join our GCOM walking club.

The floor yoga class at COC is focused on building strength and flexibility, with a goal of improving balance and strength as well.

Fun and better fitness, a great goal for us all, and we will continue to work at this in 2024.



Staff News

Sharonda Gamble – Promoted to Home Admin. at Curtis House



Please join us in congratulating Sharonda Gamble for her promotion to Home Administrator of Curtis House in June, 2023!

Sharonda joined COC in June, 2014 as a Direct Care Professional at Milburn House. She quickly

acclimated to the COC way and worked to establish relationships with residents and family members to provide the care that is needed, going above and beyond for our folks. In 2020 she moved over to Plymouth House as the Med. Coordinator and adjusted to the demands of this role, managing the complicated medical needs of 13+ residents. Her ability to multi-task with accuracy made her a perfect candidate for the Assistant Admin. role at Curtis House which she was promoted to in June, 2022. Sharonda has created meaningful relationships with the residents at Curtis House. She knows them well and works to address their preferences and interests. She continues to develop her leadership skills in this new role as Home Admin. by providing guidance, consistency and patience to the staff and residents of Curtis House.

Thank you Kim Stack!



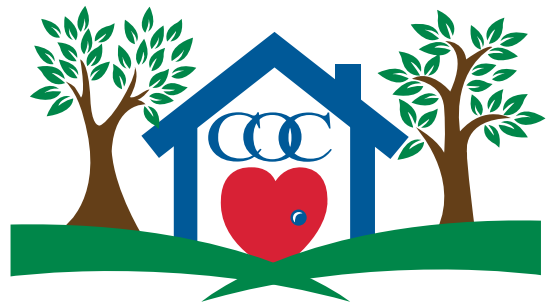
We want to acknowledge and thank Kim Stack (*above left*) for her 11 years of service and leadership at GCOM as the Home Administrator. Kim has stepped down from her role in June, 2023, but she didn't go far...Kim has stayed on as a Direct Care Professional so that she can continue to provide love and care to our residents and impact their daily lives in a meaningful way.

Gretchen Adamczyk (*above right*) the former Home Administrator at Curtis House has moved to apply her leadership and management to Garden City Opportunity Manor. She has transitioned into the role previously held by Kim and has adjusted well to the large setting with the support of all GCOM staff.

New Staff Hires

January–June 2023

Destiny Chappell	Fidel E. Nelson-Francis
Ifeoma Jideofor	Destiny A. Poe
Nicole McCain	Michele Turner
BreAnn McKinney	Quarteisha Wells



Employee of the Year and Nightingale Awards

COC's annual Employee of the Year and Nightingale Award for 2022 were awarded to two well deserving individuals who have given so much of their time and talents to our mission.



Our 2022 Employee of the Year was Sheanell O'Neal-Horton, Home Administrator for Milburn House. Sheanell has supported our mission and delivered quality care helping our residents truly live self-actualized lives. Sheanell helps them see and achieve their individual potential, feel loved, supported, and treated with dignity and respect no matter what. Sheanell embodies the spirit of a life companion by simply showing up, being a consistent part of their lives and allowing

them to trust that her love and support is unconditional.



The 2022 Nightingale Award winner was Joslyn Williams, Home Administrator for Friendship House. This award was established to recognize an employee who has provided exemplary care to a resident(s) in a time of crisis. Joslyn has shown incredible mental stamina while pushing through the labor shortage and working long hours, evenings, and weekends to facilitate and supervise the complex care required at Friendship House.

These nominations come directly from their peers, those who witness firsthand how their work ethic, dedication and commitment can make an impact. All staff who were nominated for the Employee of the Year and the Nightingale Award were invited to our annual lunch where we shared their individual accomplishments, served them lunch and offered a little pampering with a chair massage.



Nominations for 2023 Employee of the Year

In the winter of each year, COC employees are given the opportunity to nominate up to three coworkers for the Employee of the Year Award. The nominations are based on firsthand experiences working with and/or observing employee work ethic, character, and passion for the work they do with the people we serve. Individual comments are paired with the requirement of an annual evaluation score of 3.5 or greater to help the Selection Committee determine who should receive the award. Each year, the recipient's name and picture will be placed on the award plaque that hangs in the COC Office. The 2023 Employee of the Year will be featured in an upcoming edition of "SPOTLIGHT".

Families of our residents are also encouraged to submit letters of recognition for the staff whom they feel go above and beyond for the residents they serve. These letters can be mailed to or dropped off at the COC main office, attention "Employee of the Year Committee." We will share all sentiments with the staff member and administrators.

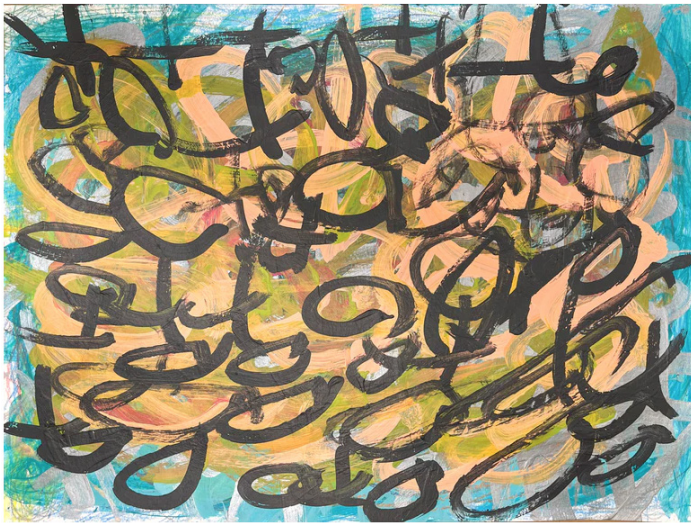
Home Activities



On June 28, SIP had their first ever Luau party at Canterbury Apartments pavillion. All of the families attended as well as friends from other COC houses. They tie-dyed shirts, had music, and lots of games. It may have been a rainy day, but they still had a wonderful time and hope to host another Luau next year!



Friends from Plymouth House, Livonia House and Friendship House traveled to Texas in May, 2023 to visit their friend and former COC staff member, Bertha Johnson. She had a wonderful bond with many of the residents of COC. Bertha retired from COC last year and moved to the Dallas area to be near her family. Residents from our Livonia, Plymouth, and Friendship homes who knew her well were excited to vacation in Texas and visit with Bertha. It was a busy three days, and all had a wonderful time. The trip was facilitated by Program Manager, Lisa Lindner, and Curtis Home Manager, Sharonda Gamble.



On April 2, COC artist Julie (pictured above, left) had her paintings presented at Get Together at the Reyes | Finn Gallery in Detroit. Julie is an abstract artist with PASC (Progressive Art Studio Collective) which is a program of STEP. Julie has sold several paintings and will have more gallery showings in the future!



Our SIP residents went to the African Safari Wildlife Park in Ohio! They were able to see the animals up close and were also able to feed some of the animals. They really enjoyed this trip.



In June Friendship House enjoyed a fun-filled day in downtown Detroit. They took a stroll down the river walk to do some sightseeing. They enjoyed the beautiful water and big buildings around them. They ate lunch at a food truck of their choice. There were so many options to choose from!



One of David's favorite summer activities is swimming! David lives at Curtis House, and he enjoys swimming at the Redford Recreation Pool. David's Home Admin., Sharonda, is looking to get him a membership to the pool so that he can do even more swimming next year!



Rosemarie and Rosemary enjoy going to Great Clips to get their hair cut, the staff are so nice and patient with them.



Ronnie, Linda and Dennis attended a Tigers game at Comerica Park and had a wonderful time. They were ready and ROARING to go and the Tigers won the game! After the win, the gang celebrated by taking a photo with Mickey Mouse.



GCOM had a great time on Memorial Day! They showed their pride by wearing our red, white and blue while relaxing outside because it was a gorgeous day. Holly came to visit and played a game of Yahtzee.



There was so much to do and see during GCOM's trip to California. Thomas and Dennis got to pose with some Oscar and Emmy statues. They found the Ecto-1 a.k.a. The Ghostbusters car, spent time with the Herlihy family, and spent the day California dreamin' at Venice Beach among other things.



Folks from POH ride the train at the Toledo Zoo.



Milburn ladies at SEA LIFE Michigan Aquarium



Checking out LCA before the Pistons' game.



Destiney, Ray, Mark and Crystal at Rainforest Cafe.



Meow! Patrick met Catwoman in Las Vegas in May 2023



Jenny and Carrie celebrating.



Johnathon strikes a pose at the bowling alley.

Resident Spotlight

Meet Lyle

By Maria Lloyd-Cytacki

I had the pleasure of interviewing Lyle via an early morning phone call. We spoke about many topics, and I learned about his employment at Meijer, how he likes to spend his free time, and his volunteer work for COC.

I knew that Lyle had been working at Meijer but what I did not know was that he has been working there for a long and successful 32 years! What an accomplishment! He remembers that he acquired employment through the Western Wayne Skills Center in Livonia, a vocational program he attended as a student during his school years. Lyle started as a bagger. Though bagging was not Lyle's favorite part of the job, he did it for an entire year before moving to receiving where he was for 29 years. Lyle told me that he now continues in receiving but also helps in both the grocery department and bottle returns as well.

Lyle mentioned he remembers the celebrations that they held for him as he hit milestone employment goals. Before COVID, he told me, they used to have parties and celebrations when he reached 5, 10 or 20 years with the company. Lyle admits that the work is hard, and while everyday can be challenging, the work is also fulfilling, and he really enjoys his nice and friendly co-workers.



Lyle meets former Red Wing goalie, Chris Osgood.

In his spare time, Lyle loves to go to the Plymouth District Library. He goes there to do research and work on his family tree as he is very interested in genealogy. Through research and help from sites like ancestry.com, Lyle has discovered much about his family tree, and he told me that his family comes from England.

In addition to working at Meijer, Lyle also volunteers his time as one of the COC Board Members. Lyle has been on the Board for about a year. He told me that this is a position he stepped into after his dad passed. Lyle said that he loves being on the Board and he enjoys having the opportunity to support his friends and be involved with the future decisions of COC.

COC Executive Director, Holly Heath, had this to say about Lyle's involvement with the Board of Directors:

"Lyle has been a board member since 2021. He's a great voice for the residents of COC; he asks good questions and presents good ideas. In his position on the Board, Lyle continues to carry out the legacy of his father, Emory Daniels, who served COC as a board member for 28 years."

We are honored to support Lyle as he continues to work hard, learn more, and help others.



Meet Mike

I met with Mike at his place of employment to get to know him and hear about the work he does at Meijer. It was a brisk November morning when I spotted Mike collecting and returning shopping carts. My first thought was, "Isn't he cold?" I later learned that he came



prepared, suited up with many layers of clothing to brave the weather. As a long-time veteran employee of Meijer, Mike has learned how to plan ahead to ensure that he gets the job done!

Mike remembers that when he and his dad were coming to Michigan from Pennsylvania, his dad recommended he look for a job at Meijer. They went to Meijer and met with the store manager and Mike was hired on the spot! Though he likes his job, bringing in the carts from the parking lot can be a strenuous task. Occasionally, if Mike pulls in too many carts at one time he ends up in with a sore back. Meijer is lucky to have such a hard worker and genuinely nice person in their ranks. His co-workers and bosses love him, which makes for a great work environment.

Working at Meijer is not Mike's only job. Around COC, he is known as "DJ Mike". Back in Pennsylvania, he used to DJ at a coffee house where they loved him. He also DJ'd a New Years Eve party at his church. Mike has picked up some gigs since he has been in Michigan including the COC Picnic this past September. So...if you know of anyone looking for a DJ, do not hesitate to let us know!



 [Like Us on Facebook!](#)

Thank You Kathryn and John DeGeorge!



We say goodbye to Kathryn and John DeGeorge, both of whom were great supporters of COC. They have retired to their home in Cheboygan.

Kathryn (Kat) joined COC in December, 2009. Since that time she has worn several hats. She has been the Intake Coordinator, transitioning new residents into our homes. She handled many administrative tasks including IT projects, the COC newsletter and establishing/maintaining a document archive system to meet compliance standards. She was briefly a Home Administrator. Kat could always be counted on to help wherever needed, filling shifts during periods of short staffing. She performed direct care work in all of our homes over the years. During the pandemic Kat was one of the first employees to move into our first COVID-exposed home; ensuring residents were cared for while the home was properly quarantined.

John also gave a good deal of time to COC. He befriended many of the people served by COC and took them to community events including music performances, sporting events and festivals. John gave his time helping to move people in and out of our homes, moving and transporting furniture. John is an excellent cook and has supported staff luncheons by providing food and manning the outdoor grill.

Kat and John were very generous with their time and support for COC and they will be greatly missed.

We Appreciate Our Volunteers!

Volunteer Projects Completed January – June 2023

- Sally Pinchock comes into the main office on Thursdays or Fridays weekly and helps the program managers, Ferrari and Felisha, with filing paperwork.
- Chris Compton, Barb Kosciolk, and Debbie Anderson run COC's Arts and Craft class once every two months. The residents really look forward to the different crafts that the volunteers have set for them.
- Vikki Thomas helped in our May craft class.
- Sue Deacon designs our *Spotlight* Newsletter.
- Keith Cornett, a high school student, was looking for volunteer opportunities in his neighborhood. He volunteered his time at Plymouth House playing games, talking to the residents and going on walks, when it was sunny outside.

- Three Mercy High School students, Lindsay Hermann, Katie Schwab, and Lauren Smith volunteered at different locations every Wednesday for a couple hours. They pulled weeds, trimmed bushes, and played bingo and cards with the residents.



Lauren, Lindsay and Erica

- Erica Elias helped the Mercy High School students every Wednesday at different locations. She helped with gardening, and playing games.

How to Get Involved!

Volunteers have always played a significant role in supporting the COC community. Interested persons and/or organizations will collaborate with the Home Administrators to determine the type of assistance needed and make plans to implement activities to benefit the homes and those living in them. If you know anyone who would be interested in working with extraordinary people and for an exceptional non-profit, please refer them to our website, www.cocliving.com. Click on the "Get Involved" tab. Or contact Glen Hearn at 734-838-0540.

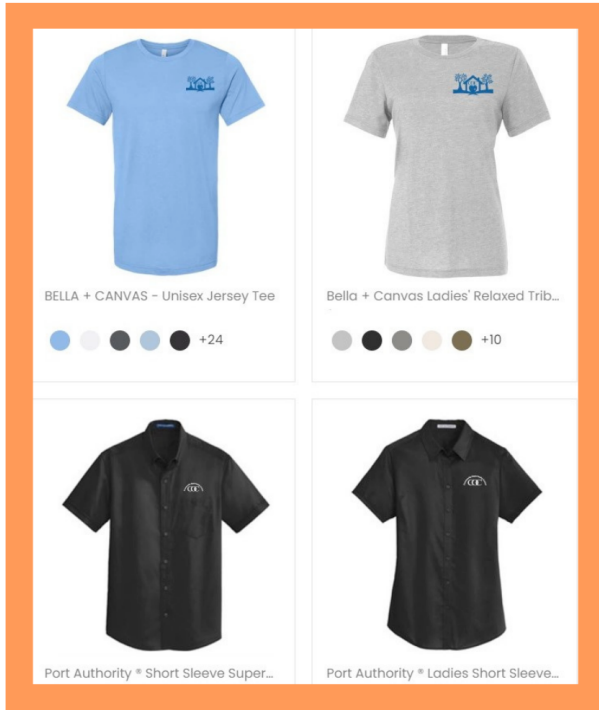
- Woodside Bible Church had a crew of 17 adults and children come out to four different locations, Livonia House, Redford House, Plymouth House, and Milburn House. The volunteers helped pick weeds, lay mulch, trim bushes to give the homes a nice curb appeal.



- Living and Learning Enrichment Center created their own lawn crew of volunteers that go to a different COC home each week. The crew is made up of adults with developmental disabilities and they help keep our homes looking beautiful.
- Norm Augustine comes into the main office every two to three months and helps audit the cash books for the program managers.



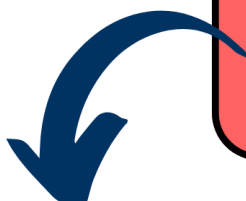
Get your COC Gear!



Visit our new gear site to get COC T-shirts, polos, fleeces, hats, and MORE!

Options to pick up your order or have it shipped directly to you!

Visit our new gear site today and place your order!



AnnArborTees.chippily.com/COC/

New Year's Reflections continued:



Debbie SIP/Canterbury Apts: *In 2023 I liked going bowling, it gets me out of the house. I also liked taking my shredding business to Living and Learning in Northville and working there. In 2024, I am looking forward to going to more dances and Special Olympics.*



Sara, SIP/Canterbury Apts: *One of my favorite memories of 2023 is going out to lunch with my sister and going to the movies. I want to do that again in 2024.*

Brian, SIP/Canterbury Apts: *In 2024 I want to go to the Arc dinner dance and visit my brother, George, in Traverse City.*



Debbie and Rose, Milburn House: *We started a Thursday book and card club in 2023 with help from volunteers, we look forward to keeping that going in 2024.*

Like Us on Facebook!

Support the Mission of COC

Legacy Giving Program

As the people supported by Community Opportunity Center (COC) age, the Corporation is in a position of self-funding extra staffing and services needed as well as modifications to homes and vehicles. Mental Health funding does not adequately support persons living in smaller home settings and the Corporation's commitment to providing quality staff is demonstrated by enhanced wages and benefits that are not fully funded by the mental health system.



For these reasons and more, we need to strengthen COC's resources to continue helping people achieve their greatest potential while living in a caring and safe environment. You can help by considering COC in your estate planning. Means of offering support include:

- Make a donation in memory of a loved one, in honor of a special occasion, a matching gift through your employer or a direct contribution.
- Identify Community Opportunity Center as a beneficiary of a portion of your Retirement Plan, Life Insurance Policy or financial accounts such as a bank or brokerage account or a CD.
- Those over 70½ who must take the required minimum distribution (RMD) from their IRA annually can donate directly from their investment source. In this way it's treated as a reduction in income and the standard deduction on your tax return can still be taken.

Donations are tax deductible. With your gift, you can help us do what we do today, even better tomorrow.

Please visit our website:
www.cocliving.com

Participate in These Donation Programs

Community Opportunity Center, NPHC (COC) is currently enrolled in two different donation programs. Donating through these programs will never cost you more money. Each year we receive contributions as a result of families and friends of COC who shop at Kroger using their rewards card and iGive.com.

Sign up for a Kroger Plus shopper's card and enroll in the Kroger Community Rewards Program to ensure COC receives your donation. To confirm your contribution, Community Opportunity Center will be printed at the bottom of your receipt. Register at: krogercommunityrewards.com



Shopping online through iGive.com connects you to over 700 brand name stores including eBay, Staples, JC Penney, Barnes & Noble, Office Depot, QVC, Expedia, Home Depot, Best Buy, Gap and Nordstrom. A portion of each purchase will be donated to COC. In fact, shopping through iGive.com will often save you money through exclusive coupon codes and deals offered just for our members. Sign up at www.igive.com/welcome



If you need help signing up with any of the above, please contact Glen Hearn in the COC office at 734-838-0540.

■ Thank You to Our Generous Donors

Donations Made to COC January 1 – June 30, 2023

Honorary Donations

In Honor of Mary Beth Hausman
Mr. Craig Hausman

In Honor of Brian Norris
Mr. & Mrs. Ronald Benn
Mr. & Mrs. Paul Hecht
Mr. & Mrs. Richard Henderson
Mr. & Mrs. Gary Hurst
Mr. & Mrs. Richard Ketelhut
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In Memory of Victoria Borowski
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Mr. & Mrs. John DeGeorge
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Mr. & Mrs. Steven Erl
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Ms. Karen Ruggiero
Ms. Sherrie Siefman
Mr. & Mrs. David Thomas
Ms. Patricia Ventura

In Memory of Eileen Murphy
Mr. Robert Murphy

In Memory of Margaret Sabuda
Quail Ridge Homeowners Association

■ Why Donate...

COC is committed to providing the best possible living situation for the men and women we support. A critical factor that contributes to achieving this goal is contributions of all kinds. Your generous monetary donations help maintain COC's high standards.

In Honor and Memory

Honorary and Memorial Donations help provide for the general needs of COC and the men and women we support. Call us at 734-422-1020 and we will deliver memorial envelopes to a funeral home or to your home. Also, anyone who desires to remember COC through their memorial giving can send a donation to COC in memory of an individual. Consider an Honorary donation to honor someone special for their birthday, anniversary, or just because you care. Whether remembering or honoring someone, a recognition letter is sent to the recipient and the donor. Your donation will make a difference!

General Donations

Amazon Smile
AmeriTrust Realty
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Mr. Michael Averill
Mr. & Mrs. Robert Blamer
Mr. William Cole
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WINTER 2024 SPOTLIGHT

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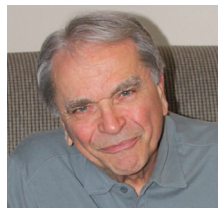
Dan Cytacki



Chris Dancy



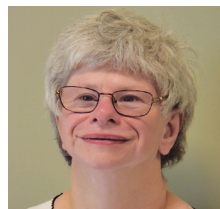
Lyle Daniels



Ed Diegel



Marge Mitchell



Jenny Sherman



Francine Stroud

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