

THE STELLAR GAZETTE

NOVEMBER 2025 • VOL. 23



Thanksgiving Wishes

AMY STROMBERG - HUMAN RESOURCES DIRECTOR

As Thanksgiving nears, I would like to share a quote with you...

"It's not joy that makes us grateful but gratitude that makes us joyful."

I am so proud to be part of a team that demonstrates this daily. I want to thank you for bringing such dedication, passion and comradery to Supernova! Wishing you peace, prosperity, and plenty of pumpkin pie!



Medical Insurance Open-Enrollment

FOR THOSE WHO WANT ASSISTANCE WITH CHOOSING A PLAN:

There will be an Open-Enrollment meeting on Wednesday, November 12, 2025 from 10:00am to 12:00pm where representatives from our Insurance Broker will be in Supernova's office to help employees walk through the ezICHRA portal, answer questions, and provide guidance. Please let HR Director, Amy Stromberg, know if you plan on attending the meeting. We will be scheduling 15-minute time slots.



2026 RENEWAL OPEN ENROLLMENT

NOVEMBER 7-25, 2025

Health Insurance With You In Mind



ANNOUNCEMENT

The ezICHRA portal will send you an email on November 7th announcing the beginning of Open Enrollment. There will be a deep link to your personal portal in the email.

RENEWING YOUR PLAN

All employees should finalize their renewal, new plan selection, report their Medicare premiums, and/or waive coverage in the ezICHRA portal, **even if the carrier says if you want to renew you do not have to do anything.**

REMINDER NOTIFICATIONS

Your current plan should be mapped in the portal for you to quickly renew your plan, if it is available. Should you wish to look for a new plan or waive, you will have that option as well.

The ezICHRA portal will send you email notifications until you have completed your Open Enrollment or the Open Enrollment window closes.

RENEWAL VIDEO

<https://jboswaldco.wistia.com/medias/07bvilldwg>

Diabetes Awareness Month

AMY STROMBERG - HUMAN RESOURCES DIRECTOR



November is **Diabetes Awareness Month**: A national health observance dedicated to raising awareness about the risks, symptoms, prevention, and treatment of diabetes. It's a time to reflect on the impact of diabetes in our community and the importance of education, early detection, and effective management. Whether you or a loved one is living with diabetes, or you're simply looking to improve your health, there are many steps we can all take to reduce risk and enhance quality of life.

How can I participate in **Diabetes Awareness Month**?

There are many meaningful ways to participate. You can start by learning more about diabetes through trusted health resources or attending a local seminar or support group. Share helpful information on social media to spread awareness, wear blue on **World Diabetes Day** (November 14), or support a loved one living with the condition. Making small, healthy changes in your own life like improving your diet, increasing physical activity, or scheduling a checkup is another powerful way to engage.



SUPERNOVA SERVICES



Happy Anniversary to our Supernova Employees!

THANK YOU FOR CONTINUING TO SHINE BRIGHT WITH US!

MACKENZIE EWAN

OCT. 4TH, 2024

JOE CHARITY

OCT. 7TH, 2024

**MERANDA
PATTERSON-LYCETT**

OCT. 16TH, 2022

ETHEL (REE) RUSH

OCT. 18TH, 2019

TEEMA MCELVY

OCT. 22ND, 2024

SUMMER THOMAS

OCT. 24TH, 2023

COREY HUNSBERGER

OCT. 25TH, 2021

STEVE LYNN

OCT. 25TH, 2021



SUPERNOVA SERVICES

Meet Our New Supernova Staff! 🌟



Maria Skocz
DSP

1.) What do you like to do in your spare time?

Going for walks with my dogs and doing puzzles.

2.) What is your favorite movie?

I like True Crime shows.

3.) If you could visit any place in the world, where would it be?

Ireland!



Amy Klinsky
DSP

1.) What do you like to do in your spare time?

Spend time with my family and my 3 dogs!

2.) What is your favorite movie?

On Golden Pond

3.) If you could visit any place in the world, where would it be?

England and Ireland!



Myairal Brown
DSP

1.) What do you like to do in your spare time?

Spend time with my family!

2.) What is your favorite movie?

Titanic

3.) If you could visit any place in the world, where would it be?

Hawaii

**WE ARE HIRING FULL/PART-TIME DSP'S \$18.50
HOURLY. REFER FAMILY/FRIENDS FOR A ONE-TIME
REFERRAL BONUS OF \$100 *NEW STAFF MUST WORK
3 MONTHS IN ORDER TO RECEIVE BONUS***



SUPERNOVA SERVICES

National Disability Employment Awareness Month

AARON WRUBLESKI - DIRECTOR OF COMMUNITY BASED PROGRAMMING

With October having been National Disability Employment Awareness Month, Supernova Services has a lot to be proud of in raising awareness and providing opportunities for individuals with disabilities to find, master and maintain employment. While the program continues to grow rapidly with consistent referrals and all of the moving parts that it takes to keep a program like this running, it is important to step back and reflect on the impact we are able to have on the lives of those that we support.

Over the last 25 years I have seen an immense shift in the focus, acceptance and support from the community when it comes to our individuals working. Historically, stigma has played a large role in the marginalization of people in the population we support; People were confused by what they did not understand. As a system, we listened when our individuals told us that they wanted to hold jobs in their communities and pushed back against the stigma. We became creative to open opportunities for our individuals to get a chance to become a part of their communities through work. We cheered when the Governor declared Pennsylvania an "Employment First" state. We pushed and challenged ourselves to keep the momentum moving and create programming that would open doors for our individuals to obtain real-world training, to earn a paycheck and show that our individuals are capable of a career and a life in their community.

While stigma has decreased, it has not disappeared; Ask any good Job Developer what the number 1 rule is and they will tell you, "Get comfortable with being told no", while working with the community. At Supernova, we don't accept that as an answer. We know that by taking the time to learn the skills and interests of our individuals, what motivates them, that we are able to help them on their path to employment.

While October is the month where we recognize awareness for individuals with disabilities working in their communities, we celebrate them every day. The walls that have been broken down over the past decades are a direct result of the individuals that we are privileged enough to support, in truly believing that they wanted to be a part of their communities and employment plays a role in that inclusion.



SUPERNOVA SERVICES

National Disability Employment Awareness Month (contd.)



National Disability Employment Awareness Month (contd.)



COMMONWEALTH OF PENNSYLVANIA



PROCLAMATION BY THE GOVERNOR

WHEREAS, October 2025 marks the 80th anniversary of the annual National Disability Employment Awareness Month (NDEAM), which focuses on education around disability employment issues, the importance of inclusive policies and practices, and celebrates the many and varied ways America's workers with disabilities participate in the workforce; and

WHEREAS, in 1945, NDEAM began as a week, recognizing solely people with physical disabilities, however, in 1988, Congress designated a full month for disability employment awareness each year and expanded its scope to include people with all kinds of disabilities; and

WHEREAS, as an Employment First state, Pennsylvania considers Competitive Integrated Employment (CIE) to be the first consideration and preferred outcome of publicly funded education, training, and employment related services, and Act 36 of 2018 created the Governor's Cabinet for People with Disabilities and the Employment First Oversight Commission to ensure implementation of this policy; and

WHEREAS, nearly 76,500 Pennsylvanians with a disability currently receive services through the Office of Vocational Rehabilitation (OVR) and earn about \$19 per hour, and with First Lady Lori Shapiro's leadership guidance and support, employers like Sheetz and Wawa are partnering with OVR to expand access to good-paying jobs for people with disabilities; and

WHEREAS, in 2024, the Commonwealth secured \$354.8 million in federal and state funding to provide more resources for home and community-based service providers, including \$280 million to help raise wages for direct support professionals (DSP) who care for Pennsylvanians and \$74.8 million to begin the process of clearing the emergency waiting list for these vital services; and

WHEREAS, for the first time ever, after this historic commitment, more than 40,000 Pennsylvanians with ID/A are getting the services they need and the adult emergency wait list for services is down 28 percent over the last year; DSP wages are up six percent at \$17.85 per hour; and DSP vacancies are down 14 percent—the lowest since 2015; and

WHEREAS, this year's theme of "Celebrating Value and Talent" underpins the skills and contributions that people with disabilities bring to the workplace and upholds the Commonwealth of Pennsylvania's steadfast commitment to working alongside advocates, providers, and community partners to strengthen the care workforce, make sure every Pennsylvanian can live with dignity, independence, and respect, and increase access to high-quality, good-paying jobs for all Pennsylvanians, including Pennsylvanians with disabilities, every month of the year.

THEREFORE, I, Josh Shapiro, Governor of the Commonwealth of Pennsylvania, do hereby proclaim October 2025 to be

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

I encourage all Pennsylvanians to recognize that workplaces that include and embrace all people, including people with disabilities, are key to creating an equitable community and society as well as a robust and vibrant economy.



GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, on this third day of September two thousand twenty-five, the year of the Commonwealth the two hundred fiftieth.

Governor Josh Shapiro

First Lady Lori Shapiro

Mon Valley YMCA

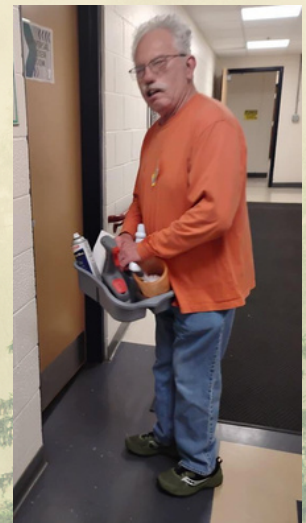
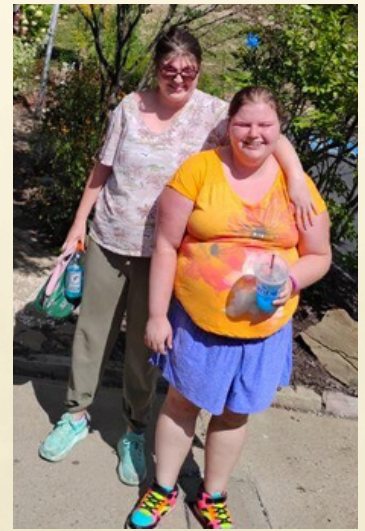
CHAD TAYLOR - PROGRAM COORDINATOR

YMCA Board Member, Marc Bellora, was at conference listening to a presentation by our Community Director, Aaron Wrubleski, and after that presentation, the rest as they say is history. Marc reached out to us about bringing Supernova's Employment Program to the Mon Valley. The Mon Valley YMCA has been instrumental in getting Supernova's Employment Specialists and Individuals a place where they can learn new and different skill sets that will allow our individuals the opportunity to build and try different types of jobs from janitorial, to landscaping. Angel Gulick, the Director of Communications, and her team have thoroughly enjoyed having our specialists and individuals there every day to help with the day-to-day maintenance and cleanliness of the facilities.

The History of the Mon Valley YMCA in the area goes back as far as the 1960's. In the mid 1960's, the Greater Charleroi YMCA and The Monongahela City YMCA merged to form the Mon Valley YMCA and began programming on land donated to the organization in Carroll Township, Pennsylvania. In 1968, the first structure was dedicated on the property at 101 Taylor Run Road, which was the outdoor pool. This, along with a bus on property which doubled as an office, allowed the Mon Valley YMCA to serve children through its summer camp program.

In the early 1970's, the first building was established which housed some offices and the activity hall. Throughout the rest of the 1970's, some additional land was donated to the YMCA that was adjacent to the existing property at 101 Taylor Run Road. In 1986, an expansion of the original building opened which contained the gymnasium, racquetball courts, and indoor pool and additional meeting spaces. In 2004, a second expansion was opened which contained the CFS Bank Wellness Center and Lee Supply Child Learning Center. Additionally, renovations occurred in 2013 and 2022:

- Serve over 4000 membership units and 6000 members a year.
- Over 800 people walk through our doors each day.
- 295 children served in preschool and childcare programs.



Mon Valley YMCA (contd.)



Residential Updates

BRITTNI HODINKO - DIRECTOR OF PROGRAMMING

Supernova has had a busy and exciting month! We're thrilled that R.S. will be competing in long-distance running at Villanova again this year. Please wish her luck as she heads to Philadelphia to compete for the gold! We're all rooting for her; R.S. is also volunteering at the "Dark at the Park" event at Washington Park where she'll be scaring people in the haunted house. We are incredibly proud of R.S. for stepping out of her comfort zone and trying new things!

This month, we also participated in the Washington County "BHDS Employment Fair." Our individuals enjoyed exploring different community opportunities, and had a great time visiting and talking with various vendors.

For the fourth year in a row, the Supernova Crew was invited to Texas Roadhouse for their "Trunk-or-Treat" event! We had a wonderful time passing out candy and participating in this fun community event which we look forward to every year.

We have been brainstorming more events to get our individuals, staff and community members involved and we are excited to announce these soon! We hope that everyone has a Happy Halloween!



Residential Updates (contd.)



Residential Updates (contd.)



Residential Updates (contd.)



Spooktacular Halloween Fun at Supernova!

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

For our final October event, we hosted a Spooooohtacular Halloween Party! 🎃

This year's celebration was packed with Halloween-themed treats and cookies, festive sensory bins, a costume contest, and pumpkin decorating. Our clients had a blast showing off their creative costumes — and as always, it was too hard to pick just one winner, so we crowned two costume champions this year! 🏆

Everyone enjoyed decorating a pumpkin (or two!), mingling with friends, and playing games. We're so grateful to bring sunshine, laughter, and fun-filled celebrations to our clients all year long.

Happy Halloween from all of us at Supernova! 🎃❤️



Spooktacular Halloween Fun at Supernova! (contd.)



Shining a Light on D.B.

1.) What is your favorite way to spend a day?

I like to go shopping at Walmart to buy food and clothes!

2.) What is your most prized possession?

My Unicorn named "Cuddles"

3.) What is your favorite TV show?

Sponge Bob

4.) If you could choose two famous people to have dinner with, who would they be?

Eminem and Taylor Lautner!



SUPERNOVA SERVICES

Walking Club

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

As summer wraps up and the warm days of fall come to an end, so does Supernova's Walking Club, Paws & Paths. We've loved every moment in the sunshine, walking, chatting, and connecting with our two- and four-legged friends. This season was full of great walks, good talks, and plenty of doggie love. Until next year... 🐾❤️



Walking Club (contd.)



Supernova Chili Cookoff

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

Supernova recently hosted its 3rd Annual Chili Cookoff – a day full of flavor, laughter, and friendly competition! Each house prepared their own unique chili and everyone enjoyed sampling a wide variety, including white chili, turkey chili, chicken chili, and a copycat Wendy's chili. After tasting and voting, our clients crowned this year's champion: K.H.! Congratulations to our winner and to everyone who participated in this fun fall tradition!



SUPERNOVA SERVICES

The Cooking Corner

MELISSA HITCHMAN - ASSISTANT RESIDENTIAL DIRECTOR

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

This month our Cooking Corner whipped up some healthy and creamy Mac & Cheese! This wholesome-savory dish is the perfect meal to get in the spirit of Thanksgiving, and now you can enjoy it too!

Ingredients/Seasonings:

Low Fat or Fat Free Cottage Cheese
Cheese Powder
Protein Pasta or Carbe Diem Low Carb Pasta
Milk
Seasonings of Choice

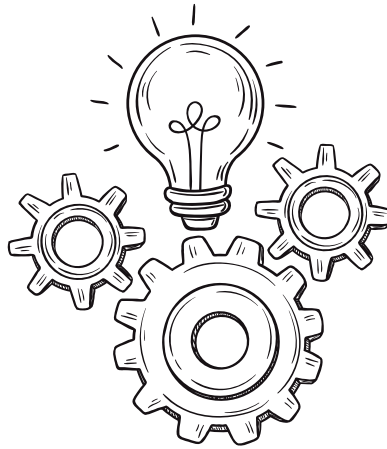
Instructions:

1. Boil pasta
2. In a large bowl, add the tub of cottage to a blender, or a bowl and blend with an immersion blender.
3. Add splashes of milk to thin it out and blend again; Not too much as you want it thick like creamy mac and cheese.
4. Add 2 tablespoons of cheese powder to create a light orange color.
5. Add to pre-boiled pasta and heat LOW & SLOW, Too hot and fast will make the cottage cheese separate.
6. Once warmed, serve and enjoy!





A reminder to all staff to please keep monitoring your Relias accounts for upcoming due dates to ensure that we are in compliance with the 6400 Regulations, for we must acquire 24 hours of training each year. Thank you all for being amazing as always!



Want your ideas featured in the Supernova Newsletter?

Please contact Amy Stromberg, HR Director,
for more info!

amystromberg@supernovaservices.org

