

# THE STELLAR GAZETTE

AUGUST 2025 • VOL. 20



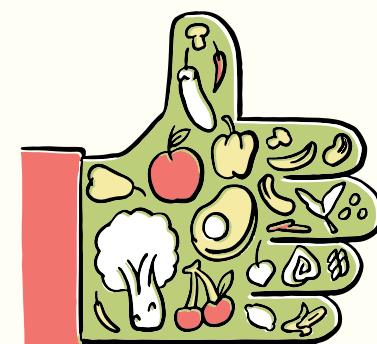
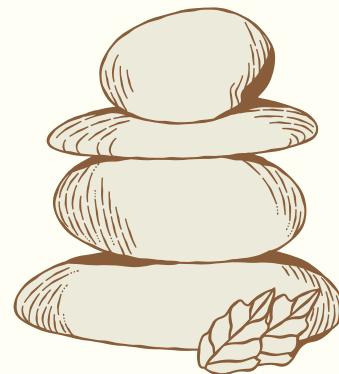
## National Wellness Month

It's easy to put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Research has shown self-care can help increase happiness by up to 71% when we manage our stress and maintain a healthy lifestyle. In fact, self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

Taking small steps to improve your personal wellness will lead to healthy habits in your lifestyle. In fact, wellness changes don't have to be life changing, even though the long-term results will be. You can improve your overall health by:

- 1.) Increasing your water intake.
- 2.) Adding more fruits and veggies to your meals.
- 3.) Monitoring your sleep and making adjustments for better sleep habits.
- 4.) Joining a yoga, walking, or aerobics class.
- 5.) Learning to meditate.

Celebrate National Wellness Month during the entire month of August. It's time to prioritize your self-care, reduce stress, and create healthier habits to feel like your best self!





**SUPERNOVA  
WILD THINGS  
NIGHT**

**TUESDAY,  
AUGUST 5TH  
FOOD - 5:45PM  
FIRST PITCH - 7:05PM**

**WILD THINGS**

**VS**

**THUNDERBOLTS**

**RSVP to Brittni or Michele  
by July 21st**

# Supernova Pool Party & Picnic

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

## You're Invited to Our Supernova Pool Party Picnic!

We have rescheduled the Supernova Pool Party Picnic to August 28th from 5-8pm with exclusive private access to the pool from 6-8! Join us for an unforgettable night of appreciation and connection! It will be a fun-filled evening dedicated to celebrating our amazing Direct Support Professionals! Bring your family and get ready to enjoy delicious food, great music, and lawn games in a relaxed-sunny atmosphere. It's the perfect chance to kick back, mingle with fellow staff, and let us say THANK YOU for all the incredible work you do. We can't wait to celebrate with you!



**SUPERNova SERVICES**



# Happy Anniversary to our Supernova Employees!

THANK YOU FOR CONTINUING TO SHINE BRIGHT WITH US!

**KESHABI SUBEDI**

**JULY 1<sup>ST</sup>, 2024**

**KATHERINE ALVARADO**

**JULY 8<sup>TH</sup>, 2024**

**BRITTNI HODINKO**

**JULY 13<sup>TH</sup>, 2022**

**KEVIN OAKLEY**

**JULY 14<sup>TH</sup>, 2023**

**EMILY EFAW**

**JULY 19<sup>TH</sup>, 2023**

**RYAN INSANA**

**JULY 25<sup>TH</sup>, 2022**

# Meet Our New Supernova Staff!



**Alexandra Rivera**  
DSP

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

Shop, clean and cook!

**2.) What is your favorite movie?**

Animal Kingdom (TV Show)

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

Hawaii



**Linda Chandler**  
DSP

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

Spend time with my family and go to Church.

**2.) What is your favorite movie?**

Law and Order SVU

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

Israel



**Heather Homa**  
DSP

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

I like to read and spend time with my friends.

**2.) What is your favorite movie?**

The Wizard of Oz

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

Scotland

**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\***

# Exciting Progress at Supernova Services with the NADSP!

**MELISSA HITCHMAN - ASSISTANT RESIDENTIAL DIRECTOR**

We are thrilled to welcome new members to the NADSP:

- **Stanley Grabiak**
- **Teralyn Phillips**
- **Sasha Perez**

Welcome aboard and wishing you the best!

Please extend a huge congratulations to **Meranda Lycett** and **Kaela Coffield** for earning their DSP 1 certification, marking a significant milestone in their professional journey!

**Cherissa Anderson** has reached DSP 3 certification and submitted for her Front-Line Supervisor certification! Way to go, Cherissa!

And let us give **Theresa Hickle** a big shoutout for achieving the role of Front-Line Supervisor!

All these accomplishments reflect dedication, perseverance, and hard work. Seats in the NADSP are earned through commitment to Supernova Services vision! Staff must be employed for a year and earn a score of at least 10 in their annual evaluation. Please reach out to **Melissa Hitchman** with any questions.

# Employment Program Spotlight - City of Washington Blighted Properties Project



**AARON WRUBLESKI - DIRECTOR OF EMPLOYMENT SERVICES**

The City of Washington has been a champion of providing individuals with disabilities with opportunities to work and train on their job skills, throughout changes in administration, over the past 10 years. While Supernova holds a large contract with the City, this focus is on the Blighted Properties within the City limits. This project was built out of a desire from our individuals to be more involved in their local community, an interest in the landscaping field, and a need from the City to have properties that have been abandoned by their owners to be maintained and keep the City looking clean and welcoming.

Supernova Employment Specialists and individuals are given a "cut list" of properties by the City Administrator that have been identified by council. Supernova then works through the list daily. Depending on the level of maintenance the property needs, the individuals are equipped with a brush hog for initial clearing of lots, a lawnmower for maintenance after lot is cleared and a weed eater for trimming the properties. Each piece of equipment is operated by the individual under direct supervision and guidance of the Employment Specialist. This project came to life because of the desire from our individuals to be a part of bettering their community and the dedication of our Employment Specialists to take on such a labor-intensive task while also maintaining the highest quality of support for our individuals.



# Employment Program Spotlight - City of Washington Blighted Properties Project (contd.)

**AARON WRUBLESKI - DIRECTOR OF EMPLOYMENT SERVICES**

Due to the training our individuals received while working on this project, the City has hired Joe M., a City employee dedicated to maintaining the Blighted Properties. When an issue arose at the memorial park on Sammy Angott Way, the Supernova Team didn't think twice about adding the property to their list so that the community can have a clean and maintained space to pay their respects to those memorialized there. When asked about the partnership, City Administrator Rich Cleveland said, "Supernova Services is a valuable asset to the City of Washington, providing services to clean up blighted properties, improving the quality of life for our residents". We value the partnership and are proud to play our part.

The team currently has a list of close to 20 properties so if you see them out, working to make their community just a little more inviting, give them a wave!



# Shining a Light on A.C.

## 1.) Is there a hobby you have always wanted to try?

To learn how to do cartwheels because I am a cheerleader!

## 2.) Which meal is your favorite: breakfast, lunch or dinner?

**Favorite food?**

Dinner – Homemade Fried Chicken and Mac and Cheese

## 3.) Which holiday is your favorite and why?

My birthday because I get extra presents! It is next month, and maybe I will get a new game for my Switch.

## 4.) What do you like to collect?

Seashells because they are calming to me.

## 5.) You are wearing your medals today, can you tell me about them?

One is for cheerleading, one is for swimming and one is for the Pittsburgh Plunge!



# Employment and Residential Client Mixer

BRITTN HODINKO - DIRECTOR OF PROGRAMMING

We are thrilled to share that our second event, the Employment and Residential Client Mixer, was a great success! It was wonderful to see so many of you there, enjoying delicious food, engaging in lively conversations and participating in games.

We extend our sincere gratitude to everyone who contributed to making this a fun and memorable evening for all of us at Supernova. Your support and participation are truly appreciated.

We have a few more events this summer, please join us for the Pool Party and Wild Things game! Any questions about these events, please contact Brittni Hodinko or Michele Grande.



# The Cooking Corner



MELISSA HITCHMAN -ASSISTANT RESIDENTIAL DIRECTOR

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

Our Cooking Corner sweetened things up with a delightful Mini Fruit Cake! K.R., J.S., C.R., A.C. and A.P. joined us to help prepare this sweet and tart dessert, and now you can enjoy it too!

## Ingredients:

Fruit of choice, we used:

Blueberries

Blackberries

Strawberries

Raspberries

Kiwi

Peaches

Powdered Sugar

Dessert Shells

Cream Cheese of choice, we used:

Blueberry

Strawberry

Plain



## Instructions:

- 1.) Mix your choice of cream cheese with powdered sugar or powdered sugar replacement until you achieve an icing like texture
- 2.) Scoop mixture into center of dessert shell
- 3.) Top with your choice of fruit
- 4.) Enjoy!



# Walking Club

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

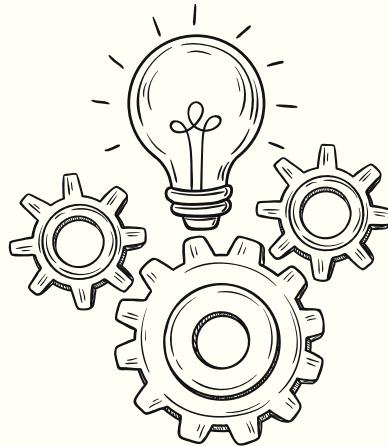
## Join Our Weekly Walking Club, Paws & Paths - Now Featuring Our Furry Mascot, Cappi!

Every week, we lace up our sneakers and head out to explore different scenic spots in the area, getting in some fresh air, great conversation, and at least a mile of movement. One of the highlights? Our four-legged walking buddy tags along! Clients love spending time with Cappi, and it adds an extra dose of joy to every step. Whether you're here for the exercise, the company, or the canine cuddles, we'd love to have you join us!





**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](mailto:amystromberg@supernovaservices.org)