



THE STELLAR GAZETTE

FEBRUARY 2025 • VOL. 14



American Heart Month ♡

February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for both men and women. Here are a few ideas to help prevent heart disease:

1. Commit to a walking schedule with a friend or family member even if you can't walk together.
2. Try a new heart-healthy recipe weekly!
3. Make watching television more active by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
4. Attend an online heart healthy cooking class.
5. Set up an online support group with friends to encourage each other in your goals to manage your weight, eat healthier, quit smoking and/or exercise.



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **“ELECTRICAL”** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO



A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

facebook.com/AHACPR twitter.com/HeartCPR #CPRwithHeart

WHAT IS A HEART ATTACK?

A HEART ATTACK occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **“CIRCULATION”** problem.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting.

More often though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

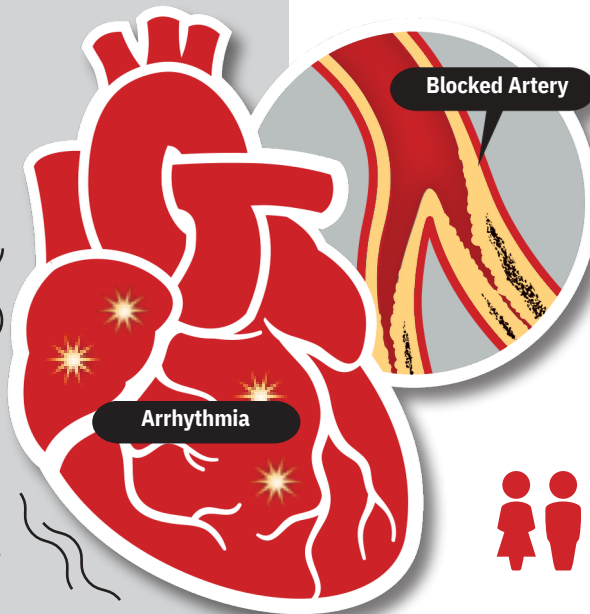


The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



Fast action can save lives.



American
Heart
Association.



Happy Anniversary to our Supernova Employees!

THANK YOU FOR CONTINUING TO SHINE BRIGHT WITH US!

SALINA GARBER

JAN. 3RD, 2022

MACKENZIE SKIDMORE

JAN. 8TH, 2024

SKYLER PATTERSON

JAN. 18TH, 2024

MICHELE GRANDE

JAN. 25TH, 2022

THELMA HICKLE

JAN. 31ST, 2022



SUPERNOVA SERVICES

The Training Corner - CPR

MELISSA HITCHMAN - ASSISTANT RESIDENTIAL DIRECTOR

Braedon is the newest member of the training team at Supernova Services. From what I understand, he is the "model employee"; He is a state of the art CPR training dummy that includes several features that enhance the learning experience. Here are some features and how they assist in training:

- 1. Realistic Anatomy** - Braedon is designed to replicate the human body, allowing trainees to learn proper hand placement for chest compressions and rescue breaths.
- 2. Breath and Compression Feedback** - Many CPR dummies, including Braedon, provide feedback on the quality of compressions and breaths; This can include audible clicks, or visual indicators. Braedon is able to demonstrate how the blood flow reaches the brain with correct depth and rhythm!
- 3. Adjustable Resistance** - Braedon has varying levels of resistance to simulate real-life scenarios that help trainees to develop the appropriate force needed for effective compressions.
- 4. Removable Parts** - Braedon allows for the removal of parts, like the chest or face, to provide a more hands-on learning experience, and to facilitate cleaning and maintenance.
- 5. Durability** - Designed for repeated use, Braedon is often made from materials that can withstand rigorous training sessions.
- 6. Easy to Transport** - Many CPR dummies are lightweight and portable making them convenient for training.
- 7. Educational Resources** - Training with Braedon often comes with instructional materials or guidelines to help learners understand the steps involved in CPR including the importance of timing and rhythm.

These features collectively enhance the effectiveness of CPR training, ensuring that learners can practice essential skills in a safe and controlled environment. If you need more specific information or details, let me know! **Supernova Services LLC** will be transitioning into a new platform of CPR Training through the **American Red Cross**; Bringing Braedon on the team was the first step into this transition. This platform allows for blended learning which affords the staff flexibility of online learning through Relias, and scheduling your clinical skills competency in person. Stay tuned to **The Training Corner** to keep up to date with the latest news!



The Stellar Gazette's First Anniversary!

AMY STROMBERG - HUMAN RESOURCES DIRECTOR

It is the one-year anniversary of our Stellar Gazette Newsletter! It was created as a place to highlight our amazing clients and staff, to explore ideas, feature upcoming events and share important company information. It is a pleasure to bring the Stellar Gazette to you each month and as always, please submit any ideas for future newsletters to Human Resources!

Meet Our New Supernova Staff!



Samantha Okel
Behavior Specialist

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

I love to listen to music!

2.) What is your favorite movie?

Remember the Titans

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

Turks and Caicos



Kelsey Donahoo
DSP

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

I like to sleep!

2.) What is your favorite movie?

Kill Bill 1 and 2

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

Japan



Tayshawn Levy
DSP

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

Work-out at LA Fitness!

2.) What is your favorite movie?

Den of Thieves

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

Aruba



SUPERNOVA SERVICES

Meet Our New Supernova Staff!



CK Mikell

Behavior Specialist

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

I like to play piano, ride my motorcycle and go to the gym!

2.) What is your favorite movie?

The Godfather Part 2

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

Antarctica



Jessica Ripper

Behavior Specialist

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

I have 2 teenagers that are involved in many sports and I love watching them. I am also involved in animal rescue and foster dogs!

2.) What is your favorite movie?

The Royal Tenenbaums

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

Greece



McKenna Thomas

DSP

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

Spend time with my siblings!

2.) What is your favorite movie?

Venom and Deadpool

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

Italy

**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

Residential Updates

BRITTNI HODINKO - DIRECTOR OF PROGRAMMING

Rose's bowling team made it to York for the **Special Olympic Winter Sectionals**; she will be competing in March. Good luck to Rose and her team!!

WB, SEM and KH have been volunteering for **Meals on Wheels**; they have made such a difference in the community being involved in delivering meals to those in need. Great job, ladies and gentleman!

Some of our folks have been taking fitness classes at **Trpil**, the wellness center & the Senior Center. Way to go!!

Thank you to all those who purchased stars this past holiday season to benefit our clients' recreational activities fund! Your generosity is greatly appreciated! You can still purchase a star for \$1.00 through the end of February, just stop by the HR Department!

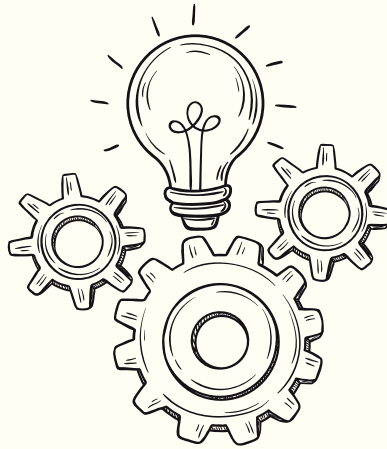
We have some exciting things to look forward to in 2025!



SUPERNOVA SERVICES



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

