



SUPERNOVA SERVICES

THE STELLAR GAZETTE

JUNE 2026 • VOL. 30

Alzheimer's and Brain Awareness Month

AMY STROMBERG - HUMAN RESOURCES DIRECTOR

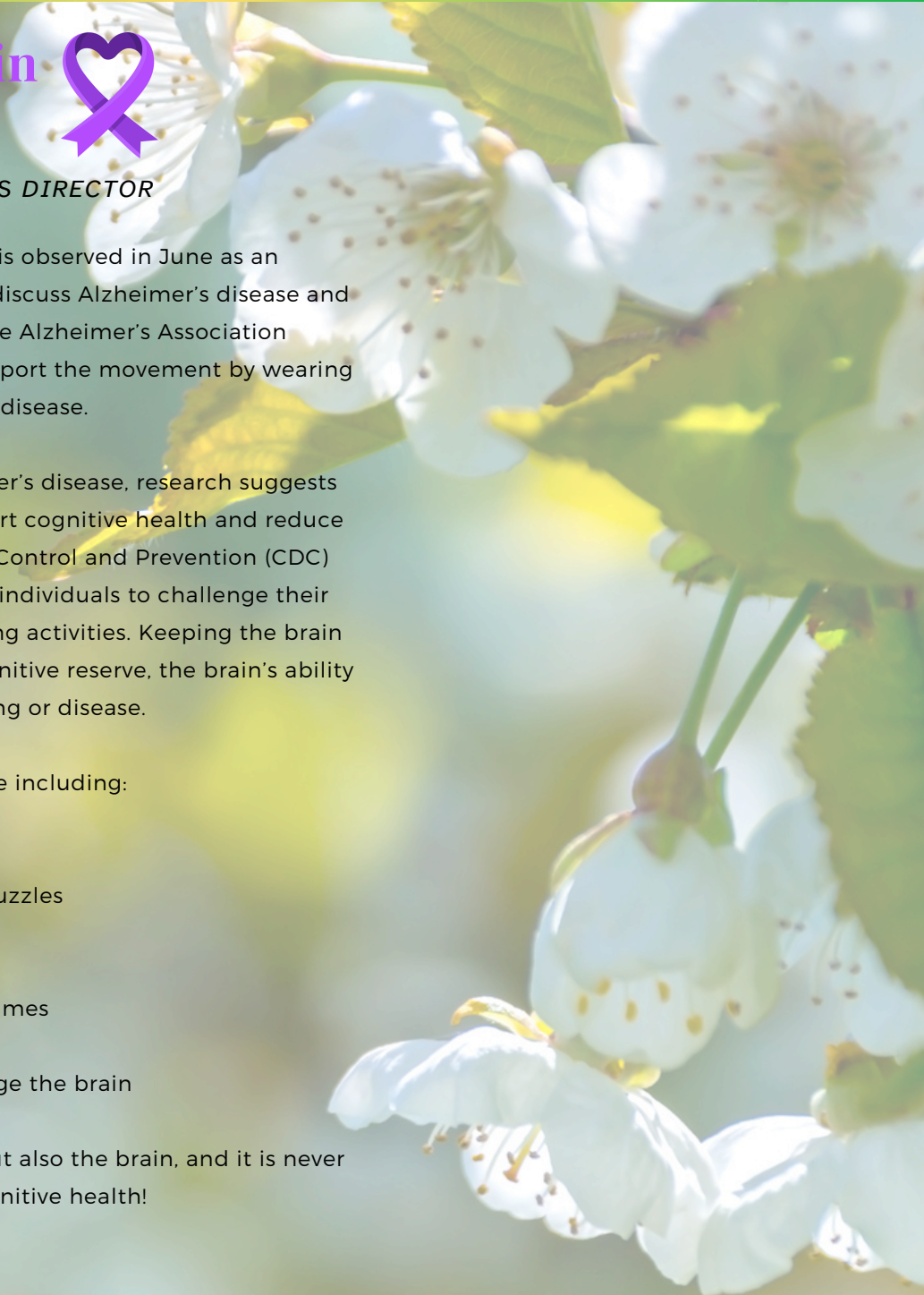
Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

While there is currently no cure for Alzheimer's disease, research suggests that healthy lifestyle habits may help support cognitive health and reduce certain risk factors. The Centers for Disease Control and Prevention (CDC) and the Alzheimer's Association encourage individuals to challenge their minds regularly through mentally stimulating activities. Keeping the brain active helps build what researchers call cognitive reserve, the brain's ability to adapt and maintain function despite aging or disease.

Simple daily activities can make a difference including:

- Keeping a jigsaw puzzle going
- Completing crossword or word-search puzzles
- Learning a new language
- Learning to play a musical instrument
- Playing card games, chess, or strategy games
- Reading, writing, or journaling
- Trying new hobbies or skills that challenge the brain

Healthy habits benefit not only the body, but also the brain, and it is never too early or too late to begin protecting cognitive health!





JOIN US

Supernova Spring Festival

Thursday | 4 | June
2:00 PM - 6:00 PM

**A Community Celebration of Fun,
Connection and Inclusion**

380 West Chestnut St.
RSVP to Brittni: 412-997-4243

Enjoy light refreshments, a dunk tank, games, face painting, and local food vendors—plus plenty of fun surprises!

Be sure to check out our Chinese Auction, with 100% of proceeds going toward community activities for the individuals we support.



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Happy Anniversary to our Supernova Employees!

THANK YOU FOR CONTINUING TO SHINE BRIGHT WITH US!

AMANDA RANSON

MAY 4TH, 2022

HEATHER MILLER

MAY 5TH, 2022

SHANNON MILLER

MAY 11TH, 2021

ISAAC CLUTTER

MAY 13TH, 2025



Meet Our New Supernova Staff!



Desmond Johnson

DSP

1.) Do you have any hidden talents or hobbies?

I like going to the gym, and I also like playing Dungeons and Dragons.

2.) What is your idea of the perfect day?

Having a full belly!

3.) What is the best concert you've been to?

N/A

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*

Quarterly Attendance Bonus

AMY STROMBERG - HUMAN RESOURCES DIRECTOR

Congratulations to the following DSPs who received the 1st quarter attendance bonus!

Thelma Hickle
Steve Lynn
Ethel Rush
Dave Henderson
Amanda Ranson
William Johnson
Kevin Oakley
Keshabi Subedi
Jenna Woytovich
Amy Klinsky
Theresa Sedor



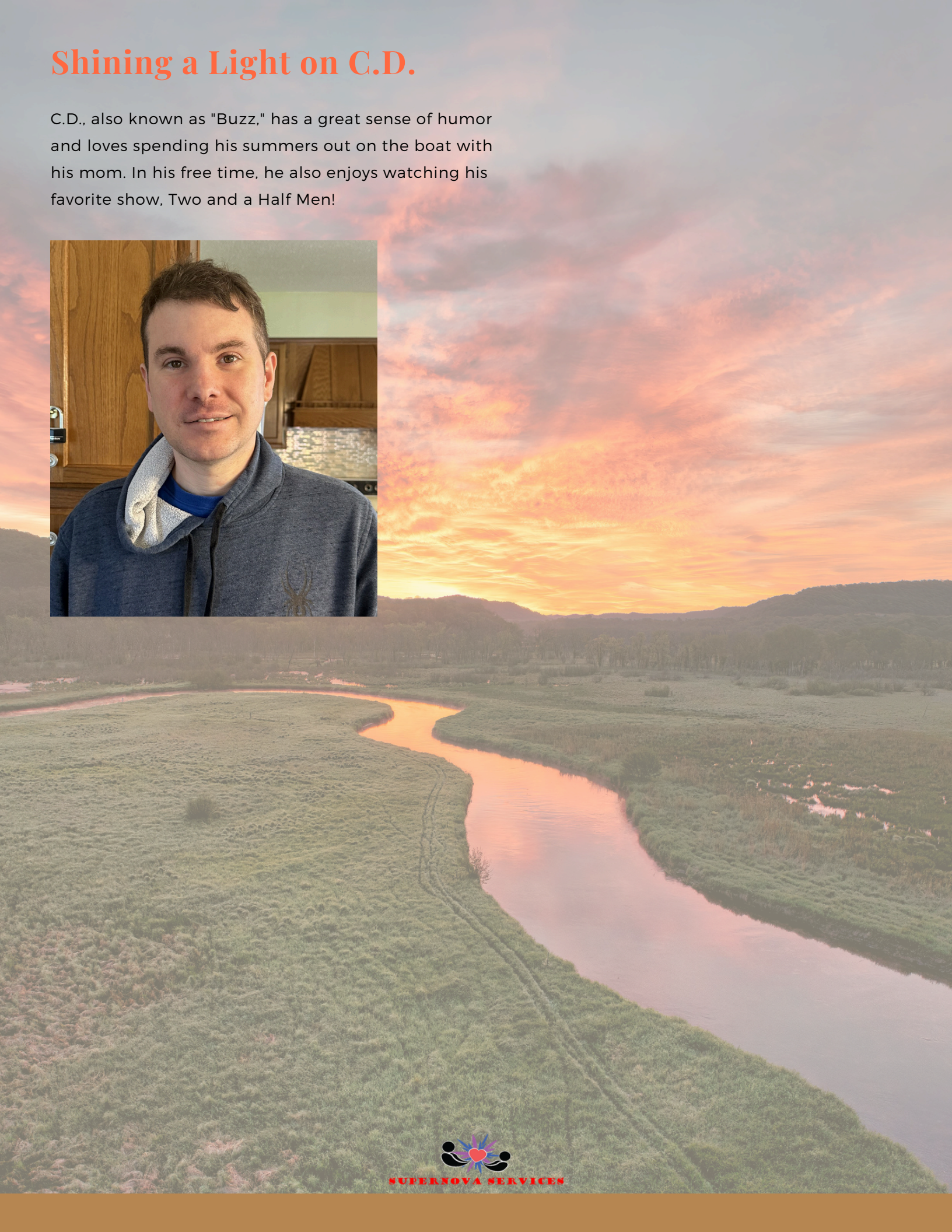
These DSPs were also entered into a random drawing for the 1st quarter prize of a gift card basket. The winner selected was Jenna Woytovich. Congratulations Jenna!



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Shining a Light on C.D.

C.D., also known as "Buzz," has a great sense of humor and loves spending his summers out on the boat with his mom. In his free time, he also enjoys watching his favorite show, Two and a Half Men!



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Washington County Intellectual Disability & Autism Recognition Day

BRITTNI HODINKO - DIRECTOR OF PROGRAMMING

Supernova Services was honored to attend the Washington County Intellectual Disability & Autism Recognition Day! Our staff and individuals had an amazing time celebrating inclusion, community, and connection alongside so many wonderful organizations and advocates. Events like these remind us of the importance of supporting and empowering individuals of all abilities.

We are also excited to continue the celebration at our upcoming Spring Into Supernova Festival on June 4th! We look forward to bringing together individuals, families, staff, and community partners for a day of fun, resources, and connection.



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Paws and Paths

MICHELE GRANDE - PROGRAM SPECIALIST/RECREATIONAL THERAPIST

Paws & Paths is back in action for the summer! With spring weather being all over the place – blistering hot days, chilly temperatures, and nonstop rain – we got off to a bit of a late and rocky start this season. Thankfully, our first walk treated us to warm temperatures, blue skies, and beautiful sunshine. Everyone had a wonderful time getting outside and enjoying the fresh air together.

Our second walk wasn't quite as lucky weather-wise, but we still made the most of it! The clients had fun walking from pavilion to pavilion to stay dry in the rain – it almost turned into a game, and there were plenty of laughs along the way.

No matter the forecast, it's always great to get moving, spend time together, and enjoy the outdoors. We're looking forward to many more walks, and hopefully plenty of beautiful weather in the weeks ahead!



Paws and Paths 🐾 (contd.)





The Cooking Corner

MICHELE GRANDE - PROGRAM

SPECIALIST/RECREATIONAL THERAPIST

This summer is about to get even sweeter with this month's recipe! Our Supernova Cooking Corner created a refreshing Mixed Berry Chia Seed Jam, and now you can enjoy it too!

Ingredients/Seasonings:

Assorted berries: Raspberries, blueberries, strawberries, blackberries.

Sugar or Stevia

Honey

Lemon juice

Chia seeds

Instructions:

1. Cut the larger berries into smaller pieces and cook down in a sauce pot
2. Once berries are reduced, add two Tbsp of sweetener or sugar, honey and a splash of lemon juice and mix.
3. Once mixed, add about two Tbsp of chia seeds.
4. Mix well and simmer for another minute.
5. Remove from heat and store in an air tight container.

Ways to Use:

Yogurt parfaits

Jam, granola, chocolate chips, different fruits, etc.

Toast

Add cream cheese to a bagel or good piece of bread

Waffles or Pancakes

Oatmeal

Peanut Butter and Jelly

Rice Cakes or Graham Crackers



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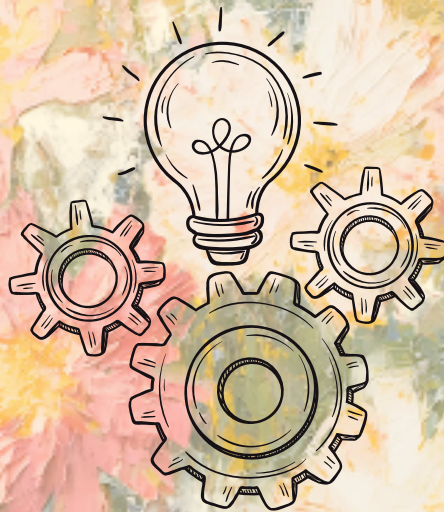
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The Cooking Corner (contd.)



RELIAS

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