



THE STELLAR GAZETTE

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Celebrating 6-Years of Supernova Services



CHRISTY STEPHENS - CHIEF EXECUTIVE OFFICER

Six years ago, Supernova Services existed only as a vision. I believed there was a better way to support individuals with intellectual and developmental disabilities, a way that focused not only on quality services, but on dignity, relationships, innovation, having fun and helping every individual live the life they choose.

I had no idea exactly what the future would look like. I simply knew that if we built an organization around doing the right thing, hiring people with compassionate hearts, and refusing to settle for "good enough," something special could happen. Looking back today, I am incredibly proud of what we have built together. What began as a dream has become a community of dedicated professionals serving individuals and families every day. Together, we've celebrated remarkable successes, overcome unexpected challenges, learned valuable lessons, and continued to grow stronger with each passing year. I often say that the true measure of Supernova isn't found in our buildings, our vehicles, or even the number of people we serve. It is found in the everyday moments.

It is found in the Direct Support Professional helping someone achieve a goal they never thought possible.

It is found in the Program Manager who answers the phone after hours because someone needs help.

It is found in our employment staff celebrating a participant's first paycheck.

It is found in our residential teams creating homes where people feel safe, respected, and loved.

It is found in our administrative, maintenance, wellness, compliance, and leadership teams working behind the scenes to make sure everything runs smoothly so our mission can continue.

Those moments don't make headlines, but they change lives.

Over the past six years, one thing has become abundantly clear: our people are our greatest strength. To every employee who has chosen to invest your talents, your compassion, and your energy into this mission, thank you. Your work matters more than you may ever fully realize. Every conversation, every ride to an appointment, every encouraging word, every problem solved, and every act of kindness creates opportunities for someone else to live a fuller life.

Celebrating 6-Years of Supernova Services (contd.)



As C.E.O., I continue to challenge our organization to become even better. I believe the individuals and families we serve deserve excellence, not average. They deserve leaders who are accountable, employees who are empowered, and an organization that never stops learning and improving. The next chapter of Supernova will be our most exciting yet. We will continue expanding opportunities for employment, strengthening our residential and community services, embracing innovation, investing in our employees, and finding new ways to improve the lives of the people we serve.

My hope is that years from now, people won't simply remember Supernova as a provider of services. I hope they remember us as an organization that believed in people before they believed in themselves. An organization that raised expectations. An organization that treated every individual with dignity and respect. An organization that chose excellence not because it was easy, but because the people we serve deserve nothing less. People often ask me what makes Supernova different. My answer is simple: it's our people. Skills can be taught, but compassion, integrity, and the desire to make someone's life better come from the heart. Every day, I have the privilege of watching extraordinary people do extraordinary things for the individuals we support. Whether your contribution is visible to everyone or happens quietly behind the scenes, it matters. You are the reason individuals achieve goals they once thought were out of reach, families find peace of mind, and our organization continues to grow stronger.

As we celebrate this milestone, I hope each of you takes a moment to feel proud of what you have helped build. Six years ago, Supernova was an idea. Today, it is a thriving organization built on trust, compassion, accountability, and an unwavering belief in the potential of every person we serve. That is a legacy worth celebrating. Thank you to every employee, every individual we support, every family member, and every community partner who has been part of this incredible journey. You have helped build something truly meaningful.

Happy 6th Anniversary, Supernova Services. The best is still ahead!

With sincere gratitude,

Christy Stephens
Founder & CEO
Supernova Services



Shining Stars

AMY STROMBERG - HUMAN RESOURCES DIRECTOR

We wanted to introduce a new feature to the **Stellar Gazette**, "Shining Stars", and who better to start with than our five amazing Program Managers! They go above and beyond to create spaces where our individuals don't just live, but truly thrive. They wear countless hats and ensure our homes are filled with safety, joy and laughter.



Meranda Patterson-Lycett
Program Manager for Jefferson and
Poplar



Shannon Miller
Program Manager for N. and S.
Main, West Palm and Seminole



Theresa Hickle
Program Manager for Marshall, W.
Prospect and West Palm



Kaela Coffield
Program Manager for Duncan



Cherissa Anderson
Program Manager for Sugar Maple
and Tyler

Shining Stars (contd.)

What is a hidden superpower you've had to develop since becoming a Program Manager?

Kaela: Trying to split myself into enough pieces to be everywhere all the time.

Shannon: Staying calm in chaos. Being able to stay steady, clear-headed, and emotionally grounded when the environment becomes unpredictable.

Theresa: Multitasking!

Meranda: Patience!

Cherissa: Multitasking under fire! I've developed invisible extra arms and ears to listen and help in every direction at once, paired with the ability to calmly perform workplace miracles whenever a surprise crisis or behavior hits.

What is a small win that happened in one of your houses recently that made you smile?

Kaela: Duncan 2 started fishing as a new hobby, and we caught her first fish together!

Shannon: Major milestone regarding B.P., our non-verbal individual. Recently, our staff has been trying different communication techniques with him. When asked how his day went, B.P. was able to write down the words "good day" without any hesitation!

Theresa: Opening a new house and getting to learn a new client.

Meranda: One of my clients got off a psych med.

Cherissa: One of my houses has been on a journey to say the least. There were times I doubted we would get to a good place, but almost a year later we've come so far! We still have work to do, but looking back, the staff and I have put in a tremendous amount of work to figure out the structure and routines that actually work and that has been our biggest win. I am so proud the staff who show up for it every day!

If you could describe the energy of your houses in just 3 words, what would they be?

Kaela: Loud, Happy, Silly

Shannon: Inviting, Controlled-Chaos and Playful

Theresa: Entertaining, Enjoyable, Adventurous

Meranda: Happy, Funny, Thriving

Cherissa: Dynamic, Spirited and Energetic... Or I could say NEVER A DULL MOMENT

Shining Stars (contd.)

How do you unwind after work?

Kaela: Cuddling with my dogs and cats.

Shannon: I enjoy spending time on my front porch with my husband and dog listening to music after doing my nightly workout and shower.

Theresa: Spending time with my new grandbaby!

Meranda: Family time and reading.

Cherissa: The SECOND I walk through the door, it's instant pajamas and slippers. Once every human and animal in the house is fed, my husband and I retreat to the game room with snacks to watch Alone, or Naked and Afraid. There's nothing quite like unwinding after a long day by eating snacks and yelling at survival contestants to do better!

Soaking Up the Last Days of Summer!



HEATHER MILLER - DIRECTOR OF BEHAVIOR SUPPORTS

August is the perfect time to enjoy sunshine, celebrate accomplishments, and make memories before the seasons begin to change. Whether you're spending time with friends, volunteering, working toward your goals, or simply enjoying a beautiful day outdoors, every day is a chance to learn something new and shine!

This Month's Challenge: Spread Sunshine! 

Can you complete these acts of kindness this month?

- ☐ Smile at someone
- ☐ Give a compliment
- ☐ Hold the door open
- ☐ Help a friend
- ☐ Say "Thank You"
- ☐ Try something new
- ☐ Stay calm during a difficult moment



Happy Anniversary to our Supernova Employees!

THANK YOU FOR CONTINUING TO SHINE BRIGHT WITH US!

KESHABI SUBEDI

JULY 1ST, 2024

ALEXANDRA RIVERA

JULY 1ST, 2025

KATHERINE ALVARADO

JULY 8TH, 2024

CHRISTINA MARIANA

JULY 8TH, 2025

LINDA CHANDLER

JULY 8TH, 2025

BRITTNI HODINKO

JULY 13TH, 2022

KEVIN OAKLEY

JULY 14TH, 2023

KADEN SHUMAN

JULY 14TH, 2025

EMILY EFAW

JULY 19TH, 2023

RYAN INSANA

JULY 25TH, 2022

HEATHER HOMA

JULY 28TH, 2025



SUPERNOVA SERVICES

Meet Our New Supernova Staff!



Kristin Ames

Employment Specialist

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

I like to garden and hike!

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

Being in nature and hiking.

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

Tom Petty



Maddison Takacs

Employment Specialist

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

When I was in school, I played volleyball, was a cheerleader and danced.

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

A shopping day!

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

Jason Aldean



Bryton Johnson

DSP

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

I am very handy and always doing projects!

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

Sunshine, clear skies and relaxing outside with my dogs.

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***

Meet Our New Supernova Staff!



Makayla Kifer

DSP

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

I like to color, fish and bird watch!

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

Sleeping in and spending time with my family!

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

Hardy



Jesse J.J. Burnsworth

DSP

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

I like to hike and enjoy being in nature.

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

Go to a State Park on a sunny day and hike, then hang out with friends.

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

Jason Aldean

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SUPERNOVA SERVICES

Residential Updates

BRITTNI HODINKO - DIRECTOR OF PROGRAMMING

July was filled with sunshine, fresh air, and time spent together! Our residents kicked off the month by celebrating the Fourth of July with a delicious cookout, great food, and wonderful company.

Throughout the month, everyone took advantage of the beautiful summer weather by visiting local parks, going on hikes, spending time outdoors, and relaxing together on the porch. Whether enjoying nature, sharing conversations, or simply soaking up the sunshine, July provided many opportunities to make lasting memories.

It was a wonderful month filled with laughter, friendship, and appreciation for the simple joys of summer!



Above & Beyond Physical Therapy Services

**MICHELE GRANDE-LOPEZ - PROGRAM
SPECIALIST/RECREATIONAL THERAPIST**

Supernova's partnership with **Above & Beyond Physical Therapy Services** began in 2022 after K.H.'s PCP recommended PT. Coincidentally, Program Specialist Michele's husband, Nick, had just opened the clinic, and the team felt it would be the perfect welcoming environment to meet K.H.'s needs. Four years later, K.H. continues to attend PT three times a week and has built lasting friendships with the entire staff, especially co-owner Jim.

K.R. began attending Above & Beyond Physical Therapy Services in 2023 after experiencing a couple of falls. From her very first visit, she formed a special connection with PTA Blaze, who quickly became her favorite and continues to work one-on-one with her during each session.

A.C., one of K.R.'s close friends, may not be a patient at Above & Beyond, but she has certainly become part of the clinic family. By accompanying K.R. to appointments, A.C. quickly won over the staff with her outgoing personality and infectious sense of humor. The team always enjoys seeing her come through the door, and she has formed genuine friendships with everyone at the clinic.

Supernova wants to thank Above & Beyond for the trust and encouragement they have shown and built with our individuals over the past four years.



Jim, K.H., and Carol



Blaze, K.R., and Nick



Nick and A.C.

Above & Beyond Physical Therapy Services (contd.)

1.) What is your favorite part about treating Supernova clients?

Nick: How they have become Above & Beyond family at this point. All the patients know their names and care for them the way that we do.

Jim: Every day is different, it keeps you on your toes, which is what makes it enjoyable.

Blaze: They change the whole attitude of the clinic. Everyone is in a good mood after they walk in.



2.) Do you have a funny or heartwarming memory you can share?

Nick: Seeing all my favorite Supernova girls at my wedding. They were one of the first people I saw walking into the tent and watching them light up, it made me tear up.

Jim: The annual birthday parties. Every year is different; we did piñatas for them and that was fun to watch. I also enjoy hearing their different requests each year.

Blaze: When I was stuck on a table and KH shot me with a water gun for three minutes straight, I was soaking wet.



3.) How have our clients impacted you personally?

Nick: I live, eat and breathe Supernova. Their first question is always about Michele and how things are with us. They have made such a huge impact on every aspect of my life.

Jim: Being able to help the clients not only physically but also mentally. They open up to me about tough things in their life and I can talk these things out with them and work through them in appropriate ways.

Blaze: They made me appreciate the things that I have and helped me realize that it doesn't take a lot to be happy and enjoy life.



Above & Beyond Physical Therapy Services (contd.)

4.) Is there a client achievement that made your entire team proud?

Nick: Seeing them at the walking club doing so well and walking those trails independently.

Jim: Watching K.R. come to us in walker and now being able to walk independently, with minimal assistance. Especially in the big moments of her life.

Blaze: Seeing K.R. walking in here independently. When she first started, it took two people and a walker to get her in here.

5.) What would you like families and staff to know about the importance of physical therapy?

Nick: Improving their quality of life through improving their mobility, strength and balance.

Jim: It's about the function of their daily life. PT improves many different aspects in life that you don't usually think about.

Blaze: It got K.R. to walk cross the stage at her graduation, without PT and without this team she wouldn't have been able to do that

6.) If you could describe the Supernova clients in three words, what would they be?

Nick: Goofy

Jim: Unpredictable, entertaining

Blaze: Joyful, heartfelt

7.) What's your favorite part about seeing Supernova clients come into the clinic?

Nick: I like seeing what personality is coming in, if they're going to be happy or sad or funny and matching their energy. Watching their mood perk up if they do come in sad, making them smile and brightening their day.

Jim: Seeing them do things that they normally wouldn't do, like walk 20 min on the treadmill and working with them to increase their time or speed.

Blaze: No matter what's going on with your day, you have to smile and make their day better and they do the same for you



Above & Beyond Physical Therapy Services (contd.)

8.) Is there a client who always makes you smile when they walk through the door?

Nick: My girlfriend, wink, wink

Jim: Kathy

Blaze: They all make us smile, but of course my girl, K.R.

9.) What's one thing people might not realize about working with individuals with disabilities?

Nick: How different every session can be with them

Jim: How rewarding it is.

Blaze: They're capable of a lot more than people give them credit for.

10.) Bonus from Dave!

- I love that they have a sense of humor and WANT to joke around.
- They have greatest senses of humor and make all of us laugh and make every day better.
- Fav Memory – meeting K.H. at Grandes for Taco Pizza Night, having a whole table of people who care about her show up for her outside of the clinic, to spend that time with her.
- We make them feel dignified, we joke with them just like we do with everyone else and that's what important.
- All the other patients love when they're here, and I enjoy watching them admire and laugh along with us.





The Cooking Corner

**MICHELE GRANDE-LOPEZ - PROGRAM
SPECIALIST/RECREATIONAL THERAPIST**

This month's Cooking Class featured a healthy summer favorite - Chicken and Veggie Kabobs! We made ours with chicken breast, bell peppers, onions, and mushrooms, but the best part is that they're completely customizable, so everyone can add their own favorite ingredients and make them their own. This was a fun and interactive class that gave everyone the opportunity to practice fine motor skills while carefully assembling their kabobs onto the skewers. Of course, the best part was getting to enjoy the delicious meal everyone worked so hard to create!

Ingredients/Seasonings:

Skewers for kabobs

Mushrooms

Onion

Bell Pepper

Chicken

Olive Oil

Seasoning of Choice: We used, garlic, onion, paprika, salt, pepper & two different no salt seasoning blends!

Instructions:

- 1.) Soak wooden skewers in water for at least 1 hour before assembling.
 - 2.) Cut the bell peppers, onion, and mushrooms into large, bite-sized chunks and place them in a large mixing bowl.
 - 3.) Cut the chicken into pieces similar in size to the vegetables and add it to the bowl.
 - 4.) Drizzle with olive oil, add your seasonings, and mix until everything is evenly coated.
 - 5.) Once everything is evenly coated, it is time to assemble!
 - 6.) Assemble the kabobs by alternating vegetables and chicken on each skewer. We started with a larger vegetable at the bottom, followed by the other vegetables, then a piece of chicken, repeating the pattern until the skewer was full (Leave a small amount of space between each piece to help everything cook evenly).
 - 7.) Bake at 425°F for 20-30 minutes, or until the chicken reaches a safe internal temperature of 165°F and the vegetables are tender.
- Cooking Tip: These kabobs are just as delicious cooked on the grill or in the air fryer, making them a perfect meal for summer!



SUPERNOVA SERVICES



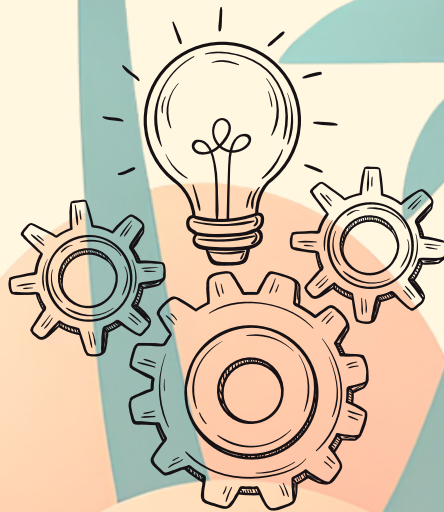
The Cooking Corner (contd.)



SUPERNOVA SERVICES

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