



www.pslstrive.org

STRIVE Newsletter

VOLUME 13 ISSUE 4

APRIL 2013

Growing with STRIVE

Mission Statement

To assist tweens, teens and young adults with intellectual and emotional disabilities in utilizing resources within their community so they can participate as viable members of the community.

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Over the last thirteen years, STRIVE has grown from serving just four individuals on the first Friday Night STRIVE Social back in 1999, to now serving over 850 tweens, teens, and young adults, with a growth rate of 3 to 5 new people each week! STRIVE prides itself on adapting the programs to the needs of those we are serving. STRIVE now offers nine different programs: Monday Night wellness classes, Wednesday Night Educational classes, Friday socials, Tween socials, After School Programming, Vacation Camps, and multiple programs for students post high school graduation- STRIVE U, STRIVE Bayside, and Next STEP. Individuals who are interested in participating in the STRIVE programs are encouraged to sign up and experience a variety of our programs.

One individual, who has chosen to share her experience of STRIVE, is Caroline Frawley. Caroline started utilizing STRIVE programming during school breaks, by participating in the Camp STRIVE program back in 2004. While reflecting on her years with STRIVE, Caroline expressed that she remembered being very nervous for her first day of camp, she was afraid that she would have a hard time making friends. Fast forwarding to present day, Caroline has participated in a multitude of STRIVE programs and has accomplished a lot of very challenging goals. Caroline has attended just about every STRIVE Friday Night Social since 2004, has been the President of the STRIVE Advisory Board, Graduated from STRIVE U, started attending the PSL Day Program, and is now volunteering in an office. (pictured right) Caroline has been a regular participant for many years now, and shared that STRIVE feels like home to her, she feels safe and knows that no one is here to judge. Caroline also said that when she started she didn't think that she could be independent, but with all that she has done with STRIVE and accomplished herself, she is successfully living in her own apartment! Caroline recognizes what it means for her to independent and shared that she is really happy that she worked so hard to get to where she is now.



If you would like more information on any of the STRIVE programs and how they can best benefit you or someone you know, please call the STRIVE office at (207) 774-6278 or visit our website at www.pslstrive.org. We would be happy to meet with you about any of our program offerings, and we welcome your feedback and suggestions!

STRIVE NEWS

STRIVE U News

The students at STRIVE U are staying busy! Several students participated in the STRIVE Rocks! Dance Marathon. In March, the STRIVE U women participated in a Self-Defense Class taught by Ed Ledbetter, owner of Women's Self Defense of



Portland. Ed is a retired Portland Police Officer and volunteered his time to teach the women how to respond to aggression and how to remain safe in the community. Ed plans to come back to teach a similar session for the men at STRIVE U. Would you like to learn more about STRIVE U? Come for a tour and see what our post-secondary education and training program is all about. Contact Erin Berg in Admissions for more information at eberg@pslservices.org or (207) 774-6278.



What's New with STRIVE Bayside

STRIVE Bayside offers a unique community support program in Portland which is dedicated to expanding independent living skills and community connections for people with developmental disabilities. The goal of STRIVE Bayside is to work with participants over a two year period to expand their abilities to live a more independent life. STRIVE Bayside is now at the six month mark and staff is working with participants and families to further develop goals to include new skills like using an ATM, online banking, using a debit card, ironing, sending mail, volunteering, menu planning and grocery shopping at home, cooking for families once a week and much more. We are all so thrilled about the great progress participants are making at becoming more independent in their own lives! We are also very pleased to announce that our February MVP is Bennett Agnew! Congratulations to Bennett for being independent at home with doing chores and taking initiative to exercise. STRIVE Bayside is having an Open House on Tuesday, May 14th from 3:00-7:00pm! Please join us to tour the space, meet staff and learn more about this unique program! STRIVE Bayside is now accepting applications for the afternoon session (1:00-5:00pm) starting September 9th, 2013. Program runs Monday through Friday over two years and is based in a 3-bedroom apartment in Back Bay Tower in Portland. Please contact Brianna McCabe at (207) 899-1725 or bmccabe@pslservices.org for more information, for an application or to schedule a tour.



Next STEP Update

Next STEP (STRIVE's Transitional Education Program) welcomes new staff! Ann Marie Jenkins and Sarah Olsen have recently joined our program and have brought lots of enthusiasm and great ideas. They are excited to work with the participants in their learning opportunities which have included food shopping and preparation, volunteering at the Root Cellar, weekly visits to the Portland Public Library, leisure time activities and much more! Next month we will begin an educational unit on Personal Health that will offer a variety of skill building activities. Next STEP is excited to also announce two Meet and Greet opportunities that have been scheduled. On Tuesday, April 2nd from 4:00-5:00 p.m. and Wednesday, April 3rd from 8:00-9:00 participants, their families, and anyone who would be interested in knowing more about the program are welcome to stop by for a visit at 28 Foden Road in South Portland. Those who attend during either timeframe will have an opportunity to visit the classroom, meet the staff and enjoy snacks made by the participants. The Next STEP program operates on a rolling admissions process and participants can begin at any time throughout the year. Next STEP is a unique, private pay program that combines independent living skill development with social, recreational and wellness opportunities. Full time is available Monday-Friday from 9:00-5:00 and early drop off is available starting at 8:00. Additionally, there are many part time opportunities available as well. Costs are \$205/week for full time and \$125/week for part time. Next STEP is also a great educational option for those who are on a waiting list for funding for community support, would like to supplement their community support program or who might not qualify for community support funding but would like to further enhance their skills. For more information or if you would like to schedule a tour, please contact Betsy Morrison at (207) 774-6278 or bmorrison@pslservices.org.

Get Involved!

Thank You to March STRIVE Supporters

James & Andrea Sinclair
 Susan & Bill Clifford
 Mark & Suzanne Dobrovolny
 Stephen & Nancy Sawyer
 Tom & Tina Bourdeaux
 Paul Tellow
 Pete & Anne-Marie Brown
 Glenn & Doris Meehan
 Robert Junkins
 Thomas McKeon
 Ellen Mugar
 Anne & Mervell Cronin
 Dianne Paton
 Lois & Michal Dennison
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In memory of Mary Jean Fake
Robert & Rory Turley:
In memory of Mary Jean Fake
Pamela B Davis:
In memory of Mary Jean Fake
James & Jessica Blanchard:
In memory of Mary Jean Fake
Katherine Collins:
In memory of Mary Jean Fake
Barbara & Sandy West:
In memory of Robert E. West

Easy Ways to Support STRIVE



STRIVE has started a "Legacy Program" and would be happy to discuss how to write in our organization into your planned giving account.



Follow Us on Facebook
 Daily Updates
 STRIVE Pictures

To stay connected visit:
facebook.com/STRIVENation



Can Redemption Program
 Get a Green Bag at STRIVE & drop off your cans at a Hannaford Grocery Store. The deposits will go to STRIVE! Every 5 cents counts!



There's no reason not to. You search... We give!

Change your Search Engine
 Change your search Engine to GoodSearch and pick STRIVE as your charity!

For each search you do, 1¢ is donated to STRIVE!

Questions, Comments, or Concerns – Contact Our Staff!

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We welcome your comments, questions, and feedback at info@pslstrive.org.

STRIVE Pirate Night April 26th 6-9pm!



STRIVE will host pirate costume contest, dancing, and a treasure filled night!
Cost is \$10 for STRIVE members!

Member Spotlight: Stacy Bruns



How old are you: 23
 Favorite movie: Twilight
 Favorite color: Pink
 Favorite holiday: Mothers Day
 Coolest activity at STRIVE this year: Meeting new friends and helping my friends when they need it!
 Favorite song: "If Heaven Wasn't So Far Away" by Justin Moore
 Dream job: Helping children with special needs

April Birthdays



Thomas Bordeaux
 Bridget Parker
 Chelsi Sokolich
 Nathaniel Provencaer
 Evan Riker
 Michael Thompson
 April Watson
 Dorothy Stanley
 Bradley LaPointe
 Trevor Perry
 Karen Esposito
 Sylvia Landry
 Stephanie Sinclair
 Jonathan Edwards
 Bridget Lally
 Michael Norton
 Joannah Napoleone
 Austin Phillip
 Timothy Nason
 Tyler Bals

Charlie Rhode
 Alex Doten
 Keith Conley Johnson
 Stephanie Merrill
 Sabrina Nixon
 Mary Jessica Cooke
 McKensy Brown
 Donald Tibbetts
 Kevin Brown
 Yajira Dueno
 John Paul Brower
 Brendon Young
 Kevin Cordier
 Josh Parks
 Devan Libby
 Jeremy Ricker
 Rebecca Libby
 Danielle Gaudette
 Happy Birthday!

Camp STRIVE: April 15th-19th



Spend your April Break with STRIVE!
 Games, fieldtrips, crafts, and more! Cost is \$45 per day or \$200 for all five days. Camp runs from 9am-5pm.
 Sign up for Camp STRIVE from April 15th– 19th by contacting Erin at esaul@pslservices.org! Registration forms are available at PSLStrive.org/camp.
 Reserve your spot today!

Members' Page and Events

TWEENS Schedule of Events

Are you between the ages of 11 and 14? Are you looking to make new friends? Then join us every Friday afternoon from 3:30 to 5:30pm at the STRIVE Center! Cost is \$10 with sliding scale available. See you on Friday!

April 5th : Jeopardy!
 April 12th : UNUM Activities
 April 19th : Hula Lessons with Nirakazi
 April 26th : Pirate Theme Party

Feel free to call Shannon at STRIVE at 774-6278 with any questions!

Monday Night Wellness Classes Series

Healthy Living

5:30-7:00 pm
 April 15th-June 10th

Learn about healthy cooking, eating well, and ways to stay fit! This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org.



Wednesday Night Educational Class Series

Creative Writing

6:00-8:00 pm
 March 13th - May 15th



Learn to express your thoughts and feelings in a unique, and fun way! Show off all your work with a Showcase for your family and friends at the conclusion of the series. Sign up today! This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org

Upcoming Meetings & Events

Kiwanis Aktion Club
 April 3rd & 17th
 3:30pm

Member Advisory Board Meeting
 April 5th & 19th
 5:00pm

Next STEP Meet and Greet
 April 2nd 4pm-5pm
 April 3rd 8am-9am

Camp STRIVE!
 April 15th-19th
 9am-5pm

Healthy Living Class
 April 15th-June 10th
 5:30pm-7:00pm

STRIVE Bayside Open House
 May 14th
 3:00-7:00pm!

For STRIVE closings and cancelations visit our Facebook page or WCSH6 for up-to-date information. You can also sign up for text alerts at WCSH6.com.

Join us at the Next STEP Meet & Greet

Please join us for a **Meet & Greet with Next STEP**, STRIVE's Transitional Education Program. Plan to be at the STRIVE location at 28 Foden Road in South Portland on Tuesday, April 2nd from 4:00-5:00 p.m. or Wednesday, April 3rd from 8:00-9:00 a.m. Next STEP is a private pay program that combines independent living skill development with social, recreational and wellness opportunities. Refreshments will be provided! For more information contact Betsey at bmorrisson@pslservices.org or at (207) 774-6278.

STRIVE Pictures



Above: STRIVE Bayside participants and staff enjoying coffee together!

Above: St. Patty's Day party at STRIVE!
Below Clockwise: Dance Marathon closing ceremony! STRIVE U and Bayside students at the Dance Marathon! Smiles at STRIVE Bayside.



Left: Camp STRIVE hangs out with the chickens at Pineland Farms in New Gloucester during February Camp!





The 2013 STRIVE Rocks! Dance Marathon was a huge success thanks to all the support from sponsors, dancers, volunteers, and supporters! Thanks to you we raised over \$60,000 in support of STRIVE programs. Your generosity will make a difference in the lives of tweens, teens, and young adults with disabilities throughout Maine! Thank you!

A special THANK YOU goes out to the following supporters:

The Maine Mall
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MEMIC
Joe Bornstein
Rowe Ford
Bangor Savings and Loans
The Forecaster
Pape Chevrolet
AT&T Wireless
Mechanical Services
Martin's Point
Best Buy
Regency Mortgage
IDEXX
Homewood Suites
Barb Schlichtman
Bath Savings
The Olive Garden
Blast Party Rentals
AV Technik
Hannaford
Starbucks
Dunkin Donuts
Anthony's Italian Kitchen

Music & Moore
Coca-Cola
Shipyard Brewery
Mr. Divinsky's Class
Shannon Moss
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Otto the Moose
Slugger the Seadog
Jack Streeter
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Conman
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Casco Bay Movers
DJ Huzz
Mad Science
Studio Fit
Drums Alive
Stillson Irish Dancers
Olympia Sports
Aeropostale
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Funtown Splashtown USA
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Old Navy
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Serving tweens, teens and young adults with developmental disabilities

www.facebook.com/strivenation

Twitter: @pslstrive

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STRIVE is excited to be the co-beneficiary of the sheJAMS Dynamic Dirt Challenge on Sunday June 2, 2013 at Pineland Farms! This is a hardcore, 4+ mile obstacle course designed to challenge your all around strength, stamina, and mental grit! Friends of STRIVE will receive a \$5 discount on the registration fee. Email info@pslstrive.org for the discount code. Register today as race spots are filling up fast! Visit dynamicdirtchallenge.com for detailed information about the race and sheJAMS. Thank you to sheJAMS and all of the Dynamic Dirt Challenge participants for supporting STRIVE!

Want to be a STRIVE Fund-Racer? Race Opportunities!



STRIVE is excited to have been chosen as a co-beneficiary for the she Jams Dynamic Dirt Challenge on June 2nd at Pineland Farms.
FMI:
www.dynamicdirtchallenge.com
Contact STRIVE at 207.774.6278 for a \$5 coupon code!



If you would like to run in this year's Beach to Beacon for STRIVE, if so, please contact our office as soon as possible! STRIVE has a limited amount of spaces for the August 3rd race in exchange for fundraising a minimum of \$300 for the STRIVE programs.
FMI: Contact STRIVE at 207.774.6278



STRIVE for 5* Foden Road 5K

Mark your calendars now!
The 2nd Annual STRIVE for 5* Foden Road 5K & Neighborhood Block Party is scheduled for September 14th
FMI: Contact STRIVE at 207.774.6278



STRIVE is excited to have been chosen as the two year beneficiary for the Maine Marathon being held on October 6th! If you would like to run in this year's race please visit:
www.mainemarathon.com