



www.pslstrive.org

STRIVE Newsletter

VOLUME 14 ISSUE 4

APRIL 2014

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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PSL & STRIVE to begin offering Home Supports Summer 2014

We are excited to let you know that DHHS is changing some of the regulations surrounding Section 29 services. These changes (anticipated July 1st!) will include allowing support staff to provide services in an individual's home. This is an exciting change, and our team has been working for the past several months to prepare for this change. Here is some further information, and if you have any questions, thoughts or ideas, please contact Betsy Morrison at bmorrison@pslservices.org or (207) 774-6278. We are excited to add this opportunity to our growing menu of Section 29 and private pay services.

The mission of PSL/STRIVE Home Support Program is to support people with disabilities to expand their independent living skills and community integration based on their present living situation, and to prepare them for potential independent living situations and enhanced community integration in the future. PSL/STRIVE will use its expertise, curriculum and long history of supporting people in their community to assisted participants in achieving their goals.

Program Description

PSL/STRIVE Home Support Program will utilize as its foundation the curriculum and training techniques developed by STRIVE U, Bayside, and Next STEP Programs and adapt them to a Home Supports setting. Participants will be seeking a focused program that is centered on expanding participant's abilities for independence in all areas of life skills and expanded community integration. The goal will be to increase independence within the living situation the person is in which includes living at home with family and independent living situations. Support will be based on an individual plan of care developed with the person and their network of support.

Examples of the areas that PSL/STRIVE Home Support Program could assist an individual with are:

Learning to use a planner	Food Safety, Recipe, Menu Plan	Transportation- safe walking, use of bus, taxi
Self help skills	Grocery Shopping	
Life safety skills	Meal Prep	
Staying alone	Laundry	
Navigating the community	Cleaning your room, house, apartment	
Social Activity Planning	Use of Internet, email, etc	
Money Concepts/Money Exchange/Weekly Budget	Self medication	
Banking		

Other goals areas would be developed specific to the individual's identified needs.

Interested? Questions on whether this service might work for you? We are always willing to meet and discuss what options may work best for you and your family. Just let us know if you have any questions or we can help in any way!

STRIVE NEWS

Scenes from Next STEP



Learning about jobs and making pizza at UNOS



Volunteering at Partners for World Health



Curriculum time



As you can see, there is a lot going on at Next STEP. Come and join us! The Next STEP program offers a quality option for those who will be graduating from high school this June and are on a waiting list for services. There are also participants who access Next STEP in combination with a community support program or to complement other activities in someone's week. We have full and part-time availability and work on a rolling admission basis. Please contact Betsy Morrison at 207-774-6278 or bmorrison@pslservice.org with questions or to schedule a tour.

STRIVE Bayside Update

We are very excited to have two new participants in our program, one in the morning session the other in the afternoon. It is great to have new people join the program. If you are interested in exploring what STRIVE Bayside has to offer we presently have openings in the afternoon session and are anticipating openings in the morning session in the fall. INDEPENDENCE IS A GREAT THING TO STRIVE FOR!!!

Spring will be here soon and we are looking forward to expanding our exercise programs by getting out on the trails, particularly around Backbay. Officer Murphy from the Portland Police Department visited our program this week. Participants developed questions ahead of time to ask her. She told us how she became a police officer and then shared some advice on things like safety on the streets, how to deal with people who may be difficult, fire safety, and internet safety. It was great to have her and she offered to give us a tour of the police station someday. Later this week we are going to visit STRIVE U and see an apartment and talk to two of the students. We are also going to view the Vocational Rehabilitation orientation video while we are there. Next month we plan on a tour of Eco-Maine.

We continue to work on banking, meal planning, meal preparation, cleaning and a host of other independent living skills. Folks are taking responsibility for doing chores and some cooking where they live which is really exciting.

STRIVE Bayside is a unique community supports program that is dedicated to expanding independent living skills and community connections. If you have any questions or would like a tour of please call Bill Hughes at 207-899-1725.



Get Involved!

Legends & STRIVE Open House



Legends is holding an Open House for STRIVE

Registration: \$15.00

Date: Sat. April 19

Time: 10am-3pm

Location: Legends, 128 Center Street, Auburn, ME

Register at: www.firstgiving.com/LegendsforSTRIVE

Proceeds: All proceeds will benefit STRIVE

50/50 Drawing-Door Prizes- Great Food-Music-Friends-Fun

Shoot Pool, Throw Darts and have fun while raising awareness of STRIVE.



Volunteers Needed!

Legends & STRIVE Open House
Saturday April 19th
Legends, Auburn @ 10am-3pm

- *Registration Help
- *Pool & Dart Help
- *STRIVE Info Table Help



Tweens & STRIVE Nights
Every Friday
Tweens: 3:30-5:30pm
STRIVE Night: 6pm-9pm

Questions, Comments, or Concerns – Contact Our Staff!

Michael Faust

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STRIVE & STRIVE U Program Director
pbrown@pslservices.org

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Katie Collins

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MaryAnn Schwanda

STRIVE U Employment Coordinator
mschwanda@pslservices.org

Katie Church

STRIVE U Education & Training Coordinator
kchurch@pslservices.org



Spring Theme!

April's Theme Night:

SPRING!

Join STRIVE on April 11th
Please join us for food, games,
prizes & decorations!
Wear pastels or floral!

Tweens: 3:30-5:30pm
STRIVE Night: 6:00-9:00pm

Advisory Board will be selling
flowers for \$1!

STRIVE Member in the Spotlight! Blake Waterhouse



How old are you: 13

Favorite movie: Harry Potter and the Prisoner of Azkaban

Favorite color: Green

What's your favorite thing about STRIVE After-school? Playing games

Favorite holiday: Christmas

Favorite song: Take Back the Night by Justin Timberlake

Dream job: Librarian

Talents: Reading, Creative and a good sense of humor



April Birthdays



Evan Riker
Michael Thompson
Bradley LaPointe
Thomas Bourdeaux
Jonathan Edwards
Bridget Lally
Philip Austin
Timothy Nason
Tyler Bals
Alex Doten
Keith Conley
Stephanie Merrill
Mary Jessica Cooke
McKensy Brown
Donald Tibbetts
Kevin Brown
Yajira Dueno
John Paul Brower

Brendon Young
Josh Parks
Devan Libbey
Jeremy Ricker
Gus Recknagel



Wednesday Night Class



Internet Safety: April 2nd & April 9th
Cooking: April 16th– May 21st (Two classes taught by Opportunity Alliance)

Wednesday Night Education Class 6:00-8:00pm

FMI contact: Jenny at JCastiglione@pslservices.org

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 - See you on Friday!

- April 4th**– Zumba with Jenn
- April 11th**– UNUM
- April 18th**– Beatles Sing-A-Long
- April 25th**– Spring Day!

Feel free to contact Jenny at STRIVE at 207-774-6278 or email at jcastiglione@pslservices.org with any questions about our Tweens Program!

Thank You to Our Donors

Thanks to the following for your contribution to STRIVE. Your gift will make a difference in people's lives! If you haven't had an opportunity to contribute as of yet in 2014, watch your mailbox as our Annual Campaign is underway. You can reply by the enclosed remit envelope, or you can also give online. For your convenience, as well as if you collect airline miles or credit card points- we can accept your gift through Visa, Mastercard, or Discover. We can also set up recurring gifts- for example \$5/week or \$25/month. If you are interested in

arranging a recurring gift, please contact Peter Brown at pbrown@pslservices.org or (207) 774-6278.

February/March Donors:
 Cynthia & Lawrence Vaughan
 Allan McHale
 Sage Data Security
 Intermed
 Truist
 Anne & Mervill Cronin
 James & Andrea Sinclair
 John Dresser & Marie Bowden

Upcoming Meetings & Events

Kiwanis Aktion Club
 April 2nd, 16th & 30th
 3:30pm

Member Advisory Board Meeting
 April 4th & 18th
 5:30pm

Spring Theme Night
 April 11th
 Tweens & STRIVE Night

Internet Safety: Wednesday Classes
 April 2nd & April 9th
 6:00-8:00pm

Cooking: Wednesday Classes
 April 16th-May 21st
 6:00-8:00pm

Legends & STRIVE Open House
 April 19th
 10am-3pm

Roses Make Anyone Smile!



Purchase a dozen roses for mom, a friend, yourself or anyone who needs a smile... Plus it benefits STRIVE. \$18 per dozen

Orders due Friday, April 25th

Roses will arrive Friday morning May 9th (Mother's Day is May 11th)



Please make checks payable to United Way
 Contact Heather: hguglielmo@pslservices.org

Looking for a Birthday Gift Idea?

Give the gift of STRIVE! Gift certificates for our Tweens Social, STRIVE Night, and evening classes are now available and make great gifts! Or how about a T-shirt or sweatshirt? Check out our online stores at cafepress.com/pslstrive and cafepress.com/



Spring & Summer STRIVE Camp!



Campers (Ages 11-24) participate in classes and activities including: sports & games, nutrition & cooking, arts & crafts, and field trips to local attractions.

April 21st-April 25th
Schedule:

- **Monday 21st:**
"Rusty Rocket" Show at Southworth Planetarium
- **Tuesday 22nd:**
Explore Mackworth Island & Falmouth Audubon
If Rain: Go Bowling!

- **Wednesday 23rd:**
Explore Maine's Narrow Gage Railroad & visit Railroad Museum
- **Thursday 24th:**
Explore Freeport with Scavenger Hunt & Food Tour
- **Friday 25th:**
Visit the Maine Wildlife Park!
If Rain: Go to the Movies!

Interested in STRIVE Summer Camp? Registration & Calendar now available!

<http://www.pslstrive.org/camp>

Contact

Heather: hguglielmo@pslservices.org

2014 Wednesday Night Educa-

- April 2nd & April 9th:** Internet Safety (only \$10!)
- April 16th-April 30th:** Cooking by Opportunity Alliance
- May 7th-June 4th:** Employment by Kaplan University
- June 4th-June 25th:** Healthy Living/Nutrition
- July 9th-September 17th:** Healthy Relationships by SARSSM
- October 1st-October 29th:** Intro to Computers
- November 12th-November 19th:** Public Safety
- November 26th-December 17th:** Money Management

Email Jenny to sign up or with questions:
jcastiglione@pslservices.org



STRIVE U News

Would you like to learn more about STRIVE U?



Contact Admissions if you would like information or a tour.
If you have any questions, please contact Erin Berg at 207-774-6278 or eberg@pslservices.org

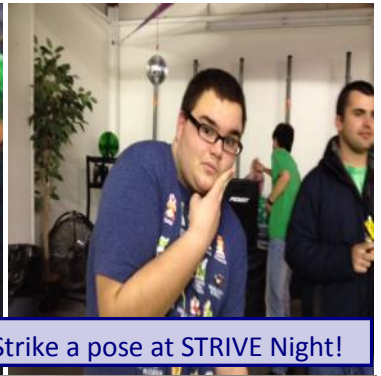
STRIVE Pictures



Bre was the Greenest of them all :)



STRIVE Staff dressed for STRIVE Night's Happy St. Patrick's Day Theme!



Strike a pose at STRIVE Night!



Chicken Pad Thai Anyone? NEXT Step



USM's "Husky Day of Service" 6 USM students painted the STRIVE U kitchen, entryway, and bathroom!



Operation #Jennystay



Team Bayside & STRIVE U at 3 Point Shoot Out

If you have photos that you would like to contribute and see in the STRIVE monthly newsletter or on the STRIVE Facebook page, please email them to Heather at hguglielmo@pslservices.org.



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Serving tweens, teens and young adults with developmental disabilities

www.facebook.com/strivenation

Twitter: @STRIVE_PSL

Instagram: STRIVE_PSL

Pinterest: STRIVEPSL

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Return Service Requested



Great News!

Winning Team: The Blazers at 3 Points for STRIVE at Portland Expo !
Thank you for all of your support!



NEXT Step at Fort Williams!

