



www.pslstrive.org

STRIVE Newsletter

VOLUME 15 ISSUE 4

APRIL 2015

STRIVE Announces Expansion of STRIVECenter

Mission Statement:

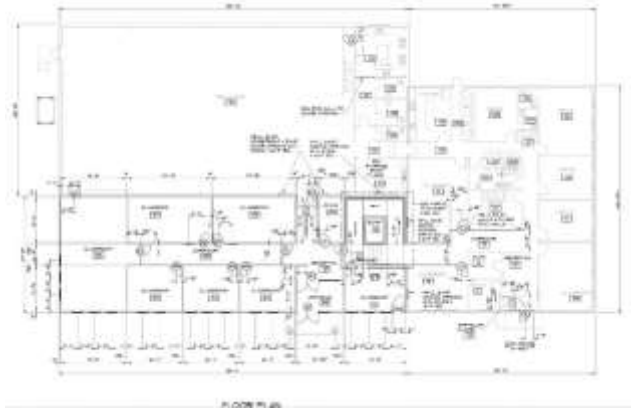
To assist tweens, teens and young adults with intellectual and emotional disabilities in utilizing resources within their community so they can participate as viable members of the community.

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At our 15th Anniversary Gala, we revealed **new** plans for the STRIVE Center at 28 Foden Road. STRIVE has been headquartered at 28 Foden Road, in South Portland for the past 13 years. This location serves as both administrative and program space, as we have converted the conference room into classroom space and the former warehouse into a teen center. The space is used by nearly **125 clients daily**, and that figure **doubles on Fridays**. STRIVE operates programs in the building that range from summer and vacation camps, to after school programs, to social events and post-secondary educational opportunities. This summer, we assembled a committee and have been in the quiet stage of a Capital Campaign. The campaign has been very successful to date and in November of 2014, we were able to **purchase the building**, completing **Phase 1** of our Capital Campaign. **Phase II** involves plans to expand the building, adding **3300 square feet** of classroom and program space for our ever-growing programs. This expansion will allow for each program to have its **own** room, rather than share one space. The expansion will also include **much needed health and safety improvements**, such as an internal wheelchair ramp, full sprinkler system, hoods for each stove, and air conditioning, to name a few. The renovations will also modernize the building and include a focus on assistive technology throughout. **This campaign allows us to increase programming, better serve our current clients, and focus on the future.**

To date, we have raised \$1,061,347! We have also secured a very low interest loan, allowing us to begin construction in May. **Now, we are asking for your help and support to make this a reality.** The total campaign goal is **\$2.05 million**. This goal would not only fund purchase and renovations, but also create a \$450,000 endowment fund that would provide ongoing, reliable, budget support to oversee operations of the facility.



There are many ways you can help--if you are able, we would love to talk with you about making a gift to the campaign. Or, perhaps, you know someone that is on a foundation board, civic group, or charitable trust that you could speak with about STRIVE. Maybe your neighbor or co-worker would like to get involved. Perhaps you'd like to host a house party to tell people about STRIVE, or host a meeting to get your business involved? We'd love the opportunity to speak with you about how you can get involved in helping us prepare STRIVE for the next fifteen years and beyond. We have a unique opportunity as well--we also announced that STRIVE is the recipient of a \$325,000 matching grant from The Lunder Foundation. **Any gift up to \$325,000 will be matched!** Please help us spread the word about this opportunity!

If you'd like to learn more or get involved with this important project, please contact Peter Brown at pbrown@pslservices.org or call 207.879.0847

STRIVE NEWS

Program Spotlight: STRIVE Bayside

STRIVE Bayside is a unique day program that teaches independent living skills in a three-bedroom apartment. Utilizing the apartment as a learning lab, participants learn skills to live on their own. Participants work in groups of three with one support staff. We often are asked what Bayside is like, so to help, we decided to follow a participant for a week to learn more.

A Week at Bayside with Dianna

Monday: Along with two other participants and her support staff, Dianna walked to Hannaford to buy the groceries she needed to make her dinner for the week. This week, Dianna went to Hannaford to get the ingredients for tacos! "I like grocery shopping it's the best; everyone is so nice to me."

Tuesday: Each Tuesday, Dianna cleans and prepares a meal. On this particular Tuesday, Dianna chose to clean the bedroom. After she was done, Dianna made her tacos! As a healthy side, she also had raspberries.

Wednesday: Dianna went to the gym and menu planned for her meal for the following week. At the gym, Dianna used the treadmill for 30 minutes, then lifted weights with another participant. After they finished working out, the group returned to the apartment to menu plan. Dianna chose a recipe for corn chowder. After selecting her recipe, she wrote down all the ingredients she needed to purchase and looked online to find out how much each cost. Dianna said that she was "so excited to make corn chowder!"

Thursday: Thursday is Adventure and Curriculum Day. Each week everyone learns about a new topic. This week, Dianna's group talked about social skills. After curriculum, everyone went out into the community for Adventure Day. During Adventure Day, participants choose a place in Portland that they've never been before, places like coffee shops, bakeries, area businesses, museums, and more! Adventure Day gives everyone the opportunity to practice navigating safely and accessing their community while practicing money skills. This week Dianna went to Gelato Fiasco, a gelato shop on Fore Street in Portland! "The ice cream was good, I liked it"

Friday: On Friday, Dianna does her banking. Dianna withdraws money to pay for her groceries and Adventure Day for the next week. At STRIVE Bayside, participants set up their own bank accounts at Bangor Savings Bank to help learn budgeting and banking skills.



What parents have to say about STRIVE Bayside:

"STRIVE's apartment based "hands on" structured program, STRIVE Bayside, has inspired our son to work towards becoming more and more independent with his banking, grocery shopping with preparation of healthier meals, fitness and transportation whether it be walking, riding a bus or taking a taxi. This life experience has given him confidence to move forward in the right direction."

STRIVE Bayside is a two-year program for those hoping to learn independent living skills such as cooking, cleaning, navigating the community, and budgeting.

Space is available in both the morning (9am to 1pm) and afternoon (1pm to 5pm) sessions. For more information or to schedule a tour, contact Veerle Pottie at vpottie@pssl-services.org or (207)774-6278.

What's Going on at STRIVE U!

Over the last month, STRIVE U students have had the opportunity to attend several Portland Pirates games, work in the community, and fundraise for and attend the annual STRIVE Rocks Dance marathon. All of these events have provided the opportunity for students to work on time management, budgeting, the importance of a deadline, and how to appropriately reschedule as needed. Second year students continue to work on presentations that will be given as we near graduation and all students have been acting as gracious hosts for prospective students who are visiting our campus to experience what STRIVE U is like. As it warms up and finally begins to feel like spring, all of us at STRIVE U are looking forward to getting back outdoors and exploring what the city of Portland has to offer when the weather starts to warm up!



To learn more about STRIVE U or to schedule a tour, please contact Erin Berg at eberg@psslservices.org or call 207.774.6278.



Please welcome Dick Leeman, STRIVE U's new Employment Coordinator!

Dick has been working and living in Southern Maine for several years and has a lot of experience with local businesses. His extensive background in sales and business will bring a dynamic attitude to employers who are currently working with STRIVE U and to those who are interested in coming on board. He has a great sense of humor and a positive attitude. During his first several weeks, he has contacted many of our employment partners, met with all the students, and has begun to develop new partnership opportunities for the program.

If you or someone you know would like to benefit from the many rewards of partnering with STRIVE U, please contact Dick at dleeman@psslservices.org or call 207.774.6278.

Next STEP Update

March has been a month of learning about personal health and hygiene. March has also started a new volunteer placement for Next STEP: the Animal Refuge League. On Wednesdays groups of three help socialize the cats by reading to them. This allows the participants to strengthen their reading skills and allows the cats to become comfortable with individuals being in the room and hearing people's voices. It has been an excellent placement so far and the participants have really enjoyed being a part of the program. Coming up in April, Next STEP plans to have a Sustainability and Art month. They are going to learn about planting and growing foods and herbs and different art mediums.

Next STEP is a great option offering quality curriculum for those that are on a waiting list for other services, in combination with other services or for those who may not qualify for other service.

Please contact Katie Collins at 207-774-6278 or kcollins@psslservices.org if you would like more information regarding Next STEP.

After School at STRIVE

Designed for high school students, STRIVE's After School program provides learning that goes beyond the classroom. Students work in small groups with STRIVE staff on a variety of goals determined by students and their families. Goals include cooking and making snacks, community safety, and homework, all while reinforcing social and independent living skills.

After School runs Monday through Friday 2pm to 5pm. Come one day a week or everyday! Transportation and Early Release pick-up available.

To get more information, please contact Katelynn Davis at kdavis@psslservices.org or call 207.774.6278

April Theme Night:
April Fools Party!



Friday,
April 3rd
6:00—
9:00pm

Cost: \$10

We'll have yummy snacks, drinks, games, and, of course, a few tricks up our sleeves! Join us for some fun and laughs to celebrate April Fool's Day!

FMI: Contact Katelynn at kdavis@pslservices.org or call 207.774.6278

Camp STRIVE



April 20th to 24th

9am to 5pm

8am Early Drop Off available

Cost is \$45 per day or \$200 for the week

Camp STRIVE is a vacation camp program held every school vacation week. Campers explore the community, do crafts and make snacks at STRIVE, and simply have fun!

To get more information, please contact Katelynn Davis at kdavis@pslservices.org or call 207.774.6278



April Birthdays



Cole Simsarian
Josh Parks
Jeremy Ricker
Gus Recknagel
Danielle Gaudette
April Watson
Adam Boudreau
Thomas Bourdeaux
Bradley LaPointe
Catlyn Almodovar
Nathaniel Provencaer
Bridget Lally
Jonathan Edwards
Stephanie Sinclair
Olivia Tabb
Daniel Berenson
Philip Austin
Brigette Parker
Andrew Bryant
Tyler Bals
Hayley Bell
Timothy Nason

Evan Riker
McKensy Brown
Mary Jessica Cooke
Kevin Brown
Donald Tibbetts
John Paul Brower
Yajira Dueno
Forest Leavitt



Wednesday Night Educational Classes

Wednesdays, April 1st—29th

6:00—8:00pm • Cost: \$20



Career Exploration and Job Preparation

Learn about how to find a job, apply for a job, interviewing skills, job etiquette, and much more in this dynamic and exciting series!

May 6th—27th: Community Connections

June 3rd—24th: World Cultures

For more information, contact Elizabeth McKernan at emckernan@pslservices.org or call 207-774-6278.

TWEENS Schedule of Events

*Are you between the ages of 11 and 14? Are you looking to make new friends?
Join us every Friday afternoon from 3:30 to 5:30pm at STRIVE!
Cost: \$10*

April 3rd: Marine Science with UNE Touch Tanks

April 10th: UNUM

April 17th: Theatre Workshop with Portland Stage Company

April 24th: Kite-Making with Skytoyz

For more information, contact Elizabeth McKernan at emckernan@pslservices.org or call (207)774-6278.

Thank you to our March Donors!

Cynthia & Lawrence Vaughn
Karen & Peter Jannace—
in memory of Paul DeMatteo
James & Andrea Sinclair
Anne & Mervill Cronin
Yarmouth High School YAC
Joseph Weeks

Thank you to all who donated to the
STRIVERocks2015 Dance Marathon!

**Please watch for our Annual Campaign
letters in early April!**

Upcoming Meetings & Events

Aktion Club
April 1st, 15th, 29th

Member Advisory Board Meeting
April 10th & 24th
5:30pm

Wednesday Night Education Classes
April 1st, 8th, 15th, 22nd, and 29th
6:00—8:00pm

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

You're Invited!

Are you graduating from High School in June? Looking for a program that is both educational AND fun?! Come check out Next STEP! Next STEP is a great option to consider while on a waiting list for services, in combination with a community support program, or for those who do not qualify for other services.

Please join us for the...

Next STEP Open House

STRIVE's Transitional Education Program

Tuesday, April 14th 2015

4:00-7:00 p.m.

28 Foden Road, South Portland

STRIVERocks2015 Raises over \$76,000!

STRIVE ROCKS2015

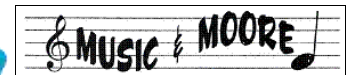
Thank you to all of our sponsors, dancers, volunteers, and those who donated to the **STRIVERocks2015 Dance Marathon** presented by **WEX, Inc.!**

Because of your hard work, we raised over **\$76,000** for STRIVE! Each dollar raised goes toward providing quality programming for our members.

Presented by:



Proudly Sponsored By:



You matter more.

Northeast Delta Dental



Thank you to the J.C.Underhill Band, Hello Newman, the Dapper Gents, DJ Corey Dunn, and DJ Tap Fitzgerald for keeping us dancing all night long!

We have STRIVERocks2015 t-shirts for sale!

Shirts come in Neon Orange or Neon Green, sizes Small to 2XL.

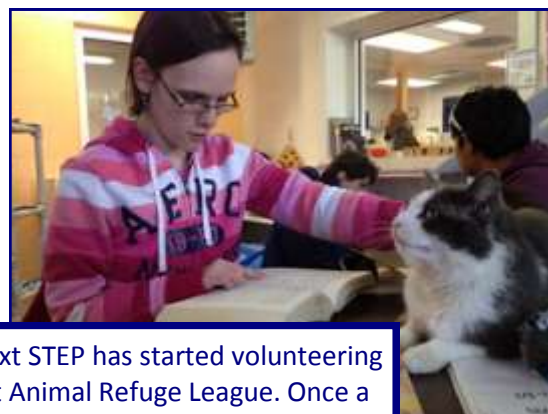
Cost is \$10

Contact Katelynn Davis at kdavis@pplservices.org or call 207.774.62789 to purchase yours.

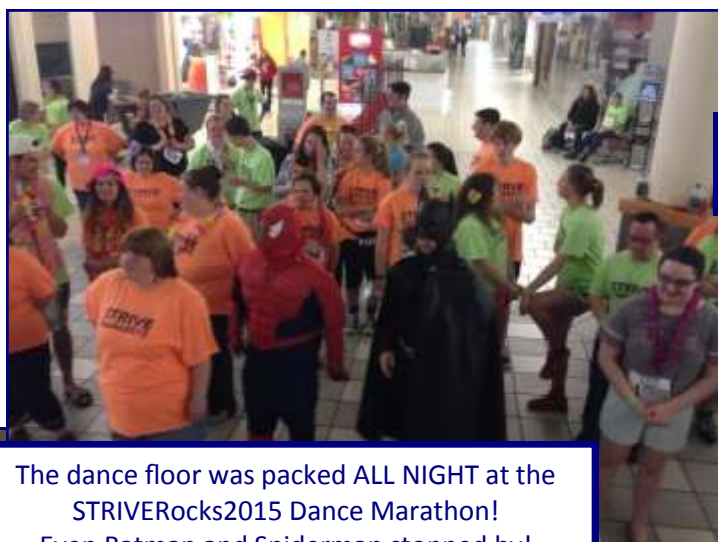
STRIVE Pictures



Next STEP checking out the fish at Cabela's!



Next STEP has started volunteering at Animal Refuge League. Once a week, they socialize with the cats by reading to them!



The dance floor was packed ALL NIGHT at the STRIVERocks2015 Dance Marathon! Even Batman and Spiderman stopped by!



Frozen Sing-Along with Elsa during Dance Day!



Celebrating St. Patrick's Day with Magda from UNUM at Tweens!

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 us at info@pslstrive.org



STRIVE
28 Foden Road
South Portland, ME 04106

Phone: 207-774-6278

Fax: 207-774-7695

Email: info@pslstrive.org

*Serving tweens, teens and young
adults with developmental disabilities*

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Instagram: [strive_psl](https://www.instagram.com/strive_psl)

Pinterest: STRIVEPSL

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Questions, Comments, or Suggestions – Contact Our Staff!

Peter Brown

PSL Services Associate Director
pbrown@pslservices.org

Betsy Morrison

STRIVE Program Director
bmorrison@pslservices.org

Katelynn Davis

STRIVE Program Manager
kdavis@pslservices.org

Elizabeth McKernan

STRIVE Special Projects Coordinator
emckernan@pslservices.org

Veerle Pottie

Community Services Program Director
vpottie@pslservices.org

Caroline Cole

STRIVE Bayside Program Leader
ccole@pslservices.org

Katie Collins

STRIVE U/Next STEP Program Manager
kcollins@pslservices.org

Bill Hughes

STRIVE/STRIVE U Programs
bhughes@pslservices.org

Katie Church

Student Life Coordinator
kchurch@pslservices.org

Sarah Thurston

STRIVE U Transition Coordinator
sthurston@pslservices.org

Erin Berg

STRIVE U Admissions Coordinator
eberg@pslservices.org

Kelly Taylor

STRIVE U Education and Training Coordinator
ktaylor@pslservices.org

Dick Leeman

STRIVE U Employment Coordinator
dleeman@pslservices.org

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