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# STRIVE Newsletter

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APRIL 2016

## STRIVERocks2016 Dance Marathon Sets Record

***STRIVE's biggest fundraiser, the Dance Marathon Weekend, set a fundraising record of \$85,937.18!***



### 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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STRIVERocks2016 set a record this year when the total amount raised was over \$85,000! Thank you to all the fundraisers, sponsors, vendors, volunteers, and staff that made this years event the best one yet! The Cross Insurance Arena was an amazing host. Everyone went out of their way to make this event a success and we couldn't be more grateful.

## Anthem Blue Cross and Blue Shield Foundation

In January we received a \$25,000 grant from the Anthem Blue Cross and Blue Shield Foundation to help teach our members on how to monitor and maintain healthy physical activity levels.

### Here is the Update:

In the next few weeks, Dayhab, STRIVEU, Bayside, Next STEP, and TOPS programs will start with health screenings at the UMed Gym. Their staff will take baseline measurements including heart rate, blood pressure, and some physical measurements. After the screenings, we will be attending weekly group exercise classes taught at first by UMed Gym staff, which will transition into being taught by our own staff. We will also be working with a registered dietician to develop healthy, budget friendly, and easy to replicate meals. Lastly, we are providing a wearable watch style fitness tracker for our participants to monitor and track their hard work.

If you would like more information, please contact Pete Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call (207)879-0847.



Anthem Blue Cross and Blue Shield Foundation



# STRIVE NEWS

## Spring Has Sprung for STRIVE U

STRIVE U has been a bustle of activity this month. We have participated in numerous events and are preparing for all the excitement Spring has in store. The students had a blast at Dance Marathon, and are proud of the fundraising success they had! We have also recently started a Social Events Club on Saturday nights for current students and alumni to participate in. The first event was a hit; with the help of DJ Tap, the students threw an awesome dance party on campus. STRIVE U spent a fun evening at the Maine Mall, shopping and enjoying each other's company. With the help of students and staff, we have created a new student lounge space for everyone to socialize together. A bunch of activities have been going on including watching movies, planting a few vegetables, and loads of puzzles.

As Spring and graduation time are approaching, 2<sup>nd</sup> year students are busy viewing apartments and organizing everything they need for moving out. This is an exhilarating time at STRIVE U as the culmination of the students' hard work for the past two years comes to a head. While the 2<sup>nd</sup> year students are getting ready to independently live in their own apartments, the 1<sup>st</sup> year students are starting to transition into their 2nd year and are preparing to have new roommates.

Everyone, students and staff, has been doing a fantastic job hosting potential new students at STRIVE U. This time allows new students to really get a feel for what STRIVE U is all about, become more familiar with our campus, and learn how goals are structured. As we go into the season of change STRIVE U will be changing with it and we look forward to all the benefits these changes will bring.

If you are interested in learning more about STRIVE U or would like to schedule a tour, please contact Bill Hughes, STRIVE U Admissions Coordinator, at [bhughes@pslservices.org](mailto:bhughes@pslservices.org) or 207-774-6278. Tours are available year-round.



## TOPS is Staying Active

In TOPS this past month, the students made a huge push to get more physically active. At least once a week, the students completed a workout circuit set up in the Teen Center. The circuit taught the students many different ways to be active with simple tools that you likely have at your house, including a chair, hula-hoop, and small hand weights. Walking has been a key component of TOPS since the start of the school year; however the group has really increased their stamina on longer walks in the past month. Continuing with exercise, the students completed their first workout video right here in our room! By using our new TV and streaming a free YouTube video, the students were able to get an intense 30 minute workout in.

In addition to working on physical activity, the students in TOPS have been learning restaurant skills including budgeting, tipping, reading a menu, and ordering independently. They have also been working on appropriate behaviors while in a restaurant and how to navigate to each place. This month has really been a huge step toward independence for the TOPS students as they continue to get physically active and become active in the community!

STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13<sup>th</sup> or 14<sup>th</sup> year of high school. If you have questions or would like more information about TOPS, please contact Betsy Morrison at 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org)



## Employment Education with Next STEP!

In the month March, Next STEP learned about employment. The Next STEPers began the month by writing down what employment means to them. We then took the Metro to downtown Portland, we went to the library, walked around the downtown area, and talked about the different types of jobs that are available. We explored different shops to see what the employees would be doing in different places.



For our special leisure activity, we continue to swim at South Portland Community Center every other Monday. The participants who swim are learning different styles of swimming, and of course they love it!! As the weather is getting better, we plan to start going on more nature walks, walking for fresh air, and exercise. A free and fun form of healthy living!

We also have a new participant that joined Next STEP and she will be participating at least one day a week. We would like to welcome her!!



Next STEP is a great option offering quality curriculum for those who 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 Betsy Morrison at 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org) if you would like more information regarding Next STEP or would like to schedule a tour. Part-time and full-time options are available.

## Technology Upgrades at Bayside

Over the past month STRIVE Bayside has been getting use to some exciting new additions to our program, three iPads and an apple TV! Technology is such a salient part of our society that having it available for STRIVE Bayside has proved to be incredibly helpful in teaching independent living skills! We have used the iPads to aid in a variety of our goals like grocery shopping, menu planning, budgeting, and cooking. We have also been using the iPads and apple TV almost daily in our morning and afternoon meetings. Each day for about 45 minutes the group meets to learn curriculum (for example restaurant etiquette) and to practice social skills. We have used our new technology to watch videos, practice recognizing the emotions of others, and most recently to share a current event or news article of interest. Throughout the week participants have been looking up an article they find interesting, and sharing it with the group using the apple TV as a visual aid. All the information shared has been so interesting, like new businesses opening around us in Portland, health and wellness tips, facts about animals, and even national news. Learning how to access and read the news is helpful in showing participants how to find out more about their communities, world and individual interests.



STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence. We run five days a week, Monday through Friday and have two daily sessions, 9:00-1:00 and 1:00- 5:00. We operate out of an apartment in down town Portland to simulate actual apartment living. We are currently accepting applications for both the morning and afternoon sessions. If you are interested in joining STRIVE Bayside, or would simply like more information, please contact: Caroline Cole at 899-1725 or [ccole@pslservices.org](mailto:ccole@pslservices.org).



*We are thrilled to be able to offer so many different programs here at STRIVE, but understand the options can be overwhelming and sometimes, confusing. Our staff is willing and ready help you navigate all of your options. If you'd like additional information, please feel free to give us a call at (207)774-6278—we'd love to help!*

STRIVE Night  
March Theme Night:

## April Fool's Day!

April 1st, 6-9pm



Ages:  
15 to 24 years old

Cost: \$10  
with scholarships  
available

STRIVE Night is 6:00-9:00pm ages 15-24. STRIVE Night is a social program for teens, and young adults held at the STRIVE Center. STRIVE Night is a great place to get together, have fun and build relationships.

FMI: Contact Cameron at [cprovencher@pslservices.org](mailto:cprovencher@pslservices.org) or call 207.774.6278

**\*\*Advisory Board's first meeting in April will be held on April 1st at 5:30pm.\*\***

## Wednesday Night Educational Classes

### Internet and Community Safety

March 30th—April 13th, 2016  
6:00-8:00pm



This eye opening series will give students the opportunity to learn about ways to keep themselves safe online and in the community. Some of the topics that will be covered include: safe internet communication, personal digital boundaries, digital abuse, and street safety. This class will be a great way to increase your ability to stay safe in a world where technology is constantly changing!

STRIVE's Wednesday Night Educational Classes are held every Wednesday with a different topic each month.

For more information, contact Peggy Ceresia at [pceresia@pslservices.org](mailto:pceresia@pslservices.org) or call (207)774-6278.

Have a class idea for 2016? Let us know! Contact Peggy Ceresia with your ideas—[pceresia@pslservices.org](mailto:pceresia@pslservices.org) or call (207)774-6278.

## April Birthdays

Olivia Tabb  
Alex Doten  
Keith Conley Johnson  
Stephanie Merrill  
Kevin Brown  
Josh Parks  
Gus Recknagel  
Philip Austin  
Tyler Bals  
McKensy Brown  
Bradley LaPointe  
Hayley Bell  
Jessie Berard  
Thomas Bourdeaux  
Andrew Bryant  
Bridget Parker

Josh Shaughnessy  
Evan Ricker  
Adam Bourdeau  
Catlyn Almodovar  
Bridget Lally  
Cole Simsarian  
Daniel Berenson  
Nate Provencher



## Camp STRIVE

### April Vacation

April 18th –April 22nd, 2016  
9:00am-5:00pm

April vacation is just around the corner! Join Camp STRIVE for an Earth Day celebration and so much more!

For more information, or to register, please contact Christine Mars at [cmars@pslservices.org](mailto:cmars@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!*

**\*\*Tweens is FREE to all members between the ages of 11 & 14!\*\***

**April 1st: UNE Balloon Tennis!**

**April 8th: Games with UNUM!**

**April 15th: Snack Creations!**

**April 22nd: Earth Day Tie Dye!**

**April 29th: Spring Fever!**

For more information, contact Peggy Ceresia at [pceresia@pslservices.org](mailto:pceresia@pslservices.org) or call (207)774-6278.

**Thank you to our March Donors!**

Marlise Swartz	Fern & Susan Masse
TJX Foundation	Mark & Elizabeth Pietras
Linda Lawrence – in Memory Of	James & Andrea Sinclair
Miriam Urban	Donald Chaisson & Mona Meyer
Sari Greene & Eric Boutiette	Gina Barnes
Allan McHale	



**Upcoming Events**

**Aktion Club**  
April 6th, 20th, 3:15pm

**Member Advisory Board Meeting**  
April 1st, 15th, 29th, 5:30pm

**Wednesday Night Education Classes:**  
*Internet and Community Safety*  
Wednesdays, March 30th –April 13th  
6:00-8:00pm

**Tweens**  
Every Friday, 3:30—5:30pm

**STRIVE Night**  
Every Friday, 6:00—9:00pm

**Strive for STRIVE at Anthony's Italian Kitchen!**



Eat at **Anthony's Italian Kitchen** every **Monday and Tuesday** from **4 to 8pm** to benefit **STRIVE!**



*10% of all sales will go directly to our programs.*

Enjoy delicious pizza and subs, beer and wine, and more at their location at 151 Middle St. in Portland.

Learn more at [www.AnthonysItalianKitchen.com](http://www.AnthonysItalianKitchen.com) or call (207)774-8668

**\*\*Handicapped Accessible and Free Parking is Available!\*\***

# Falmouth Kitchen Tour / Beach To Beacon Bibs

## Falmouth Kitchen Tour

*Friday, May 6th and Saturday, May 7th*

*Kitchens open at 10am-3pm*

The Falmouth Kitchen Tour is proudly supporting **STRIVE** with a portion of each ticket sold to this great event! This event is a home and lifestyle tour that features gorgeous kitchens, cabinetry, appliances, lighting, flooring, countertops.....everything that makes a kitchen THE place where friends and family gather. You will also get to sample tasty bites from caterers, bakers, and chefs!



Whether you are building or remodeling, looking for inspiration, or just love taking a peek at beautiful Maine homes, the tour is sure to be a highlight of your Spring.

To learn more, or to buy tickets, visit [www.MaineKitchenTours.com](http://www.MaineKitchenTours.com)

**\*\*STRIVE needs volunteers for this event! Are you interested?\***

For more information, or to volunteer, please contact Pete Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call (207)879-0847.

## TD Beach To Beacon

August 6th, 2016

**Run for STRIVE on August 6th in the Beach To Beacon 10K road race!**

Limited fundraising bibs are still available!

Contact Cam Provencher for more information at [cprovencher@pslservices.org](mailto:cprovencher@pslservices.org) or call (207)774-6278.



# STRIVE Pictures



**Petting Zoo During Dance Day**



**Beach Bash Theme Hour During Dance Marathon**

STRIVERocks2016 Dance Marathon Weekend was better than ever! STRIVE took over the Cross Insurance Arena, and turned it into the single most successful fundraiser in STRIVE's history. The Petting Zoo, Mad Science, Portland Ballet, and both M.A.M.M. and the Kastaways were just some of the great highlights of Dance Day. Dance Marathon was highlighted by all three bands, Wavelength, J.C. Underhill, and PortSide Groove, and the chance for everyone to win \$15,000.

STRIVE celebrated St. Patrick's Day in style last month. STRIVE held a "Best Dressed" competition and a "Green Egg Relay Race". Thank you to all the members that came out and participated in our games and activities!

**St. Patrick's Day Egg Relay Race!**

**St. Patrick's Day "Best Dressed" Winners!**





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*We welcome your comments, questions, and feedback  
at [info@pslstrive.org](mailto:info@pslstrive.org).*