



www.pslstrive.org

# STRIVE Newsletter

VOLUME 13 ISSUE 8

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## Current Openings in Two of STRIVE's Post-secondary Educational Programs

Fall is the time when young adults are planning to attend their postsecondary educational experience. It's an exciting time in the life of a young person! STRIVE is pleased to announce that there are still openings in two of its postsecondary educational programs: Next STEP and STRIVE Bayside.

**Next STEP**, STRIVE's Transitional Education Program, is a unique, private-pay, education, recreation and leisure program. Curriculum areas covered include: Money Management, Decision Making, Meal Planning and Preparation, Nutrition, Advocacy, Volunteering, Personal, Emotional & Physical Health. In addition to the educational component, students will receive the opportunity to focus on developing personal recreation and wellness. Staff to student ratio is 1:5, allowing the opportunity for group learning as well as one on one time with each student. Next STEP offers full and part time enrollment Monday through Friday with early drop off hours available. The program is open 9:00 a.m.-5:00 p.m.

Next STEP is an excellent option for those who are on a waiting list for services, in combination with a community support program, or for those who do not qualify for other services. Prospective participants are welcome to schedule an extended visit in Next STEP during its hours of operation.

**STRIVE Bayside** is an innovative community supports program that is dedicated to expanding independent living skills and community connections for people with developmental disabilities. The goal for participants over a two-year period is to expand their abilities to live a more independent life. After the two years, some students may move into their own independent living situation while others may continue to live in their current homes while having the benefit of enhanced skills. Utilizing components of the STRIVE U curriculum, Bayside is uniquely based in a 3-bedroom apartment in Back Bay Tower in Portland, as well as the community, in order to work on independent living skills and learn how to navigate the community.

We are pleased to announce that, due to the success of our first session, we are now accepting applications for an afternoon session (1:00-5:00 p.m.) which will begin on September 9th. Enrollment is limited to 8 participants and is filling quickly. Funding options include Section 21, 29 or private pay.

For questions or to schedule a visit for either of these programs contact Betsy Morrison, Program Manager, [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org) or 207-774-6278



### 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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# STRIVE NEWS

## STRIVE U News

First year students are sharpening their employment preparation skills in STRIVE U classes and will soon participate in mock interviews with Brian Brinegar of Rockcoast Personnel. Students and alumni attended a job fair held by Bon Ton's, a new department store opening in the Maine Mall this September. After submitting applications and completing online assessments, students were then invited to on-site interviews and are awaiting news about hiring status.

STRIVE U recently added Sam's Club to our list of valued employment partners. Prior to graduation, a second year student was hired to work in the produce department where he keeps everything fresh, organized and appealing to Sam's Club customers.

If you or someone you know would like to benefit from the many rewards of working with STRIVE U – hire a productive & professional employee, increase your customer base, enhance your community profile, share the spotlight with one of Maine's most well-known and respected organizations to serve people with developmental disabilities, call or email us today! *To find out how to become a STRIVE U Employment Partner, please contact MaryAnn Schwanda, Employment Coordinator: [mschwanda@ppls-services.org](mailto:mschwanda@ppls-services.org) or call 207-774-6278.*

(Pictured at right top: STRIVE U Class of 2015  
Pictured at right bottom: Class of 2015 during cruise on Lucky Catch)



## STRIVE Bayside Update

It's been a great summer at STRIVE Bayside! We are thrilled to announce that we will have a registered dietician, named Emma, from Healthy Portland teach a six week cooking and nutrition class in the STRIVE Bayside kitchen! Emma will teach the nutrition piece and a local chef will help with the cooking! We look forward to working with Emma and learning many new things.

In other news, we continue to do other daily independent living skills like budgeting, banking, menu planning, grocery shopping, riding the bus, meal prep, cleaning, laundry and more! New skills worked on in July include check writing and apartment searching.

STRIVE Bayside is currently accepting applications for our afternoon session (1:00-5:00pm) which starts on September 9<sup>th</sup>, 2013! STRIVE Bayside Program runs Monday through Friday over two years and is based in a 3-bedroom apartment in Back Bay Tower in Portland. Please contact Betsy Morrison at (207) 774-6278 or [bmorrison@ppls-services.org](mailto:bmorrison@ppls-services.org) for more information, an application or to schedule a tour.

(Pictured at right: Scott practicing measurements)



# Get Involved!

## Want to be a STRIVE Fund·Racer? Race Opportunities!



STRIVE for 5\* Foden Road 5K

Mark your calendars now! The 2<sup>nd</sup> Annual STRIVE for 5\* Foden Road 5K & Neighborhood Block Party is scheduled for September 14<sup>th</sup> at 8am Block Party following immediately after the race  
Registration is now open!  
To register today, please visit PSLSTRIVE.org.  
We hope to see you there!



STRIVE is excited to have been chosen as the two year beneficiary for the Maine Marathon being held on October 6<sup>th</sup>!  
If you would like to run in this year's race please visit:  
mainemarathon.com  
  
Volunteers are also needed to help at a water stop! If you are interested please contact Kristina at Ksmalley@pslservices.org

## Thank You to Our July Supporters!

Allan C. McHale  
Ameriprise Financial  
Cynthia & Lawrence Vaughan  
Heather D. Zur  
John & Donna Dwyer

Raymond & Betty Clark in Memory of Lynn Markee  
SheJams!  
Stone Coast Services, LLC  
Tim & Alieen Agnew  
United Technologies

## Questions, Comments, or Concerns – Contact Our Staff!

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### August's Theme Night:

## Awesome 80's!

Join STRIVE on August 9<sup>th</sup>  
For a night of totally tubular fun!

Find that hair crimper or jean jacket  
and come party with STRIVE!

Tweens: 3:30-5:30pm

STRIVE Night: 6:00-9:00pm

Prizes, Snacks & Tons of Fun!

### Member Spotlight:

## Molly Snowden



**How old are you:** 16

**Favorite movie:** Princess Diary

**Favorite color:** Gold

**Favorite holiday:** Christmas

**Coolest activity at STRIVE this year:** Participating in STRIVE has Talent Show

**Dream job:** I would like to work at Pat's Pizza

**Talents:** I enjoy singing, arts & crafts, performing and having fun with friends



## August Birthdays



Zachary Crockett  
Samantha Davison  
Avery Flynn  
Anthony Giftos  
Kyle Huot  
Thatcher Kent  
Noah McAvoy  
Brandon McKenna  
Kevin Mooney  
Linda Murray

Kelsie O'Sullivan  
Haley Pass  
Rebecca Peasley  
Ryan Taylor  
Patrick Thibodeau  
Ben Trimble-Smith  
James Tucker Jr.  
Jessenia Vazquez  
Lidia Woofenden



## Not too Late to join Camp STRIVE

Spend your Summer Break with STRIVE! Camp STRIVE runs from 9am-5pm Monday through Friday August 30<sup>th</sup>! Arts, crafts, fieldtrips, games, and more! Cost is \$45 per day or \$200 for every five days of camp. FMI visit [PSLStrive.org/camp](http://PSLStrive.org/camp) or email Kristina at [ksmalley@pslservices.org](mailto:ksmalley@pslservices.org).



## 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!

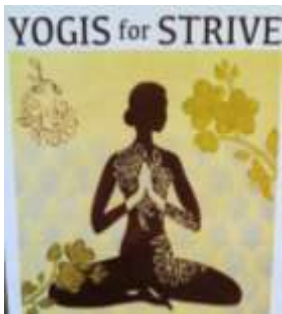
**August 2** - South Portland Fire Company  
**August 9** - World Ocean School & 80's Theme Night  
**August 16** - Unum Games & Crafts  
**August 23** - Dancing with Dance Studio of Maine  
**August 30** - Back to School crafts and games

Feel free to contact Shannon at STRIVE at 207-774-6278 or email at [solejar@pslservices.org](mailto:solejar@pslservices.org) with any questions about our Tweens Program!

Yogis for STRIVE: August 2<sup>nd</sup>

Calling all Yogis! On August 2<sup>nd</sup> at 6:30 a donation based class will be held at Portland Power Yoga to benefit the STRIVE Next STEP Program!

Next STEP has been participating in a weekly yoga class, lead by Sarra Maddocks and funds raised during the donation based class will help to purchase mats, blocks and straps for the students!



## Ways to Get Involved with the Auction!

STRIVE is looking for dedicated individuals to join our auction committee for STRIVE's 9th Annual Live and Silent Auction.

The next committee meeting will be held at the STRIVE Center at 5:30pm on Wednesday August 21. This group helps plan and prepare for the October 16<sup>th</sup> auction event.

Other Ways to Get Involved:

- \*Donate an Item
- \*Sponsor the Event
- \*Purchase tickets to Attend

If you or someone you know may be interested in supporting the STRIVE Auction, please contact Kristina at [ksmalley@pslservices.org](mailto:ksmalley@pslservices.org) or (207)-774-6278.

Or visit the STRIVE Auction page at:  
[www.pslstrive.org/auction](http://www.pslstrive.org/auction)

## Upcoming Meetings &amp; Events

**Kiwanis Aktion Club**

August 7<sup>th</sup> & 21<sup>st</sup>  
3:30pm

**Member Advisory Board Meeting**

August 9<sup>th</sup> & 23<sup>th</sup>  
5:00pm

**Last Day of Camp STRIVE**

August 30<sup>th</sup>

**STRIVE CLOSED**

September 2<sup>nd</sup>

**STRIVE for 5 \* Foden Road 5K & Block Party**

September 14<sup>th</sup>

Race Begins at 8am

Block Party immediately following

**STRIVE U Open House**

September 21<sup>st</sup>

10:00-2:00pm

Nye Street in Portland

**Post Secondary Weekend**

October 4<sup>th</sup> - 6<sup>th</sup>

Camp Tall Pines

**STRIVE's 9<sup>th</sup> Annual Live & Silent Auction**

October 16<sup>th</sup>

Ocean Gateway, Portland

STRIVE for 5 \* Foden Road 5K & Neighborhood Block Party

# STRIVE FOR 5 FODEN ROAD 5K

Communities are stronger when everyone is involved.

September 14, 2013

It is time to start gearing up for the 2<sup>nd</sup> Annual STRIVE For 5 \* Foden Road 5K & Neighborhood Block Party!

Please join us on Saturday, September 14<sup>th</sup> for a morning filled with fun event for everyone! Starting at 8am, STRIVE will be hosting a 5K race/ walk that will begin at STRIVE and go into Texas Instruments Facility then out to Jetport Plaza road– circling back through to end at STRIVE. All 5K finishers will receive a commemorative medal!  
Prizes will be awarded to top finishers in each age division.

To register for the race please visit [www.pslstrive.org/node/373](http://www.pslstrive.org/node/373)  
Entry Fee is \$20 in advance. \$25 on race day, Kids 12 and under are free.  
We do invite you to raise additional donations with all proceeds benefiting STRIVE.

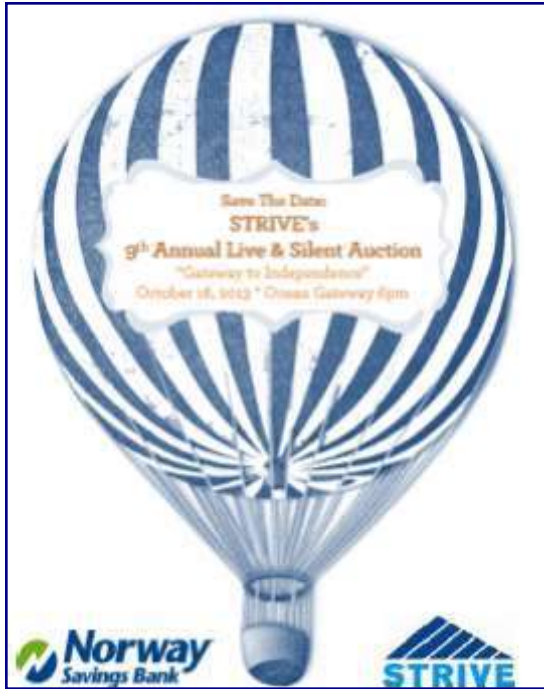
Immediately following the 5K– all are welcome to join in the neighborhood block party! This is a family friendly event that will include fun for all! Royal River Massage will be on hand to give table and chair massages, UPS will have their “Flame Truck” for viewing and a dunk tank, Agren Appliance will be raffeling off a flat screen tv, VNA Home Health Hospice will be on site to give free flu shots and the Medically Orientated Gym (M.O.G) will be hosting kids activities, hula hooping demonstrations and a bounce house! There will also be plenty of snack from Buffalo Wild Wings, Texas Instruments and Hannaford! And you wont want to miss DJ Tap, the juggler, unicycle or balloon twister! Plus the Portland Seadogs and Maine Red Claws and more!

We hope you consider joining the Foden Road Neighborhood at this event!  
To stay informed join the Facebook Event at: [www.facebook.com/strivenation](http://www.facebook.com/strivenation)

sponsored by



# STRIVE Pictures



Check your mailboxes for this year's auction Save-The-Date! The "Gateway to Independence" Live & Silent Auction will be held on October 16th at the Ocean Gateway



Patrick of STRIVE Bayside taking full advantage of the YMCA's Basketball court during program



Camp STRIVE attending "Shrek" at the Arundel Playhouse



The STRIVE U Class of 2015 spent a day on the Lucky Catch Lobster Cruise!

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 Kristina at [ksmalley@pslservices.org](mailto:ksmalley@pslservices.org).



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

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**STRIVE**  
**Post-Secondary Weekend**

Here's your chance to learn more about our STRIVE U, Next STEP, and Bayside programs. Join us for a weekend-long seminar where you will have the opportunity to experience what goes on in each of the programs.

**Date:** October 4th-6th

**Place:** Camp Tall Pines Poland, ME

**Cost:** \$199 or \$175 if you register  
by August 1st

For more information or to  
register contact:

Erin Berg at 207-774-6278 or  
[eberg@pslservices.org](mailto:eberg@pslservices.org)