



www.pslstrive.org

STRIVE Newsletter

VOLUME 15 ISSUE 8

AUGUST 2015

Run with us in the STRIVE for Five 5k Walk/Run!

STRIVE FOR 5 FODEN ROAD 5K

Communities are stronger when everyone is involved.

Saturday, September 12th at 8am

Walk or run on our certified, flat course to benefit STRIVE and win great prizes! The course begins at STRIVE, and goes through trails at Texas Instruments and along Jetport Road in South Portland. It's perfect for a beginner or the experienced runner/walker.

Immediately following the race, we will have a free block party at Kaplan University. Join us for free snacks from Hannaford and other local restaurants, as well as the opportunity to learn more about other businesses in the area. We will even have live music from the J.C. Underhill Band! It is sure to be a fun, family-friendly event!

Volunteer opportunities are available as well for packet pick-up, registration, flaggers, and water stops. If you are interested in volunteering, please contact Katelynn Davis at kdavis@pslservices.org or call (207)774-6278.

Register at pslstrive.org/STRIVEforFIVE!

Questions? Please contact Katelynn Davis at kdavis@pslservices.org or call (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.

INSIDE THIS ISSUE:

Program Updates	2-3
Contact Information	3
Member Page	4
Birthdays!	4
STRIVE Events	5
Tweens	5
Supporter Page	5
Camp STRIVE Weekly Info.	6
Pictures	7



STRIVE NEWS

Program Spotlight: After School

It's hard to believe that summer is coming to an end and it's time to start planning for the 2015-2016 school year. With that, we wanted to let everyone know about our After School Program!

STRIVE's After School Program is designed for high school students hoping to gain more skills outside of the classroom that reflect their individual, family, and school district goals. Working with the student's team, STRIVE staff works to develop meaningful curriculum to fill the afternoons of our students, providing them with skills that enhance and go beyond what is taught in the classroom. Examples of goals include supporting students in completing homework, exploring potential career paths by volunteering in the community, accessing the community to practice social skills, and planning and preparing a nutritious meal.

The After School Program runs Monday through Friday, following the school's calendar, from 2 to 5pm, with Early Release Day pick-up available as well. Transportation from school to STRIVE is also available.

This program is typically Private Pay, though some options through individual's school districts may be available upon discussion at a student's IEP meeting.

Interested in learning more? Contact Christine Mars at cmars@pslservices.org or call (207)774-6278.



New Skills with New Technology at STRIVE U

Summer at STRIVE U is in full swing. For the first time, students have been provided with iPhones as their means of communication with staff and each other. This amazing opportunity also allows staff and students to use technology to help with daily living skills. Everyone is learning so much! Students are learning more about navigating in Portland and are using the skills they are gaining to help them get around safely with staff. The group has had great opportunities to participate in activities around Southern Maine such as going bowling, utilizing public transportation to get to Old Orchard Beach, and enjoying scavenger hunts to help them get used to their surroundings. The second year students also have the advantage of using their new technology to enhance the skills that have already been developing in the program such as using “Out of Milk” to create a grocery list and working with Microsoft Excel to keeping menu plans organized and efficient. All students are able to access community resources with the implementation of a Community Support program which pairs staff and students with the Section 29 waiver with different activities in the community such as exercising, cooking, and navigating. It has been an exciting start to the new school year and by the looks of things, the excitement and opportunity will only continue to grow from here!



To learn more about the STRIVE U Program, please contact Bill Hughes at bhughes@pslservices.org or call 207.774.6278

Getting Clean at Bayside

The last month at STRIVE Bayside has been spent focusing on Personal Hygiene for our curriculum days. We covered a variety of topics such as; hand washing, oral health, showering and bathing and body odor. At Bayside we spend a lot of time in the community, cooking meals, handling raw meats, using equipment at the gym... which means we are constantly presented with opportunities where we need to wash our hands! We learned about the correct hand washing technique and we put our new skills to work, everyone got their hands covered in paint and dirt then practiced washing the ‘germs’ off. Everyone was surprised at how long it took to truly get our hands clean!

Our focus at STRIVE Bayside is to increase independence. It is always helpful to cover the basics, like personal hygiene because they help to build the foundation for other skills we teach. Hand washing is crucial in cooking, cleaning and staying healthy. Good personal hygiene is always necessary, especially during these hot summer months!

STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence. We run five days a week, M-F and have two daily sessions, 9:00-1:00 and 1:00- 5:00. We operate out of an apartment in downtown Portland to simulate actual apartment living. you are interested in STRIVE Bayside, please contact Caroline Cole at 899-1725 or ccole@pslservices.org.

Summer in Next STEP

During the month of July, Next STEP continued their practice of the bus system. They worked on taking the South Portland bus each week and learning the routes, how to pay for bus fare, what typical bus etiquette is, etc.

Since the weather has been so nice, Next STEP has also spend some time walking the trails around Jewel Falls in Portland—a favorite new spot for the group!

Next STEP has also been getting more involved with the local chapter of *SUFU*, Speaking Up for Us, which is an advocacy group run and for and by individuals with intellectual disabilities. It provides a great opportunity for Next STEP to work on community integration, meet new people, and discuss topics they would like to explore as a group or speakers they would like to connect with. It has been a very positive opportunity for us!

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@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.

STRIVE Night August Theme Night:



Hawaiian Disco Fever!

August 21st
6:00—9:00pm
Ages 15—24

Get out the bell bottoms and those Hawaiian shirts for a night of summer fun! Come to STRIVE Night for some disco tunes in tropical style!

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

Wednesday Night Educational Classes

**Wednesdays,
August 5th—26th
6:00—8:00pm**

Etiquette

Cost: \$20



This series will equip students with the skills and knowledge they need to be able to handle themselves in any social situation. Using fun, interactive games and activities, students will learn everything from proper table manners to polite social skills.

September 2nd-30th: Healthy Relationships

This series will equip students with the knowledge to make smart decisions when it comes to romantic relationships, with a special focus on what a healthy relationship looks like.

October 7th—28th: Self-Advocacy

This empowering series will give students a chance to talk about what it means to convey your own interests, desires, needs, and rights—at school, at home, and in the community. The class will give students an opportunity to develop and practice these self-advocacy skills in everyday life.

STRIVE's Wednesday Night Educational Classes are held every Wednesday at the STRIVE Center with a different series each month.

For more information, contact Katelynn Davis at kdavis@pslservices.org or call 207-774-6278.

August Birthdays



Ashley Gore
Rebecca Peasley
Benjamin Trimble-Smith
Allison Brooking
Zachary Crockett
AJ Mains
Alannah Barrasso
Samantha Davison
Thatcher Kent
Lidia Woofenden
Linda Murray
Anthony Giftos
Michael Lamoreau
Jessenia Vazquez
Tyra Gnade
Haley Pass

Brandon McKenna
James Tucker Jr.
Lucas Bonica
Yasmine BenMalek
Charlie McAvoy
Ryan Taylor
Avery Flynn



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*

August 7th: All About Recycling with ecoMaine
August 14th: Weather 101 with Craig Miller
August 21st: Portland Ballet
August 28th: UNUM

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

Thank you to our July Donors!

John Rogers	Portland
Linda Carew	John & Carol Cagle
Francesca Eastman	Kevin & Beth Reilly
Penny Dennison	Paul & Peggy
Richard & Bridget	Maniscalco
Whiting	James & Cheryl Carter
Cyrus Hagge	Kathleen & Michael
Cynthia & David Barnard	Bouchard
Robert Junkins	William Gourde
Cynthia & Lawrence	Michael Makowiecki
Vaughan	
Stephanie & William	
Scherr	
United Way of Greater	

Upcoming Events

<p>Aktion Club August 5th, 19th, 3:15pm</p> <p>Member Advisory Board Meeting August 7th, 21st, 5:30pm</p> <p>Wednesday Night Education Classes: Etiquette August 5th, 12th, 19th, 26th 6:00—8:00pm</p> <p>Tweens Fridays, 3:30—5:30pm</p> <p>STRIVE Night Fridays, 6:00—9:00pm</p>

Please join us at our...

TOPS Open House!

Tuesday, August 18th, 2015—4:00-6:00pm
STRIVE—28 Foden Rd. South Portland, ME

Come learn more about STRIVE's Transition Outcomes Program for Students, our newest program designed for students in their 13th and 14th year of high school beginning September 2015. This ground breaking program will provide students the opportunities to expand their skills, increase their independence, and transition into adult services in a full or part time setting.

Meet the TOPS Lead Teacher, Kelly Shufelt, as well as learn more about the program and curriculum.

FMI-contact Betsy Morrison, STRIVE Program Director, at bmorrison@pslservices.org or (207)774-6278.

Camp STRIVE 2015 August Schedule

What is Camp STRIVE doing this month?! Check out the full schedule!

August 10th—14th: All Aboard! Transportation Week

Monday, August 10th: Visit the Boothbay Railway Village!

Tuesday, August 11th: Take a ride at Maine Narrow Gauge Railroad and check out the Seashore Trolley Museum.

Wednesday, August 12th: Enjoy lunch at Prescott Park and spend the afternoon at the Strawberry Banke Museum.

Thursday, August 13th: Spend the day with the Portland Sea Dogs! After the game, campers will go hiking at the Scarborough River Wildlife Sanctuary.

Friday, August 14th: Make your own boat and test them at Deering Oaks Park, then visit the Down East Street Rods Car Show!

August 17th—21st: Creative Campers

Monday, August 17th: Make homemade cookies and go to Shrek the Musical!

Tuesday, August 18th: Pick out a craft at AC Moore and explore the Portland Museum of Art.

Wednesday, August 19th: Make your own instrument! Go to the International Cryptozoology Museum and Riverton Trolley Park.

Thursday, August 20th: Write and perform a play, then spend the afternoon at ecoMaine!

Friday, August 21st: Make jewelry at Caravan Beads, do science experiments at STRIVE, and hike the Rachel Carson National Wildlife Refuge Trails.

Sign up for your favorite weeks (or days) today!

Contact Christine Mars at cmars@pslservices.org or call (207)774-6278.

August 24th—28th: Islands of Adventures

Monday, August 24th: Make a treasure map and go on a treasure hunt at STRIVE, then explore Mackworth Island.

Tuesday, August 25th: Take the ferry to Peaks Island and spend the afternoon exploring the island.

Wednesday, August 26th: Explore Wells Reserve and Scarborough Beach State Park.

Thursday, August 27th: Hike Great Pond Trail, explore Two Lights State Park, and tour Portland Headlight Museum.

Friday, August 28th: Roam at Pine Grove Preserve and go on a Diamond Pass Run Ferry Cruise!

August 31st—September 4th: Camp STRIVE Week

Monday, August 31st: Spend the day at York's Wild Kingdom and explore the York Historical Society.

Tuesday, September 1st: Go on a scenic lobster tour and check out the Brick Store Museum.

Wednesday, September 2nd: Spend the day in Bath, exploring the Bath Waterfront Park and Maritime Museum.

Thursday, September 3rd: Hike Stroudwater Trail in Portland and go on a Schooner ride!

Friday, September 4th: Celebrate the last day of camp with games, a BBQ, and more!

More details can be found online at www.pslstrive.org/camp or on our Facebook page. Questions? Please contact Christine Mars at cmars@pslservices.org or call (207)774-6278.

STRIVE Pictures



Snack Lab in Next STEP!

STRIVE Bayside participants practicing the proper handwashing technique.



Construction has kept us busy here at STRIVE! Watch our Facebook page for updates!



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*

www.facebook.com/strivenation

Twitter: @pslstrive

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

Pinterest: STRIVEPSL

Find us online at www.pslstrive.org

NON-PROFIT ORG.
U.S. POSTAGE PAID
PORTLAND, ME
PERMIT NO. 144

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 Coordinator
ccole@pslservices.org

Christine Mars

STRIVE VISTA Program and Outreach Coordinator
cmars@pslservices.org

Katie Collins

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

Bill Hughes

STRIVE U Admissions Coordinator
bhughes@pslservices.org

Katie Church

Student Life Coordinator
kchurch@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.*