



www.pslstrive.org

STRIVE Newsletter

VOLUME 16 ISSUE 8

AUGUST 2016

STRIVE's 12th Annual Silent and Live Auction

"SOAR"

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.

The STRIVE 12th Annual Silent and Live Auction will be held on Wednesday, October 26th at the Holiday Inn by the Bay in Portland. We want to get the word out early and often this year. We are starting to collect donations, and we need your help! Do you know anyone who owns a time share, camp, or has excess frequent flyer miles? Does someone you know have season tickets to the Red Sox, Bruins, Patriots, or Celtics? What about an experience like having "lunch with Joe Celebrity" for an item? If you have any connections like these or want to donate an item, please contact JP Deckert.

To donate an item please contact Pete Brown at pbrown@pslservices.org, or call (207)774-6278.

INSIDE THIS ISSUE:

Program Updates	2-3
Member Page	4
Birthdays!	4
STRIVE Events	5
Tweens	5
Supporter Page	5
Exciting News from STRIVE!	6
Pictures	7
Contact Information	8



Kevin on the Roof

September is vastly approaching, and that means Kevin is getting closer to getting up onto Patriot Subaru's roof for his annual Kevin on the Roof fundraiser! Starting September 1st, Kevin will be on Patriot Subaru's roof in Saco until he reaches his goal. Funtown Splashtown, Ground Round, and the Smitty's Cinema are all on board to provide value for donations made to Kevin.

For more information, contact Pete Brown at pbrown@pslservices.org or call (207)774-6278. You can also find us on Facebook at: www.facebook.com/kevinontheroof/



STRIVE NEWS

A New Year Begins for STRIVE U

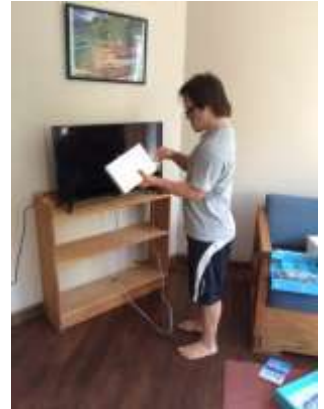
July has been a big month for STRIVE U. We welcomed our new students at the end of June, and have been having a plethora of new experiences with them during their first month. During the first two weeks, they had an action packed time of orientation by going on trips all over the city. We went lobster fishing with Lucky Catch, took a Trolley Tour, and visited the Victorian Mansion along with being introduced to Strive Nights and Norway Savings Bank. It was a great way for the new students to get to know the city and each other.

The new second year students have been doing a phenomenal job welcoming their new peers and adjusting to new roommates. To thank them for doing such a great job, we were able to take those that were interested to a concert at the Cross Insurance Arena. The students ate pizza and boogied to the music of Phish, a great time for everyone!

Regular classes also started up for both the first and second year students the first week in July and everyone was happy to be back in the classroom. Currently, all students are learning about healthy relationships and doing special workshop classes with their Kaplan professor. The students have also been able to enjoy the community in many different aspects with the redesigned community support program. All the new students have learned a lot about using the library and they really seem to be loving all the resources it gives them access to.

We look forward to seeing each and every student continuing to learn and progress in the program, just as their predecessors who are now living in the community did. Seeing their former peers' success has really been a great inspiration for our now second year students as their time to graduate into the community comes nearer. In the mean time, we will all continue to enjoy the journey.

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@pssliveservices.org or 207-774-6278. Tours are available year-round.



Extended School Year with TOPS

July was a busy month for TOPS! Our first Extended School Year program began mid-July, welcoming 11 new students and 6 returning students. The first week was focused on team building and awareness of self, others and the STRIVE Community. During the second week, our students broadened their view of the community and started exploring the Greater Portland area. Our students walked a combined total of almost 100 miles this week!

Next week, TOPS will be exploring different forms of transportation.



STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13th or 14th year of school. If you have questions or would like more information about TOPS, please contact Betsy Morrison at 207-774-6278 or bmorrison@pssliveservices.org.

Physical Activity and Eating Healthy with Next STEP

In the month of August, the Next STEPPERS have been continuing on nurturing our community garden, which is looking great!! While watering the garden one week, Next STEP noticed that some of the plants have been eaten, and while walking back from watering, Next STEP saw the source... it was a groundhog! So to keep the intruder away, Next STEP is going to put a fence around the garden. This presented a great learning experience regarding other factors in taking care of gardens. Hopefully that will keep him out!



Also in the month of August, Next STEP is exploring the community for curriculum. Next STEP began with a Library Scavenger Hunt which was so much fun and educational. Next STEP learned that the library has so much to offer for the community, like upcoming events in the community. Also in keeping with the theme of exploring their community, Next STEP is going to take a trip one morning to Peaks Island, where Next STEP gets to take a ferry ride through the Casco Bay! Next STEP will also be attending the Sea Dogs game! As in years past, Next STEP will get to enjoy some all-time favorite ball game goodies for lunch in the picnic area and watch the game!

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 services. Please contact Betsy Morrison at 207-774-6278 or 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.

Exercise Galore at Bayside

STRIVE Bayside is centered around learning independent living skills. One of the goals we work on weekly is exercise. While exercise might not be seen as a typical skill for someone to have, exercise is crucial to living a healthy life! Lately, we have been exercising twice a week. Once to complete our Bayside goal, and once with the weekly Wellness Program's Fitness class! As part of the Wellness Program this week, all the Bayside participants received Polar Loop Activity Band. The band does so many cool things like track steps taken, sleep patterns, time sitting, time standing and so much more! We have encouraged participants to check their steps before and after exercising, to see what a big impact exercising can make on your day. One group checked their steps before walking to a local park to play tennis. When they got back and checked their steps they were shocked! They had each taken over 6,000 steps! Everyone is so excited to see what else we can do with the activity bands, and what goals we can reach using them!



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, 9:00am-1:00pm and 1:00- 5:00pm. We operate out of an apartment in downtown 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 (207)899-1725 or 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 August Theme Night: Beach Bash! August 12th, 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 or call 207.774.6278.

****Advisory Board's first meeting in August will be held on August 5th at 5:30pm.****

Wednesday Night Educational Classes

Self Expression

August 3rd, 10th, and 17th, 24th, 31st, 2016
6:00-8:00pm

Our final class of the summer is full of opportunities for self-discovery and expression! Cooking, dancing, writing, and acting, oh my! The options are endless. Presenters from the community will be leading classes on their specialty. You will leave each class with great memories and new skills discovered. Doesn't get better than that!

STRIVE's Wednesday Night Educational Classes are held every Wednesday with a different topic each month. For more information, contact Pete Brown at pbrown@pslservices.org or call (207)774-6278.

Have a class idea for 2016? Let us know! Contact Pete Brown with your ideas—
pbrown@pslservices.org or call (207)774-6278.

August Birthdays

James Tucker Jr
AJ Mains
Allison Brooking
Andrew Hall
Ashley Christy
Emily Wight
Dan Pietroskil
Gavin Ingle
Richard Smith
Jackie Guiseley
Jessenia Vazquez
Haley Pass
Avery Flynn
Michael Ogon
Brandon McKenna
Michael Lamoreau
Linda Murray
Tiffany Farides
Ashley Gore

Dave Gardner
Benjamin Trimble-Smith
Lidia Woofenden
Yasmine BenMalek
Thatcher Kent
Anthony Giftos
Tyra Gnade
Lucas Bonica
Chloe Britton
Alannah Barasso



Upcoming Wednesday Night Class

Healthy Relationships

September 7th, 14th, 21st, 28th, 2016
6:00-8:00pm

Career Exploration

October 5th, 12th, 19th, 2016
6:00-8:00pm

Contact Pete Brown at pbrown@pslservices.org

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!****

August 5th: Puzzle Party!

August 12th: Games with UNUM!

August 19th: Fire Engine!

August 26th: Osher Map Library!

For more information, contact Pete Brown at pbrown@pslservices.org or call (207)774-6278.

Thank you to our August Donors!

V.I.P. Tours	Majorie Murray ~ in honor of
Laurie Cananaugh	Emily Murray
Elizabeth Macpherson	John McGinnis
Paul Campbell ~ in honor of	Anonymous
Paul Barnes & Dianne Reardon	David Dyer ~ in memory of Pamela
Anonymous ~ in honor of Ryan	Dyer
Taylor	Richard C. Randall Sr. Estate
Charon Curtis	Jennifer & John Pulvino
Paul Barnes ~ in honor of Ryan	Allan McHale
Barnes	
Wendy Russell	



Upcoming Events

Aktion Club
August 3rd and 17th 3:15pm

Member Advisory Board Meeting
August 5th and 19th, 5:30pm

Wednesday Night Education Classes:
Self Expression
Wednesdays, August 3rd, 10th, 17th, 24th, 31st
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 or call (207)774-8668

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

Exciting News at STRIVE

Summer Camp STRIVE

Not only does Camp STRIVE offer campers to explore all the great sites, sounds and adventures that the Greater Portland area has to offer, but they get the chance to give back to the community. Campers made and decorated cards for the service men and women, and personally delivered them to the Maine



It's not too late to register for Camp STRIVE! Join in the fun during the theme weeks this August! Summer Camp STRIVE runs through Friday, September 2nd.

Contact Michelle Greenleaf at mgreenleaf@pslservices.org or 207-774-6278 to register, or for more information.

Couch to 5k

Come join a **FREE** 5k running program!

We're only **3 weeks** through it!

This is a **FUN** opportunity to exercise and socialize with other PSL/STRIVE employees and members of the community!

When: Every Tuesday and Thursday at 5:30pm for the following 6 weeks
Training days are flexible, missing a few days is fine!!
Workouts will last between 30-40 minutes!

The program ends just in time to run the STRIVE for 5 Foden Road 5k!

Where: South Portland High School Track—637 Highland Ave, South Portland, ME

For more information please contact Caroline Cole at ccole@pslservices.org



STRIVE Pictures / STRIVE for 5 Foden Road 5K



STRIVE U welcomed the 1st years with a BBQ in July!



The TOPS program took a walk along Macworth Island this month. The weather couldn't have been better!

All of the STRIVE programs have taken advantage of such nice weather recently. STRIVE U had an all member BBQ, and TOPS soaked in the sun on Macworth Island. If you would like any additional information regarding our programs and events, please contact Pete Brown at pbrown@pslservices.org or call (207)774-6278. Our website is www.pslstrive.org.

STRIVE FOR 5 FODEN ROAD 5K

Communities are stronger when everyone is involved.

September, 10th 2016, 8am
28 Foden Road, South Portland, ME

Come join the Foden Road neighborhood for our 5K run/walk on flat quiet streets and paved trails. Entry fee is \$25 in advance, \$30 on race day. A **FREE** block party will be held immediately following the race.

Kids activities, games, family events, and a free continental breakfast open to the public.

To register, go to: <https://runsignup.com/Race/ME/SouthPortland/Strivefor55KRunWalkandBlockParty>

For any additional information, please contact Pete Brown at pbrown@pslservices.org or call (207)774-6278.



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Questions, Comments, or Suggestions – Contact Our Staff!

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