



www.pslstrive.org

# STRIVE Newsletter

VOLUME 9 ISSUE 12

DECEMBER 2009

## Mission Statement

To assist 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 TURNS 10!

December 5<sup>th</sup> marks STRIVE's 10<sup>th</sup> Anniversary! Celebrate with us at the Italian Heritage Center from 6-10pm with special guests and entertainment by Sly Chi!

Over the past ten years STRIVE has grown from four members to serving over 600 individuals! STRIVE has added programs to accommodate the growing needs of teens & young adults with developmental disabilities.

STRIVE wishes to thank all of the individuals, businesses, volunteers, families and members who have helped us to continue providing services over the past decade. We invite you to join us on December 5<sup>th</sup> as we look back over the past ten years and turn our sights forward to the next ten years!

For more information on the 10<sup>th</sup> Anniversary Gala please visit our website: [www.pslstrive.org](http://www.pslstrive.org) or contact Kristina Smalley or Peter Brown at (207)774-6278.



## Join CAMP STRIVE for a Week of Winter Fun!

CAMP STRIVE runs **December 28<sup>th</sup>—December 31<sup>st</sup>!**



Do you normally sit at home *bored* during school vacation and watch television or play video games?

Come to CAMP STRIVE instead and make new friends while having a blast in the community. We have lots of fun activities and outings planned for the week. Come for one day or all four days!

Please contact Kim Kelley at (207)774-6278 or email [kkelley@pslservices.org](mailto:kkelley@pslservices.org) for more information or to request a registration packet.

# STRIVE NEWS

## **BOOKWORKS! SALE DECEMBER 12<sup>TH</sup>**

Join us at BookWorks! on Saturday, December 12<sup>th</sup> from 10:00am-2:00pm for a giant book sale.

All books will be 25% off!



Paperbacks/Young Adult: 75 cents  
Hardcovers/Puzzles: \$2.25  
Records/Videos: 75 cents  
Fill a bag for only \$7.50!

Find last minute holiday gifts and support a great cause. All proceeds support STRIVE programs for teens and young adults with developmental disabilities.

BookWorks! serves as STRIVE's only year-round fundraiser and operates as a training employment program for STRIVE members.



For more information about the book sale or how you can get involved at BookWorks! please contact Kim Kelley at (207)774-6278 or [kkelley@pslservices.org](mailto:kkelley@pslservices.org)

## **Dance Marathon Kick-Off Party: January 8<sup>th</sup>**

Yes folks, it is that time again! Get excited for the 6th Annual STRIVE ROCKS! Dance Marathon!

Please join us January 8<sup>th</sup> from 6pm-9pm at the STRIVE Center for the Dance Marathon Kick Off Party!

We will have tons of food, special guests and fun activities! Packets will be available that day from 3- 9pm! So make sure to stop by and pick yours up!

If you would like to join the Dance Marathon Planning Committee, it is never too late! Meetings are every other Wednesday from 5- 6pm at the STRIVE Center. Meetings are December 2, 16 & 30th!



For more information, contact Kristina Smalley at (207)774-6278 or [ksmalley@pslservices.org](mailto:ksmalley@pslservices.org)

**Thank you to those who generously donated to STRIVE during November.**

We appreciate your support!

**Alex Agnew, Fran Eastman, Robert Junkins, Gregory and Lorraine Cyr**

## **STRIVE WISH LIST**

- |  |                         |
|--|-------------------------|
| <b>General Office Supplies</b>                 | <b>Frozen Pizzas</b>    |
| <b>Craft Supplies</b>                          | <b>Children's rug</b>   |
| <b>xBox 360 and/or Wii video games</b>         | <b>Paper Cutter</b>     |
| <b>Volunteers to work shifts at Bookworks!</b> | <b>Storage Shed</b>     |
|  | <b>Sports Equipment</b> |

Looking for some great last minute holiday gifts??  
Visit [www.cafepress.com/pslstrive](http://www.cafepress.com/pslstrive) for great STRIVE merchandise!  
Give the gift of STRIVE night to those in need. Contact Kristina at (207)774-6278 for more information on how to help!

## NEW 2010 Personal Wellness and Educational Class Series Announced

### Personal Wellness Class Series

*Monday Nights 5:30-7:00 pm*

#### **Nutrition (January 4-March 15)**

Students will explore how food affects their bodies and learn how to make wise food choices to promote healthy lifestyles.

#### **Gerbusters (April 5-June 7)**

From personal hygiene to dish washing to laundry, this class will teach students the basics of cleaning and why it's so important for everyday living!

#### **Intro to Sports (June 28-September 13)**

This fun and active class will be a great way to get the heart rate up and make some new friends! Students will learn how to play a variety of sports including basketball, floor hockey, handball, softball, hiking, and more. No previous experience necessary; we're here to have fun!

#### **Personal Safety (October 4-December 13)**

Throughout the course, students will learn how to protect themselves at all times. From walking safety to online safety, this course will provide students with the necessary tools to be alert and stay safe.

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For more information about any of the classes, please contact Kim Miller at (207)774-6278 or [kmiller@pslservices.org](mailto:kmiller@pslservices.org)

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### Educational Class Series

*Wednesday Nights 6:00-8:00 pm*

#### **Computer Skills (January 6-February 17)**

In a tech-savvy world, computer skills are important to every student! This class will cover the basics of using Windows, Microsoft Office (Word, Power Point, Excel), and internet safety. Throughout the class we will also work on typing skills.

#### **Independent Living Skills (March 10-April 28)**

Budgeting, meal planning, cooking, cleaning, job searching, and more! A lot goes into independent living, and this class will give students many of the tools to ease the transition.

#### **Animal Planet (May 19-June 23)**

Join us as we trek the planet and explore ecosystems around the world! Students will learn about a variety of animals in lands near and far, and by the end of the series they will have their very own terrariums!

#### **Healthy Relationships (July 7-September 8)**

Planned Parenthood will run this 10-week course and provide students with information about dating safety and healthy relationships.

#### **Get to know ME (September 29-November 3)**

Students will get to know their home state and get more acquainted with the local highlights of Southern Maine. Students will also learn about Maine's government and how to be an informed participant in November's election (and beyond)!

#### **Communication Skills (November 10-December 15)**

Students will learn how to communicate appropriately and effectively in a variety of situations including: interacting with strangers, phone conversations, job interviews, and more!

Applications for the STRIVE U Class of 2012 are still available!

The application deadline is February 1, 2010.

If you have any questions or would like an application, please contact Erin Berg at (207)774-6278 or [eberg@pslservices.org](mailto:eberg@pslservices.org)

**STRIVE U**

Proudly serving young adults with developmental disabilities

The Maine Red Claws home opener is December 4<sup>th</sup>. Every time a Red Claw makes a 3-pointer at home, Hammond Lumber will donate \$50 to STRIVE.

Fans and Friends of STRIVE can also donate for every 3-pointer made!

Visit the STRIVE website [www.pslstrive.org](http://www.pslstrive.org) and click on the 3 Points for STRIVE tab to download a pledge card!

*Thank you for your support!*



# Volunteer News

## *Aktion Club Elects New Officers*

**Congratulations to the new STRIVE Aktion Club Officers!!!**

President: Brad Ouellette  
 Vice President: J.J. Sarapas  
 Secretary: Brian Burnham  
 Treasurer: Christina Mailhot  
 Editor: Brian Clark

Aktion Club meets at STRIVE every other Wednesday at 3:30pm and is open to anyone. This month Aktion Club will be sponsoring a family for the holidays! Aktion Club will be using the monies raised over the past year to help provide the family with holiday cheer!

For more information on how to get involved with Aktion Club, please contact Kristina Smalley at (207)774-6278 or [ksmalley@pslservices.org](mailto:ksmalley@pslservices.org)



Newly elected officials with their Kiwanis Advisor

Do you have a love of books and a free hour or two to donate to STRIVE each week??

STRIVE's used bookstore, BookWorks! is still looking for dedicated volunteers to help out with shifts! Shifts can be one-time or on going.

Shifts available include:

Mondays: 2:00-3:30; 4:30-5:00  
 Tuesdays: 3:00-6:00  
 Wednesdays: 5:00-6:00  
 Thursdays: 5:00-6:00  
 Fridays: 12:00-3:00; 5:00-6:00

 **BookWorks!**

If you would like to help, please contact Kim Kelley at (207)774-6278 or [kkelley@pslservices.org](mailto:kkelley@pslservices.org)

Find us on Facebook:  
[www.causes.com/strive](http://www.causes.com/strive)

We also have a fan page, so make sure to become a fan of STRIVE and pass the word onto other Friends of STRIVE!



Holiday Recipe: By Kevin Mooney

I was searching the shelves at Bookworks! for a seasonal book in light of the holidays, and I found a cookbook of cuisine from all 50 states. The title is *Heritage of America Cookbook*, published by Better Homes And Gardens Books in 1993. It's comprehensive, the recipes are fairly easy to follow, and it has 288 pages. The chapters are broken into geographical divisions with recipes from each state. The recipe I'm going to share is New England pumpkin pie, which originated in France before its introduction to Tudor England (1485-1603), where the flesh was quickly accepted as a pie filler. From England, it spread to 17th-century Massachusetts and to the other New England states, particularly Maine, Vermont, and New Hampshire.

1 16-oz can pumpkin	1/2 tsp. ground nutmeg
2/3 c sugar	3 eggs
1 tsp. ground cinnamon	1 5-oz. can evaporated milk
1/2 tsp. ground ginger	1/2 c milk

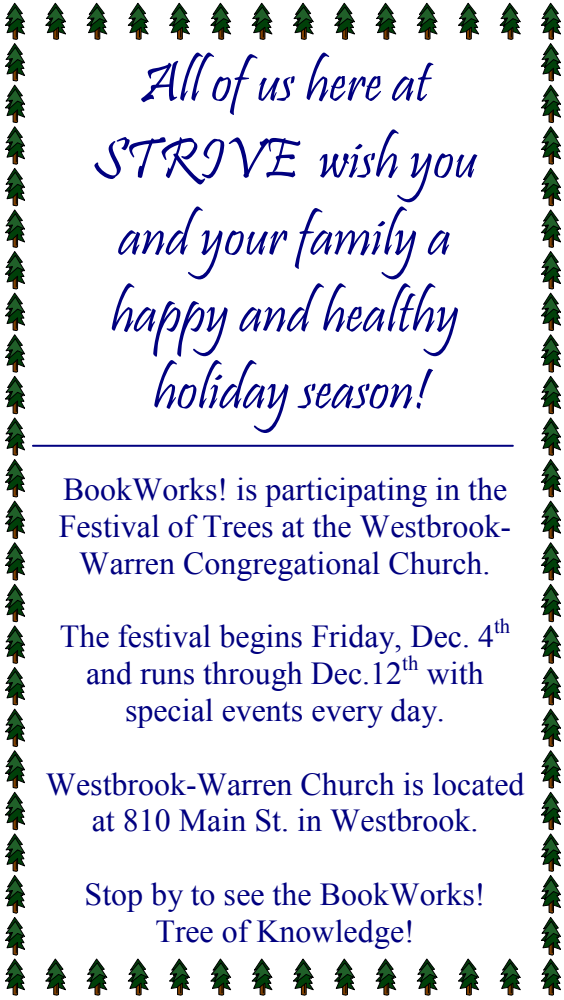


For filling, in a large mixing bowl stir together pumpkin, sugar, cinnamon, ginger, and nutmeg. Add eggs. Use a rotary beater or wire whisk to lightly beat until combined. Gradually stir in evaporated Milk. Mix well. Set pumpkin mixture aside.

Line a 9" pie plate with filling; trim and crimp the edge. With the pie plate on the oven rack, pour the pumpkin filling into the shell. Cover the edge with foil. Bake at 375 for 25 minutes. Remove foil. Bake another 25 minutes or until a knife inserted in the center comes out clean. Cool on a rack. Serve with whipped cream. Hope you enjoy it!

Kevin Mooney is a STRIVE member who volunteers at BookWorks! every Thursday and writes a monthly article for the newsletter.

# Members' Page



*All of us here at  
STRIVE wish you  
and your family a  
happy and healthy  
holiday season!*

BookWorks! is participating in the Festival of Trees at the Westbrook-Warren Congregational Church.

The festival begins Friday, Dec. 4<sup>th</sup> and runs through Dec. 12<sup>th</sup> with special events every day.

Westbrook-Warren Church is located at 810 Main St. in Westbrook.

Stop by to see the BookWorks! Tree of Knowledge!

Dear Ask Anything,

I am new to STRIVE and would like to get more involved. What can I do to meet new people?

- New Member In Portland

Dear New Member,

There are many different opportunities to get involved and meet people at STRIVE. Each year STRIVE hosts a 14 hour overnight dance marathon fundraiser. We are currently looking for excited individuals to serve on our STRIVE Rocks! Dance Marathon Planning Committee. The Planning Committee meets every other Wednesday from 5:00-6:00pm. Committee members help pick theme hours and plan fun activities to keep the dancers entertained all night.

You can also join the Aktion Club to meet new people. Aktion Club is a community service organization sponsored by Kiwanis. Members meet every other Wednesday from 3:30-4:00pm at the STRIVE center. The Aktion Club will be using money that they have fundraised this year to purchase gifts for the family they are sponsoring for the holidays.

- Ask Anything

To get involved with the Dance Marathon Planning Committee or Aktion Club, please contact Kristina Smalley at (207)774-6278 or ksmalley@psslservices.org

## DECEMBER BIRTHDAYS

Michael Godin	December 1	Caitlin Killarney	December 12	Nathaniels Roy	December 21
Heather MacLean	December 4	Michael Gregorie	December 12	Justin Cleveland	December 21
Jimmy Makowiecki	December 4	Zach Hansen	December 14	Zach Conley	December 21
Clifford Page	December 5	Daisy Hutchins	December 16	Randy Bellavance	December 22
Christian Clarke	December 6	Joey Spiller	December 17	Ben Gulino	December 23
Scott McInnis	December 7	Carmen LaPointe	December 17	Megen McCormack	December 23
Brittany Gooch	December 7	Crystal Webster	December 18	Robert Mendillo	December 23
Sherry Wheeler	December 8	Arthur Newman	December 19	Kate McKillop	December 24
Megan Tucker	December 8	Kate McHale	December 19	Brian Hopkins	December 24
Michael Beamish	December 9	Karla Dennison	December 20	Megan Squiess	December 25
Daniel Kelloway	December 9	Timothy Mitchell	December 20	Adorra Small	December 27
Chandler Hawkes	December 10	Anton Hekl	December 20	Simon Harrison	December 28
Laura Layton	December 12	Jun Yang Lin	December 20	Anthony Koutsivitis	December 31
Tamika Nudd	December 12				

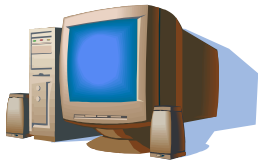
## HAPPY BIRTHDAY FROM STRIVE!

# Members' Page

## Sign Up for New Class Series

### Nutrition

You are what you eat! Join us for our upcoming Personal Wellness Series—Nutrition! Learn about what goes into the foods you love and hear from local experts about how to make sure the foods you're eating are delicious AND nutritious. This class will be interactive, informative, and most of all, fun! Classes will run on Monday nights 5:30-7:00pm from January 4th-March 15th.



### Computers Skills

In a tech-savvy world, computer skills are important to every student! If you'd like to brush up on your computer knowledge, then join us for our upcoming Wednesday Night Educational Series—Computer Skills! This class will cover the basics of using Windows, Microsoft Office (Word, Power Point, Excel), as well as how to safely use the internet. Throughout the class we will also work on typing skills. Classes will run on Wednesday nights 6:00-8:00pm from January 6<sup>th</sup>-February 17<sup>th</sup>.

If you have any questions or would like to register for a Monday or Wednesday night class, please contact Kim Miller at [kmiller@pslservices.org](mailto:kmiller@pslservices.org) or (207)774-6278

## DECEMBER EVENTS

### Aktion Club Meeting

Every other Wednesday from 3:30-4:00pm  
(12/2, 12/16, 12/30)

### Dance Marathon Planning Committee

Every other Wednesday from 5-6pm  
(12/2, 12/16, 12/30)

### Member Advisory Board Meeting

Every other Friday from 5:00-5:30pm  
(12/4, 12/18 & 1/8)

### 10<sup>th</sup> Anniversary GALA

Saturday, December 5<sup>th</sup> from 6pm-10pm  
Italian Heritage Center

### Stress Relievers Class

Monday nights from 5:30-7:00pm  
(12/7, 12/14, 12/21)

### Journalism Class

Wednesday nights from 6:00-8:00pm  
(12/2, 12/9, 12/16)

### BookWorks! Book Sale

Saturday, Dec. 12<sup>th</sup>

### Christmas: STRIVE CLOSED

Friday, December 25<sup>th</sup> from 10am-2pm

### CAMP STRIVE

December 28<sup>th</sup>-December 31<sup>st</sup>  
(9:00am-5:00pm)

### Volunteer Orientation

By appointment only

### ON THE HORIZON:

### Dance Marathon Kick-Off Party

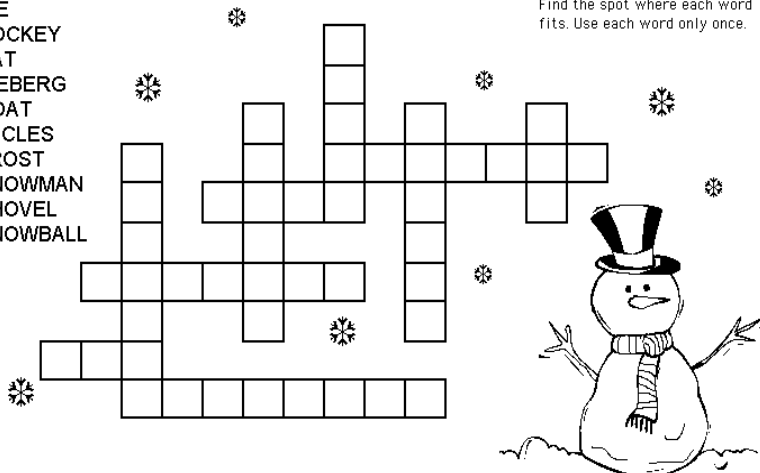
Friday, January 8<sup>th</sup> from 6pm-9pm

## Winter Crossword

2

- ICE
- HOCKEY
- HAT
- ICEBERG
- COAT
- ICICLES
- FROST
- SNOWMAN
- SHOVEL
- SNOWBALL

Find the spot where each word fits. Use each word only once.



# STRIVE PICTURES



STRIVE Staff as 80s Rockers at the Halloween Party



After School Program Costume Contest Winner, Chandler Hawkes



Brendon Young enjoying the YMCA



Caroline Frawley and Brittany Gooch hang out at STRIVE night



Eric Wenstrom paints a scary mask at After School Program



Bret Taylor and Danielle Gaudette dressed as vampires for the STRIVE night Halloween Party

*Do you have pictures that you would like to share with us?  
If so please send them to [info@pslstrive.org](mailto:info@pslstrive.org)*



STRIVE  
28 Foden Road  
South Portland, ME 04106

Phone: 207-774-6278

Fax: 207-774-7695

Email: [info@pslstrive.org](mailto:info@pslstrive.org)

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**Visit our website:  
[www.pslstrive.org](http://www.pslstrive.org)**

- Sign up for the STRIVE e-mail list
- Latest news
- Upcoming events
- View past newsletters

Has your address or phone  
number changed?

*Email us at  
[info@pslstrive.org](mailto:info@pslstrive.org)*

### **STRIVE U Staff**

#### **Mara Sullivan:**

STRIVE U Transitions Coordinator  
[msullivan@pslservices.org](mailto:msullivan@pslservices.org)

#### **Erin Berg:**

STRIVE U Admissions Coordinator  
[eberg@pslservices.org](mailto:eberg@pslservices.org)

#### **Heather Free:**

Student Life Coordinator  
[hfree@pslservices.org](mailto:hfree@pslservices.org)

#### **Liz Clark**

Education & Training Coordinator  
[eclark@pslservices.org](mailto:eclark@pslservices.org)

#### **Sam Heck:**

Fundraising/Community Relations Director  
[sheck@pslservices.org](mailto:sheck@pslservices.org)

### **STRIVE Staff**

#### **Michael Faust:**

PSL Services Executive Director  
[mfaust@pslservices.org](mailto:mfaust@pslservices.org)

#### **Peter Brown:**

STRIVE & STRIVE U Program Director  
[pbrown@pslservices.org](mailto:pbrown@pslservices.org)

#### **Kristina Smalley:**

STRIVE Volunteer & Programs Coordinator  
[ksmalley@pslservices.org](mailto:ksmalley@pslservices.org)

#### **Kim Miller:**

Special Projects Coordinator  
[kmiller@pslservices.org](mailto:kmiller@pslservices.org)

#### **Kim Kelley:**

After School Coordinator  
[kkelley@pslservices.org](mailto:kkelley@pslservices.org)