



www.pslstrive.org

STRIVE Newsletter

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STRIVE in 2012: Highlights and Accomplishments



During this holiday season, our thoughts turn gratefully to those who have made our progress possible. It is in this spirit we say: Thank you and Best Wishes for the Holiday Season and a Happy New Year!

2012 has been a year of growth and excitement at STRIVE, and it wouldn't be possible without our members, volunteers, and supporters! Here is just a partial list of STRIVE's accomplishments in 2012!

- This year we increased the total amount of tweens, teens, and young adults served to over eight hundred members!
- In March 2012 our Dance Marathon raised \$38,398! This is a 12% increase from the 2011 Dance Marathon.
- We completed our 3rd successful year of 3 Points for STRIVE campaign with the Maine Red Claws. This program included a 3 Point Shoot Out Contest and Public Service Announcements from WMTW News 8 and WJAB Radio.
- STRIVE is grateful for the \$25,000 grant we received from the UPS Foundation in 2012. This grant was used to install new Smart Boards, a new video screen, air circulators, and other improvements to the STRIVE Center.
- We completed a major renovation to the STRIVE office space, removing all the carpet and replacing it with tile floors. We also took advantage of this time to paint all the offices and conference room space. This was done with no stoppage time for our programs.
- Our Next STEP program continues to grow, as we are now serving over ten participants in this private pay program.
- STRIVE U held its 7th graduation on June 23rd, 2012. Seven students, including our first out of state student, graduated in the class of 2012.
- Over twenty individuals, including five STRIVE staff, ran the Beach to Beacon 10k Race in support of STRIVE! We are looking forward to expanding our "Fund Racer" program in 2013.
- We were thrilled to host the STRIVE for Five 5K Race and Neighborhood Block Party! The 5k Race and Block Party raised over \$10,000 for STRIVE, and perhaps more importantly drew three hundred runners and walkers and twenty four area businesses together for this exciting event. This group of businesses and supporters has transitioned into a networking committee which still meets monthly.
- STRIVE U held its 4th Experience Weekend, which gave nine participants the opportunity to attend a weekend long seminar version of STRIVE U at Camp Tall Pines.
- STRIVE's newest program, STRIVE Bayside opened in September of 2012. This exciting new program located at the Back Bay Towers in Portland utilizes the STRIVE U curriculum in a day program format.
- STRIVE was the beneficiary of the 2012 Maine Marathon. The amazing day resulted in a \$60,000 contribution to STRIVE. We are ecstatic to be the beneficiary once again in 2013.
- Our 8th Annual Live and Silent Auction was held in October, and this year's event was our most successful yet! The auction raised an amazing \$57,000. This is a 12 % percent increase from the 2011 auction.
- The 2013 STRIVE Rocks Dance Marathon is going to be held at The Maine Mall! We made an announcement in September at The Maine Mall with over one hundred people and two TV stations in attendance.

Again, this is just a sampling of notable achievements. We also gained new community partners, added members, and continued to expand programming. With your help, we're looking forward to an even better 2013! If you have questions, comments, ideas, or suggestions, please feel free to send them our way! Best wishes for a happy and healthy 2013 from all of us at STRIVE!

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 U NEWS

Apply Now for STRIVE U Class of 2015



Applications are now being accepted for STRIVE U Class of 2015. STRIVE U grants admission to students whose academic credentials, scholastic achievement, and personal motivation demonstrate a promise of success in its academic programs. For more information, or to schedule a tour please contact Erin Berg at (207)-774-6278 or eberg@pslservices.org.



STRIVE U Works:

TD Bank hosted several STRIVE U students at a recent People With Disabilities Mentor/Mentee event. This day-long tour began at TD Bank Operations building in West Falmouth where students toured each department and learned about the variety of services TD Bank offers their customers. Students also toured the Northgate store where they discovered how cash counting machines operate and each had a turn at the interactive Penny Arcade, a free-of-charge coin counting machine that rewards math skills and encourages everyone to save their pennies!

To the delight and complete surprise of a second year STRIVE U student who is employed here, Woodard & Curran hosted a One Year Anniversary party in her honor. It was a fun and delicious celebration!



The Angus King for Senate Campaign recently celebrated the birthday of a second year student who worked in their Portland office until Election Day.

After a successful job shadow and interview, MEMIC has hired a first year student to work in a year-long placement as a Policy Processing Assistant at their Portland office. Law firm Drummond Woodsum also hired a first year student to help with a variety of office tasks and projects at their Marginal Way location. Macpage, LLC will soon be interviewing a STRIVE U student for an Office Assistant position starting in January 2013 to help out with the busy tax season ahead.

Recent job shadows were hosted at Bei Capelli salon in Scarborough and Edible Arrangements in South Portland. The new Bull Moose Mill Creek, South Portland store manager toured STRIVE U and learned about all aspects of our Employment Program.

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! Please contact MaryAnn Schwanda, Employment Coordinator at mshwanda@pslservices.org or call 207-774-6278.



STRIVE NEWS

STRIVE's 13th Anniversary Party & Volunteer Appreciation Celebration

STRIVE would like to invite all of our volunteers and aged-out STRIVE members back to our Friday night social on December 7th from 6-9pm to celebrate STRIVE's 13th anniversary and 2012 Volunteer Awards. The award ceremony will begin at 7pm. Congratulations to our 2012 award winners! STRIVE thanks you for all your hard work!

Alumni Volunteer Award: Billy Broomall
"Volunteered" Award: JVC Portland Past and Present
Business of the Year: UPS & Kevin Fitzpatrick
Volunteer of the Year: Donna Roggenthien

STRIVE's Newest Program: STRIVE Bayside



STRIVE Bayside is a new community supports program which started in September and is dedicated to expanding independent living skills and community connections for people with developmental disabilities! The goal of STRIVE Bayside is to work with participants over a two year period to expand their abilities to live a more independent life. During program we do a variety of activities including menu planning, grocery shopping, cooking, cleaning, laundry, banking and budgeting,

exercising at the YMCA, visiting the library and much more! STRIVE Bayside runs from 9:00am-1:00pm from Monday to Friday and the program is based in a three-bedroom apartment in Portland which we use, along with the community around us, to learn independent living skills. Please contact Brianna McCabe at (207) 899-1725 or bmccabe@pslservices.org for more information or to schedule a tour.

STRIVE Next STEP

Next STEP (STRIVE's Transitional Education Program) is a unique private-pay program focused on education, independent living skills, involvement in the arts, and community connections. Participants enroll on a term basis with both full time and part time



attendance is available. Next STEP part time is designed to provide additional service for those looking to supplement existing day program hours. Next STEP continues to work on skills around cooking, planning, self-advocacy, and other various independent living skills. We also explore the community and work to develop active relationships in the community. We have been exploring the greater Portland as well as walking to various locations from STRIVE's Foden Road address. Next STEP students document their progress and activities in the program in personal blogs that can be found at STRIVE's website: pslstrive.org. Check out these blogs and websites for a more detailed description of day to day programming and classroom time at STRIVE Next STEP. If you would like more information about applying to Next STEP or would like to schedule a tour, contact Bill Hughes at 774-6278 or bhughes@pslservices.org.

Get Involved!

3 Points for STRIVE

Now is your chance to be a part of STRIVE's wonderful partnership with the Maine Red Claws! It's easy! Just cut out the pledge card and send it to STRIVE. You can pledge a one-time donation or an amount per 3-pointer made during this 2012-13 season.

Go Maine Red Claws!

STRIVE would like to extend a very special thank you to the Hammond Lumber Company for being the title sponsor for this program.



3 POINTS FOR STRIVE

- CHECK ONE: Company gift Individual Gift Employer Matching gift
- I/we pledge \$_____ per 3 pointer made by a Red Claws player during the 2012-2013 season. I/we understand I/we will be billed following the season- after the total 3 pointers have been calculated.
- I/we would prefer to make a contribution in the amount of \$_____.
- Check enclosed
- Please send me an invoice May 1 following the 2012-13 Maine Red Claws season.

Contributor's name or company contact: _____

Donating Company (if applicable): _____

Contributor's mailing address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Please Make Checks Payable to: STRIVE
 28 Foden Road, South Portland, ME 04106
 www.pslstrive.org
 207.774.6278



Thank You December STRIVE Supporters

Cyrus Hagge
The Lunder Foundation
Francis Egan

Thank you to all our of 2012 Donors! Your support truly makes a difference in people's lives- and is much appreciated. All donors will receive a letter with a receipt for their taxes the first week of 2013! Your contribution allows us to continue to provide these services to now more than 800 tweens, teens, and young adults!

Maine Marathon Update: Thank you!



STRIVE is excited to announce that the Maine Marathon raised \$60,000 in support of STRIVE. We are extremely grateful for the two year partnership with the Maine Marathon and the support of all who came out to run, walk, volunteer, and help raise funds for STRIVE programs.

Questions, Comments, or Concerns – Contact Our Staff!

Michael Faust
 PSL Services Executive Director
 mfaust@pslservices.org

Peter Brown
 STRIVE & STRIVE U Program Director
 pbrown@pslservices.org

Kristina Smalley
 STRIVE Program Manager
 ksmalley@pslservices.org

Brianna McCabe
 STRIVE Bayside Coordinator
 bmccabe@pslservices.org

Erin Saul
 STRIVE Program Coordinator
 esaul@pslservices.org

Shannon Olejar
 STRIVE Special Projects Coordinator
 solejar@pslservices.org

Bill Hughes
 STRIVE U and Next STEP Program Manager
 bhughes@pslservices.org

Mara Sullivan
 STRIVE U Transition Coordinator
 msullivan@pslservices.org

Erin Berg
 STRIVE U Admissions Coordinator
 eberg@pslservices.org

Katie Collins
 STRIVE U Student Life Coordinator
 kcollins@pslservices.org

Liz Guillerrault
 STRIVE U Education & Training Coordinator
 eclark@pslservices.org

MaryAnn Schwanda
 STRIVE U Employment Coordinator
 mschwanda@pslservices.org

STRIVE Night Winter Ball
Friday, December 21st
6:00pm– 9:00pm

This years Winter Ball will be a night to remember! Dress to impress for this night of fun in STRIVE's winter wonderland. Grab your dancing shoes and get ready to sparkle and shine at our holiday party!



Member Spotlight: Ashley Low



How old are you: 19
Favorite movie: Harry Potter
Favorite color: Purple
Favorite holiday: Halloween
Coollest activity at STRIVE this year: Petting the sheep at Smiling Hill Farm with Camp STRIVE
Who would you choose to star in a movie about your life story: Emma Watson
Favorite song: "Baby" by Justin Bieber
Dream job: Working at an animal shelter
Talents: Opera singing!

December Birthdays



Happy Birthday to the Following STRIVE Members!



Michael Godin
 Chandler Hawkes
 Michael Gregorie
 Zach Hansen
 Julia Hildreth
 Daisy Hutchins
 Joey Spiller
 Carmen LaPointe
 Kate McHale
 Karla Dennison
 Timothy Mitchell
 Jun Yang Lin
 Megan McCormack
 Robert Mendillo
 Kate McKillop

Brian Hopkins
 Megan Squiess
 Adorra Small
 Julie Williams
 Simon Harrison
 Anthony Koutsivitis
 Heather MacLean
 Jim Makowiecki
 Clifford Page
 Brittany Gooch
 Sherry Wheeler
 Megan Tucker
 Daniel Kelloway
 Isaiah Crowell
 Jaiden Emery

Camp STRIVE: December 26th - 28th and 31st

Do you have any fun plans for Winter Break? Come join us for a few days of Camp STRIVE! Each day of camp will be filled with games, field trips, snow tubing and fun times with friends! The cost is \$45 per day.

Camp STRIVE is scheduled for December 26th, 27th, 28th, and 31st. You can find registration forms at pslstrive.org/camp or by contacting Erin at esaul@pslservices.org.

Members' Page and Events

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 with sliding scale available.

December Schedule:

December 7th : Wrapping Paper Race!

December 14th: UNUM Activities

December 21st: Snow Ball Dance

December 28th: Winter Bingo

See you on Friday!

Contact Shannon at 774-6278 or solejar@pslservices.org for more information or if you have any questions.

December Meetings & Events

Member Advisory Board Meeting

December 14th & 28th
5:00pm

Kiwanis Aktion Club

December 12th & 26th
3:30pm

STRIVE's 13th Anniversary Party & Volunteer Appreciation Celebration

All aged– out STRIVE members are welcome back for the anniversary event!

December 7th 6:00-9:00pm

Wrap for a Reason at The Maine Mall

December 9th-11th
9:00am-9:00pm

STRIVE Rocks Dance Marathon Planning Party

December 21st
6:00pm

Camp STRIVE: Winter Break Edition

December 26th, 27th, 28th, 31st
9:00am-5:00pm

STRIVE Winter Ball

Friday, December 21st
6:00-9:00pm

STRIVE CLOSED FOR HOLIDAYS

Christmas Eve: Monday, December 24th
Winter Celebration: Tuesday, December 25th
New Years Day: Tuesday, January 1st

For STRIVE closings and cancelations visit our Facebook page or WCSH6 for up-to-date information. You can also sign up for text alerts at WCSH6.com.

Looking for a holiday gift idea?

Give the gift of STRIVE! Gift certificates for our Tweens Social, STRIVE Night, and evening classes are now available and make great gifts! Or how about a T-shirt or sweatshirt? Check out our online stores at cafepress.com/pslstrive and cafepress.com/striveu.



2013 Personal Wellness and Educational Class Series

Personal Wellness Class Series

Monday Nights 5:30-7:00 pm

Zumba Gold Dance

January 7 - March 25

Certified Zumba Gold instructor Becki Jacques leads you through this fun way to get in shape!

Healthy Living

April 15 – June 10

Learn about healthy cooking, eating well, and ways to stay fit!

Going Green

June 17 – August 5

Become more environment friendly and informed about recycling and going green!

Music Appreciation

September 2 – October 28

Listen to different types of music from musicians that will come in each class to play, have fun, and teach us some tunes!

Art Extravaganza

November 4 – December 16

Create a different form of art every week from painting to making gifts for the Holidays!

Each class series is \$20. Please contact Shannon at solejar@pslservices.org or 207-774-6278 for more information or to sign up!

Educational Class Series

Wednesday Nights 6:00-8:00 pm

Nutrition

January 9 - February 27

Learn more about healthy eating with this food science class that will focus on exploring nutrients needed by the body.

Creative Writing

March 13 – May 15

Learn to express your thoughts and feelings in a unique, and fun way! Show off all of your work at the end of this series with a Showcase for your family and friends!

Healthy Relationships

June 5 – August 28

SARSSM will run this 12 week course and provide students with information on dating safety and healthy relationships. SIGN UP EARLY!

Community Connections

September 4 – October 30

Get to know all the great opportunities that your community has to offer!

Money Management

November 6 – December 18

Learn to budget, write out checks, pay bills, use credit cards, and much more!

Wrap for a Reason: December 9th - December 11th

Save the date! STRIVE is looking for volunteers to help us wrap gifts at the Maine Mall from December 9th -11th. For three days we will be wrapping gifts for donations, all to support STRIVE's many programs. If you are interested in volunteering contact Kristina at ksmalley@pslservices.org with your preferred shift times and availability.

STRIVE Pictures

Right: STRIVE U Students Elizabeth, Tammy, Alizah, and Hillary hanging out at the STRIVE U campus in Portland



Below: STRIVE team dressed up as "Party Animals" at the STRIVE Night Halloween Bash

Above: STRIVE Bayside students and staff celebrating Halloween with a variety of costumes and activities



Above: The Portland Fire Department hosted STRIVE Next STEP students for lunch and a tour of the firehouse on Congress Street

STRIVE Bayside students Haley and Patrick hanging out at Bam Bam Bakery in Portland



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

Visit our website:

www.pslstrive.org

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

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2013 STRIVE ROCKS Dance Marathon Weekend at The Maine Mall

Title Sponsor: WEX, Inc

Presented by MEMIC & Anthem

It's that time of year again- time to announce that the STRIVE Rocks Dance Marathon Weekend will be taking place at The Maine Mall starting 9pm on March 2nd. The STRIVE ROCKS Dance Marathon (March 2nd 9pm- March 3rd 9am) will host amazing events and awesome activities. This year's weekend event is sure to please all interested parties with new additions like "Dance Day" on Sunday, March 3rd from 11am-6pm! Dance Day will have all of the excitement as our traditional marathon but will happen during the day for families, younger participants and those who can't make it Saturday night! Check out www.striverocks.org for all of the up-to-date information on this event! STRIVE needs your help to insure that this weekend long event has all of the most exciting activities and entertainment that you want to see! Please join STRIVE staff on December 12th at 6pm for an opportunity to share ideas! All are welcome and pizza will be provided!

**STRIVE is excited to announce that the STRIVE ROCKS Dance Marathon Weekend is brought to you by:
WEX Inc, The Maine Mall, MEMIC, Anthem, Hannaford, WMTW News 8 and The Portland Kiwanis Club. THANK YOU!**



THE MAINE MALL

Anthem



MEMIC

Coca-Cola

wmtw.com

WMTW 8 abc