



www.pslstrive.org

STRIVE Newsletter

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Mission Statement:

PSL Services/STRIVE provides a community of support and assistance to people with cognitive disabilities or mental health diagnosis who experience challenges seeking greater independence by respecting the value of each individual, initiating mutually beneficial, sustainable partnerships with business and community leaders, and by creating innovative opportunities responsive to the evolving needs of individuals and families.

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STRIVE's 17th Anniversary!

Friday December 2nd, 2016

6PM

28 Foden Road South Portland, ME

Join us as we hold our annual Volunteer Recognition Night, and congratulate outstanding volunteers for their time and effort. STRIVE will be 17 years young, and our programs and services wouldn't be possible without volunteers. All aged out / alumni members are invited! Please join us, and help STRIVE's 17th anniversary be the best one yet!



The following awards will be presented:

- *Volunteer of the Year*
- *"Volunteered" of the Year*
- *Alumni Volunteer of the Year*
- *Organization/Business of the Year*



STRIVE Rocks Weekend 2017



It is time to start planning for STRIVE's biggest fundraiser! The STRIVE Rocks Weekend will be held at the Cross Insurance Arena again this year on March 11th and 12th. The first planning committee meeting is on November 30th at 5:30pm, and we're always looking for new members. Our next meeting will be Wednesday December 14th, 5:30pm at 28 Foden Road, South Portland, ME. STRIVE raised over \$85,000 last year, and our goal this year is \$100,000! STRIVE needs everyone's help to make this event the best one yet.

If you would like to be on the committee, or like more information, please contact Stefanie Millette at smillette@pslservices.org or call (207)774-6278.

Program Updates

Progressive Dinner at STRIVE U

On Wednesday, November 16th, STRIVE U students and staff hosted a hugely successful Progressive Dinner event on campus to celebrate the Thanksgiving holiday. A “progressive dinner” is a fun event during which different parts of a meal (appetizers, main course, desserts) are served in different locations. On Thursday, attendees moved around the Nye Street campus enjoying a homemade Thanksgiving dinner. Students and staff worked hard all month to plan and prepare a creative and delicious feast, each student bringing a homemade dish. More than 40 people attended the dinner! Many STRIVE U alumni came to the celebration and had a great time connecting with current students and staff. It was a wonderful opportunity to bring the STRIVE U community together. STRIVE U staff and students would like to thank our Weekday Team Leader, Kate McGovern, for taking the lead in orchestrating this incredible event!



STRIVE U applications for the Class of 2019 are now available! The deadline for applying for admission for June 2017 is February 1, 2017. STRIVE U is a comprehensive two-year residential, post-secondary educational opportunity. To learn more about the program, schedule a tour or get an application, please contact Bill Hughes, STRIVE U Admissions Coordinator at bhughes@pslservices.org or call (207) 774-6278.



TOPS Spotlight

It has been a productive month for TOPS as they began a new incentive program. This program is called a Classroom Economy which allows students to earn an hourly rate according to their in-class job which is then used toward leisure activities, extra spending money, and to pay accrued classroom bills. Although the paychecks are not for actual cash, the students must deposit their paychecks, balance their bank logs, and pay bills and fines. The students have benefited already as they used their earned pay to have spending money out on leisure trips, gain incentives when completing extra tasks, and expanding their money management skills.

If you would like to see what TOPS is up to every week and read a little more about TOPS, please email Kelly Frey to be added to the Weekly TOPS Newsletter, kfrey@pslservices.org. 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@pslservices.org.



Health and Wellness with Next STEP

In the month of December, Next STEP continues with our ongoing health and wellness component of our program by reinvigorating our group fitness and wellness activities. Here at STRIVE we have a lot of space where we can create some fun workout activities, like yoga, dance, and much more! Also for the month of December, our curriculum will focus on personal hygiene. The members of Next STEP are learning about how important it is for us to take care of our bodies, and take personal responsibility for maintaining cleanliness. In Next STEP, we strive to look our best and we have the tools to learn how to wash our clothes, discuss how to keep our bodies clean, and how important it is for us to know about and use these skills at home so that we stay healthy as well as enhance our personal friendships with others.

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 Betsy Morrison at bmorrison@psslservices.org or 207-774-6278 if you would like more information regarding Next STEP or would like to schedule a tour. Part-time and full-time options are available.



Happy Thanksgiving from Bayside

Happy Thanksgiving from STRIVE Bayside! Over the past month we have been working on a budgeting curriculum. Everyone has practiced needs vs. wants, counting money, making change and more! Although we have budgeting as one of our main goals, it is always helpful to get some more intense practice!

STRIVE Bayside had a lovely time at the Thanksgiving Party! We had a 'bake off' where two groups each baked a gluten free pie! Everyone did a great job of finding a recipe, grocery shopping and baking pies as a team!

STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence. A sample of goals we work on are grocery shopping, budgeting, cleaning, navigating the community, cooking and social skills. We run five days a week, Monday through Friday and have two daily sessions, 9:00-1:00 and 1:00- 5:00. We offer full time (Monday- Friday) and part time (Tuesday, Thursday -or- Monday, Wednesday, Friday) options. We operate out of an apartment in down town Portland to simulate actual apartment living. We currently have openings in our morning and afternoon sessions. If you would like more information about our program, or to schedule a tour please contact: Caroline Cole at (207)899-1725 or ccole@psslservices.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!

Members' Page

STRIVE Night
December Theme Night:
Winter Festival!
December 23rd, 6-9pm



Ages:
15 to 24 years old

Cost: \$10
with a sliding scale
available

STRIVE Night is 6:00-9:00pm ages 15-24. We are 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 November will be held on December 2nd at 5:15pm.****

Wednesday Night Educational Classes

In November, the Wednesday Night class was about Money Management. The class was sponsored by Norway Saving Bank. The course covered how to manage a checkbook, budgeting, and keeping safe finances in a digital world!



Upcoming Wednesday Night Class

Self - Advocacy

December 7th, 14th, and 21st
6:00-8:00pm

This class will focus on advocating for yourself as a High School student, and as an emerging adult. Disability Rights Maine, Speaking Up for Us, and AlphaOneNow will be the guest speakers.

Civic Duty

January 11th, 18th, and 25th, 2016
6:00-8:00pm

Wednesday Night Educational Classes are held with a different topic each month. For more information, or if you have an idea for a series or class topic, contact Michaila McCloskey mmccloskey@pslservices.org; or (207)774-6278.

December Birthdays

Raymond Rolls
Carmen LaPointe
Michael Gregoire
Sophie Jacobs
Joshua Curran
Jeremy Martin
Lissette Rodriquez
Kimberly Rosenbloom
Erica Lawton
Kristoffer Constantine
Alex York
John Mancini
Ashley Bowers
Jacob Hill
Shania Smith



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!****

December 2nd: Fun Science!

December 9th: Fun with UNUM!

December 16th: Sewing with Pat

December 23rd: Holiday Tweens!

December 30th: Mug Decorating!

For more information, contact Michaila McCloskey at mmccloskey@pslservices.org or call (207)774-6278.

Thank you to our December Donors!

Norman Buttrick
 Cathy & Matt
 Campbell
 Heather McGeough
 Keith Rowe
 Kathleen & Michael
 Bouchard
 Valerie Healey
 Eric Swan
 United Way of Eastern
 Maine
 Town and Country
 Federal Credit Union
 Jennifer and Wayne
 Brooking
 United Way of
 Midcoast Maine

Carolyn Bird & Gregg
 Ritter
 Robert Sellin & Natalie
 West
 Angela Varipatis
 Pater & Joy Cutrone
 Shoshana Bannett

Thank You!

Upcoming Events

Aktion Club

December 3rd, and 21st at 3:15pm

Member Advisory Board Meeting

December 2nd, 16th, and 30th at 5:15pm

Wednesday Night Education Classes

Self-Avocacy

Wednesdays, December 7th, 14th, and 21st
 6:00-8:00pm

Tweens

Every Friday, 3:30-5:30pm

STRIVE Rocks Planning Committee

November 30th, 5:30pm
 December 14th, 5:30pm

STRIVE Night

Every Friday, 6-9pm

STRIVE will be closed Dec. 26th

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.anthonysitalitankitchen.com or call (207)774-8668.

Exciting News at STRIVE

3 Points for STRIVE



Each time the Maine Red Claws score a three-pointer at a home game, Hammond Lumber Company will donate \$50. Help grow their donation by making your own three point pledge! Fill out a pledge card below & return to STRIVE!
Learn more at www.pslstrive.org.



Proudly Sponsored by:



Upcoming Home Games:

December:

- 12/3/2016 - Law Enforcement Night
- 12/4/2016
- 12/10/2016 - Faith & Family Night
- 12/17/2016 - "Beat L.A. Night"
- 12/18/2016 - "Holiday Night"
- 12/31/2016 - "New Years Eve"

January:

- 1/8/2016
- 1/12/2016
- 1/14/2016 - Girl Scout Night
- 1/27/2016 - Scott Morrison Bobblehead Night
- 1/28/2016 - Boy Scout Night

For more information, please visit www.maineredclaws.com



3 POINTS FOR STRIVE

345 3-pointers were made at home in the 2015-2016 season

- CHECK ONE: Company gift Individual Gift Employer Matching gift
- I/we pledge \$_____ per 3 pointer made by a Red Claws player during the 2016-2017 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 2016-17 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



STRIVE Promotional/ Member Spotlight

Share the Love at Patriot Subaru

What: Share the Love Event
 Where: Patriot Subaru Saco, ME
 When: Now until January 3rd, 2016

As if hosting “Kevin on the Roof” wasn’t enough, Patriot Subaru of Saco continues to “Share the Love” with STRIVE! Annually between mid-Nov and New Years, Subaru donates \$250 to charity for every new Subaru sold, through a holiday campaign called “Share the Love”. Locally, Patriot Subaru of Saco has chosen STRIVE as a 2016-2017 “Share the Love” charity partner. If you know someone in the market, please share this opportunity to have their car purchase benefit the members of STRIVE!



Member Spotlight

Thomas LeFrenier
Member at STRIVE since 2010

- **Programs:** Wednesday Night Educational Series and STRIVE Night
- **Years of involvement:** 6
- **Favorite Event?** “STRIVE Night because I like hanging out with friends and listening to music.”
- **Favorite Wed. Night Class?** “Money Management with volunteers Francis and Haley. I enjoyed all of it! The marshmallow game was fun because it made me think.”
- **Why do you love STRIVE?** “Everyone is always happy to see me!”





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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.*