



www.pslstrive.org

STRIVE Newsletter

VOLUME 13 ISSUE 2

FEBRUARY 2013

2013 STRIVE Rocks! Dance Marathon

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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2013 STRIVE Rocks! Dance Marathon at the Maine Mall Weekend

Title Sponsor: WEX Inc

Presented by MEMIC and Anthem Blue Cross Blue Shield

The STRIVE Rocks! Dance Marathon Weekend at The Maine Mall Weekend is only a month away! It is not too late to get involved! Join STRIVE on March 2nd starting at 9pm for the 12 hour, all night, STRIVE Rocks Dance Marathon. We will be kicking off the Dance Marathon Weekend with a pasta dinner, courtesy of The Olive Garden, on Friday March 1st during dancer packet pick-up at STRIVE from 6pm-9pm. If you are unable to make the 12 hour dance marathon, then you can plan on participating in this year's Dance Day on March 3rd from 11am-6pm. Pledge packets are available at the STRIVE Foden Road office or visit STRIVERocks.org to download your packet today! The deadline for early registration for \$80 is February 14th, after that deadline registration goes up to \$100. It's easy! Go to firstgiving.com/STRIVE to sign up today! See page 7 for an expanded list of Dance Marathon and Dance Day schedule, events, and exciting activities.

STRIVE is excited to announce that the STRIVE ROCKS Dance Marathon Weekend is

brought to you by:



STRIVE NEWS

STRIVE Annual Campaign to Kick Off in February

Can you believe it is already February? That means it is time for STRIVE's Annual Campaign. In the next few weeks, you'll be receiving a letter at your home asking for your support of our organization, and the now more than 800+ tweens, teens, and young adults with developmental disabilities that we serve. Your support will go directly to our social, educational, and employment training programs, allow us to continue to grow and develop our programs, and continue to respond to community needs! STRIVE is growing rapidly- we continue to add 3-5 new families per week to our programs- and your support allows us to do this important work. Please consider making a gift to STRIVE in 2013! If you would like more information, or would like to volunteer to help with the campaign, please contact Peter Brown at (207) 774-6278 or email pbrown@pslservices.org.

Thank you for your support of STRIVE!

What's New with 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.

The STRIVE Bayside program is growing - we now have a full group of eight program participants and a new staff person, Britney Merrill! We are thrilled to have filled the last two spots in the program for this year and look forward to receiving applications for the next round of participants in September. We have been busy teaching and learning independent living skills and getting to know the Portland community around us! 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. Please contact Brianna McCabe at (207) 899-1725 or bmccabe@pslservices.org for more information or to schedule a tour.



Next STEP Update

Next STEP (STRIVE's Transitional Education Program) continues to grow and develop! We now have 14 participants involved in this unique, private pay, program that combines teaching independent living skills with social, recreational and wellness opportunities. Some examples of recent activities include volunteering at the Root Cellar to learn employment skills, visiting the library for community awareness, cooking, grocery shopping, and much more! Other educational offerings include:

- **Participants will have the opportunity to learn topics such as: Money Management, Advocacy, Social Skills & Decision Making, Household Responsibilities, Safety, Health and Nutrition, Relationship Building.** Participants will receive instruction each day in subject areas. Certain subjects will rotate throughout the year while others will be an ongoing skill development (i.e. money management). Participants progress will be monitored with increasing challenges depending on the individuals interest and ability.

Many people have asked and we do have openings for additional participants in this program, and participants can begin at any time throughout the year. Full time is available Monday-Friday from 9am-5pm, and early drop off is available starting at 8am. In addition, we have many part time opportunities-Mon-Wed-Fri, Tues-Thur, all mornings, and all afternoons are all options. We work to be flexible around peoples needs. This is also a great way to extend someone's day who is already in a community supports program. Costs are \$205/week for full time, and \$125/week for part time. If you would like to learn more about Next STEP, schedule a tour, or even spend a day checking out the program- please call Peter Brown at 207-774-6278 or email pbrown@pslservices.org.

Get Involved!

Thank You January STRIVE Supporters

John and Denise Palmer
 John and Donna Dwyer
 David Curneil & Janet Pazik
 Phoebe Milliken
 The Libra Foundation
 The TJX Foundation
 Cynthia & Larry Vaughan

Thank you for generously supporting STRIVE programs and mission!

Calling All Volunteers!



STRIVE needs a big crew of volunteers to help throughout the 12 hour STRIVE Rocks! Dance Marathon on

March 2nd and Dance Day on March 3rd at The Maine Mall. We will need adults to help with event set up, registration, activities, chaperoning, event take down, and everything in between! Email Kristina at ksmalley@pslservices.org if you can help!

Easy Ways to Support STRIVE



STRIVE has started a "Legacy Program" and would be happy to discuss how to write in our organization into your planned giving account.



Follow Us on Facebook
 Daily Updates
 STRIVE Pictures

To stay connected visit:
facebook.com/STRIVENation



Can Redemption Program
 Get a Green Bag at STRIVE & drop off your cans at a Hannaford Grocery Store. The deposits will go to STRIVE! Every 5 cents counts!



There's no reason not to. You search... We give!

Change your Search Engine
 Change your search Engine to GoodSearch and pick STRIVE as your charity!

For each search you do, 1¢ is donated to STRIVE!

Questions, Comments, or Concerns – Contact Our Staff!

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STRIVE Night Valentine Dance!

Friday February 15th
6pm-9pm

Join STRIVE for a special night of dancing, treats, and **Valentine's Day fun! Cost is \$10 for STRIVE members.** Wear red, pink or any **Valentine's Day gear to win a special prize!**

Member Spotlight: Isabelle Campbell



How old are you: 13
Favorite movie: Homeward Bound
Favorite color: Every color. If I have to pick - Pink.
Favorite holiday: Thanksgiving
Coollest activity at STRIVE this year: Techno Dancing
Favorite song: "Stronger" by Kelly Clarkson
Dream job: Zookeeper
Talents: I've been riding horses since I was 5 years old.

February Birthdays



Happy Birthday to the Following STRIVE Members!

Candace Johnson	Linda Donovan
Deanna Kelly	Kelly Frankl
Paris Nalevansky	Brian Burnham
Kevin Banks	Shane Sauicer
Shane Hancock	Emma Campbell
Brittany William	Nate DiBiase
Joshua Canning	Harrison Snyder
Joshua Monk	Tricia Penney
Lindsay Fectea	Scott Johnstone
Justin Rackliffe	Cody Wood
Matthew Brown	Michael Lewis
Brian Prentice	Christopher Prichard
Alizah Brandweir	
Daniele Brown	HAPPY BIRTHDAY!!!

Camp STRIVE: February 19th-22nd

Spend your February Break with STRIVE! Camp STRIVE will be offered February 19th through February 22nd from 9am-5pm.

You can look forward to four days of exciting activities and fun with friends! The cost is \$45 per day. Registration forms are available at pslstrive.org/camp or by contacting Erin at esaul@pslservices.org

Reserve your spot today!

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. See you on Friday!

February Schedule:

February 1st: Detective Day
February 8th: Activities with UNUM Volunteers
February 15th: Valentines Dance

February 22nd: Musical Guest and Drumming Circle
See you on Friday! Feel free to call Shannon at STRIVE at 774-6278 with any questions!

Monday Night Wellness Classes Series

It's not too late to sign up!
Zumba Gold Dance
5:30-7:00 pm
January 7 - March 25

Certified Zumba Gold instructor Becki Jacques leads you through this fun way to get in shape! If you like dancing with friends, this class is for you! We will be dancing and moving around, so be sure to wear work-out clothes and bring a water bottle. This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org.

NEW! Wednesday Night Educational Class Series

Creative Writing
6:00-8:00 pm
March 13th - May 15th

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

Sign up today! This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org

February Meetings & Events

Member Advisory Board Meeting
February 1st and 15th
5:00pm

Kiwanis Aktion Club
February 6th and 20th
3:30pm

STRIVE Night: Valentines Day Dance!
February 15th
6:00pm-9:00pm

Dance Marathon Preview Contest at The Maine Mall
February 16th- 23rd
10:00am-6:00pm

Monday Night Wellness Class Series: Zumba Dance Class
January 7th - March 25th
Mondays from 5:30-7:30pm

Wednesday Night Educational Class Series: Nutrition
January 9th - February 27th
Wednesdays from 6:00pm-8:00pm

Camp STRIVE!
February 19th- February 22nd
9:00am-5:00pm

STRIVE CLOSED:
Monday February 18th

STRIVE Rocks! Dance Marathon Weekend
March 1st-3rd at The Maine Mall

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

New STRIVE Gear Available Now!



Represent STRIVE wherever you go with our new collection of hoodies, t-shirts and long sleeve shirts! You can purchase STRIVE gear online at cafepress.com/pslstrive or at our Foden Road office. You can also purchase STRIVE Gear at our Friday night socials! STRIVE Rocks!

STRIVE Pictures



Above: Emma cooks a healthy, delicious meal during STRIVE's After School Program.



Above: STRIVE Bayside participants Jake and Bennett learning about famous artists at the Portland Museum of Art in January.



Above: Next STEP cheered on The Maine Red Claws and Sophie was chosen as the "Fan of the Game".



Above: STRIVE Rocks! Dance Marathon promotion at The Maine Mall!

3 Points Shoot Out Contest: March 24th!



Now is your chance to be a part of STRIVE's wonderful partnership with the Maine Red Claws and Hammond Lumber Company! It's easy! Join us for a "3 Point Shoot Out" at The Maine Expo on March 24th from 1pm-3pm to raise funds and awareness for "3 Points for STRIVE". Put together a team of five 3-point shooters and compete to be this year's champions! It only costs \$25 per team. Each shooter will get 5 shots including a money ball shot! The team with the highest cumulative score wins!

Contact STRIVE at ksmalley@pslservices.org for more information. We hope you will join us for the 3rd annual competition. STRIVE would like to extend a very special thank you to the Hammond Lumber Company for being the title sponsor for this program. Thank you for supporting STRIVE!

2013 STRIVE Rocks! Dance Marathon Continued:



We can't wait to see you at The Maine Mall for the 2013 STRIVE Rocks! Dance Marathon Weekend March 2nd & 3rd. Here are some of the fun activities we have planned: All dancers are invited to pick up registration packet, t-shirt, and dancer number at STRIVE on Friday March 1st between 6pm-9pm. Packet pick-up will be held in conjunction STRIVE's biggest program- STRIVE Night Social. Pasta, salad, and breadsticks will be provided by The Olive Garden. Dance Marathon Registration opens at 8:30pm on March 2nd at The Maine Mall! Look for the Hollywood-style event lights near Macy's to guide you to this red carpet event. Look your best because the paparazzi will be lined up along the red carpet to snap photos of all dancers along our "Paparazzi Wall"! AT&T is hosting a "Text Request Line" so you can text your requests straight to our DJ throughout the night! You will be given a 2013 Dance Marathon t-shirt that you must be wearing to gain access to the Dance Marathon overnight at 9pm! Shannon Moss from WMTW News 8 will be there to kick off the event and will broadcast live at 5am! Sephora will be running a make-over station and Psychic Jeri will be offering dancers a peak into the future! Macy's will be hosting an exclusive Prom Jams Fashion Show featuring STRIVE models and the latest in Prom fashions from NYC at 7am and again at 2pm on Dance Day! Trunk show to follow! Throughout the weekend there will be face painting by Artascope Studios Live, moon bounces, Zumba workshops with Studio Fit, performance by Drums Alive, live broadcasts with WJBQ 97.9 and music from The Clearwater Benders, Low 90, Hello Newman, DJ Verbatim, DJ Huzz, and DJ Tap Fitzgerald! Stay updated by "liking" us at [facebook.com/STRIVENation](https://www.facebook.com/STRIVENation) and attending out 2013 Dance Marathon Weekend at The Maine Mall Event! You can also check out STRIVERocks.org for more information and register online for the Dance Marathon at firstgiving.com/STRIVE!