



www.pslstrive.org

# STRIVE Newsletter

VOLUME 14 ISSUE 2

FEBRUARY 2014

## 10th Annual 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.

INSIDE THIS ISSUE:

Program Updates	2
Contact Information	3
Supporter Page	3
Member Page	4
Birthdays!	4
Tweens	5
STRIVE Events	5
STRIVE Updates	6
Pictures	7



Please Sign up to Start Your Fundraising Page & to Register for the 10th Dance Marathon: <https://www.firstgiving.com/strive>

### Saturday March 1st & 2nd

STRIVE Rocks Day Starts: 10am-9pm

Overnight Dance Marathon Starts: 9pm-9am (Sunday March 2nd)

**\*\*Raise \$80 before Valentine's Day (Feb 14th) /After Feb 14th \$100\*\***

[www.striverocks.org](http://www.striverocks.org)

**Facebook:** /strivenation

**Twitter:** @pslstrive

**Instagram:** PSLSTRIVE

Contact Heather at [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org) or 207-774-6278!

# STRIVE NEWS

## What's Happening in Next STEP

Next STEP is a unique private pay, education, recreation and leisure program that is available to anyone who is on a waiting list for services, in combination with other services or for those may not qualify for other services. We offer a quality curriculum for either full or part-time enrollment. One parent recently said, "I wanted to tell you how amazed both my husband and I are at our son's new computer skills. Both of us were shocked and amazed at how he now navigates around the computer. We are both so impressed and pleased with all he has learned in 4 short months at Next STEP and I just wanted to pass that along to all of you."



January brought lots of exciting learning and leisure opportunities for the participants of Next STEP. Early in January, Next Steppers toured Haven's Candy Store where the group saw and heard about the back story in candy making. They learned about both the history of Haven's as well as that chocolate comes from cocoa beans which can be used to make many different things. They had an opportunity to see the many different jobs available at Haven's as well as learned about the importance of safety features and good hygiene in this workplace.

Next STEP has also engaged in a new volunteer opportunity. Partners for World Health in Scarborough is an organization that distributes medical supplies to countries throughout the world. Next STEP helps

to sort through these supplies and prepare them for shipping. The group will volunteer twice a week for this worthy cause. February's curriculum focus in Next STEP is needs vs. wants, budgeting, and building your own apartment. As it relates to budgeting, the group has been learning about costs comparisons when shopping for their food lab as well as looking in the Hannaford's weekly flyer to see what is on sale as they decide what to make on Thursday's and Friday's that will keep their food purchases within their budget.

Next STEP operates on a rolling admissions basis and is available year round. Please contact Betsy Morrison, Program Manager at 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org) with questions or if you'd like to schedule a visit to the program

## STRIVE Bayside Update

In January, we were very excited to participate in a class taught at STRIVE on internet safety with a Portland Police Department Detective! Also in January we were thrilled to have our friend, Emma Veilleux, a dietitian from Healthy Portland, visit Bayside once again for a cooking class with both the morning and afternoon sessions!

Other exciting news from STRIVE Bayside this month includes program participants working on personal goals like riding the Portland METRO bus home from program by themselves, applying for personal YMCA memberships so that they can work out at the YMCA outside of program and applying for volunteer opportunities outside of program. We look forward to continuing to work on developing independent living skills with each participant with special emphasis on goals such as volunteering, updating resumes, job searching skills, navigating to new locations and much more!

STRIVE Bayside is a 20 hours per week, Monday through Friday community support program which runs for two years and is based in a 3-bedroom apartment in Back Bay Tower in Portland. While at STRIVE Bayside, program participants develop their independent living skills and community connections. Please contact Betsy Morrison at (207) 774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org) for more information, an application or to schedule a tour. We currently have space in our morning and afternoon sessions!



## Get Involved!

### Vote STRIVE for Community Matters More!

STRIVE has been nominated to appear on Bangor Savings Bank's 2014 Community Matters More (CMM) ballot! Each year, the Bangor Savings Bank Foundation engages the public in voting for non-profits and distributes \$100,000 to 68 local nonprofit organizations statewide.

\*\*Voting starts **February 1st 2014** and will take place the entire month of February 2014  
 \*\*Voters **MUST** be a Maine resident; **NO** age limitation; **ONLY** one ballot per person

### How do you vote for STRIVE?

\*\*Vote online: [www.bangor.com/cmm](http://www.bangor.com/cmm)  
 \*\*The STRIVE office has ballots  
 \*\*Bangor Savings Bank has ballots

### Thank You to Our January Supporters!

Karen Stray-Gundersen & Jane Begert  
 Wendy Bush  
 Katherine & Jack Mann  
 Harold Osher  
 Cynthia & Lawrence Vaughan  
 Bath Savings Institution  
 The Libra Foundation  
 Harvard Pilgrim Health Care  
 Marjorie Twombly

The following have given in Memory of Martin Theriault:  
 Debra Carter  
 Judie Foye  
 Paul & Diane Goulette  
 Lavrentia Zoulamis  
 Patricia Bolduc

### Questions, Comments, or Concerns – Contact Our 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)  
**Heather Guglielmo**  
 STRIVE Program Manager  
[hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org)  
**Jenny Castiglione**  
 STRIVE Special Projects Coordinator  
[jcastiglione@pslservices.org](mailto:jcastiglione@pslservices.org)  
**Betsy Morrison**  
 STRIVE U and Next STEP Program Manager  
[bmorrison@pslservices.org](mailto:bmorrison@pslservices.org)

**Bill Hughes**  
 STRIVE/STRIVE U Programs  
[bhughes@pslservices.org](mailto:bhughes@pslservices.org)  
**Sarah Thurston**  
 STRIVE U Transition Coordinator  
[sthurston@pslservices.org](mailto:sthurston@pslservices.org)  
**Erin Berg**  
 STRIVE U Admissions Coordinator  
[eberg@pslservices.org](mailto:eberg@pslservices.org)  
**Katie Collins**  
 STRIVE U Student Life Coordinator  
[kcollins@pslservices.org](mailto:kcollins@pslservices.org)  
**MaryAnn Schwanda**  
 STRIVE U Employment Coordinator  
[mschwanda@pslservices.org](mailto:mschwanda@pslservices.org)  
**Katie Church**  
 STRIVE U Education & Training Coordinator  
[kchurch@pslservices.org](mailto:kchurch@pslservices.org)



## Valentine's Day

February's Theme Night:

### VALENTINE'S DAY!

Join STRIVE on February 14th

Please join us for food, games & decorations!

Vote for your favorite sweet heart couple and wear red, pink, white!

Tweens: 3:30-5:30pm

STRIVE Night: 6:00-9:00pm

Prizes, Snacks & Tons of Fun!

### STRIVE Member

## Haley Pass



**How long have you been a part of STRIVE?** Since 2012 going to Friday night STRIVE Night Social events & Next STEP since December 3rd 2013

**What's your favorite about Next STEP?** Learning how to be in the real world and getting new opportunities to do things

**Where does Next STEP Volunteer?** We volunteer at the Root Cellar

**\*\*The Root Cellar has an open house every Thursday at 10am to hand out clothing & products to the homeless. Next STEP plays a role in making sure that everything is organized for this on Thursdays.**

**Has Next STEP helped you?** One major change I have seen in myself since doing Next STEP is my behaviors & attitudes at home since my days are now filled with activities.



### February Birthdays



- Gabby Williams
- Arianna Bulger
- Paris Nalevansky
- Kevin Banks
- Shane Hancock
- Brittany William
- Joshua Monk
- Linda Donovan
- Shane Sauicer
- Emma Campbell
- Nathaniel DiBiase
- Harrison Snyder
- Tricia Penney
- Cody Wood
- Michael Lewis
- Christopher Pritchard



### Wednesday Night Class



February 12<sup>th</sup> - March 19<sup>th</sup>

Wednesday Night Education Class 6:00-8:00pm

Job Preparation

FMI contact: Jenny at [JCastiglione@psslservices.org](mailto:JCastiglione@psslservices.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 - See you on Friday!

**February 7th**– Karaoke  
**February 14th**– Valentine’s Day & UNUM  
**February 21st**– Zumba with Jenn  
**February 28th**– Music Therapy

Feel free to contact Jenny at STRIVE at 207-774-6278 or email at [jcastiglione@pslservices.org](mailto:jcastiglione@pslservices.org) with any questions about our Tweens Program!

### 3 Points For STRIVE



### 3 POINTS FOR STRIVE

179 Pointers were made in the 2012-13 Season

- CHECK ONE:  Company gift  Individual Gift  Employer Matching gift
- I/we pledge \$\_\_\_\_\_ per 3 pointer made by a Red Claws player during the 2013-2014 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 2013-14 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](http://www.pslstrive.org)  
207.774.6278



### Upcoming Meetings & Events

#### Kiwanis Aktion Club

February 5<sup>th</sup> & 19th  
3:30pm

#### Job Preparation: Wednesday Classes

February 12th-March 19th  
6:00-8:00pm

#### Member Advisory Board Meeting

February 14th & 28th  
5:00pm

#### Dance Marathon: Preview Contest @ Maine Mall

February 15th-February 23rd  
10am-6pm

#### STRIVE CLOSED

President's Day – February 17th 2014

#### Camp STRIVE

February 18th-21st

#### STRIVE Rocks Dance Marathon @ Maine Mall

March 1st & 2nd

STRIVE Rocks Day: 10am-9pm/DM: 9pm-9am

#### STRIVE Pool & Dart Tournament

March 16th

### Ways to Get Involved with Dance Marathon!

STRIVE is looking for dedicated individuals to join our Dance Marathon committee for STRIVE's 10th Annual STRIVE Dance Marathon. The committee meetings will start in January. This group helps plan and prepare for the March 1st & 2nd Dance Marathon event.

#### Other Ways to Get Involved:

- \*Donate an Item for prizes
- \*Sponsor the Event

\*Watch our Facebook for upcoming instructions on how to sign up and start fundraising:

<https://www.facebook.com/STRIVENation>

If you or someone you know may be interested in supporting the STRIVE Dance Marathon, please contact Heather at [hguiglielmo@pslservices.org](mailto:hguiglielmo@pslservices.org) or (207)-774-6278.

### Looking for a Valentine's Day 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](http://cafepress.com/pslstrive) and [cafepress.com/](http://cafepress.com/)



## STRIVE U Employment News

TD Bank hosted several STRIVE U students at their second annual People With Disabilities Mentor/Mentee event. This day-long tour began at the 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 had the opportunity to talk with TD Bank employees about how what steps their employer has taken to accommodate their individual disability.

After a delicious lunch, students 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!

Students have had successful interviews and are now working at a variety of companies including Intermed, Disability RMS, Home Depot, MEMIC, Portland Sports Complex, USM, Walmart, the West End Inn, Woodard & Curran and Senator Angus King's Scarborough office. Additional students awaiting word on the most recent interviews are eager to start their new jobs! STRIVE U continues to build a supportive employer base and will be announcing these new partnerships in the next newsletter. Stay tuned for the exciting news!

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! To find out how to become a STRIVE U Employment Partner, please contact MaryAnn Schwanda, Employment Coordinator: [mschwanda@psslservices.org](mailto:mschwanda@psslservices.org) or call 207-774-6278.



## 2014 Wednesday Night Educational Class Schedule

- February 12<sup>th</sup>-March 19<sup>th</sup>:** Job Preparation
- April 2<sup>nd</sup>-April 9<sup>th</sup>:** Internet Safety
- April 16<sup>th</sup>-May 21<sup>st</sup>:** Cooking
- June 4<sup>th</sup>-June 25<sup>th</sup>:** Healthy Living/Nutrition
- July 9<sup>th</sup>-September 17<sup>th</sup>:** Healthy Relationships by SARSSM
- October 1<sup>st</sup>-October 29<sup>th</sup>:** Intro to Computers
- November 12<sup>th</sup>-November 19<sup>th</sup>:** Public Safety
- November 26<sup>th</sup>-December 17<sup>th</sup>:** Money Management

Email Jenny to sign up or with questions:  
[jcastiglione@psslservices.org](mailto:jcastiglione@psslservices.org)



## STRIVE U News

### Call to Email Erin to set up a Campus Tour!



The STRIVE U admissions committee is currently reviewing all applications for the Class of 2016. Decision letters will go out in the mail on April 1<sup>st</sup>. If you have any questions, please contact Erin Berg at 207-774-6278 or [eberg@psslservices.org](mailto:eberg@psslservices.org)

The deadline for the STRIVE U Class of 2016 may have passed, but you can still learn more about the program. Call or email Erin Berg to set up a campus tour.

# STRIVE Pictures



Tweens Fitness Classes



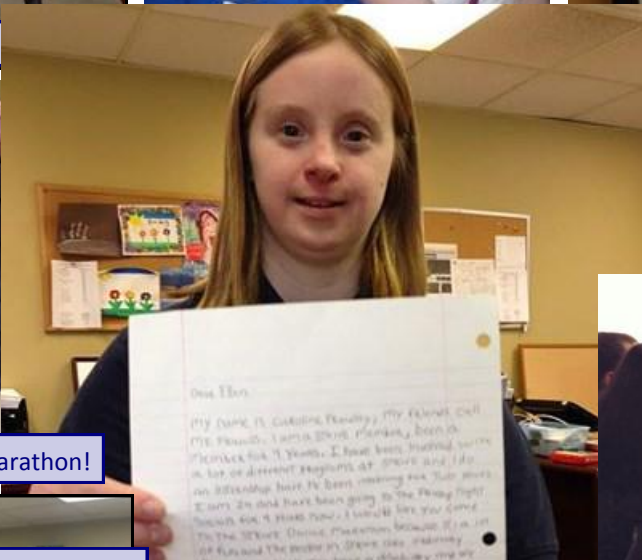
Noel is 1st to make VIP for STRIVE Rocks Dance Marathon!



Jenny getting free bagels for life from Mr. Bagel



Jeff is 2nd to make VIP for Dance Marathon!



Caroline mailing her STRIVE Rocks Dance Marathon Letter to Ellen



WGME visits STRIVE Night



Dance Marathon Committee Meeting



Heather & Jenny at the Maine Mall



Eric & Bennett at STRIVE Night



STRIVE Night New Years: Getting Ready for Dance Marathon!

If you have photos that you would like to contribute and see in the STRIVE monthly newsletter or on the STRIVE Facebook page, please email them to Heather at [hguglielmo@pssl-services.org](mailto:hguglielmo@pssl-services.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)

*Serving tweens, teens and young adults with developmental disabilities*

[www.facebook.com/strivenation](http://www.facebook.com/strivenation)

Twitter: @pslstrive

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
PORTLAND, ME  
PERMIT NO. 144

Return Service Requested



## Great News!



Emile From STRIVE U works for Angus King

STRIVE was named a beneficiary for the Portland Harbor Hotel Ice Bar

