



www.pslstrive.org

# STRIVE Newsletter

VOLUME 15 ISSUE 1

JANUARY 2015

## Join us as We Celebrate STRIVE—Past, Present, and Future

### 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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January 24th, 2015 at 6pm  
Italian Heritage Center  
Portland, Maine

Cost: \$25 per person or  
\$10 per STRIVE member

Members and Aged Out Members who qualify for scholarships on Friday Nights pay their scholarship price!  
FMI—contact Katelynn at kdavis@pslservices.org or call 774.6278

This event will include a full buffet, dancing with music from the J.C. Underhill Band (with an Elvis impersonator!), a keynote presentation from Shonda Schilling, wife of former Red Sox Pitcher, Curt Schilling, and author of *The Best Kind of Different*. Her book will also be available for purchase at the event.

Invitations are in the mail! Want to get your tickets now?  
Head to [www.pslstrive.org/strive15thanniversary](http://www.pslstrive.org/strive15thanniversary) to get your tickets today!  
To learn more, contact Peter Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call 207.879.0847

### STRIVE's 15th Anniversary Gala Host Committee:

Aric & Jessica Walton, Chris & Sarah Cameron, Marcia & Alton Hartt, Mitchell & Katelynn Davis, Betsy & Brad Morrison, Peter & Anne-Marie Brown, Mary Jewers, John & Julianne Opperman, Charlie Mercer, Dave & Paula Thompson, Jim & Amy Saffian, Karen & Terry Johnson, Cri Swift & Raf Adams, Donna Roggenthien & Ron Leeking, Randall Orchards, Laurie Cavanaugh, Tom & Jane Kane, Philip & Barbara Brown, Scott & Meredith Kerr



While black tie is not required for this event, we are excited to announce that we have partnered with Tuxedos on Broadway to offer discounted tux rentals for our attendees!  
**Only \$25 for members and \$50 for adults!**

To schedule your fitting, please call Tom Gross at 207.772.8522  
\*cash or check only\*

Proudly Sponsored By:

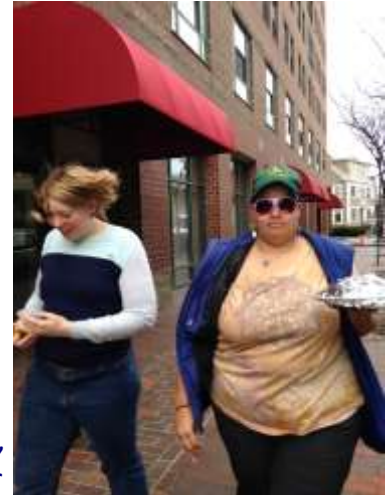


# STRIVE NEWS

## Busy at Bayside

This month at STRIVE Bayside, we have been focusing on learning about different social and community skills. We began by learning about the weather. We talked about where to find weather information and discussed what types of clothing is suitable for different forecasts.

Next, we learned about transportation safety! With so many participants getting different rides everyday, it was really helpful to define what appropriate behavior in a car looks like and explain important safety rules to always remember when you're in the car.



After learning about transportation safety, which is applicable for all participants every day, we decided to talk about something else that we use every day—the elevator! We discussed elevator etiquette; everyone did a fantastic job answering the questions thoroughly and correctly after we watched a short movie further explaining proper elevator etiquette. Finally, we learned about table manners. We discussed various table manners, and explained why each of them is important to follow—an important skill for the holidays!

STRIVE Bayside is a program for those hoping to learn independent living skills such as cooking, cleaning, navigating the community, budgeting and more. Though our group is growing, we still have space for more! We have one slot available in both the morning (9am to 1pm) and afternoon (1pm to 5pm) groups. For more information or to schedule a tour, contact Veerle Pottie at [vpottie@pssl-services.org](mailto:vpottie@pssl-services.org) or (207)774-6278.

## Celebrating the Holidays at Next STEP

Next STEP wrapped up 2014 by learning about Health and Wellness. HealthSource of Portland North came in to teach the participants about making healthy smoothies to incorporate some greens and fruit into their diets in a fun and easy way! It was a lot of fun to try new ways of healthy eating.



STRIVE was also given the opportunity to decorate a tree at the Westbrook Festival of Trees last month. The group worked to create ornaments and decorate the tree. Toward the end of the month, Next STEP participated in a self-defense class to learn how to protect themselves in the community. Next STEP also toured Victoria Mansion and practiced some navigating in Portland, as well as learning about a great historical site!

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 services. Please contact Katie Collins at 207-774-6278 or [kcollins@pssl-services.org](mailto:kcollins@pssl-services.org) if you would like more information regarding Next STEP or would like to schedule a tour. Part-time and full-time options are available.

## STRIVE U Update

Students at STRIVE U stayed busy throughout the holiday season working and wrapping up their fall semester at Kaplan. Students got the opportunity to see a Red Claws game and go to the Victoria Mansion before December came to a close.



Entering the New Year, students are getting ready for new courses of study, new job opportunities, and new experiences in the community. As we start looking ahead to graduation, staff and students continue working together to build daily living skills. Students are now gearing up to fundraise for the Dance Marathon and are looking forward to the various winter activities that Portland has to offer.

*STRIVE U applications for the Class of 2017 are due January 30th!*

*For more information, please contact Erin Berg at [eberg@pslservices.org](mailto:eberg@pslservices.org) or call 207.774.6278.*

## Did you know about STRIVE's other programs?

### Home Supports

STRIVE's newest program is Home Supports. This program offers home support for individuals receiving Section 29 services. Staff can work one-on-one at the client's residence in the areas of: meal preparation, routine housework, grocery shopping, food storage, and laundry.

The program runs Monday – Friday from the hours of 7:00am – 7:00pm. Support schedules will be determined on an individual basis.

To get more information, please contact Katie Collins at [kcollins@pslservices.org](mailto:kcollins@pslservices.org) or call 207.774.6278

### After School

Designed for high school students, STRIVE's After School program provides learning that goes beyond the classroom. Students work in small groups with STRIVE staff on a variety of goals determined by students and their families. Goals include cooking, community safety, and homework, reinforcing social and independent living skills.

After School runs Monday through Friday 2pm to 5pm, with Early Release pick-up available. Come one day a week or everyday!

To get more information, please contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call 207.774.6278

### Camp STRIVE

Camp STRIVE is a great way to spend your school vacation! This program provides campers with opportunities to socialize and learn valuable skills. Daily activities include arts and crafts, sports, games, nutrition and more. Ages 11 to 24—Offered all school vacation weeks and all summer!

To learn more, contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call 207.774.6278



## January Theme Night: Masquerade

Join STRIVE from 6-9pm on Friday, January 2nd as we ring in the New Year with a Masquerade!

Cost: \$10

Wear something fancy, or come casual. Bring our own mask or make one with us!

FMI: Contact Katelynn at [kdavis@pslservices.org](mailto:kdavis@pslservices.org)

## We need your help!

### Help us plan the STRIVE Rocks 2015 Dance Marathon!

Attended the Dance Marathon before?  
Have great ideas to share?

Help us make 2015's Dance Marathon the best yet by joining the Planning Committee! Meetings will be held every other Tuesday at STRIVE beginning on January 13th from 5:30 to 6:30.

Contact Katelynn Davis to learn more and join the committee at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or 774.6278



## January Birthdays



Cera Ann Lane  
Lindsay Roberge  
Lindsey Foster  
Emily Murray  
Destiny Lemire  
Brittany Bean  
Sumner Ellis  
Tim Larson  
Lindsay Wallace  
Ryan O'Donovan  
Tom Schrank  
Thomas Hartnott  
Isabelle Campbell  
Virginia Herring  
Christopher Dickerman  
Alexander Kane  
Kelly Agahoze  
Brooke Post  
Kelly Mberaba

Trevor Ashbaugh  
Samantha Mueller  
Johnathan Brink  
Nathaniel Rines  
Cole Shiers  
Josh McAllister  
Billy Petroska  
Ethan Hepner  
Maranda Provost  
Leann Brionez  
Marcus Damie



## Wednesday Night Educational Classes



### January 7<sup>th</sup>-January 28<sup>th</sup> Wednesdays, 6 to 8pm **Healthy Lifestyles**

Learn about and practice the basics of nutrition, exercise, and eating well!

### February 4<sup>th</sup>-February 25<sup>th</sup> **Stress Management**

This series will give students the opportunity to learn about the causes and effects of stress, as well as methods of managing and relieving stress.

For more information, contact Elizabeth McKernan at [emckernan@pslservices.org](mailto:emckernan@pslservices.org) or call 207-774-6278.

Cost: \$20



**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!*

**January 2nd—New Years Celebration—Masquerade Party!**

**January 9th—UNUM**

**January 16th—Cooking with Liz**

**January 23rd—Movie and More!**

**January 30th—Dancing with Jenn**

For more information, contact Elizabeth McKernan at [emckernan@pslservices.org](mailto:emckernan@pslservices.org) or call (207)774-6278.

**Thank you to our December Donors!**

Iberdrola USA	Delorme
Caldwell Banker	Heather McGeough
Cynthia Vaughan	Demonsthees & Angela
Robert Junkins	Varipatis
Norway Savings Bank	Danielle Cantara
Roberta Lipsman	Edwin Kennerly
Sherman Family Foundation	George Whynot
Deborah Jean Dutton	Shawn Findlay
Peter & Gerri Bridgman	Timothy Adams
Curtis & Lisa Obery	Ryan VanWeezel
United Way of Tri-County	

**Upcoming Meetings & Events**

**Aktion Club**  
January 7th, 3:15pm  
January 21st, 3:15pm

**Member Advisory Board Meeting**  
January 16th, 30th  
5:30pm

**Wednesday Night Education Classes**  
January 7th, 14th, 21st, and 28th  
6:00—8:00pm

**Thursday, January 1st—**  
*New Year's Day—STRIVE Closed*

**Monday, January 19th—**  
*Martin Luther King, Jr. Day—STRIVE Closed*

**Tweens:**  
Every Friday, 3:30-5:30pm  
11-14 year olds

**STRIVE Night:**  
Every Friday, 6:00-9:00pm  
15-24 year olds

**Three Points for STRIVE!**



**The Maine Red Claws have begun their 2014—2015 season!**

The Maine Red Claws and Hammond Lumber Company have teamed up with us again for 3 Points for STRIVE!



Make a pledge for each three-pointer made this season at the Red Claws home games.

To learn more or make your pledge, contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call 207.774.6278.

**It's Dance Marathon time!**

# STRIVE ROCKS2015

**The 2015 Dance Marathon will again be held at  
the Maine Mall in South Portland!**

*Join us March 7th to 8th for a day and night full of dancing, music, laughter, and fun.*

**Raise \$80 by February 14th, 2015 to claim your spot on the dance floor!  
After the 14th, dancers need to raise \$100—that's only ten people donating \$10!**

You can set up your online fundraising page by going to [FirstGiving.com](http://FirstGiving.com), searching for STRIVE, and selecting the 2015 Dance Marathon Event. Set up your personal fundraising page and share with friends and family!

Pledge envelopes for offline fundraising will be available in January at STRIVE.

To learn more, get your dancer forms, or to get help setting up your page, go to [www.striverocks.org](http://www.striverocks.org) or contact Katelynn at [kdavis@psslservices.org](mailto:kdavis@psslservices.org) or call 207.774.6278

**Thank you to our 2015 sponsors!**

THE MAINE MALL

Anthem



yelp



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# STRIVE Pictures

After School at the Festival of Trees in Westbrook!



Playing the Drums with Magda at Tweens!



STRIVEU Progressive Dinner



Making Holiday Cookies in Next STEP



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 us at [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)

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

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Pinterest: STRIVEPSL

Find us online!: [www.pslstrive.org](http://www.pslstrive.org)

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## Questions, Comments, or Concerns – Contact Our Staff!

### **Michael Faust**

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

### **Peter Brown**

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

### **Betsy Morrison**

Program Manager  
[bmorrison@pslservices.org](mailto:bmorrison@pslservices.org)

### **Katelynn Davis**

STRIVE Program Manager  
[kdavis@pslservices.org](mailto:kdavis@pslservices.org)

### **Elizabeth McKernan**

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

### **Caroline Cole**

STRIVE Bayside Program Leader  
[ccole@pslservices.org](mailto:ccole@pslservices.org)

*We welcome your comments, questions, and feedback  
at [info@pslstrive.org](mailto:info@pslstrive.org).*

### **Katie Collins**

STRIVE U/Next STEP Program Manager  
[kcollins@pslservices.org](mailto:kcollins@pslservices.org)

### **Bill Hughes**

STRIVE/STRIVE U Programs  
[bhughes@pslservices.org](mailto:bhughes@pslservices.org)

### **Katie Church**

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

### **Kelly Taylor**

STRIVE U Education and Training Coordinator  
[ktaylor@pslservices.org](mailto:ktaylor@pslservices.org)