



www.pslstrive.org

STRIVE Newsletter

VOLUME 16 ISSUE 1

JANUARY 2016

Our Renovation and Expansion Project is COMPLETE!

After months of hard work, we are so excited to announce that our building at 28 Foden Road has been purchased, renovated, and expanded!



We have solidified our occupancy permit and the final touches are currently being put on the building, allowing us to move in and begin operating out of the new section on **Monday, January 4th**. We are truly grateful for your support throughout this entire endeavor over the past several years, and especially the last several months!

As we dive into 2016, we are looking forward to utilizing the new space to find new ways to make an impact on the lives of our *900+ members*. As you may know, our project included: additional classrooms to house each of our programs; numerous health and safety updates to our existing building, including an internal wheelchair ramp; technology such as iPads and Apple TVs to be utilized in our classrooms, kitchens, and other teaching areas; designated classrooms for expanded programming; and so much more! We cannot wait to show you all that our new building has!

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	2-3
Contact Information	3
Member Page	4
Birthdays!	4
STRIVE Events	5
Tweens	5
Supporter Page	5
Save the Date: STRIVERocks 2016	6
Pictures	7
Anniversary Celebration	7

Stay tuned for details on a Ribbon Cutting Ceremony and Open House to be held in February!

While the building is operational, we still have funds that need to be raised to completely pay off our mortgage on the existing building and the payments on the renovation and expansion project. **We need your help to reach our goal of \$1.65 million! As of December 31st, we have approximately \$163,000 left to raise.**

If you are interested in getting involved, please contact Peter Brown at pbrown@pslservices.org or call (207)879-0847.



STRIVE NEWS

Growing on Campus at STRIVE U

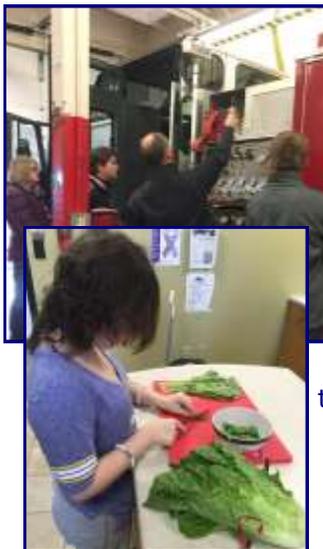
As students approach the half-way mark of either their first or second year, the tempo at STRIVE U is moving at a familiar pace. The feeling of enormity of becoming a college student and living away from home has faded for our first year students and they are working very hard on both their residential goals and college classes. The second year students have really “stepped up to the plate” in terms of being a natural mentor to the first years while beginning to plan for all that is involved with making the transition from STRIVE U to their life after college.

Residential goals are often referred to in our newsletter and it might be helpful to further explain what this means. All STRIVE U students have a number of residential goals that they are working on during a given week. These goals include all of the essential skill areas that all of us need in order to live independently. Some of those goals include: Banking, Budgeting, Menu Planning, Grocery Shopping, Cleaning, Laundry and Bus/Taxi Navigation. When students first arrive on campus, their current skill level is assessed for each of these goals. Our STRIVE U staff work individually with the students to help them to further develop their skills in each goal area during their two years with the expectation that students will reach a level of independence by the time they are ready to move off campus and into their new apartment. The goal areas begin with the very basic tasks needed to complete a goal and as students become more proficient with each goal, additional tasks are placed within that goal so that students can reach the highest level of skill development possible. The one-on-one staff to student approach is very effective to support students to progress individually from where they currently are with a particular goal. It’s exciting to be on campus when the students are working on their goals because the campus is buzzing with activity as students and staff are coming and going in many different directions at once. It’s a busy and productive campus!

STRIVE U applications for the Class of 2018 are now available! The deadline for applying for admission for June 2016 is February 1, 2016. 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.



Baking, Banking, and Exploring at TOPS



What a great month! TOPS has been busy cooking and baking most of the month. With a whole week dedicated toward kitchen safety, food prep and baking skills, the students have learned essential independent living skills. Between cooking days, the students began to explore banking and deepen their knowledge of money skills. We have explored many job sites this month including the Portland Jetport and the South Portland Fire Station. The students completed a scavenger hunt in the mall earlier this month, giving them the chance to work as a team and problem solve.

TOPS is STRIVE’s newest program, serving students in their 13th and 14th year of school from area school districts. TOPS is designed to help students generalize learned skills to new settings as well as acquire additional independent living skills, provide opportunities to increase their independence in the community, prepare the student to transition to adult services, and will offer experiences that will promote social skills with other students from the greater Portland area.

If you have questions or would like more information about TOPS, please contact Kelly Shufelt, TOPS Transition Specialist, at 207-774-6278 or kshufelt@pslservices.org

If you are a high school student looking to join TOPS, please contact your school’s Special Education Director.

Next STEP is Getting Healthy!

This month in Next STEP we learned about nutrition. We developed meal guidelines as a class and decided that meals cooked in the program should be: healthy, well-balanced and delicious! When choosing healthy foods, Next STEP will think about foods that are colorful, low in sugar, fresh, whole foods. We are also going to focus on reading ingredients when choosing items. To practice this, Next STEP did a grocery store scavenger hunt and compared different food items. Next STEP learned about the difference between fat, protein and carbohydrates and how each of those affects the body and how the body uses nutrients. We also discussed organic vs. conventional foods and tasted some conventional vs. organic food to see if they could taste the difference. Next STEP also discussed how to make simple small switches in food choices that would help make the choices healthier.

We also spent a portion of December getting ready for the holidays. We decorated a tree in the classroom as well as at the Westbrook Festival of Trees. Next STEP was also recognized at the Partners for World Health holiday party for our commitment to volunteering. Everyone received a “BBC” – a blue button of commitment to proudly show that each individual is committed to something – be it volunteering, family, friends or school. Next STEP has also been getting their dance on in preparation for the 2016 STRIVE Rocks! Dance Marathon with Zumba and Just Dance! We can’t wait for another fun event!

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 207-774-6278 or bmorrison@pssl-services.org if you would like more information regarding Next STEP or would like to schedule a tour.



Practicing Etiquette at Bayside

The past month seems to have just flown by at Bayside! We started December with Elevator Etiquette curriculum.

Since we are located on the 10th floor of our building in downtown Portland we have plenty of opportunities to practice our elevator etiquette skills. Some of the appropriate behaviors on an elevator that we went over were, waiting for people to exit before you enter, and having a quiet voice when talking in the elevator. We played a charades game to demonstrate inappropriate behaviors on the elevator, which seemed silly to everyone at the time but polite behavior has definitely increased while riding the elevator!

Now on to the end of the month, when we had our Bayside Holiday Party! This year we did things a little differently and had this be a potluck style party. It has been so great seeing how much effort and enthusiasm everyone has put into what they’re sharing with the Bayside crew. A lot of planning had to go into everyone’s dish, and they all turned out fantastic! From budgeting money and time to bringing in crock pots to keep their dishes warm, we cannot express how much thought & work went into making this holiday celebration truly special. We had chili, cookies, Korean beef, chips, drinks, dips, meatballs, brownies & more!

STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence.

We run five days a week, Monday through Friday and have two daily sessions, 9:00am-1:00pm and 1:00- 5:00pm.

We operate out of an apartment in the Back Bay Towers down town Portland to simulate actual apartment living.

If you are interested in joining STRIVE Bayside, would like to take a tour, or would simply like more information please contact: Caroline Cole at 899-1725 or ccole@pssl-services.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!

STRIVE Night January Theme Night: Ultimate Sports Night!



Ages:
15 to 24 years old

Cost: \$10
with scholarships
available

Come to STRIVE Night wearing your favorite sports gear for our Ultimate Sports Night at STRIVE! We will have sports-based games, snacks, and prizes.

FMI: Contact Katelynn at kdavis@pslservices.org or call 207.774.6278

****Don't forget: Advisory Board Elections are taking place in January!****

Contact Katelynn at kdavis@pslservices.org or call 207.774.6278 to learn more

Wednesday Night Educational Classes

Culinary Creations

January 13th-27th, 2016

6:00pm-8:00pm



This hands-on series will discuss kitchen safety, budgeting, and meal planning. The students will have a chance to plan out the variety of dishes they will create throughout the series and conclude each class by enjoying their culinary creations!

Culinary Creations will take place at STRIVE—
28 Foden Road South Portland, ME

Apartment Skills

February 10th-24th, 2016

6:00pm-8:00pm



This brand new series will be hosted at STRIVE Bayside's apartment in Portland's Back Bay Tower! The students will become familiar with both the responsibility and fun living independently can bring! Topics that will be covered include- cleaning, organization, responsibilities, and hosting. Apartment Skills will take place at STRIVE Bayside, Back Bay Tower, 401 Cumberland Ave, Portland, ME

STRIVE's Wednesday Night Educational Classes are held every Wednesday with a different topic each month.

For more information, contact Peggy Ceresia at pceresia@pslservices.org or call (207)774-6278.

Have a class idea for 2016? Let us know! Contact Peggy Ceresia with your ideas—pceresia@pslservices.org or call (207)774-6278.

January Birthdays



Kelly Agahoze
Benjamin Beisswanger
Lindsay Wallace
Tom Shrank
Alexander Kane
Marcus Demie
Cole Shiers
Billy Petroska
Lindsay Roberge
Lindsey Foster
Ethan Hepner
Emily Murray
Brittany Bean
Ryan O'Donovan
Cera Ann
Destiny Lemire

Sumner Ellis
Samantha Mueller
Nicholas Cataldo
Nathaniel Rines
Peter Tarling
Thomas Hartnott
Leeann Brionez
Kelly Mberaba



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!****

January 1st: STRIVE Closed

January 8th: UNUM

January 15th: Craft-ernoon with Peggy

January 22nd: Tai Chi/QiGong

January 29th: American Red Cross

For more information, contact Peggy Ceresia at pceresia@pslservices.org or call (207)774-6278.

Thank you to our November Donors!

- Cynthia & Lawrence Vaughan
- Robert Sellin & Natalie West
- David & Fela Shapell Family Foundation
- Penny Dennison
- K.E. Marston & M.S Rivera
- Unitil
- Disability RMS
- PIMCO Foundation
- DeLorme
- Kathleen Baker
- Kevin and Beth Reilley
- Paul Campbell
- Linda Falkenberg
- Karin Carlson
- Deborah Sparrow
- David & Donna Banks



Upcoming Events

- Aktion Club**
January 13th, 27th, 3:15pm
- Member Advisory Board Meeting**
January 8th, 22nd, 5:30pm
- Wednesday Night Education Classes:
Culinary Creations**
Wednesdays, January 13th –27th
6:00-8:00pm
- Tweens**
Every Friday, 3:30—5:30pm
- STRIVE Night**
Every Friday, 6:00—9:00pm
- **STRIVE Closed: January 18th****

We're updating our Mailing List!

Has your mailing address or email address changed? Haven't been receiving our mailings, but would like to? Let us know! Call us at (207)774-6278 or send your updated information to info@pslstrive.org

Members—we'll be asking you to complete updated Member Registration Forms in January. Get ahead of the game by going to www.pslstrive.org, then clicking "Friday Night Socials" under "Programs," and completing your new form online!

Save the Date for STRIVERocks 2016!

Cross Insurance Arena — Portland, Maine



Dance Day:

Saturday, March 12th
10am to 6pm

Dance Marathon:

Saturday, March 12th, 8pm to
Sunday, March 13th, 8am

Dance the night (or day!) away at the Cross Insurance Arena at the 2016 STRIVERocks Dance Marathon!

We are so excited to be holding our annual event at this bigger venue and are looking forward to adding new, exciting activities! We already have some terrific local bands and DJs lined up, as well as some fun bounce houses and other great activities for all ages to enjoy. Check us out online to see updates!

To learn more about the event visit www.STRIVERocks.org or contact us at info@pslstrive.org or call (207)774-6278.

Start fundraising today! Set up your personal page on FirstGiving by going to www.STRIVERocks.org. Use the code "earlybird" before February 14th to get \$25 off your minimum! Raise \$500 and become a STRIVERocks 2016VIP or raise \$1,000 and become a STRIVERocks2016 MVP! Each level comes with special perks, including new SWAG!

Interested in helping us plan STRIVERocks2016?

Contact Katelynn Davis to learn more about getting on the planning committee: kdavis@pslservices.org or call (207)774-6278.

We meet Wednesdays from 4:30 to 5:30pm at STRIVE.



STRIVE Pictures



Working on Budgeting Goals at STRIVE U



Holiday Fun in Next STEP!



Next STEP spending time at ARLGP



On Friday, December 4th, STRIVE celebrated it's **16th Anniversary!** To celebrate, we danced the night away to music from DJ Billy B, had some delicious snacks, and presented awards to those who have truly made a difference at STRIVE in 2015. This year, we awarded our Business of the Year Award to WGME13, our Volunteer of the Year Award to Ralph and Lorraine Twombly of Priority Learning, and our Alumni Volunteer of the Year Award to J.J. Sarapas. Each of these businesses and individuals have truly made a positive impact here at STRIVE.

Interested in getting involved, too? Contact Katelynn Davis at kdavis@psslservices.org or call (207) 774-6278 to see what opportunities are available!





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

Instagram: [strive_psl](https://www.instagram.com/strive_psl)

Pinterest: STRIVEPSL

Find us online at www.pslstrive.org

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

Questions, Comments, or Suggestions – Contact Our Staff!

Peter Brown

PSL Services Associate Director
pbrown@pslservices.org

Betsy Morrison

STRIVE/STRIVE U Program Director
bmorrison@pslservices.org

Katelynn Davis

STRIVE Program Manager
kdavis@pslservices.org

Veerle Pottie

Community Services Program Director
vpottie@pslservices.org

Caroline Cole

STRIVE Bayside Program Coordinator
ccole@pslservices.org

Christine Mars

STRIVE VISTA Program and Outreach Coordinator
cmars@pslservices.org

Peggy Ceresia

STRIVE Special Projects Coordinator
pceresia@pslservices.org

Tap Fitzgerald

STRIVE U Student Life Administrator
tfitzgerald@pslservices.org

Bill Hughes

STRIVE U Admissions Coordinator
bhughes@pslservices.org

Lorri Perry

STRIVE U Transition Coordinator
lperry@pslservices.org

Kelly Taylor

STRIVE U Education and Training Coordinator
ktaylor@pslservices.org

Dick Leeman

STRIVE U Employment Coordinator
dleeman@pslservices.org

*We welcome your comments, questions, and feedback
at info@pslstrive.org.*