



www.pslstrive.org

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.

INSIDE THIS ISSUE:

Program Updates	2-3
Member Page Birthdays!	4
STRIVE Events	5
Tweens	5
Supporter Page	5
Exciting News from STRIVE!	6
Spotlights	7
Contact Information	8

# STRIVE Newsletter

VOLUME 17 ISSUE 1

JANUARY 2017

## STRIVE ROCKS WEEKEND 2017

MARCH 11TH-12TH • CROSS INSURANCE ARENA

**STRIVE Rocks All Day-10am-6pm**  
**STRIVE Rocks All Night-8pm-8am**

Do you know a business that wants to be involved in the community and support a great cause? Consider sponsoring STRIVE Rocks 2017 event! This is a two-day event where the action never stops. Please contact Stefanie Millette at [smillette@pslservices.org](mailto:smillette@pslservices.org) for sponsor opportunities.

STRIVE is looking for teams of High School students to make STRIVE Rocks All Night a great success. We are currently scheduling visits to local High Schools spreading awareness about STRIVE and this event. Do you know anyone that wants to join a team? Know a High School student who you think would be a contact for a school? Let us know! Please contact Cam Provencher at [cprovencher@pslservices.org](mailto:cprovencher@pslservices.org) or call (207)774-6278 with any questions or contacts.

STRIVE has a great leadership opportunity for High School students. STRIVE has a Planning Committee for STRIVE Rocks Weekend 2017 that meet twice a month. The Planning Committee votes on logos, swag, plans all the activities, games, and performers for the event. We want to know YOUR thoughts and ideas!

**Next Planning Committee Meeting:**  
Wednesday, January 11th 5:30pm  
28 Foden Road, South Portland, ME.

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

**READY, SET, ROCK!**  
How to be part of STRIVE ROCKS All Night!

**\$100,000**  
IS OUR GOAL TO SUPPORT 908 OF YOUR PEERS WITH DEVELOPMENTAL DISABILITIES WHO BENEFIT FROM STRIVE PROGRAMS!

**HOW TO FUNDRAISE!**

71777  
TEXT ROCKS2017 TO 71777 TO GET FUNDRAISING AND EVENT UPDATES, AND SELECT YOUR SCHOOL OR BUSINESS.

ASK PEOPLE YOU ALREADY KNOW (USE ONE OF OUR SAMPLE LETTERS OR SIMPLY TALK ABOUT WHY THIS IS IMPORTANT TO YOU) SHARE YOUR UNIQUE TEXT ID FOR MORE CAUSE OR FACEBOOK/TWITTER OR E-MAIL.

FUNDRAISE BY VOLUNTEERING WITH A TEAM EACH WEEKEND WHO RECEIVES FUNDRAISING CASH SURPLUSES THE WEEKLY \$100 FEE OF \$100-4000- WALKS/ROCKS DAY, YOU MUST RAISE \$125 TO PARTICIPATE.

HELP PROMOTE THE EVENT AT YOUR SCHOOL AND ON SOCIAL MEDIA!

WWW.STRIVEROCKS.ORG  
207.774.6278

## Program Updates

### Vacation Time at STRIVE U

The STRIVE U campus is full of activity as staff and students get ready for upcoming holidays! The students just finished their semester at Kaplan University and are looking forward to some well-deserved restful days as the holidays near. The next semester of Kaplan classes will begin mid-January. The students will continue learning with Brenna O’Sullivan, STRIVE U’s newly hired Education and Training Coordinator. In the meantime during their STRIVE U Learning Group, the students will participate in some additional learning experiences within the community.



On December 17<sup>th</sup>, the students enjoyed their campus Holiday party. The Social Events Club worked hard to put a wonderful party together for the current students and alumni! During the party they watched holiday movies, played games, and enjoyed various winter holiday related activities.

The STRIVE U staff and students look forward to celebrating the holidays and welcoming in the New Year! We wish PSL/STRIVE and the community Happy Holidays!

**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](mailto:bhughes@pslservices.org) or call (207) 774-6278.

### TOPS Spotlight

The TOPS students have been exploring different opportunities including using the METRO as transportation to visit the Portland Library’s art museum, spending some of their hard-earned paychecks on a trip to the Bowling Alley, and increasing use of technology through daily integration.

TOPS will have 13 students graduating in June! With only 3 returning students for the next school year, our outreach for a new class is well on its way. Prospective students for the next school year (2017-2018) have started visiting and our team has been networking with other school districts to bring in more post-graduate students.



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](mailto:kfrey@pslservices.org). STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13<sup>th</sup> or 14<sup>th</sup> 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](mailto:bmorrison@pslservices.org).

## Next STEP Helps Others

Here at Next STEP we love to go out in the community and help others. One of our volunteer sites is at an organization called Partners for World Health. At Partners for World Health, Next STEP organizes medical supplies in packages and when the packages are ready, they are sent all over the world to countries that are in desperate need of these medical supplies. Next STEP also volunteers at an assisted living facility called 75 State Street in Portland, and at the Animal Refuge League of Greater Portland. Next STEP and STRIVE gives our thanks to these organizations for letting us have the opportunity to help out in our community!

In our ongoing awareness of staying healthy, the Next STEPPERS have been exercising two times a week. Every Monday the Next STEPPERS have walking group where they try to walk at least a mile either outside or at the indoor walking track at the South Portland Community Center. Every Thursday we have physical fitness group, where we do different kinds of workouts.

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@pslservices.org](mailto:bmorrison@pslservices.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 Holidays from Bayside

Happy Holidays! Between welcoming some new faces to STRIVE Bayside, prepping for our Holiday Party, and making Holiday gifts for our family and friends- it has been a busy month here! We welcomed our first part-time participant to Bayside at the beginning of this month. It has been exciting to welcome someone new, and to test out our part-time schedule. We still have more spots for part-timer's in the AM and PM groups! The Holidays are a busy season for everyone, including STRIVE Bayside. We have been busy planning our Holiday party, which includes a secret santa, decorations, activities, food and more! At Bayside we like to include the participants in every step of the planning process so they can practice entertaining others and so they learn all the steps to having a party. Sometimes having fun can be hard work!

Finally, we have been making Holiday gifts for our families and friends. This summer, STRIVE Bayside went strawberry picking. After cleaning and chopping the strawberries we froze them until we were ready to make strawberry jam! While the process for jamming is laborious and time consuming the finished product is well worth it. We hope everyone who receives a jar enjoys the finished product as much as we enjoyed making it!

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@pslservices.org](mailto:ccole@pslservices.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  
January Theme Night:  
Game Show!  
January 20th, 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](mailto:cprovencher@pslservices.org) or call (207)774-6278.

**\*\*Advisory Board's first meeting in January will be held on January 13th at 5:15pm.\*\***

## Wednesday Night Educational Classes

In December, the Wednesday Night class was about Self-Advocacy. The series focused on advocating for yourself as a high school student, and as an emerging adult. Disability Rights Maine, and Speaking Up for Us came in and spoke. Everyone had a blast!



## Upcoming Wednesday Night Class

### **Civic Duty**

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

The January series focuses on becoming an informed voter, a good citizen, and protectors of the earth. Special guests include a South Portland district Warden, South Portland Police Department, and EcoMaine.

### **Transitioning to Independent Living**

February 8th, 15th, 2017  
&  
March 1st, 15th, 22nd, and 29th, 2017  
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](mailto:mmccloskey@pslservices.org) or (207)774-6278.

## January Birthdays

- Tom Schrank
- Alexander Kane
- Shannon Clukey
- Marcus Damie
- Lucas Houk
- Cole Shiers
- Billy Petroska
- Lindsay Roberge
- Lindsey Foster
- Ethan Hepner
- Emily Murray
- Brittany Bean



## 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 6th: RadKids Self Defense!**  
**January 13th: Fun with UNUM!**  
**January 20th: Care and Open Mic Night!**  
**January 27rd: Sea Life Touch Tanks!**

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

### Thank you to our January Donors!

Debra Sinclair & John Co	Laurie Cavanaugh
Anonymous in Honor of	Deborah Dutton
Sally Alexander	MEMIC
David and Beverly Sherman	Brian Scanlon & Kayla
David Sherman Jr. and	Zomlefer
Martha Burchenal	John & Katherine Emory
Steve McFarland and Nancy	David & Fela Shapell Family
Kelly Steven and Michelle	Foundation in Memory of
Sirois	Jacob Shapell
Shores Foundation in	
Memory of Jacob Shapell	
Anonymous	
David Christensen	
Patricia Vierra	
Brenda Paradis	
Jeff and Susie Saffer	
Margaret Francis	
Elizabeth Posey	
Gerri Bridgman	
Robert Benoit	

**Thank You!**

### Upcoming Events

**Aktion Club**  
January 4th, and 18th at 3:15pm

**Member Advisory Board Meeting**  
January 13th, 27 at 5:15pm

**Wednesday Night Education Classes**  
*Self-Avocacy*  
Wednesdays, January 11th, 18th, and 25th  
6:00-8:00pm

**Tweens**  
Every Friday, 3:30-5:30pm

**STRIVE Rocks Planning Committee**  
January 11th and 25th at 5:30pm

**STRIVE Night**  
Every Friday, 6-9pm

\*STRIVE will be closed January 2nd and 16th\*

## 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](http://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! Visit [www.pslstrive.org/3points](http://www.pslstrive.org/3points) to download your own!



Proudly Sponsored by:



Upcoming Red Claws Home Games:

**January:**

- 1/8/2017
- 1/12/2017
- 1/14/2017 - Girl Scout Night
- 1/27/2017 - Scott Morrison Bobblehead Night
- 1/28/2017 - Boy Scout Night

**February:**

- 2/2/2017
- 2/4/2017
- 2/9/2017
- 2/12/2017

For more information, please visit [www.maineredclaws.com](http://www.maineredclaws.com)

You will be receiving a 2016-2017 Red Claws schedule along with your newsletter in the mail this month!

### Aktion Club Warm Winter Drive 2017

For the month of January, Aktion Club will be collecting gently used winter clothes and outer wear to donate to a local shelter. Please consider donating your warm winter wears to Aktion Club in the New Year!

For more information or to donate, please contact Michaila McCloskey at [mmcloskey@pslservices.org](mailto:mmcloskey@pslservices.org) or call (207)774-6278.



# STRIVE Promotional/ Member Spotlight

## Share the Love at Patriot Subaru

What: Share the Love Event  
Where: Patriot Subaru Saco, ME  
When: Ends January 3rd, 2017

Share the Love with Patriot Subaru of Saco ends January 3rd! Thank you to everyone that supported STRIVE through Patriot Subaru this year! Patriot Subaru of Saco has been extremely generous this year. Kevin raised a record amount on their roof, and they were generous enough to have STRIVE be one of the recipients for Share the Love this year. The total amount raised through the Share the Love event is coming soon!

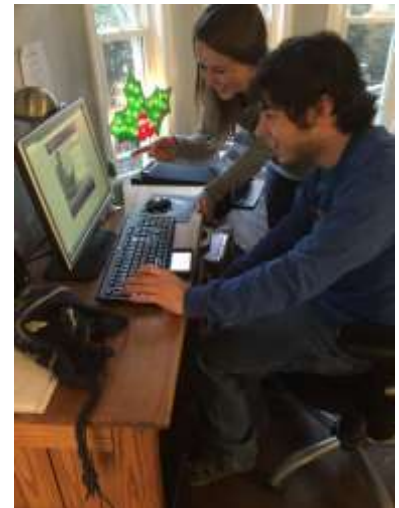


## Member Spotlight

*Colby Padulo*

*Member at STRIVE since 2015*

- **Programs:** STRIVE U
- **Years of involvement:** 1.5
- **Favorite thing about STRIVE U?** “ Learning new recipes that I wouldn’t have tried before. I also really enjoy the recent anatomy class we took because it was cool to learn how the body works. Think of your body as a car. People go to hospitals, cars go to garages. It’s all the same stuff.”
- **Advice I’d give to past self?** “Don’t rush through your task at hand. Later in life you may go back and look at it. If you run through it, you may miss a step.”
- **Life Goal?** “To be a mechanic, and I would live anywhere to do it.”





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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](mailto:info@pslstrive.org).*