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STRIVE Newsletter

VOLUME 15 ISSUE 7

JULY 2015

Construction and Renovations are Underway!

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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On June 8th, STRIVE took the next step in renovation and expansion project! It was a very exciting day for us as we began the interior renovation work on the building. We will be adding a sprinkler system throughout the building, renovating and updating our teaching kitchen, installing an internal wheelchair ramp system, and much more--including air conditioning! Those of you who have spent a summer Friday night with us understand how exciting that is--not to mention the rest of this project! The external expansion component of the program will begin later this summer. We will be adding 3300 square feet of program and classroom space. We are anticipating the project to take 16-18 weeks for completion.

Our pledge is to keep you posted--and in turn, ask for your understanding and cooperation. While the building is under construction, our plan is to remain open and fully operational all summer long, including Friday nights. There may be days when participants are asked to be dropped off/picked up at the office area entryway, or bring a lunch. We will communicate these needs as far in advance as possible.

Our participants, volunteers, and staff are very excited about this project. We have raised \$1,197,098 to date, with approximately \$444,000 remaining. If you know someone who might be interested in getting involved, please encourage them to contact Pete Brown. With your help and support we are working to complete our fundraising efforts by the end of 2015! We are trying to meet with as many people as possible who may be interested in making a gift to support STRIVE's future, with a large or small gift. If you have any ideas, comments, or suggestions, please send them my way: pbrown@pslservices.org. Naming rights for several spaces within our center are available if you know someone who would be interested.

Throughout the summer, if you have questions or comments regarding the construction, please feel free to contact me at any time. It is going to be amazing when finished!

Best Regards,
-Pete Brown
PSL Services Associate Director



STRIVE NEWS

Program Spotlight: STRIVE TOPS

STRIVE is pleased to announce a new program beginning September 2015 designed especially for students who are in their 13th and 14th year of high school. This ground breaking program will 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.

Meeting the Maine Department of Education’s standards as a contracted service provider, STRIVE’s TOPS program will offer part-time and full-time program options for students from area school districts Monday through Friday based out of our soon-to-be renovated building.

Approval into the program must be done through each student’s districts and discussed at IEP meetings.

Sample Daily Schedule

- 8:00—8:15am Student Arrival
- 8:15—9:00am Instructional/Classroom Time—life skills concepts (ex. banking, accessing transportation, budgeting)
- 9:00—10:15am Community-based Learning—applying concepts learned in the class room
- 10:15—10:30am Structured Social Opportunities
- 10:30—11:00am AM Group Departs—Structured Independent Learning
- 11:00—11:15am PM Group Arrives—Structured Independent Learning
- 11:15—12:00pm Instructional/Classroom Time (ex. nutrition, safety, wellness)
- 12:00—1:15pm Community-based Learning (ex. volunteering, structured wellness activity)
- 1:30pm Students Depart



For more information, please contact your district’s Special Education Director or Betsy Morrison, STRIVE’s Program Director, at 207-774-6278 or bmorrison@pslservices.org

Welcome to the STRIVE U Class of 2017!

This summer we are welcoming eight new students to our campus to embark on their two year journey at STRIVE U. Orientation will keep the students busy as they engage in a variety of activities and field trips that will help them get to know the city of Portland, the Metro, and the goals they will be working on during their time here. An integral part of the STRIVE U experience is living in an apartment on our campus in Portland – this includes things like working on cleaning goals with staff, learning how to plan for and prepare meals, and working on a budget. Students will be going to a pizza party hosted by Norway Savings Bank that will also coincide with getting accounts established so students can practice these skills throughout their time in the program. Our second year students will be continuing to work on their transportation and studying skills as they continue to take classes at Kaplan University over the summer. Many of the second years are building valuable skills in the workforce and are learning how to maintain the balance between work, goals, and free time. Exciting additions for all students this coming school year are iPhones which will allow staff and students to utilize technology in a way that will enhance their journey to independence. This is shaping up to be an exciting start of the year for STRIVE U!



To learn more about the STRIVE U Program, please contact Erin Berg at eberg@pslservices.org or call 207.774.6278

Volunteering at STRIVE Bayside

At STRIVE Bayside, we focus on goals that result in greater independence. Each day of the week participants work on different goals, that work together to harbor independence. One of the goals we work on at Bayside is volunteering. We currently have two volunteer locations, Preble Street Food Pantry and The Bayside Community Garden. While volunteering is a great opportunity to give back and help our community, it also gives our participants an opportunity to work on some very valuable skills. We practice good attendance and time management, since we are expected to arrive at a certain time, and stay for an hour. We also create community connections which help to expand our community access. We learn skills that are crucial for having a job, like respecting your boss, taking direction and knowing when and how to ask questions. We also learn how to work together as a team, and delegate tasks to get our volunteering jobs done well!

STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence. We run five days a week, M-F and have two daily sessions, 9:00-1:00 and 1:00- 5:00. We operate out of an apartment in downtown Portland to simulate actual apartment living. At the end of the summer we will be having multiple spots in our STRIVE Bayside program open for new participants. If you are interested in STRIVE Bayside, please contact Caroline Cole at 899-1725 or ccole@pslservices.org.

A Great Month at Next STEP!

With all of the building renovations underway, Next STEP spent a good deal of time learning about change. The curriculum focused on what kinds of changes people experience throughout life, the difference between big changes and small changes and how long it takes to adjust to change. This is a piece of the curriculum that will continue to be incorporated throughout the summer. Next STEP was also interested in learning about media and performance this month. They had some amazing guest speakers and trips. WMTW's Matt Zidel visited to talk about the weather and television, the group went on a tour of the visitor's bureau to learn all of the great resources and interesting places in town, had a tour of WCYY, and of Portland Stage. They also spent some time in the beginning of the month learning about photography and how to take good pictures.

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 Katie Collins at 207-774-6278 or kcollins@pslservices.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 Night: Fourth of July Theme Night



July 10th
6:00—9:00pm
Cost: \$10
Ages 15-24

Celebrate Independence Day with us on Friday, July 10th! We will have red, white, and blue snacks, prizes for the best red, white, and blue outfits and more! Hope to see you all there!

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

Wednesday Night Educational Classes

Wednesdays, July 1st—29th
6:00—8:00pm • Cost: \$20

Creative Arts



Develop your creativity through clay, collage, drawing, painting, and photography! We will be learning all about art techniques while creating our own art using different materials.

August 5th-26th: Etiquette

This series will equip students with the skills and knowledge they need to be able to handle themselves in any social situation. Using fun, interactive games and activities, students will learn everything from proper table manners to polite social skills.

September 2nd-30th: Healthy Relationships

This series will equip students with the knowledge to make smart decisions when it comes to romantic relationships, with a special focus on what a healthy relationship looks like.

STRIVE's Wednesday Night Educational Classes are held every Wednesday at the STRIVE Center with a different series each month.

For more information, contact Elizabeth McKernan at emckernan@pslservices.org or call 207-774-6278.

July Birthdays



James Belanger
KiKi Darling
Brandon Smith
Tyler Carr
Amanda Byars
Kaj Ovady
Tim Carter
Brady Fitzgerald
Camden Ryan
Annie Clair
Alec Hudson
Nathan Murray
Matthew Poland
Thomas Belanger
Wellyn Pinkerton
Gabby Sloan
Taylor Googins
Maggie Ruszkai
Nolan Dorrance
Patrick Madison
Michael Thibodeau
Darren Ingraham

Ashley Christy
Patrick Taylor
Olivia Sailor
Jack Christenson
Dan Pietroskil
Jack Prato
Gavin Ingle
Kevin Hoey
Richard Smith
Emily Wight



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!
Cost: \$10*

- July 3rd: NO TWEENS—STRIVE Closed**
- July 10th: Self Defense Class**
- July 17th: UNUM**
- July 24th: Tie-Dye Day!**
- July 31st: Game Show and Trivia Day**

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

Thank you to our June Donors!

Patricia Vierra	Brian & Shelly Shibles
Michael & Lynn Spadinger	Portland Harbor Hotel
Sheila & Ken Ouellette	R.J. Grondin & Sons
Cynthia & Lawrence Vaughan	Patricia Lewis
Robert Junkins	Judith Garland
Allan McHale	Kimberly Mayhew
Jerrold Frezel	Christopher & Christine Newall
Eric Wright & Roberta Lipsman	Anonymous
Mona Meyer/Lady Landscape	David O'Donnell
J & T Associates LLC	Lori & Peter Sanville
Chris & Sarah Cameron	Susan Clifford
	Christine Ellis
	Laura Metivier

Upcoming Events

<p>Independence Day July 3rd—<i>STRIVE Closed</i></p>
<p>Aktion Club July 8th, 22nd 3:15pm</p>
<p>Member Advisory Board Meeting July 10th, 24th 5:30pm</p>
<p>Wednesday Night Education Classes: Creative Arts July 1st, 8th, 15th, 22nd, and 29th 6:00—8:00pm</p>

Save the Date!



**STRIVE FOR 5
FODEN ROAD 5K**

Communities are stronger when everyone is involved.

Saturday, September 12th at 8am

Walk or run on our certified, flat course to benefit STRIVE and win great prizes! Immediately following the race, we will have a free block party featuring local businesses and live music!

Register at pslstrive.org/STRIVEforFIVE

Camp STRIVE 2015 July Schedule

What is Camp STRIVE doing this month?! Check out the full schedule!

July 6th—10th—Nature Explorers Week

Monday, July 6th—Explore Broadway Gardens, plant flowers, go mini-golfing, and explore the Scarborough River Wildlife Sanctuary.

Tuesday, July 7th—Make nature collages, have lunch at Wolfe's Neck Farm, visit L.L. Bean, and explore the Desert of Maine.

Wednesday, July 8th—Rock painting and hiking Morse Mountain in Phippsburg.

Thursday, July 9th—Scavenger hunt at Fore River Sanctuary and Jewell Falls, and explore the Salt Marsh in Scarborough.

Friday, July 10th—Make "ants on a log," paint with nature, explore the Maine Audubon in Falmouth, and walk along the River Point Conservation trails.

July 13th—17th—Adventures in Space Week

Monday, July 13th—Go to the Sea Coast Science Center in Rye, NH.

Tuesday, July 14th—Check out the Southworth Planetarium and catch a show, visit the Portland Observatory.

Wednesday, July 15th—Watch a show at the Southworth Planetarium and explore the South Portland Green Belt Trail.

Thursday, July 16th—Have fun at the Arcade in OOB, go to the Children's Museum in Portland, and make your own rock candy.

Friday, July 17th—Enjoy the outdoors with some outside games and spend the afternoon at the Yarmouth Clam Festival!

July 20th—24th—All-Star Sports Week

Monday, July 20th—Go bowling at Vacationland bowling in Saco, make kites, and spend the afternoon at Deering Oaks Park.

Tuesday, July 21st—Mini-golf at Pirate's Cove in OOB, and hiking at Bradbury Mountain State Park.

Wednesday, July 22nd—Go to a Sea Dogs Game!

Thursday, July 23rd—Play games at Back Cove in Portland, and check out Get Air Trampoline Park!

Friday, July 24th—Make homemade granola bars, and hold the STRIVE Olympics!

July 27th—31st—Animal Planet Week

Monday, July 27th—Make woodland creature masks, explore Fuller Farm Trails, and spend the afternoon at Pineland Farms.

Tuesday, July 28th—Spend the day at the Maine State Aquarium!

Wednesday, July 29th—Check out the Farmer's Marker in Monument Square, and see the animals at Smiling Hill Farm.

Thursday, July 30th—Go blueberry picking at Crabtree's Blueberries and hike Douglas Mountain.

Friday, July 31st—Check out a local animal shelter and see the animals at Maine Wildlife Park!

Sign up for your favorite
weeks (or days) today!

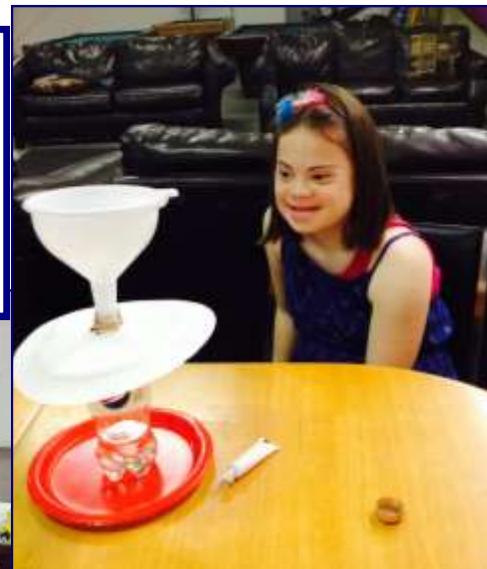
Contact Katelynn Davis at
kdavis@psslservices.org
or call (207)774-6278
to register

The schedule for August will be in next month's newsletter. To learn more about what Camp will be doing, please contact Katelynn Davis at kdavis@psslservices.org or call (207)774-6278!

STRIVE Pictures



We had so much fun at
Tweens in June! From
making volcanos to
playing on MASSIVE
marimbas—each Friday
was full of fun, new
activities.



Next STEP got to make some yummy and
healthy snacks with our friends at
Opportunity Alliance!



STRIVE Bayside volunteering!



Matt Zidel visited Next STEP to
discuss meteorology!

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!



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*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

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