



www.pslstrive.org

# STRIVE Newsletter

VOLUME 16 ISSUE 7

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## 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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## Kevin Has Found a New Roof!

Kevin Fitzpatrick is a UPS employee who is dedicated to the mission and programs of STRIVE in South Portland, ME. For the last three years, Kevin has shown his dedication by setting a fundraising goal for STRIVE and camping on a roof until the goal has been reached. The fourth annual Kevin on the Roof will take place on Labor Day Weekend!

We are excited to announce that Kevin has a new roof! STRIVE and Patriot Subaru in Saco, ME have partnered together to provide the roof for Kevin's annual **Kevin on the Roof** fundraiser! Funtown Splashtown, and Ground Round will both be participating in this great fundraiser. Kevin will be going up on the roof Thursday, September 1st. Stay tuned for more updates!

For more information, contact JP Deckert at [jdeckert@pslservices.org](mailto:jdeckert@pslservices.org) or call (207)774-6278. You can also find us on Facebook at: [www.facebook.com/kevinontheroof/](http://www.facebook.com/kevinontheroof/)

## Summer Camp STRIVE

Camp STRIVE offers campers to explore all the great sites, sounds and adventures that the Greater Portland area has to offer. First two weeks of Camp STRIVE has finished up with lots of fun and incredible adventures. Campers had the chance make their own pizza at UNO's Pizzeria and Grill, play disc golf at Pleasant Hill, and soaked up the sun at Higgins Beach!

It's not too late to register for Camp STRIVE! Join in the fun during the Island Hoppers, Cool on the Coast, Wheels & Wings & Motored Things, and Capes & Badges theme weeks this July! Summer Camp STRIVE runs through Friday, September 2<sup>nd</sup>.

Contact J.P. Deckert at [jdeckert@pslservices.org](mailto:jdeckert@pslservices.org) or 207-774-6278 to register or for more information.



# STRIVE NEWS

## Off to Boston for STRIVE U

Here at STRIVE U, we are going through one of the most exciting times of our year! In just a couple of short weeks we will be saying goodbye to our second year students as they graduate, and saying hello to our new students! Our current first year students will also be proudly moving into their second year on campus, where they will now be the role models for the incoming students. In celebration of all the hard work our graduating students have put into STRIVE U for the past two years, we recently took a trip down to Boston. The students worked together to come up with an itinerary of activities to take part in while we were down there and the trip turned out to be a blast! The day began with going to the Boston Aquarium where the students enjoyed the vast array of sea life. While we were there we also got to see the penguins being fed, and watched divers in the coral reef tank. After the aquarium we all enjoyed a delicious lunch at the Hard Rock Café surrounded by memorabilia from many famous Boston musicians. The students enjoyed walking around Quincy Market, Faneuil Hall, and then doing some shopping after lunch. Our final stop for the day was Fenway where we watched the Red Sox defeat the Toronto Blue Jays! The students got to explore a different city with their peers and have some new experiences; it was a great way to cap off spending two years together at STRIVE U!



As for our new students, staff and students alike have been working really hard to make sure the campus is ready for them. Everyone has been doing extra cleaning and maintenance to have campus looking its best as our new students arrive. The soon to be second year students have been doing a fantastic job at reaching out to their new roommates and peers to help make them feel welcomed and excited. It's wonderful to see them sharing their experience and positive attitudes!

We are going to miss our graduating students but we are very proud of all that they have accomplished! We look forward to supporting a new group of students to be able to reach their goals as well.

If you are interested in learning more about STRIVE U or would like to schedule a tour, please contact Bill Hughes, STRIVE U Admissions Coordinator, at [bhughes@pslservices.org](mailto:bhughes@pslservices.org) or 207-774-6278.

## Transition Time with TOPS

TOPS had a very successful graduation with over 50 people in attendance! Our students ROCKED their graduation speeches and even brought the audience members to tears. Looking back at the beginning of the school year, the growth these students made has been tremendous. TOPS is designed to be a tool to guide students through their transition. This also means that we will transition a few times a year as a program. Currently, we are transitioning from the 2015-2016 school year into our Extended School Year 2016 Summer Program. TOPS proved to have a successful first year and we are now increasing our participation by 50%! Our ESY Program will run from July 11<sup>th</sup> - August 18<sup>th</sup> with 18 students from 9 sending school districts.



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).

## Physical Activity and Eating Healthy with Next STEP

In the month of July, the Next STEPPERS will continue working on the community garden with Kaplan University. In keeping with the community garden theme, Next STEP has designed a schedule with Kaplan to care for the garden through watering and weeding. All in all, Next STEP and Kaplan are proud of how the garden is thriving! Next STEP has continued to stay active, by trying new workouts, and going for hikes every other Fridays. Also in continuing to promote fitness and health, the Next STEP participants worked this past week with a nutritionist and tried a new healthy recipe. The Next STEPPERS loved it!

Next STEP also got to attend a Seadogs game in early June and got to sit in the skybox! Next STEP was treated to lunch there and watched the entire game. The Next STEPPERS also got to meet the reporters of Channel 13 and got to take a picture with them!! Next STEP really enjoyed this as well as the game! Sadly to say, the Seadogs lost the game with a score of 15 to 5 but everyone had a wonderful time. Next STEP is going to continue to come up with new workouts, enjoy the beautiful weather that Maine has to offer in the summer, and continue to work on staying healthy and fit.



Next STEP is a great option offering quality curriculum for those who 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 Betsy Morrison at 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@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.

## Graduation at Bayside

It has been an exciting month at STRIVE Bayside with some new changes and graduations! This past month we said “see ya later” to three Bayside participants. It takes a lot of hard work and dedication to complete the two year program, everyone who graduated had times they had to try new things, but they all came out on top! Over the two years they are at Bayside, the participants worked on building their skills in cooking, cleaning, banking, budgeting, grocery shopping and so much more. Graduations are bittersweet, because of how proud we are to see everyone grow, but sad to see them leave! Congratulations to our three graduates, you have accomplished a lot in the past two years, you will be missed!



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, 9:00-1:00 and 1:00- 5:00. We operate out of an apartment in down town Portland to simulate actual apartment living. We are currently accepting applications for both the morning and afternoon sessions. If you are interested in joining STRIVE Bayside, or would simply like more information, 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!*

STRIVE Night  
July Theme Night:  
Red, White and Blue!  
July 8th, 6-9pm



Ages:  
15 to 24 years old

Cost: \$10  
with scholarships  
available

STRIVE Night is 6:00-9:00pm ages 15-24. STRIVE Night is 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 July will be held on July 8th at 5:30pm.\*\***

## Wednesday Night Educational Classes

### *Wild Wilderness*

July 13th, 20th, and 27th, 2016  
6:00-8:00pm



This new class is all about becoming more familiar with the great outdoors! We will gain knowledge about the natural beauty that surrounds us in Maine, learn some teambuilding survival skills, practice preparing for excursions, and more. It will be a great summer opportunity to have fun with peers while also learning lifelong lessons. You don't want to miss this series!

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

## July Birthdays



KiKi Darling  
Jake McDonough  
Jack Christensen  
Amanda Lee Byars  
Alec Hudson  
Ashley Christy  
Emily Wight  
Matthew Poland  
James Belanger  
Tyler Carr  
Nolan Dorrance  
Dan Pietroskil  
Wellyn Pinkerton  
Gavin Ingle  
Camden Ryan  
Jack Prato  
Brady Fitzgerald

Kaj Ovady  
Richard James Smith  
Taylor Googins  
Joanne Haibon  
Carter Harnden  
Nate Murray  
Gabby Sloan  
Darren Ingraham  
Patrick Taylor  
Olivia Sailor



## Upcoming Wednesday Night Class

### *Self-Expression*

August 3rd, 10th, 24th, and 31st 2016  
6:00-8:00pm

### *Healthy Relationships*

September 7th, 14th, 21st, 28th, 2016  
6:00-8:00pm

Contact Peggy at [pceresia@pslservices.org](mailto:pceresia@pslservices.org)



**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!\*\***

**July 1st: Independence Day Celebration!**

**July 8th: Games with UNUM!**

**July 15th: Popsicle Party!**

**July 22nd: K-9 Unit!**

**July 29th: Golf with First Tee of Maine!**

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

**Thank you to our June Donors!**

Catherine Sanders	Linda Carew ~ in Honor of
Sheila & Ken Ouellette	Lauren Vangellow
David & Sharon Michaud	Carolyn Bird & Gregg Ritter
Kim Mayhew	Janet & Michael Collins
Brad & Betsy Morrison	Stephen & Nancy Sawyer
Brian & Shelly Shibles	Michael & Lynn Spadinger
Lisa Gorman	Lewis & Susan Snow ~ in
Michael & Cheryl McCall	Honor of Peggy & Bill Ryan



**Upcoming Events**

**Aktion Club**  
July 13th and 27th 3:15pm

**Member Advisory Board Meeting**  
July 8th and 22nd, 5:30pm

**Wednesday Night Education Classes:**  
*Wild Wilderness*  
Wednesdays, July 13th, 20th, and 27th  
6:00-8:00pm

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

**STRIVE Night**  
Every Friday, 6:00 - 9:00pm

**\*STRIVE will be closed July 4th\***

**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.AnthonysItalianKitchen.com](http://www.AnthonysItalianKitchen.com) or call (207)774-8668

**\*\*Handicapped Accessible and Free Parking is Available!\*\***

# Couch to 5k

Are you interested in joining a **FREE** 5k running program?

This program is designed to be for **EVERYONE!**

This will be a **FUN** opportunity to exercise and socialize with other PSL/STRIVE employees and members of the community!

**When:** Starting Tuesday, July 12th at 5:15pm and every Tuesday and Thursday for the following 9 weeks– training days are flexible, missing a few days is fine!!

Workouts will last between 20-40 minutes!

**The program ends just in time to run the STRIVE for 5 Foden Road 5k!**

**Where:** The STRIVE Center at 28 Foden Rd, South Portland

For more information please contact Caroline Cole at [ccole@pslservices.org](mailto:ccole@pslservices.org)



# STRIVE Pictures / STRIVE for 5 5K



Camp camper Sally enjoyed going up and down the monkey bars at the Eastern Prom.



Second year STRIVE U students went to Boston for their end of the year trip. They all went to a Red Sox game!

Summer camp started this month, and everyone took advantage of some beautiful days. The campers enjoyed playing on the Eastern Promenade playground, and STRIVE U took a trip to Boston and caught a Red Sox game along the way!

For more information about camp or any of our programs, please visit [www.pslstrive.org](http://www.pslstrive.org) or contact JP Deckert at [jdeckert@pslservices.org](mailto:jdeckert@pslservices.org) or call (207)774-6278.

**STRIVE FOR 5**  
**FODEN ROAD 5K**  
 Communities are stronger when everyone is involved.

September, 10th 2016, 8am  
 28 Foden Road, South Portland, ME

Come join the Foden Road neighborhood for our 5K run/walk on flat quiet streets and paved trails. Entry fee is \$25 in advance, \$30 on race day. A **FREE** block party will be held immediately following the race.

Kids activities, games, family events, and a free continental breakfast open to the public.

To register, go to: <https://runsignup.com/Race/ME/SouthPortland/Strivefor55KRunWalkandBlockParty>

For any additional information, please contact Pete Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call (207)774-6278.



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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).*