



www.pslstrive.org

# STRIVE Newsletter

VOLUME 14 ISSUE 6

JUNE 2014

## STRIVE Summer Camp!



Campers (Ages 11-24) participate in classes and activities including: sports & games, nutrition & cooking, arts & crafts, and field trips to local attractions.

**\*\*Camp starts June 19th-August 29th\*\***

**\*\*Camp Runs 9am-5pm\*\***  
(Early drop off available at 8am)

Cost is \$45/day, \$200/week (\$25 savings per week!), \$35 extra per week for early drop off

**Registration, Calendar and Scholarships now available!**

<http://www.pslstrive.org/camp>

Contact Heather: [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org) 207-774-6278

# STRIVE FOR 5 FODEN ROAD 5K

**September 6th, 2014 @ 8am**

Communities are stronger when everyone is involved.

Pease join us on Saturday, September 6th for a morning filled with fun for everyone! Starting at 8am, STRIVE will be hosting a 5K race/ walk that will begin at STRIVE and go into Texas Instruments Campus then out to Jetport Plaza road– circling back through to end at Kaplan.

To register for the race please visit [www.pslstrive.org](http://www.pslstrive.org)

Entry Fee is \$25 in advance. \$30 on race day, Kids 12 and under are free.

Immediately following the 5K– all are welcome to join in the neighborhood block party! This is a family friendly event that will include fun for all at Kaplan!

We hope you consider joining the Foden Road Neighborhood at this event!

To stay informed join the Facebook Event at: [www.facebook.com/strivenation](http://www.facebook.com/strivenation)

Contact Heather: [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org) 207-774-6278

### 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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# STRIVE NEWS

## Spring has Sprung at Next STEP!

Next STEP participants are so happy that the weather has gotten warmer. It was a long, cold winter but now we are able to take long walks and even walk to Hannaford for our weekly grocery shopping time. We participated in STRIVE Pride Day on May 6th when we planted flowers for the gardens and began to plot out what we will be planting in our raised beds. Also, this spring we painted birdhouses and made birdfeeders out of soda bottles.

An Open House for Next STEP was held on May 19th. The participants prepared all of the food that was served and also worked diligently on making a PowerPoint presentation to show to the visitors to tell them more about our curriculum and activities. The following are some of the comments that the participants used to accompany the PowerPoint:



"We have learned that the steps in cooking are: reading the recipe, gather cooking supplies, washing our hands, assigning tasks to each team member, and having a blast!"

"By volunteering at Partners for World Health, we are helping nurses and doctors –the same people that help us so they can help others"

"I like the opportunity to learn new skills and have fun too!"

In June, we will begin our unit on Exploring the Community. We will be taking the Metro bus every Wednesday to Monument Square and the weekly Farmers Market where we will comparison shop to buy items for our Food Lab. We will also begin to enjoy some of the noontime concerts at Congress Square and become familiar with some of the streets and stores of downtown Portland.

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. 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. Part-time and full-time options are available.

## STRIVE Bayside Update

We've had an exciting month at STRIVE Bayside! Early in May, we had the opportunity to tour Eco-Maine, a recycling and waste-to-energy facility located here in Portland. Our tour guide, Leo, taught us a lot about the importance of recycling and how we can make a difference at home and at program. With the warmer weather this month, we have been taking more time to enjoy the sun! Some participants have spent their Exercise Day out walking the Boulevard and some participants have ventured further on their Adventure Day to take advantage of the warmer days.

STRIVE Bayside is located in a three-bedroom apartment at the Back Bay Towers in Portland, Maine. Using the community and our apartment as "learning labs," we teach independent living skills such as cooking, cleaning, grocery shopping, and more! We still have a few spots open in our Afternoon Session (1pm to 5pm) and you can start at any time! For more information or to schedule a tour, please contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or 207.899.1725 or Betsy Morrison at [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org) or 207-774-6278.



# Get Involved!

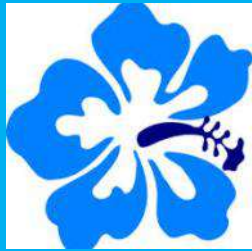
Volunteers Needed!		
<p><b>STRIVE for 5 Foden Road 5K &amp; Block Party</b> September 6<sup>th</sup> 2014</p> <p>Time: Varying 8am– 11am Jobs: Course Set Up, Registration, Water stops, Flaggers, Clean Up Crew &amp; more</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>	<p><b>STRIVE's 15th Anniversary Committee</b> Meetings coming soon!</p> <p>STRIVE's 15th Anniversary Party is set for January 24th 2015</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>	<p><b>Tweens &amp; STRIVE Nights Every Friday</b> Tweens: 3:30-5:30pm STRIVE Night: 6pm-9pm</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>

## Thank You to Our May Supporters!

<p>Richard/Bridget Whiting Elizabeth Macpherson Leonard &amp; Barbara Gulino Stephen &amp; Gayl Sinclair - in Memory of Josephine Gaccetta Esther/Paul Pappas Stephen &amp; Nancy Sawyer Mary Beth &amp; Keith Malone Thomas J Landry Real Estate Pamela Houk Michael &amp; Ellen Monaghan</p>	<p>Michael/Neal/Connie Gregoire Bruce McFarland Debra Sinclair &amp; John Cox - in Memory of Josephine Gaccetta Brian &amp; Julie Fournier Michael &amp; Lynn Spadinger Gorham Savings Bank Robert Junkins Richard &amp; Patricia Roderick Karen Pelletier John &amp; Carol Cagle</p>	<p>John &amp; Beverly Jannace - in Memory of Josephine Gaccetta Bangor Savings Bank Graham Holdings Cynthia &amp; Lawrence Vaughan</p>
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## Questions, Comments, or Concerns – Contact Our Staff!

<p><b>Michael Faust</b> PSL Services Executive Director <a href="mailto:mfaust@pslservices.org">mfaust@pslservices.org</a></p> <p><b>Peter Brown</b> STRIVE &amp; STRIVE U Program Director <a href="mailto:pbrown@pslservices.org">pbrown@pslservices.org</a></p> <p><b>Heather Guglielmo</b> STRIVE Program Manager <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p> <p><b>Jenny Castiglione</b> STRIVE Special Projects Coordinator <a href="mailto:jcastiglione@pslservices.org">jcastiglione@pslservices.org</a></p> <p><b>Betsy Morrison</b> STRIVE U and Next STEP Program Manager <a href="mailto:bmorrison@pslservices.org">bmorrison@pslservices.org</a></p> <p><b>Katelynn Davis</b> STRIVE Bayside Coordinator <a href="mailto:kdavis@pslservices.org">kdavis@pslservices.org</a></p>	<p><b>Bill Hughes</b> STRIVE/STRIVE U Programs <a href="mailto:bhughes@pslservices.org">bhughes@pslservices.org</a></p> <p><b>Sarah Thurston</b> STRIVE U Transition Coordinator <a href="mailto:sthurston@pslservices.org">sthurston@pslservices.org</a></p> <p><b>Erin Berg</b> STRIVE U Admissions Coordinator <a href="mailto:eberg@pslservices.org">eberg@pslservices.org</a></p> <p><b>Katie Collins</b> STRIVE U Student Life Coordinator <a href="mailto:kcollins@pslservices.org">kcollins@pslservices.org</a></p> <p><b>MaryAnn Schwanda</b> STRIVE U Employment Coordinator <a href="mailto:mschwanda@pslservices.org">mschwanda@pslservices.org</a></p> <p><b>Katie Church</b> STRIVE U Education &amp; Training Coordinator <a href="mailto:kchurch@pslservices.org">kchurch@pslservices.org</a></p>
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## Beach Boys

June's Theme Night:

### BEACH BOYS/LUAU!

Join STRIVE on June 20<sup>th</sup>  
to kick off summer!

Grab your favorite Hawaiian Shirt!  
Palm Trees, Hula Skirts, and FUN!

Tweens: 3:30-5:30pm  
STRIVE Night: 6:00-9:00pm

Prizes, Snacks & Tons of Fun!

### New Employee Spotlight:

## Amelia Howarth



**What is your title:** DSP for Day Hab In the morning and assistant teacher in NEXT step in the afternoons.

**Where are you from:** Wells, Maine

**Favorite movie:** Gremlins

**Favorite color:** Black

**Favorite holiday:** Christmas!

**What are you most looking to during your time at STRIVE:** Getting to know the participants and not only teach and support individuals but also to learn and thrive from what the participants have to teach me!

**Dream job:** To work with Veterans doing Psychosocial Rehabilitation.

**Talents:** Always kind, especially to those who are shy or closed off. I also love writing, and cooking food, and for hobbies I like exploring and hiking!



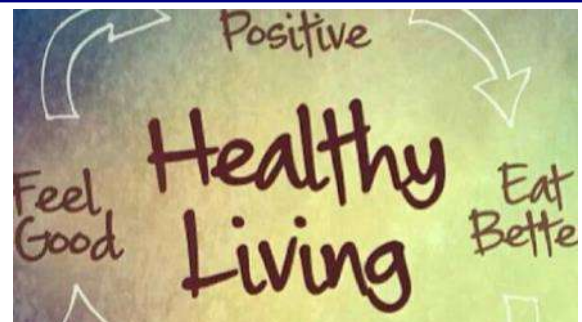
### June Birthdays



Williams Irons  
Stephanie Elsmann  
Samantha Gauthier  
Erica Boivin  
Matthew Piper  
Michael McDonald  
Caleb Dunlap  
Colby Padulo  
Mary Leahy  
Ashley Low  
Courtney Houde  
Alexander Doyer



### Wednesday Night Classes



June 11th—June 25th  
Wednesday Night Education Class 6:00-8:00pm

Learn about Healthy Living and Nutrition. Thinking positive and eating better, even a Zumba class will be happening.

FMI contact: Jenny at [JCastiglione@pslservices.org](mailto:JCastiglione@pslservices.org) or call 207-774-6278

## TWEENS Schedule of Events

Are you between the ages of 11 and 14? Are you looking to make new friends?  
Then join us every Friday afternoon from 3:30 to 5:30pm at the STRIVE Center!  
Cost is \$10 - See you on Friday!

**June 6th** - Boxing with the Portland Boxing Club

**June 13th** - UNUM Games & Crafts

**June 20th** - Building Bridges & Towers with Engineer Lauren

**June 27th** - Talent Show & UNE Touch Tank

Feel free to contact Jenny at STRIVE at 207-774-6278 or email at [jcastiglione@pslservices.org](mailto:jcastiglione@pslservices.org) with any questions about our Tweens Program!

## STRIVE U News

**STRIVE U is please to announce the Class of 2016:**



Kayla Labonte: Saco, ME  
Cory Reynolds: Pittsfield, ME  
Matthew Davis: Readfield, ME  
Lindsey Allard: Durham, ME  
Ashley Ellis: Thomaston, ME  
Bennett Agnew : Yarmouth, ME  
Alexander Kane: South Portland, ME

Congratulations to the new class. We look forward to welcoming you to campus this summer!

\*\*For more information contact Erin Berg  
[eberg@pslservices.org](mailto:eberg@pslservices.org) 207-774-6278

## Save The Date!

We hope you will join us for the STRIVE Post-Secondary Weekend this fall.

The weekend-long seminar will be held October 3rd – 5th at Camp Tall Pines in Poland, Maine. You will have the opportunity to learn more about our STRIVE U, Next STEP, Bayside programs.

The cost is \$169 if you register before August 1st. \$199 after 8/1.

Please contact Erin Berg at 207-774-6278 or [eberg@pslservices.org](mailto:eberg@pslservices.org) for more information.

## Upcoming Meetings & Events

### Kiwanis Aktion Club

June 11th & 25th  
3:30pm

### Member Advisory Board Meeting

June 13th & June 27th  
5:30pm

### STRIVE U Graduation

June 21<sup>st</sup>  
10:00am

### STRIVE Couch-to-5K (STRIVE C25K) Kickoff

July 8th  
5:30pm

### STRIVE For 5: Foden 5K & Block Party

Sept 6th  
8am-11am

### STRIVE Post-Secondary Weekend

Oct 3rd-Oct 5th: Camp Tall Pines

### STRIVE's 10th Annual Auction

**Theme: From the Coast to the County**  
Nov 5th: Ocean Gateway

### STRIVE 15th Anniversary

Jan 24th 2015

## 2014 Wednesday Night Educational Class Schedule

**June 11th-June 25th: Healthy Living/Nutrition:** 3 weeks on healthy living, portion sizes and healthy choices. Speakers & a Zumba class to end the series will be provided.

**July 9th-Sept 17th: Healthy Relationships:** Series taught by SARSSM about healthy relationships, the theme is, "it's my body, my choice" which drives home that students are the boss of their bodies and their space. Covering a range of topics including: sexuality, puberty, anatomy, reproduction, birth control methods, safer sex, communication skills, healthy flirting and sexual harassment, sexual abuse and assault, healthy relationships, dating violence, consent, and sexual feelings. We are hopeful that parents/guardians/caregivers will reinforce the lessons learned in class at home.



**October 1st –October 29th: Into to Computers:** Do your computer skills need some tuning? From Microsoft, Excel, Searching the web, Social Media and more.

**November 12th-November 19th: Public Safety:** Mini Series on Public Safety and their will be speakers from the local police department to talk about being aware in public, internet safety, and more.

**November 26th-December 17th: Money Management:** This series will give students the opportunity to learn about money, money management, checking & savings accounts, and balancing check books.

Email or call Jenny to sign up or with questions:  
Jcastiglione@pslservices.org 207-774-6278

## STRIVE After School

After School program is for middle or high school students usually enrolled in Life Skills classes. Students spend afternoons in the community or at STRIVE and have fun while reinforcing social and independent living skills. Activities include: Budgeting, Street Safety, Bus Navigation, Electronic Correspondence, Arts & Crafts, Roller Skating, Field Trips Cooking and more.



For more information and/or to have us come to your middle school or high school contact Heather at [hguiglielmo@pslservices.org](mailto:hguiglielmo@pslservices.org) or 207-774-3278.

# STRIVE Pictures



STRIVE U Students hanging out at York St. Park during Social Events Club



Blake from STRIVE After School just started going to Tweens too! Congrats Blake!

Thanks Chipotle in South Portland for your donations!



Kiki at Tweens is painting up a storm



Next STEP is making smoothies



STRIVE U 2nd Year Presentations



Bayside visits Ecomaine!

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 Heather at [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org).



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## Great News!



**Thanks JMG at Mt. Ararat & Deering High Schools!**  
**Your grants will directly help with STRIVE Summer Camp Scholarships!**