



www.pslstrive.org

STRIVE Newsletter

VOLUME 15 ISSUE 6

JUNE 2015

Join us at Camp STRIVE this Summer!

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.

If you are between the ages of 11 and 24 and you are looking for something do this summer, Camp STRIVE might be for you! Camp STRIVE is a great way to spend your vacation—from exploring Augusta and the Capitol Building to spending time at the beach, each day is full of exciting activities!

Summer Camp STRIVE begins Monday, June 22nd and runs until September 4th. Join us for day, a week, or all summer!

Each day will begin at STRIVE at 9am and will end at 5pm. We do offer an Early Drop-Off option at 8am for an additional fee and must be arranged in advance.

Camp STRIVE is held every vacation week, including all summer. Camp provides tweens, teens, and young adults with developmental disabilities the opportunity to have fun and make new friends in a safe, inclusive atmosphere. Daily activities include arts and crafts, games and sports, and field trips to local attractions.

To learn more about Camp STRIVE or to get a registration form, please contact Katelynn Davis at kdavis@pslservices.org or call 207.774.6278.

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Take a peek at the first week of Camp STRIVE and see each week's theme on page 6!

Camp STRIVE Informational Session
Tuesday, June 9th
5:00—7:00pm
STRIVE—28 Foden Rd. South Portland, ME
Join us for an informational session on Summer Camp STRIVE! You will have the chance to learn more about the program and this summer's schedule, as well as a chance to meet the counselors!

STRIVE NEWS

Program Spotlight: Next STEP

Next STEP, STRIVE's Transitional Education Program is a unique, private-pay, education, recreation and leisure program. The Next STEP program consists of two components: Educational Classes and Daily Recreational and Social-Wellness Development. Students work in groups of 3 to 5 with a STRIVE staff member, allowing for one-on-one time with each student.

Each month, Next STEP focuses on one specific theme, encouraging participants to learn more and dig deeper into specific topics. In May, the theme revolved around sustainability and living a healthy lifestyle. Activities included growing plants, visiting Whole Foods to learn about nutrition, and finding various walking trails through the Portland Trails System.

Next STEP runs Monday through Friday, 9am to 5pm. Students enroll on a rolling admissions basis, with full-time and part-time options available. Next STEP is designed for those who are on a waiting list for services, in combination with a community support program or for those who do not qualify for other services.

To learn more about Next STEP, please contact Katie Collins at kcollins@pssliveservices.org or call (207)774-6278.



Next STEP is great, but don't just take our word for it! We asked some Next STEPPers what their favorite part is...

"Cooking and playing basketball outside." - Leah

"Cooking!" - Evan

"Going for walks." - Nate

"Seeing my friends!" - Patrick

"I like when we go out into the community." - Haley



"Next STEP has been a blessing for our entire family, particularly since the "wait list" began the year [my son] graduated from school. With really no plan for the impact of not having services, Next STEP has provided a great bridge for [him] to continue to not only grow academically, but also enhance his daily living skills. I particularly enjoy hearing about the adventures that [he] goes on with his friends each night and he truly enjoys talking about them.

So appropriate is the program name of Next Step, as we know that [he] is that much more prepared for whatever life has in store for him thanks, in part, to this program." - Janet Dibiase, parent

What's Going on at STRIVE U!

With summer comes change for the students of STRIVE U. The 2nd year students gave a wonderful final presentation on Wednesday, May 20th in front of friends, family, and staff. These presentations allowed the audience to get a better feel for what their year was like as a student at STRIVE U and Kaplan University.



As we look to graduation at the end of June, we reflect on how much each of our 2nd year students have grown as individuals and how proud we are of them and how proud they should be of themselves! The 1st year students are beginning to shift into the role of 2nd year – they welcomed their new classmates on Wednesday, May 20th with a new student reception and will be playing large role in supporting the new students when they move onto campus after graduation. The incoming class is full of talent, enthusiasm, and drive that will make the coming two years a fun, independence-seeking adventure. We are so excited for all of our students and the strides they are each making to become independent!

Please join us...

*STRIVE U's Class of 2015 is graduating on Saturday, June 27th at 10am at Portland Stage Company.
All are welcome to celebrate this exciting milestone with our students*

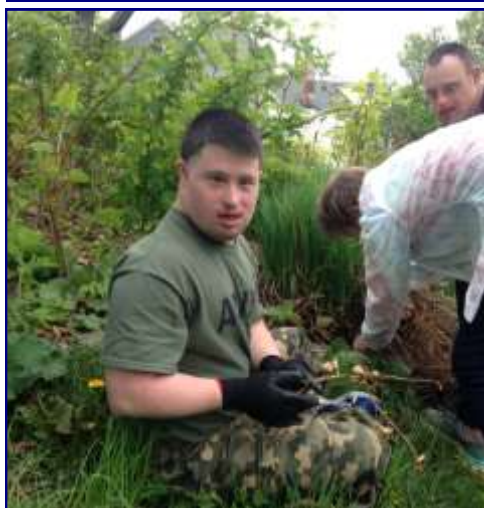
To learn more about the STRIVE U Program, please contact Erin Berg at eberg@pslservices.org or call 207.774.6278

Growing at Bayside



STRIVE Bayside has had an exciting month! We recently welcomed two new participants to our program, Shane and Consta! Having new people around is such an exciting opportunity for our more 'seasoned' participants to practice teaching all the skills they've been learning. We are happy to have them here and see their growth in the next two years!

Now that warmer weather is upon us Bayside has started a new volunteer placement at the Bayside Community Garden. Our duties at the garden are to maintain a flower bed, prepare the raised beds to be replaced, help with weeding and assist with general cleanup of the space. Volunteering at the garden gives us the opportunity to work outside and learn about gardening.



STRIVE Bayside is a unique community supports program that provides participants with the opportunity to learn independent living skills in a three-bedroom apartment utilized as a learning lab. Skills learned at STRIVE Bayside include cooking, cleaning, grocery shopping, community navigation, and more.

Sessions run Monday through Friday, 9am to 1pm or 1pm to 5pm.

Although our program is currently full, after the summer we will be having a number of people graduating! If you're interested in a spot at STRIVE Bayside, please contact, Veerle Pottie at vpottie@pslservices.org, (207)774-6278 or Caroline Cole at ccole@pslservices.org, (207) 899-1725.

STRIVE Night



Every Friday
6:00—9:00pm
Cost: \$10

Join us every Friday for STRIVE Night! Teens and Young Adults ages 15 to 24 are welcome!

Watch our Facebook page for updates on June's Theme Night! Advisory Board is planning something VERY fun... So, we hope you all can join us!

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

Wednesday Night Educational Classes

Wednesdays, June 3rd—25th
6:00—8:00pm • Cost: \$20

World Cultures



Explore different cultures around the world in this fun and informative series! We will be learning about the history, dress, language, food, and geography of other countries.

July 1st—29th: Creative Arts

Explore different cultures around the world in this fun and informative series! We will be learning about the history, dress, language, food, and geography of other countries.

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.

June Birthdays



Greta Anderson
Antonio Semiglia
Brandon Temple
Courtney Houde
Michael McDonald
Natalle Medina
Morgan Adams
Alexander Doyer
Benjamin Woodson
Tommy LaBerge
Amanda Barash
Sabrina Holmes
Tiffany Filliger
Stephanie Elsmann
Samantha Gauthier
Felisha Saunders
Kaylee Blake
Erica Boivin
Matthew Piper
Joshua Small

Diana Kasyanov
Joanna Wyand
Charlie Saffian
Caleb Dunlap
Colby Padulo
Mary Leahy
Emily Bell
Katrina Southard
Megan Rosenberg
Ashley Low



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*

June 5th: Maine Marimba Ensemble

June 12th: UNUM

June 19th: Wilderness Survival with Mountain Bear Programs and Guides

June 26th: All About Maps with Osher Map Library

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

Thank you to our April Donors!

Upcoming Meetings & Events

Knights of Columbus	Patricia Vierra
Erin & Michael Soucy	Portland Regional Chamber
Michael Makowiecki	Chamber
David & Sharon Michaud	Dan Reardon & Bernadette Woodcock
Peter & Judith Hayes	Woodcock
Glenn & Doris Meehan	Morse High School
William Gourde	United Way of Eastern Maine
Heather McGeough	United Way of MA
Joseph Smith	Scott Kerr
Cynthia & Lawrence Vaughan	Corin Swift & Rafael Adams
Norway Savings Bank	Adams
John & Donna Dwyer	Stephen Kirsch
Harold Osher	United Way of Mid-Coast Maine
Laurie Cavanaugh	Coast Maine
T. Rowe Price Foundation	Nancy Knowlton
NAPPI Distributors	E.C. & Catherine Sanders
Leon & Lisa Gorman	Carlos Montgomery

Aktion Club
June 10th and 24th
3:15pm

Member Advisory Board Meeting
June 5th and 19th
5:30pm

Wednesday Night Education Classes:
World Cultures
June 3rd, 10th, 17th, and 24th
6:00—8:00pm

STRIVE U Graduation
June 27th, 10:00am
Portland Stage Company

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

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



**Funtown/Splashtown STRIVE Community Day:
Friday, June 26th**

For every bracelet purchased for entry into Funtown/Splashtown, the park will make a donation to STRIVE!

Learn more on their website www.funtownusa.com

Camp STRIVE 2015 Schedule

Here's a peek into what the first week of Camp STRIVE will look like...

June 22nd—26th: Maine Week! Explore the cities of Maine with us!

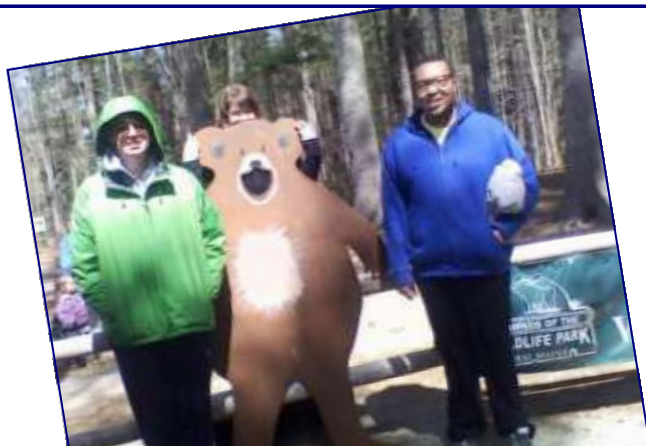
Monday, June 22nd—Explore Back Cove in Portland, then head to Freeport for a Scavenger Hunt

Tuesday, June 23rd—Visit Eastern Beach in Portland and Tour the city of Kennebunk

Wednesday, June 24th—Spend the day in Maine's Capital, Augusta! Tour the State House, Check out the Maine State Museum, Tour the Blaine House, and Visit the Pine Tree State Arboretum

Thursday, June 25th—Make Maine's favorite snack—Whoopie Pies! Explore Portland's Old Port with a Scavenger Hunt

Friday, June 26th— Spend the morning at Deering Oaks Park in Portland, then head to Brunswick to Tour the Farmer's Market, Visit the Joshua L. Chamberlain Museum, and go on a Walking Tour!



Camp STRIVE 2015 Weekly Themes

June 22nd—26th: **Maine Week**

June 29h—July 2nd: **Patriot Week**

July 6th—10th: **Nature Explorers**

July 13th—17th: **Adventures in Space**

July 20th-24th: **All Star Sports**

July 27th—31st: **Animal Planet**

August 3rd—7th: **Master Chef**

August 10th— 14th: **Transportation Week**

August 17th-21st: **Creative Campers**

August 24th— 28th: **Islands of Adventure**

August 31st—September 4th: **Camp STRIVE Week**

Sign up for your favorite weeks today!

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

STRIVE Pictures



We always have fun at Tweens!
In May, we made homemade ice cream, learned how to make no-bake cookies with Chef Brad, and tested our Hula skills with Unicorn Cove!



STRIVE U Students made chili.. Yum!



STRIVE U students at Kaplan University's Awards Ceremony

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

Find us online at www.pslstrive.org

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