



www.pslstrive.org

STRIVE Newsletter

VOLUME 16 ISSUE 6

JUNE 2016

Want to be an AmeriCorps VISTA at STRIVE?

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.

Know a college graduate who is looking for an opportunity for professional development? Encourage them to learn more about serving as an AmeriCorps VISTA at STRIVE! Professional development is only one of the numerous benefits, which includes a \$5,730 education award, perfect for a recent graduate with student loan debt or someone who is interested in returning to school! Additional benefits include a monthly living stipend, health care benefits, child care reimbursement, sick and vacation leave, relocation allowance and monetary support, non-competitive eligibility for federal jobs one year after serving and joining one of the largest service oriented networks in the country!

Contact Christine, our current AmeriCorps VISTA, today at 207-774-6278 or cmars@pslservices.org for more information.



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Summer Camp STRIVE

STRIVE welcomes Lauren and Emily who will be our Camp STRIVE counselors this summer! Meet Lauren and Emily at our Camp STRIVE information session at STRIVE on Tuesday, June 7th from 4pm to 6pm. Come learn more about Camp STRIVE and the fun activities we have planned for a fun-filled summer! Camp STRIVE runs Monday, June 20th through Friday, September 2nd.

Contact Christine at cmars@pslservices.org or (207)774-6278 to register or for more information.



STRIVE NEWS

New Students Moving In for STRIVE U

STRIVE U is abuzz this time of year with loads of exciting changes going on. Spring brings many changes for our students, as second year students are moving out, and first years students are getting ready for the arrival of their new peers.

Just last week, we held our new student reception where our current first year students got to spend some time with their incoming roommates. They shared lunch and some good chats about what everyone would need and how they each wanted to share their space. Our first year students did a great job helping the new students feel welcomed and excited to start their STRIVE U careers.



Our Saturday night Social Events Club have been a blast this month! We have recently gone to the Maine Roller Derby, and held a pot luck dinner. These events have been a great bonding time for our students, as well as an opportunity for them to get to spend time with STRIVE U alumni.

As the second year students are getting ready to graduate, they have been working really hard to finish everything up. Recently they all did their Second Year Presentations, where they were able to show off all the hard work they have put into the program for the past two years. The presentations were all wonderful and the students' personalities shined through in each one. They are also gearing up for the second year trip to Boston. They all worked together to create a fun filled itinerary; we will have to tell you about it next month!

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 or 207-774-6278. Tours are available year-round.

Graduation with TOPS

This month, TOPS has been preparing for their first round of graduates! With 7 of our 13 students graduating, TOPS is in full review mode! Students are thriving at the review activities and are showing off their found confidence. Our recent activities have included student planned community outings which have resulted in exploring new places and trying new activities. Check out some of our pictures to see what we've been up to!

STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13th or 14th 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.



STRIVELAN Gardening with Next STEP

This spring and summer, the Next STEPpers are partnering with Kaplan in building and maintaining a community garden. As part of the planning, Next STEP participated in a meeting to talk about the garden. Next, we will work together to construct the garden, plant the garden, then nurturing it, and watching it grow! Next STEP was also in charge of coming up with a name for the garden. After brainstorming, the name that was selected for the garden is STRIVELAN Community Garden (A combination of STRIVE and Kaplan!). We also have planted some sunflower and pumpkins seeds, and are very excited to actually see them start to grow! Additionally, Next STEP helped with STRIVE Pride Day and cleaned the front lawn, raked leaves, and picked up sticks. Next STEP also helped to plant flowers that day. We really do have green thumbs!

In keeping with our health and wellness goals, Next STEP has started going on hikes on Fridays. Next STEP started off in Saco, Maine at a place called The Heath. The Heath is a beautiful trail that goes through the bog, and a very nice nature trail where Next STEP got to see all kinds of different birds. Next STEP also worked out by going to South Portland Community Center, where they walked the indoor track that they have there. Next STEP walked a mile!!!

In the coming month Next STEP is counting on staying fit and trying all kinds of different exercises. We will also do a lot more activities outside. With the weather becoming nice, why stay inside!

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@pssliveservices.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.



Physical Activity and Volunteering at Bayside

Everyone at STRIVE Bayside is LOVING the Spring weather! Besides keeping us warmer and boosting our moods, the warm weather opens up a lot of new opportunities for us! Each week at Bayside, participants' have an exercise goal. All winter we have spent our time using the YMCA gym, pool, and the gym at our apartment complex, Back Bay Towers. Now that we have warmer weather we are able to take advantage of the parks in Portland! Participants have walked to local parks to play soccer, kick ball, and Frisbee which is a welcomed change from going to the gym each week! We have also started volunteering at our local community garden again, and are excited to have our own plot at the garden! We have herbs, tomatoes, onions, zucchini, and more! Working in the garden is a great example of what hard work can reward you with once our vegetables are ready to harvest! Having our on spot in the garden literally helps us grow deeper roots into our community!



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 899-1725 or ccole@pssliveservices.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
June Theme Night:
STRIVE Goes Hollywood!
June 17th, 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 or call 207.774.6278.

****Advisory Board's first meeting in June will be held on June 10th at 5:30pm.****

Wednesday Night Educational Classes

Etiquette

June 1st - June 22nd, 2016
6:00-8:00pm



This fun and interactive series is all about improving your etiquette skills! Our etiquette specialist will lead the students through lessons on introductions, handshakes, being a guest, hosting a party, and more! We will also take time each class to practice appropriate etiquette in a variety of real-life scenarios. A small snack will be served during class break time and every student will have the opportunity to practice being host/hostess in a small group environment. The final class of the series will be a banquet where students can teach and show off their new skills to their guests. 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 or call (207)774-6278.

Have a class idea for 2016? Let us know! Contact Peggy Ceresia with your ideas—pceresia@pslservices.org or call (207)774-6278.



June Birthdays



Antonio Semiglia
Natalle Medina
Mary Leahy
Joshua Small
Elijah Johnson
Marty Poore
Matthew Piper
Joanna Wyand
Felisha Saunders
Ashley Low
Michael McDonald
Tiffany Filliger
Colby Padulo
Katrina Southard
Morgan Adams
Alexander Doyer

Samantha Gauthier
Caleb Dunlap
Greta Anderson
Courtney Houde
Stephanie Bell
Roberta Anderson
Danielle Doherty
Andy Le



Upcoming Wednesday Night Class

Wild Wilderness

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

Self Expression

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

Contact Peggy at 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!****

June 3rd: Lego Day!

June 10th: Games with UNUM!

June 17th: Make Your Own Music!

June 24th: Visit from a State Trooper!

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

Thank you to our May Donors!

Upcoming Events

Dominic & Janet Dibiase
John & Carol Cagle
Karen Pelletier
Carolyn Merrill
Andrew & Rachel Maier
Peter & Judith Haynes
John & Lynda Lawrence
Sam & Bette Novick
Steven & Michelle Sirois
Edie Armstrong
Jim & Janet Barns
Cathy Campbell
Michael & Maryanne Tranfaglia
Anonymous
Anonymous
Mary Beth & Keith Malone
E. Gerry & Betty Johnson
William Gourde
Joseph Madore
Matt & Laurie Oliver

Jeanne Fernald in Honor of
Lindsey Allard
Stephanie & William Scherr
Capozza Tile Co., Inc.
Lois Dennison in Memory of
Archie Dennison
Anne Parkman & Mary
Shepard
Richard & Barbara Wigton
Katie Collins



Aktion Club
June 1st and 15th 3:15pm

Member Advisory Board Meeting
June 10th, 24th, 5:30pm

Wednesday Night Education Classes:
Etiquette
Wednesdays, June 1st - June 22nd
6:00-8:00pm

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

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

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 or call (207)774-8668

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

STRIVE For 5 5K / Anthem Blue Cross Blue Shield

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/Strivefor5KRunWalkandBlockParty>

For any additional information, please contact Pete Brown at pbrown@psslservices.org or call (207)774-6278.

Anthem Blue Cross and Blue Shield Foundation

Dayhab, STRIVE U, Bayside, Next STEP, and TOPS programs have started taking the exercise classes put on by staff at the UMed Gym. Members have had the chance to participate in multiple physical activity exercises. Another group of exercises that member will be participating are a group called **SAFE 6**.

SAFE 6

What is SAFE 6?

The SAFE 6 Methodology has been created by UMedGym to ensure safety and effectiveness during exercise and support daily functional movements.

Exercises include:

1. Balance
2. Core
3. Sit to Stand
4. Stepping and Strengthening
5. Pushing
6. Pulling

If you would like more information, please contact Sara Brown at sbrown@psslservices.org or call (207)879-0847.



Anthem Blue Cross and Blue Shield Foundation



STRIVE Pictures



Jack from TOPS got his State ID! "I'm proud of myself. I like my ID because I look very handsome."



Next STEP walked along the Heath Trail in Saco, ME.

Jack from TOPS got his State ID last month and is so proud of himself. He loves the way he looks in his picture! Next STEP went to the Heath Trail in Saco last month during a beautiful day and took some great pictures of the participants!

For more information about our programs please visit www.pslstrive.org or contact JP Deckert at jdeckert@pslservices.org or call (207)774-6278.

After School Program

Volunteering long-term, healthy meal planning, kitchen safety and navigating the bus system are just a few of the activities STRIVE's After School students participated in this year. While the After School Program will be wrapping up this month, it is never too early to begin planning for fall! The After School Program is an opportunity for students to participate in an extension of their typical school day with curriculum that reflects their individual and family goals.

Benefits of the After School Program include responsive programming efforts that support self-determination for the student including an individualized schedule with transportation options available.

For more information contact Christine at cmars@pslservices.org or 207-774-6278.





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