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STRIVE Newsletter

VOLUME 13 ISSUE 3

MARCH 2013

2013 STRIVE Rocks! Dance Marathon



2013 STRIVE Rocks! Dance Marathon at the Maine Mall Weekend

Title Sponsor: WEX Inc

Presented by MEMIC and Anthem Blue Cross Blue Shield

The STRIVE Rocks! Dance Marathon Weekend at The Maine Mall is right around the corner! It is not too late to get involved! Join STRIVE on March 2nd starting at 9pm for the 12 hour, all night, STRIVE Rocks Dance Marathon.

It's not too late to get involved!

Registration and Fundraising information can be found at STRIVEROCKS.org

Here are some of the exciting activities you can look forward to at the STRIVE Rocks! Dance Marathon: Registration opens at 8:30pm! Look for the Hollywood-style event lights near Macy's to guide you to this red carpet event. Look your best because the paparazzi will be lined up along the red carpet to snap photos of all dancers along our "Paparazzi Wall"! AT&T is hosting a "Text Request Line" so you can text your requests straight to our DJ! WMTW News 8 and Shannon Moss will kick off the event! Sephora will be running a make-over station and Psychic Jeri will be offering dancers a peak into the future! The Clearwater Benders will be rocking out with classic covers at 9:15 pm. Prizes will be given to the most spirited dancers! At 10pm local band Low 90 will keep you dancing and grooving! Hello Newman brings your favorite songs from the 90's and 00's to the live music stage at 11pm! DJ Verbatim will take the stage at 12am followed by DJ Tap Fitzgerald at 6am. Studio Fit will host a Zumba Hour at 3! WMTW will return for a live broadcast at 5am featuring YOU! Drums Alive will be performing their spectacular routines until 6am! Macy's will be hosting an exclusive Prom Jams Fashion Show featuring STRIVE models and the latest in Prom fashions from NYC at 7am! Trunk show to follow!

Throughout the entire night there will be food, games, face painting, hair feathers, giant inflatables and prizes from all your favorite mall stores and restaurants! If you are unable to make the 12 hour dance marathon, then you can plan on participating in this year's Dance Day on March 3rd from 10am-6pm. Many of the exciting events from the overnight event will be featured during Dance Day at The Maine Mall. See page 7 for an expanded list of Dance Day schedule, events, and exciting activities. Thank you to everyone who has already donated their time and fundraised for this year's Dance Marathon events.

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

STRIVE U News

STRIVE U students have been keeping busy in the new year! Second year students took a first aid CPR course and now all are certified. All of the students also took a tour of the historical, Victoria Mansion, to see the inside of the building that they walk by almost every day. The students and staff are also having a Veggie and Fruit Challenge. Everyone can participate by filling out how many pieces of fruit or vegetables they have each day. Students are trying to tally up more eaten vegetables and fruit than staff in just over a month. Students receive support in planning well balanced meals throughout their time at STRIVE U. So we thought this would be a fun way of emphasizing the educational with a little added motivation to eat those *greens*. STRIVE U will buy the winning students fruits and veggies for a whole week! Several students have recently been hired after successful interviews and diligent follow up on their part! Law firm Drummond Woodsum hired a first-year student to help sort and deliver mail, prepare bulk mailings and stock break and meeting rooms. This student has done a great job getting to work on time in spite of an early morning start and challenging weather conditions! Know Technology, an information technology managed services company, hired a second-year student to work with their data services team, He assists with special projects such as server and workstation configuration and data migrations, firewall management, software installations and Ethernet maintenance. A first-year student has been hired by University of Southern Maine to assist the Financial Manager with filing, transcription of meeting notes, scanning and shredding documents, as well as special projects. His precision, positive attitude and great work ethic are recognized and appreciated by his supervisor and coworkers! Macdonald Page & Co., Certified Public Accountants and Management Advisors recently hired a first-year student to assist with reception and administrative tasks. In addition to greeting visitors, taking and directing calls, she also helps out with a variety of duties on an as needed basis. A second-year student with a passion for animals job shadowed a master dog trainer, Nancy Freedman from Good Dogz Training. Puppy Kindergarten class was in session, giving the student an opportunity to see how an experienced handler can turn chaos into calm for the fuzzy canines. If you or someone you know would like to benefit from the many rewards of working with STRIVE U – hire a productive & professional employee, increase your customer base, enhance your community profile, share the spotlight with one of Maine’s most well-known and respected organizations to serve people with developmental disabilities, call or email us today!

To find out how to become a STRIVE U Employment Partner, please contact MaryAnn Schwanda, Employment Coordinator: mschwanda@pslservices.org or call 207-774-6278.

What’s New with STRIVE Bayside

All this cold weather and snow hasn’t stopped the STRIVE Bayside participants from exploring the Portland community! We’ve also continued to develop independent living skills like cleaning, cooking, budgeting, banking and more. In January, STRIVE Bayside recognized our very first MVP – Zach Hanson! Zach was awarded MVP because he works very hard on his chores at home and at program and also incorporates regular exercise into his life, as well. Congratulations, Zach! We look forward to seeing who will be the February STRIVE Bayside MVP.

STRIVE Bayside is a new community supports program which started in September and is dedicated to expanding independent living skills and community connections for people with developmental disabilities. The goal of STRIVE Bayside is to work with participants over a two year period to expand their abilities to live a more independent life. During program we do a variety of activities including menu planning, grocery shopping, cooking, cleaning, laundry, banking and budgeting, exercising at the YMCA, visiting the library and much more! STRIVE Bayside runs from 9:00am-1:00pm from Monday to Friday, and the program is based in a three-bedroom apartment in Portland. Please contact Brianna McCabe at (207) 899-1725 or bmccabe@pslservices.org for more information on applying to STRIVE Bayside or to schedule a tour.

Next STEP Update

Next STEP (STRIVE’s Transitional Education Program) continues to grow and develop! We now have 14 participants involved in this unique, private pay, program that combines teaching independent living skills with social, recreational and wellness opportunities. Some examples of recent activities include volunteering at the Root Cellar to learn employment skills, visiting the library for community awareness, cooking, grocery shopping, and much more! Other educational offerings include Money Management, Advocacy, Social Skills & Decision Making, Household Responsibilities, Safety, Health and Nutrition, and Relationship Building. There are openings in the Next STEP program for additional participants, and participants can begin at any time throughout the year. Full time is available Monday-Friday from 9am-5pm, and early drop off is available starting at 8am. In addition, we have many part time opportunities including mornings and afternoons. We work to be flexible around peoples needs. Costs is \$205/week for full time, and \$125/week for part time. If you would like to learn more about Next STEP, schedule a tour, or even spend a day checking out the program- please call Peter Brown at 207-774-6278 or email pbrown@pslservices.org.



Get Involved!

Thank You February STRIVE Supporters



STRIVE's annual campaign is in full swing! We appreciate all the support we have received so far during this campaign, including a generous donation from Cynthia and Larry Vaughan. If you have not already, you will shortly be receiving a letter at your home asking for your support of our organization, and the now more than 800+ tweens, teens, and young adults with developmental disabilities that we serve. Your support will go directly to our social, educational, and employment training programs, allow us to continue to grow and develop our programs, and continue to respond to community needs! STRIVE is growing rapidly- we continue to add 3-5 new families per week to our programs- and your support allows us to do this important work. Please

consider making a gift to STRIVE in 2013! If you would like more information, or would like to volunteer to help with the campaign, please contact Peter Brown at (207) 774-6278 or email pbrown@pslservices.org.

Easy Ways to Support STRIVE



STRIVE has started a "Legacy Program" and would be happy to discuss how to write in our organization into your planned giving account.

facebook

Follow Us on Facebook
Daily Updates
STRIVE Pictures

To stay connected visit:
facebook.com/STRIVENation



Can Redemption Program
Get a Green Bag at STRIVE & drop off your cans at a Hannaford Grocery Store. The deposits will go to STRIVE! Every 5 cents counts!

GoodSearch

There's no reason not to. You search... We give!

Change your Search Engine
Change your search Engine to GoodSearch and pick STRIVE as your charity!

For each search you do, 1¢ is donated to STRIVE!

Questions, Comments, or Concerns – Contact Our Staff!

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STRIVE Night on March 15th is St. Patrick's Day Theme Night! Wear your green gear at STRIVE from 6pm-9pm to celebrate in style with STRIVE!



STRIVE will host games, prizes, dance contests, and special St. Patty's Day treats! Cost is \$10 for STRIVE members!

Member Spotlight: Zach Hanson



How old are you: 24
Favorite movie: Ace Ventura
Favorite color: Black
Favorite holiday: Christmas
Coollest activity at STRIVE this year: Vacuuming and doing laundry at STRIVE Bayside
Favorite song: "Half Way There" by Big Time Rush
Dream job: Police Officer
Talents: Playing guitar and dancing

March Birthdays



Happy Birthday to the Following STRIVE Members!

- | | |
|----------------------|--------------------|
| Kenneth Maxfield | William Duhamel |
| Michael Kendrick | Desiree McCroy |
| Michael Fournier | Creed Ray |
| Arielle Richardson | Marie Christie |
| Jessica Cossaboom | Michael Giasson |
| April Tedesco | Michael Laughlin |
| Hillary Lawrence | Kathleen Shevenell |
| Kasia Kilmik-Cornett | Lorje Salamonski |
| Nicholas St. John | Sherm Perry |
| Bennett Agnew | Lyndsey St. Peter |
| Melissa Mann | Noah Harfoush |
| Glorimari Machicote | Ian Roberston |
| Brandon Cronk | AJ Jenkins |
| Sarah Zwicker | |
| Casey Ward | |

HAPPY BIRTHDAY!!!

Camp STRIVE: April 15th-19th



Spend your April Break with STRIVE! Games, fieldtrips, crafts, and more! Cost is \$45 per day. Camp runs from 9am-5pm. Sign up for Camp STRIVE from April 15th- 19th by contacting Erin at esaul@pslservices.org! Registration forms are available at PSLStrive.org/camp. Reserve your spot today!

Members' Page and Events

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 with sliding scale available. See you on Friday!

March Schedule:

March 1st: Zumba with Becki Jacques!

March 8th: UNUM Activities

March 15th: St. Patrick's Day Theme!

March 22nd: Belly Dancing with Rosa

March 29th: Egg Decorating & Crafts!

Feel free to call Shannon at STRIVE at 774-6278 with any questions!

Monday Night Wellness Classes Series

Healthy Living

5:30-7:00 pm

April 15-June 10

Learn about healthy cooking, eating well, and ways to stay fit! This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org.



Upcoming Meetings & Events

Dance Marathon Weekend at The Maine Mall

March 2nd 9pm-9am

March 3rd 10am-6pm

Kiwanis Aktion Club

March 6th & 20th

3:30pm

Member Advisory Board Meeting

March 8th & 22nd

5:00pm

STRIVE Night: St. Patty's Day Dance

March 15th

6:00pm-9:00pm

3 Points Shoot-Out Contest with The Maine Red

Claws

March 24th

1:00pm-3:00pm

Camp STRIVE!

April 15th-19th

9:00am-5:00pm

For STRIVE closings and cancelations due to weather visit our Facebook page or WCSH6 for up-to-date information. You can also sign up for text alerts at WCSH6.com.

Wednesday Night Educational Class Series

Creative Writing

6:00-8:00 pm

March 13th - May 15th



Learn to express your thoughts and feelings in a unique, and fun way! Show off all your work with a Showcase for your family and friends at the conclusion of the series. Sign up today! This series costs \$20. For more information, contact Shannon at (207) 774-6278 or solejar@pslservices.org

New STRIVE Gear Available Now!



Represent STRIVE wherever you go with our new collection of hoodies, t-shirts and long sleeve shirts! You can purchase STRIVE gear online at cafepress.com/pslstrive or at our Foden Road office. You can also purchase STRIVE Gear at our Friday night socials! STRIVE Rocks!

STRIVE Pictures



STRIVE U students during a class at USM in Portland.



STRIVE U students cooking a meal together.



STRIVE U student preparing a snack for NYE.



Bayside students enjoy some reading at the apartment in Portland.



STRIVE Next STEP student Jimmy enjoying the Maine Winter at STRIVE!



STRIVE Bayside students playing basketball at the YMCA.



Welcome to our new Next STEP Staff: Sarah and Ann Marie!

STRIVE ROCKS



DANCE DAY * March 3rd * Schedule of Events

Join STRIVE for Dance Day on March 3rd from 10am to 6pm at The Maine Mall!

Tickets will be available for purchase to participate in the many activities or purchase an all day access pass for \$35 and receive a free t-shirt!

FMI: www.striverocks.org

- 10:00am -12:00pm Live Broadcast with WJBQ 97.9 Trent Marshall
- 12:00pm - 1:00pm Dance Demonstration by Casco Bay Movers & Portland Youth Dance
- 1:00pm - 2:00pm Drums Alive
- 2:00pm - 3:00pm Macy's Fashion Show & Trunk Sale and Music Provided by DJ Huzz
- 3:00pm - 4:00pm Mad Science Demonstration and Music Provided by DJ Huzz
- 4:00pm - 5:00pm Zumba! Presented by Studio Fit and Music Provided by DJ Huzz
- 5:00pm - 6:00pm Music Provided by DJ Huzz
- All Day Activities: Moon Bounce, Velcro Wall, Homerun Derby, Obstacle Course, Bungee Run, Sumo Suits, Balloon Twisting by Party Palooga, Feathers In Your Hair, Face Painting by Artascope Studios and much more!

STRIVE is excited to announce that the STRIVE ROCKS Dance Marathon Weekend is

brought to you by:

THE MAINE MALL



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28 Foden Road
South Portland, ME 04106

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Fax: 207-774-7695

Email: info@pslstrive.org

*Serving tweens, teens and young
adults with developmental disabilities*

www.facebook.com/strivenation

Twitter: [@pslstrive](https://twitter.com/pslstrive)

Visit our website:

www.pslstrive.org

- Sign up for the STRIVE e-mail list
- Latest news
- Upcoming events

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email changed?

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info@pslstrive.org*

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3 Points Shoot Out Contest: March 24th!



**Hammond
Lumber Company**

Now is your chance to be a part of STRIVE's wonderful partnership with the Maine Red Claws and Hammond Lumber Company! It's easy! Join us for a "3 Point Shoot Out" at The Maine Expo on March 24th from 1pm-3pm to raise funds and awareness for "3 Points for STRIVE". Put together a team of five 3-point shooters and compete to be this year's champions!

It only costs \$25 per team.

Each shooter will get 5 shots including a money ball shot!

The team with the highest cumulative score wins!

Contact STRIVE at ksmalley@pslservices.org for more information. We hope you will join us for the 3rd annual competition. STRIVE would like to extend a very special thank you to the Hammond Lumber Company for being the title sponsor for this program.

Thank you for supporting STRIVE!