



www.pslstrive.org

STRIVE Newsletter

VOLUME 15 ISSUE 2

FEBRUARY 2015

Join us for STRIVE Rocks Dance Marathon Weekend

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 Rocks2015

Presented by:



March 7th—8th at the Maine Mall

Dance Day will take place Saturday, March 7th from 10am to 9pm at the Maine Mall. Join us for inflatables, DJs, dance crews, and more! You can pay per activity, or have unlimited access for \$35.

The Dance Marathon will begin at 9pm on March 7th and go until 9am on Sunday, March 8th. We will be joined by area bands and DJs, keeping the party going all night long! We will also have a variety of activities throughout the night including Minute-to-Win-it Games, bounce houses, Zumba, and much, much more.

Before February 14th, the entry fee to the Dance Marathon is only \$80. After that date, the fee will increase to \$100, so start fundraising today! You can set up your Firstgiving page by going to www.striverocks.org and pledge envelopes with dancer forms are available at 28 Foden Road. If you'd like an envelope mailed to you, please contact Katelynn at kdavis@pslservices.org or call 207.774.6278.

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STRIVE NEWS

In the News at Bayside

STRIVE Bayside started off the New Year with a graduation! Scott graduated after completing his two years at Bayside. While it is always sad to see someone go, it is wonderful to see all the great progress Scott had made over the past two years! We are truly so proud of Scott and the numerous things he has learned and his many accomplishments during his time at Bayside. Scott will be missed!

This month we covered a very important topic in curriculum: fire safety. We watched a video about what to do and how to stay safe in case of a fire. After the video we practiced stop- drop- roll and took turns crawling through our Bayside apartment to the front door to enforce the importance of staying low to the ground in a fire! We had a lot of fun but also learned some fantastic safety skills!

Towards the end of the month we participated in STRIVE Spirit Week! It was so much fun to see everyone show their STRIVE pride by dressing up for the theme days leading up to the 15th Anniversary Party.

STRIVE Bayside is a program for those hoping to learn independent living skills such as cooking, cleaning, navigating the community, budgeting and more. Though our group is growing, we still have space for more! We have two slots available in the morning (9am to 1pm) and one slot available in the afternoon (1pm to 5pm). For more information or to schedule a tour, contact Veerle Pottie at vpottie@pslservices.org or (207)774-6278.



Next STEP in the New Year

January has been personal and community safety month in Next STEP. The participants have been learning about ways to stay safe while navigating in the community. They also had a self-defense class taught by Villari's Self Defense Center in Scarborough. In addition, Next STEP learned about what to have on hand in a First Aid Kit, where to purchase the materials, and practiced price comparison to determine the best places to find the supplies. In celebration of STRIVE's 15th Anniversary, Next STEP spearheaded a Spirit Week for the STRIVE Programs to participate in. They worked together to gather information, make flyers and ensured that the other programs had the information they needed to participate. They had a Cowboy/Cowgirl Day, Hero Day, Sports Day, and a STRIVE Pride Day, at the end of the week, complete with games and representing the STRIVE Blue and White colors throughout the day!



February is Healthy Relationships month and Next STEP will be working on personal relationships of all kinds.

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 service. Please contact Katie Collins at 207-774-6278 or kcollins@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.

STRIVE U Update



Students at STRIVE U are making the New Year count! Students have had the opportunity to go out in the community and explore many of the shops and events in our own back yard! Many students have started new employment opportunities and are exploring new ones for the spring. Over winter break from Kaplan University, Second Year students got the opportunity to take a First Aid and CPR course to become certified and First Year Students got a little break while studying for their upcoming unit test. Students are getting good practice in shoveling and weather safety as the temperatures continue to drop. Staff and students are working together to keep the campus cleaned up and ready for the rest of winter!

STRIVE U second year students are gearing up for a whirlwind six months as they prepare for graduating from our program in June. A big part of that is the ever exciting process of finding an apartment! We've started the process of getting on waitlists, contacting landlords, and filling out lots of applications. Soon we'll begin touring apartments and before we know it, the students will be putting down deposits, signing leases, and making their new home their own. As you can imagine, finding apartments in a tight market for seven students can be challenging, so we're reaching out to the STRIVE community now to ask for any help you can give! If you or anyone you know knows of a studio or one-bedroom apartment in the greater Portland area please contact the STRIVE U Transition Coordinator, **Sarah Thurston**, at **(207) 899-0035** or sthurston@pslservices.org. Please note that while we are primarily looking for apartments for May, we would still love to know about anything opening up in March or April, too! Thank you!

Working Hard After School

Our After School crew has been busy as we enter into the new year. Each week, they work on homework, volunteer, explore the community, and plan, budget, and cook a meal. They have also been working on finding new snacks that they can make at home on their own! After School participants have also been working hard to increase their money skills by role playing, playing online math games, and using cash when making purchases in the community.

Designed for high school students, STRIVE's After School program provides learning that goes beyond the classroom. Students work in small groups with STRIVE staff on a variety of goals determined by students and their families. Goals include cooking, community safety, and homework, reinforcing social and independent living skills.



After School runs Monday through Friday 2pm to 5pm. Come one day a week or everyday!
Transportation and Early Release pick-up available.

To get more information, please contact Katelynn Davis at kdavis@pslservices.org or call 207.774.6278



February Theme Night:
Valentine's Day

February 13th

Join STRIVE from 6-9pm on Friday, February 13th as we celebrate **Valentine's Day!**

Cost: \$10

We will be decorating some sweet treats, playing Valentine's Day games, and enjoying Chipotle. Advisory Board will also be selling flowers!

FMI: Contact Katelynn at kdavis@pslservices.org

Camp STRIVE

February Camp STRIVE begins Tuesday, February 17th!

Cost: \$45/day



During February Break, STRIVE will be holding Camp! Open to all members ages 11 to 25. We will be making snacks, doing crafts, and heading out in the community daily. It's a great way to spend your vacation week!

Camp will be held 9 to 5pm daily from February 17th to 20th. Early Drop Off is available.

Contact Katelynn Davis to learn more or sign up kdavis@pslservices.org or 774.6278



February Birthdays



Kevin Banks
Cody Wood
Shane Hancock
Abby Spiller
Christopher Pritchard
Sean Gagon
Brittany William
Gabrielle Millett
Deanna Kelly
Lucy Pedersen
Joshua Monk
Gabby Williams
Bryton Maxim
Paris Nalevansky
Ivy Alan
Alexander Cormier
Candace Johnson
Shane Saucier
Kyle McBrady

Emma Campbell
Lucas St. Clair
Nathaniel DiBiase
Arianna Bulger
Zach Krohn
Harrison Snyder
Tricia Penney
William Tompkins



Wednesday Night Educational Classes



**February 4th-February 25th:
Stress Management**

This series will give students the opportunity to learn about methods of managing and relieving stress, such as taiji, music, meditation, and yoga!

**March 4th-March 25th:
Cooking and Culinary Skills**

This series will allow students to prepare several recipes—all healthy, inexpensive, and easy! Expect plenty of practice and lots of good food in this hands-on class!

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

Cost: \$20

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*

- February 6th—Dancing with Jenn!**
- February 13th—UNUM and Valentine’s Day Celebration**
- February 21st— Portland Symphony Orchestra**
- February 27th—Art Lesson with Artascope**

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

Thank you to our January Donors!

- | | |
|---|--|
| Cynthia & Lawrence Vaughan
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Carol Niles
Cathy Campbell
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Harold Osher
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Emma Campbell
Paul Campbell | John McKernan & Olympia Snowe
Richard & Karen Gauthier
Shoresh Foundation in memory of Jake Shapell
Richard & Bridget Whiting
Anonymous in honor of Ryan Taylor
David & Diane Rivard
Eugene Waters & Associates
Rosemary Goranitis
Emily Cromwell & Emmy Frank
Eastpoint Christian Church |
|---|--|

Upcoming Meetings & Events

- Aktion Club**
February 4th, 18th , 3:15pm
- Member Advisory Board Meeting**
February 6th, 13th, 27th
5:30pm
- Wednesday Night Education Classes**
February 4th, 11th, 18th, 25th
6:00—8:00pm
- February 16th—STRIVE Closed for President’s Day**
- Tweens:**
Every Friday, 3:30-5:30pm
- STRIVE Night:**
Every Friday, 6:00-9:00pm

Three Points for STRIVE!



The Maine Red Claws have begun their 2014—2015 season!

The Maine Red Claws and Hammond Lumber Company have teamed up with us again for 3 Points for STRIVE! Make a pledge for each three-pointer made this season at the Red Claws home games.



To learn more or make your pledge, contact Katelynn Davis at kdavis@pslservices.org or call 207.774.6278.

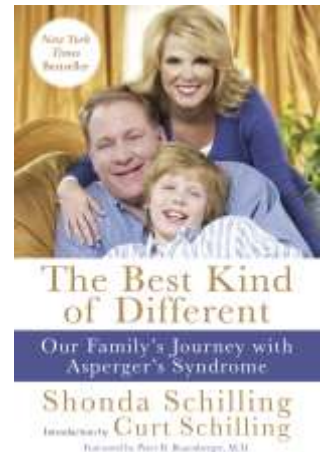
Thank You for Celebrating 15 Years of STRIVE!



Thank you to everyone who braved the snow and came to the Italian Heritage Center to help us celebrate 15 years of STRIVE!

It was a wonderful evening of memories of STRIVE, a look to the future of our agency, and, of course, fun! Shonda Schilling shared her personal experience with her son, Grant, who was diagnosed with Asperger's Syndrome in 2007. Her story was truly inspiring. If you were unable to attend, but would like to hear more of the Schillings' story, we have copies of her book, "The Best Kind of Different" on sale at the STRIVE Center. They are all signed and are \$18. To reserve or purchase your copy, please contact Katelynn Davis at 207.774.6278 or kdavis@psslservices.org.

We also announced some exciting news about the STRIVE Center at 28 Foden Road. This building has been the home of STRIVE and its many programs for the past 13 years. In November, we were able to purchase the building, completing Phase 1 of a new Capital Campaign. At our anniversary celebration, we announced Phase 2 of this campaign—an expansion. Beginning in May, we will begin construction to our 28 Foden Road location, giving our programs an additional 3300 square feet of classroom space. This will allow each program to have their own "home" in our building. Along with this expansion, we will also be adding much needed upgrades to the building including air conditioning, an internal wheelchair ramp, and more assistive technology to further grow our programs. As we move forward in this process, we are looking to raise \$2.05 million. Currently, we have raised over \$1,060,000. If you are interested in being a part of this campaign or know someone who might be, please contact Pete Brown at pbrown@psslservices.org or call 207.879.0847.



Thank you to our sponsors of the event:



STRIVE Pictures



Hero Day for STRIVE Spirit Week



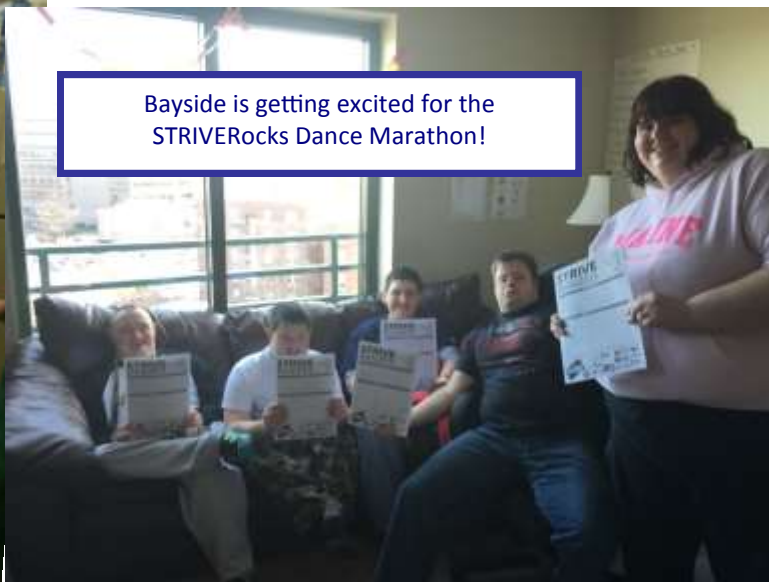
Getting cooking lessons from Chef Brad at Tweens



Next STEP learning some self-defense techniques



"Working Hard" while baking whoopie pies in After School



Bayside is getting excited for the STRIVERocks Dance Marathon!

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!: www.pslstrive.org

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