



www.pslstrive.org

STRIVE Newsletter

VOLUME 16 ISSUE 3

MARCH 2016

STRIVERocks2016 Dance Marathon Weekend

STRIVE's biggest fundraiser, the all night Dance Marathon, is just around the corner and we want YOU to be a part of it!



Dance Day:

March 12th: 10am-6pm

\$12 General Admission

\$5 Chaperoning Adult

FREE Children 3 years old and under

All children under the age of 13 must be accompanied by an adult.

First 1,000 General Admission participants will receive a FREE STRIVE Flyer-Fan!

Dance Marathon:

March 12th-13th: 8pm-8am

Portland's only all-night Dance Marathon! STRIVERocks 2016 will be

a night you don't want to miss!

Register online at

www.STRIVERocks.org and start fundraising today!



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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Face Painting Bounce Houses
 Magician Portland Ballet Classes The Kastaways
 Dance Performances Petting Zoo
 DJ's Patriots Cheerleaders And More!

Henna Tattoos Laser Tag
 Massages Wavelength
 J.C. Underhill Band
 PortSide Groove Photo Booth
 DJ's Bounce Houses And More!

Its not too late to join the STRIVERocks2016 Dance Marathon planning committee! If you are interested please contact Cameron at cprovencher@pslservices.org or (207) 774-6278



STRIVE NEWS

Applications Are In at STRIVE U

On or around February 1st of each year, the applications are due for the STRIVE U class that will be accepted for the following June. We thought it might be helpful to further explain the application and acceptance process for STRIVE U. The process very closely mirrors that of a traditional post-secondary (or college) admissions process. The applications become available in September and interested students may request the application packet and begin to work on completing the entire packet by the due date. Although the process for completing the application is easier the earlier someone begins to work on it, a student can request, and complete the application right up until the deadline for submission. The application requires that potential students gather recommendations from educators, employers, and others who know the student well. The applicant must also submit a personal essay in response to a choice of some guiding questions including what the student hopes to achieve while attending STRIVE U. Additionally, there are other items that need to be compiled and submitted including: school transcripts or equivalent, evaluations and assessments, and documentation of having completed high school. In addition to the requirement that in-state STRIVE U students must meet the guidelines for eligibility as having an intellectual disability through the Office of Aging and Developmental Services (OADS) as set forth by the Dept. of Health and Human Services (DHHS), the committee is most importantly looking for students who are motivated to work as hard as possible with a goal of leading an independent life after they graduate from STRIVE U. After applications have been submitted, the STRIVE U Admissions Committee selects applicants to be interviewed by the committee from those who have applied. From there, selected applicants will be invited for an overnight experience on campus where they will experience first-hand what it is like to be a student at STRIVE U. Overnight applicants will shadow current students working on their residential goals as well as attending a Kaplan class. After that entire process is complete, the Admissions Committee will review all information and select the students who will be accepted. By having the application process include a holistic approach of written, oral and experiential, the strengths of the applicants are able to be shown. On April 1st of each year, letters are sent to all applicants to let them know whether or not they have been accepted. In early May, accepted students attend several informational and welcoming events to assist them in preparing to move on campus and begin their two year journey of living, working and learning as a STRIVE U student. Although STRIVE U accepts a limited amount of applications, that should not deter anyone from applying. The old adage "you can't be considered for acceptance if you don't apply" stands true. Each year brings a different number of applicants with a variety of strengths.



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.

Interest Growing at TOPS



TOPS began welcoming prospective high school students as they shadowed a session here at STRIVE. The students attend a typical TOPS day, similar to adults going to on site-visits to new programs or colleges. Some of these students are looking to attend our program starting this summer in our first Extended School Year session, and then continuing into the 2016-2017 school year.

Our current students have begun taking on a leadership/mentor role as they show the incoming students the routine and expectations that are held here. As we continue to network and expand the program, we have gained interest from many professionals, parents and students from schools near and far!

TOPS serves students from the Greater Portland Area School Districts in their 13th and 14th year of high school. If you have questions or would like more information about TOPS, please contact Kelly Shufelt, TOPS Transition Specialist, at 207-774-6278 or kshufelt@pslservices.org.

Visiting Fire and Police Departments with Next STEP!



During the month of February, Next STEP took a tour of the Portland Fire Station and South Portland Police Department. When we went to the Portland Fire House, we learned that the firefighters not only fight fires, but they do all kinds of different things such as responding to accidents, and getting called to search and rescue operations. When we went to the South Portland Police Station, we met a nice officer who gave us a tour of the station. We got to see more fire trucks, the K-9 unit, and where they get together before shifts to find out where they will be for the duration of their shift. We even got to observe some of the calls that came in and learned the different call signs. Some examples are: traffic stop, animal control, and domestic. Additionally, Next STEP has started going swimming at South Portland Community Center one day each week, where they can learn different swimming styles. Swimming is a great example of a life-long opportunity for exercise. Our upcoming curriculum unit will be learning about Needs vs. Wants and how to shape a budget based on those. We also will be going to a local bank for a tour.

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 service. Please contact Betsy Morrison at 207-774-6278 or bmorrison@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.

Building Foundations at Bayside

At STRIVE Bayside, most of our focus is on fostering greater independence. Our program is unique in that it is two years long, with the option of a third year. This might seem like a lot of time to be practicing the same goals each week, but mastering skills can take a while! Let's talk about the difference between what a first year at Bayside would do while grocery shopping versus what a second year would do. First years focus on learning the general layout of the grocery store, ensuring they remember all the items on their list and that all those items are within their budget. They practice appropriate behavior in the store, while waiting in line, and practice checking out of the grocery store properly. Once all these skills have been mastered, second years move onto weighing produce, choosing ingredients that are the cheapest, choosing meat that is the best value based on price per pound, making appropriate substitutions if an item isn't in stock, and paying for their groceries with smaller bills and exact change. At Bayside, many of the goals we work on build from a foundation that is learned in the first year.

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 excited to announce that we will have two participants graduating in the next month. This means that shortly, we will have two open spots at Bayside! We are currently accepting applications. If you are interested in joining STRIVE Bayside, or would simply like more information please contact: Caroline Cole at 899-1725 or ccole@pslservices.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
 March Theme Night:
St. Patrick's Day!
 March 18th, 6-9pm



Ages:
 15 to 24 years old

Cost: \$10
 with scholarships
 available

During St. Patrick's Day STRIVE Night, we will be having a "best dressed" competition, giving out gold chocolate coins, and having a St. Patrick's Day themed game!

FMI: Contact Cameron at cprovencher@pslservices.org or call 207.774.6278

****Advisory Board's first meeting in March will be held on March 4th at 5:30pm.****

Wednesday Night Educational Classes

Healthy Lifestyle
 March 9th-23rd, 2016
 6:00pm-8:00pm



This series will emphasize the importance of a healthy mind and body. Students will be introduced to techniques from local nutrition, meditation, and exercise professionals. A great opportunity to gain new knowledge and tools to live an even healthier life!

****Coming Up****
Internet and Community Safety

March 30th—April 13th, 2016
 6:00-8:00pm



This eye opening series will give students the opportunity to learn about ways to keep themselves safe online and in the community. Some of the topics that will be covered include: safe internet communication, personal digital boundaries, digital abuse, and street safety. This class will be a great way to increase your ability to stay safe in a world where technology is constantly changing!

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.

March Birthdays

Mackenzie Pizzo
 Evn Caron
 Kenneth Maxfield
 William Duhamel
 Desiree Mccroy
 Marie Christie
 Michael Giasson
 Charles Ramses
 Nicholas St. John
 Michael Laughlin
 Zihao Huang
 Forest Levitt
 Glorimari

Carley Chapman
 Cory Hutchins
 Austin Pietras
 Andrew Jenkins
 Jordan Curtis
 Nava Aryan



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!****

- March 4th: South Portland Bus!**
- March 11th: Games with UNUM!**
- March 18th: St. Patrick's Party!**
- February 25th: Fitness with UNE!**

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

Thank you to our February Donors!

David Sawyer ~ in Memory of Mirriam Urban
Jean Wilson & John Roberts – In Memory of Mirriam Urban
Roy & Kathleen Walker – In Memory of Mirriam Urban
Mary Doughty – In Memory of Mirriam Urban
Carolyn Wilson – In Memory of Mirriam Urban
Martha Dolley – In Memory of Mirriam Urban
Robert Dowling & Heather Graham
George Dix
United Way of Eastern Maine

Cathy Campbell
David Pride
Anthony's Italian Kitchen
Michael and Nancy Marino
Gordon & Laurie Oliver
Karin Carlson
Paula Pentecost
Sandra Livingston
Joanna Bulger
Lynn Roberge
Lee Urban
Idexx Laboratories



Upcoming Events

Aktion Club
March 2nd, 16th, 3:15pm

Member Advisory Board Meeting
March 4th, 18th, 5:30pm

Wednesday Night Education Classes:
Apartment Skills
Wednesdays, March 9th –23rd
6:00-8:00pm

Tweens
Every Friday, 3:30—5:30pm

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

****STRIVE will be closed on Monday February 15th.****

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!****

Dance Marathon Weekend Preview Week

STRIVE was in Center Court at the Maine Mall last month raising awareness for the STRIVERocks2016 Dance Marathon Weekend!

Preview Week was another great success this year at the Maine Mall. We had overwhelming interest in **Dance Day**, and just about ran out of our pocket flyers. The coupons we made were a huge hit, and potential participants couldn't wait to tell their friends. We gave out a bunch of **Dance Marathon** packets and increased the interest for Dance Marathon by giving away free entries daily, and giving a sneak preview into the dancing that will be happening for 12 hours come March 12th! We would like to thank **Best Buy** and **Yogibo** for their continued support of STRIVE and our programs. Best Buy let us borrow two flat screen TV's, an Xbox One, WiiU, and Just Dance games for anyone to enjoy. Yogibo was kind enough to let us borrow a few Yogibo's for people to sit on and relax while their friends danced in the middle of Center Court. **STRIVERocks2016 Dance Marathon Weekend** is only three weeks away! Have you registered yet?! Visit www.STRIVERocks.org to register today!



STRIVE Pictures



On Thursday, February 18th, STRIVE held it's official Ribbon Cutting for the new space. We were joined by Senator Angus King, and House of Representatives member Chellie Pingree. STRIVE had an open house until 7pm where community members, parents and partners could come through the new space for a tour.

We have raised **\$1.6 million** and we only have **\$25,000** remaining to completely pay for the building, renovations, and expansion, making a large impact on our programs. Want to get involved? Know someone who can help?

Contact Peter Brown at pbrown@pssl-services.org or (207)879-0847.





STRIVE
28 Foden Road
South Portland, ME 04106

Phone: 207-774-6278
Fax: 207-774-7695
Email: info@pslstrive.org

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Questions, Comments, or Suggestions – Contact Our Staff!

Peter Brown

PSL Services Associate Director
pbrown@pslservices.org

Betsy Morrison

STRIVE/STRIVE U Program Director
bmorrison@pslservices.org

Katelynn Davis

STRIVE Program Manager
kdavis@pslservices.org

Veerle Pottie

Community Services Program Director
vpottie@pslservices.org

Caroline Cole

STRIVE Bayside Program Coordinator
ccole@pslservices.org

Kelly Shufelt

STRIVE TOPS Transition Specialist
kshufelt@pslservices.org

Christine Mars

STRIVE VISTA Program and Outreach Coordinator
cmars@pslservices.org

Peggy Ceresia

STRIVE Special Projects Coordinator
pceresia@pslservices.org

Tap Fitzgerald

STRIVE U Student Life Administrator
tfitzgerald@pslservices.org

Bill Hughes

STRIVE U Admissions Coordinator
bhughes@pslservices.org

Lorri Perry

STRIVE U Transition Coordinator
lperry@pslservices.org

Kelly Taylor

STRIVE U Education and Training Coordinator
ktaylor@pslservices.org

Dick Leeman

STRIVE U Employment Coordinator
dleeman@pslservices.org

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