



www.pslstrive.org

# STRIVE Newsletter

VOLUME 16 ISSUE 5

MAY 2016

## STRIVE For 5 Foden Road 5K Registration Now Open!

### 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. More updates to follow!

To register, go to: <https://runsignup.com/Race/ME/SouthPortland/Strivefor5KRunWalkandBlockParty>

For any additional information, please contact Pete Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call (207)774-6278.

## Anthem Blue Cross and Blue Shield Foundation

Over the last couple weeks, our Dayhab, STRIVE U, Bayside, Next STEP, and TOPS programs have been screened by staff at the UMed Gym. Members have had their heart rate, and blood pressure taken. UMed will be finishing up the physical measurements soon and will be distributing the fitness trackers to all members. Additionally, our staff have started the training portion of the program. Our staff are learning how to successfully lead group exercises, and how to teach a healthy food balance. We will also be working with a registered dietician to develop healthy, budget friendly, and easy to replicate meals.

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



Anthem Blue Cross and Blue Shield Foundation



#### 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

## The Kaplan Connection for STRIVE U

STRIVE U students attend Kaplan University for the educational component of their post-secondary experience. One of the elements of the Kaplan experience is the mentorship program. Each STRIVE U student is paired with either a Kaplan staff or student. One of the purposes of the program is for each student to have someone additionally in their life with whom they can talk and share some positive time together.

One quality of being a good mentor is to notice what is important to the mentee – those topics brought up in conversation that have heart and meaning. Topics that evoke emotions. When the Kaplan mentors met to discuss how their relationships with the mentees were going, they exhibited this quality by identifying something that students all seemed to be interested in, emotional about, and had meaning to them: *Food*. More specifically, crock-pot food. With this knowledge, the group of mentors set out to connect with the Strive U students by hosting a crock-pot, pot-luck event. First, students were asked what recipes they would like to learn to make in a crock-pot. Mentors all chose one of these dishes to make, and set the date for the luncheon. The delicious smells produced by 10 simmering crock-pots crept into our classrooms all morning. Finally, the time for lunch came. Students and mentors enjoyed sampling all the foods, and mentors provided a recipe for each student. Mentors and mentees were able to spend valuable time together over a delicious meal. Mentors making meaningful connections by focusing on what is important to the mentee – a recipe for success!

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@psslservices.org](mailto:bhughes@psslservices.org) or 207-774-6278. Tours are available year-round.



## Post-Grad Life with TOPS

As we near the end of the school year, the TOPS students are preparing for their next big adventure: Post-Grad life! This past month has been filled with apartment tours, individual shopping trips, and other responsibilities. Some responsibilities that they are focusing on are overall health and wellness, paying bills, transportation, and age-appropriate leisure activities.

The individual shopping trips are implemented so that the student can gain confidence in their abilities to grocery shop without a shadow. The students were given \$3, a range of items to choose from, and sent on their way to the store. Following their list, they found the item they needed to purchase and proceeded to check out. Upon completion, they would meet up with the teacher that was in the store to go over how they did. The student had to have their receipt, correct change, and the correct item from their list. The next phase will be to give students more items, a larger budget, and eventually to include a time frame.

STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13<sup>th</sup> or 14<sup>th</sup> year of school. If you have questions or would like more information about TOPS, please contact Betsy Morrison at 207-774-6278 or [bmorrison@psslservices.org](mailto:bmorrison@psslservices.org).



## Personal Health and Hygiene with Next STEP!

In the month of May, Next STEP will be learning about Personal Health and Hygiene. The Next STEPPers will start off the month by doing an experiment about washing their hands; they will learn, in a visual way, that when using just water to wash their hands, they do not get all the dirt off their hands. Also, the Next STEPPers will be learning some new exercises on Thursday afternoon, things like Kickboxing, and cardio workouts.

Additionally, PSL Services will be partnering with UMed gym on a new health and wellness program through a grant from UNUM. The program is about staying healthy and being active. Several of our Next STEPPers will be participating in the program. They will be participating in this program for 3 months. They are very excited to start the program, and we are very excited to see the results!

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@pslservices.org](mailto: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.



## Exploring Portland at Bayside

STRIVE Bayside has had an exciting month, marked by visiting a lot of new places! Here at Bayside we consider ourselves lucky to be located in downtown Portland because it gives us the opportunity to access so many great community resources and places. There are so many opportunities to participate in various events and attractions around Portland, usually for little or no cost! In the past month we have gone to The Portland Museum of Art and the Southworth Planetarium. Our tour of the museum was enriching and fun as we learned about a few different pieces of artwork, and were all given the opportunity to give our feedback about them. At the Southworth Planetarium we experienced a laser show, and at \$5 a piece, it fit right into our adventure day budget and was a unique experience! While we do have adventure day at Bayside as a fun day to take a break from our working on goals, it is still a day to practice researching and finding places of interest, budgeting, and navigating to new places in 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@pslservices.org](mailto: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  
 May Theme Night:  
 Spring Fever Fiesta!  
 May 6th, 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](mailto:cprovencher@pslservices.org) or call 207.774.6278.

**\*\*Advisory Board's first meeting in May will be held on May 13th at 5:30pm.\*\***

## Wednesday Night Educational Classes

### Things to Know After You Turn 18

May 4th—May 18th, 2016  
 6:00-8:00pm



This class is all about the logistics of how life changes after you turn 18! Many crucial topics will be discussed including, guardianship, SSDI, vocational rehab, work support, and career planning. Parents and guardians are welcome to attend the final class along with their participants. It will feature PSL case managers who will cover transportation options, section 21 and 29 waivers, the differences between adult case management and child case management, and answer any questions you may have. There is something for everyone to learn in 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](mailto: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](mailto:pceresia@pslservices.org) or call (207)774-6278.

## May Birthdays

Greyson Sciaraffa  
 Isabella Joyce  
 Madeleine Joyce  
 Phillip Greene  
 Mary Burke  
 Altana Johnson  
 Andrew McIver  
 Niels Doughty  
 Nicholas Taddia  
 Jamie Trites  
 Matthew Leeman  
 Tyler Cartwright  
 Jason Wotton  
 Joe Gephart  
 Gabe Brewington  
 Leah Gouldsbrough  
 Jordan Emerson

Taneka Burswell  
 Alexandra Agostino  
 Molly Snowden  
 Paul John Rosenblum  
 Zach Sprague  
 Aphrodite Makrides  
 Ryan Dufour  
 Caitlyn Welsch  
 Jaydon Leighton  
 Melissa Goodman



## Summer Camp STRIVE

June 6th –September 2nd, 2016  
 9:00am-5:00pm

Summer Camp STRIVE is just around the corner!  
 Register today!

For more information, or to register, please contact Christine Mars at [cmars@pslservices.org](mailto:cmars@pslservices.org) or call (207)774-6278.



**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!\*\***

**May 6th: Spring Fling!**

**May 13th: Games with UNUM!**

**May 20th: Honey Exchange!**

**May 27th: Hula Demo!**

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

**Thank you to our April Donors!**

Knights of Columbus	Portland Harbor Hotel
Anonymous	Hancock Lumber on behalf of
Yarmouth Middle School—YAC	Great Falls Construction
Little Tap House, LLC	Kristen Wight
Peter and Kelley Valente	Hutchins Trucking
Kennebunk Savings	Bill Taplin
Raymond and Betty Clark	Portland Pirates Foundation



**Upcoming Events**

**Aktion Club**  
May 4th, 18th, 3:15pm

**Member Advisory Board Meeting**  
May 13th, 27th, 5:30pm

**Wednesday Night Education Classes:**  
*Things to Know About Life After You Turn 18*  
Wednesdays, May 4th –May 18th  
6:00-8:00pm

**Tweens**  
Every Friday, 3:30—5:30pm

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

**\*STRIVE will be closed Monday, May 30th\***

**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](http://www.AnthonysItalianKitchen.com) or call (207)774-8668

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

# Next STEP Open House

**Tuesday, May 24th, 2016**

*3:00-7:00 p.m.*

*28 Foden Road, South Portland*

Next STEP is a very unique, private pay program that combines independent living skill development with social, recreational, and wellness opportunities that utilizes STRIVE U curriculum.

The Next STEP program operates on a rolling admissions process, and participants can begin at any time throughout the year. Full time is available Monday-Friday from 9:00-5:00, and early drop off is available starting at 8:00. Additionally, there are many part time opportunities available as well. Costs are \$205 / week for full time, \$125 / week for part time, \$50 / day or \$25 / half-day sessions.

Next STEP is a great option to consider in combination with a community support program, while on a waiting list , or for those who do not qualify for other services.



For more information, please contact Betsy Morrison, STRIVE Program Director  
[bmorrison@pssl-services.org](mailto:bmorrison@pssl-services.org) or call (207) 774-6278.

# STRIVE Pictures



**STRIVE U students participated in a pot-luck lunch**



**TOPS walking to Hannaford for their weekly grocery trip**

STRIVE programs were extremely busy this month. Bayside had a blast at the Planetarium, and the Portland Museum of Art this week. TOPS are getting read for post-grad life and learning important independent living skills. STRIVE U and Kaplan are becoming great partners in the kitchen as well as the classroom. STRIVE U and Kaplan put on a pot-luck luncheon and enjoyed each others new recipes!

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

**Bayside visited the Portland Museum of Art**





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## Questions, Comments, or Suggestions – Contact Our Staff!

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*We welcome your comments, questions, and feedback  
at [info@pslstrive.org](mailto:info@pslstrive.org).*