



www.pslstrive.org

STRIVE Newsletter

VOLUME 14 ISSUE 11

NOVEMBER 2014

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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Celebrate with us!

STRIVE is Turning 15!!

Join us as we celebrate the past 15 years and look ahead to many more!



January 24th, 2015
6pm

Italian Heritage Center
40 Westland Ave.
Portland, ME 04101

Tickets are \$25 per person
STRIVE members, pay your STRIVE
Night rate
Aged out members are also invited!

Enjoy music by the J.C. Underhill Band (and a surprise guest!) and listen to a keynote presentation by Shonda Schilling, wife of former Boston Red Sox pitcher Curt Schilling, and author of *The Best Kind of Different*.

Invitations will be in the mail soon!

For more information, please contact Katelynn Davis at 207.774.6278 or kdavis@pslservices.org or contact Peter Brown at 207.879.0847 or pbrown@pslservices.org

Thanks to the Sponsors of our 15th Anniversary Gala:



STRIVE NEWS

STEP into Fall!

October in Next STEP has been career planning and job exploration month! The participants have spent some time brainstorming jobs they would like to obtain and learning what some common job requirements are. They also had a guest speaker talk about starting his own business and the work that it takes to do so. As the month went on, everyone had a chance to practice asking for applications at various stores and have gone through the lines of the application to learn what the applications are asking. They've also practiced filling in applications and started a basic outline of resumes and portfolios. There is a lot more to develop so as time goes on, the participants will continue to work on learning about all of these different elements of starting a job.



Mid-month, the participants took a trip to Abbott Alpaca Farm in Cumberland. They learned about raising Alpacas and had an opportunity to hang out with them on the farm. Next STEP also tried a new volunteer opportunity: helping to divide compost at Garbage to Garden. Everyone split into teams and helped fill and tie bags of compost which will be delivered weekly to different households in the area. Together, Next STEP bagged 72 bags! The participants had a good time and look forward to learning more about composting and starting to compost in the Next STEP classroom.



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.

What's New at Bayside!



This month at Bayside we have been learning and practicing stress management techniques. We learned some coping skills that will come in handy if we are in the community and need a quick way to de-stress. We also talked about ways to recognize stress in others, and how to help a friend who may be feeling stressed. In addition to stress management we also learned about voting. We discussed how to register, where to find information on the election, where to vote and why it is important to vote!

We welcomed two new participants to Bayside—Dianna and Emma! Both Dianna and Emma have been doing a great job getting used to the Bayside routine and getting to know everyone here. They are going to be a great addition to our group! We are always very excited to have new people join us!

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 one slot available in both the morning (9am to 1pm) and afternoon (1pm to 5pm) groups.

For more information or to schedule a tour, contact Veerle Pottie at vpottie@pslservices.org or (207)774-6278.

STRIVE U Update

Students at STRIVE U are beginning to enter the working world as the leaves have started to change. First year students have been practicing for interviews, starting new jobs, and learning about the job etiquette necessary to be successful day to day. Second year students are starting to shift gears and focus on employment that can extend beyond their time at STRIVE U. Classes continue to run with topics being covered such as personal safety, budgeting, and health.

Students are taking advantage of the many resources around the community of Portland and adventuring to the gym, throughout the Old Port and many are gearing up for our Halloween party!

Students are working hard and making great progress!



STRIVE U applications for the Class of 2017 are available now! To learn more about the program, schedule a tour, or get an application, please contact Erin Berg at eberg@pslservices.org or call 207.774.6278.

Questions, Comments, or Concerns – Contact Our Staff!

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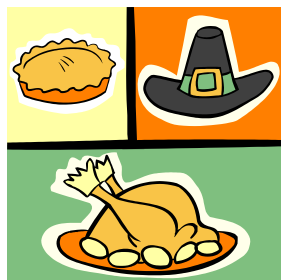
Kelly Taylor

STRIVE U Education and Training Coordinator
ktaylor@pslservices.org

MaryAnn Schwanda

STRIVE U Employment Coordinator
mschwanda@pslservices.org

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



November Theme Night: Harvest Festival

Join STRIVE from 6-9pm on Friday,
November 21st for our
Harvest Festival!

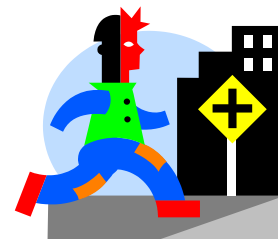
We will have Thanksgiving games,
activities, and much more!

FMI: Contact Katelynn at kdavis@pslservices.org

Wednesday Night Educational Classes

Public Safety

November 12th &
19th
Wednesdays
6:00—8:00pm
Cost: \$20



Speakers from the local police department
will talk about being aware in public, inter-
net safety, and much more!

Upcoming Classes:

Money Management



November 26th to
December 17th

*This series will give students the
opportunity to learn about money,
checking and savings accounts,
and balancing checkbooks.*

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

November Birthdays

Ian Taylor
Jevyn Neves
David Estes
Michael Blodgett
Rebecca Deitlin
Scott King
Aaron Golden
Dylan Aitken
Fred Warren
Tad Hugo
Jonathan Tingley
Eben Raszmann
Karen Welling
Alexis Cote
Caitlin O'Brien
Nicholas Jipson
Deborah Burgess
Justin Faulker
Mark Hoglund

Gregory Gulino
Breanna Thueson
Drew Sellick
Ben St. Lawrence
Hannah Foster



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 is \$10 - Bring a friend and we will see you on Friday!

November 7th— Maine Center for Taijiquan and Qigong

November 14th— UNUM

November 21st— Safety City and Central Maine Power

November 28th— NO TWEENS—Happy Thanksgiving!

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

Thank you to our September Donors!

MEMIC
 Cathy Campbell
 In Memory of Barbara Monahan
 Cynthia & Lawrence Vaughan
 Clifford & Patricia Plummer
 William Gourde
 Alan McHale
 Robert Junkins
 Lois Dennison
 Hammond Lumber

Upcoming Meetings & Events

Aktion Club
 November 5th—
 Volunteering at the STRIVE Auction
 6:00—9:00pm

November 19th—
 Volunteering at Ronald McDonald House
 3:30pm

Member Advisory Board Meeting
 November 14th, December 5th
 5:30pm

Wednesday Night Education Classes
 November 12th and 19th
 6:00—8:00pm

Tweens:
 Every Friday, 3:30-5:30pm
 11-14 year olds

STRIVE Night:
 Every Friday, 6:00-9:00pm
 15-24 year olds

Holiday Closings

As the holiday season fast approaches, we wanted to remind you that STRIVE and STRIVE's programs will be closed on the following days:

Tuesday, November 11th—
Veteran's Day

Thursday, November 27th—
Thanksgiving

Friday, November 28th—
Day after Thanksgiving

Thursday, December 25th and Friday, December 26th—
Winter Celebration

It's time for Camp STRIVE!

The holidays are coming, which means school vacations are here!
Looking for something fun to do on your days off? Come to Camp STRIVE!



Thanksgiving Break:
Wednesday, November 26th

Winter Break:
Monday, December 29th
Tuesday, December 30th
Wednesday, December 31st
Friday, January 2nd



Camp runs 9:00am to 5:00pm with the option of an early drop-off at 8am.

We'll have festive activities to celebrate the holidays!

Cost: \$45/day

To learn more or to sign up, please contact Katelynn Davis at kdavis@pslservices.org or call 207.774.6278.

3 Points for STRIVE!

The Maine Red Claws are about to begin their 2014-2015 Season—
so we are preparing for 3 Points for STRIVE!

Make a pledge for each three-pointer made this season.
Whether it is \$1, \$5, or \$10, all pledges will make a difference.

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

Stay tuned for more details about the 3-Points for STRIVE Shoot-Out Contest!
Organize your team now!



Sponsored by:



STRIVE Pictures

Fun at Bayside!



Dancing with Jenn at
Tweens!



STRIVE
Post-Secondary
Experience Weekend



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](#)

Pinterest: STRIVEPSL

Find us online!: www.pslstrive.org

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Return Service Requested

2015 STRIVE Dance Marathon

Save the
Date!

When: March 7th to the 8th, 2015
Where: The Maine Mall—South Portland, ME

Dance the night away to support STRIVE!
More details coming soon!

Want to join the planning committee?
Please contact Katelynn at kdavis@pslservices.org
Or call 207.774.6278

