



www.pslstrive.org

STRIVE Newsletter

VOLUME 15 ISSUE 11

NOVEMBER 2015

Come Get "Hooked on STRIVE" on November 18th!

HOOKED ON

Please join us "Under the Deep Blue Sea" for STRIVE's 11th Annual Live & Silent Auction!

This year's event will be held on **Wednesday, November 18th at Ocean Gateway at 6pm**. This year's event will feature items from around the state of Maine, across the country and the world! We already have many fabulous vacations, gift cards to local businesses, sports tickets and memorabilia, and so much more! We are looking forward to this auction being our best yet.



Learn more at [www.pslstrive.org/auction!](http://www.pslstrive.org/auction)

For more information, please contact Katelynn Davis at kdavis@pslservices.org or call (207)774-6278.

A huge thank you to all of our event sponsors!

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

Enjoying Fall at STRIVE U

Things are very busy around STRIVE U. We have added several new staff members to join our team—we are so excited to have Olivia, Pete, Jen, and Kate on board! We would also like to announce that Lorri Perry has been promoted to Transition Coordinator for STRIVE U. Lorri brings years of STRIVE U experience, and already has a great relationship with the students, making this transition seamless. Lorri will be responsible for assisting students to find apartments after they graduate from the program and provide transitional support for new students and graduates.

Don't look now – but winter is just around the corner! We are starting to get all of the buildings ready for winter by doing any needed repairs to apartments and ensuring that the entire campus is in “ship shape” condition for the upcoming season. Let's hope that Old Man Winter is kind to us this year!

Last month, the first year students got to spend a day at TD Bank. They got to learn about the banking industry, and see some of the inner working of the bank's operation. Many of the students found it very interesting, and a great time was had by all who attended!

We are also in the process of planning our annual holiday event - the Progressive Dinner. This event welcomes the students and alumni to celebrate the fall holiday and enjoy a nice meal together. The students prepare several appetizers, along with all of the side dishes and desserts. The students have chosen the menu items and are all excited about the dishes that they are making for the celebration. The planning and execution of this event is truly a campus wide undertaking, and everyone has their part in the success. It's also a great chance for students, past and present, and staff to reconnect and enjoy an annual tradition. The event will be on November 18, 2015. Stay tuned for pictures of this great event!

STRIVE U Applications for the Class of 2018 are available! To learn more about the program, schedule a tour, or get your application, please contact Bill Hughes, STRIVE U Admissions Coordinator, at bhughes@ppls-services.org or call (207)774-6278.



Kitchen Safety at Bayside

At STRIVE Bayside participants work on goals weekly to increase their independent living skills. One of the goals we work on every week is cooking, we all need to eat! For the past month, in addition to our weekly cooking day we have been using our daily curriculum time to learn about cooking, kitchen and food safety skills. We've covered topics from preventing food poisoning to knife safety. We have learned some very interesting and helpful tips about food storage and safety, did you know its actually unsafe to thaw meat on the counter? Instead, you should thaw in the refrigerator, microwave or in a bowl of cool water. Since we only have one day of cooking a week here, having the opportunity to really dive into the details of safety will serve everyone well when they're cooking in their kitchens at home!

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, 9:00am-1:00pm and 1:00-5:00pm. We operate out of an apartment in down town Portland to simulate actual apartment living. If you are interested in joining STRIVE Bayside, or would simply like more information please contact: Caroline Cole at 899-1725 or ccole@ppls-services.org.

Exciting Activities in Next STEP!

There were lots of exciting things going on in Next STEP last month! As a group we took trips to Peaks Island and the Maine Wildlife Park. At the wildlife park, some of our favorite animals to see were the moose, the black bears, and the wild cats. Taking the ferry over to Peaks Island was a blast, and while on the island we were able to explore and find a ton of sea glass! Throughout the month we enjoyed our cooking groups, doing some warm fall themed foods like pumpkin snickerdoodles and grilled cheese with soup. As the cold weather set in we composted the vegetable garden that we had been caring for during the summer. We hope to plant a new garden next planting season.

The focus of this month was on practicing and learning different social skills. While learning about social skills we had a special guest etiquette teacher come in and teach us about the importance of a good hand shake and table manners. Other skills we have been working on include using our positive language and recognizing the different ways we dress for different situations. During free times we have been enjoying playing basketball at the park and lots of Uno. In the course of this month, a few participants were also interviewed and recorded for a news story on the Portland Press Herald about our volunteer calibration with Animal Refuge League. Getting to see ourselves in the news was a great experience! We look forward to all the wonderful adventures that November and the upcoming months will bring us.

Next STEP is a unique day program providing community supports for young adults with developmental disabilities. It is perfect for someone on the waiting list to receive services, in combination with other services, or for someone who may not otherwise qualify for services. For more information, please contact Betsy Morrison at bmorrison@psslservices.org or call (207)774-6278.

Join us at Camp STRIVE this Winter!



Thanksgiving Camp—Wednesday, November 25th
Winter Break Camp—Monday, December 28th through
Thursday, December 31st

We'll have holiday-themed games, crafts, and snacks, as well as trips to local businesses and organizations! We are even planning a special volunteer project for the week after Christmas.

Camp STRIVE is perfect for any 11 to 24 year old looking to get something more out of their school vacation days. Camp STRIVE involves lots of socialization and exposure to the community of Greater Portland, making it a great option for everyone!

Please register at least one day prior to the beginning of any Camp STRIVE session.

For more information or to register, please contact Christine Mars, STRIVE Outreach and Program Coordinator, at cmars@psslservices.org or call (207)774-6278.



STRIVE Night November Theme Night: Harvest Festival



Ages:
15 to 24 years old

Cost: \$10
with scholarships
available

Join us for some Thanksgiving fun at our annual Harvest Festival! We will be enjoying fall snacks and food, as well as playing lots of fun games with the chance to win some great prizes!

Bring a friend! Their first time to STRIVE Night is FREE!

FMI: Contact Katelynn at kdavis@pslservices.org or call 207.774.6278

Member Spotlight



Meet Diana!

Diana attends our STRIVE Bayside and Next STEP programs. She has been an active STRIVE member for several years.

Hometown: Yarmouth

Favorite thing about STRIVE: *I've met lots of people here—it rocks!*

Favorite Color: Red

Favorite Thanksgiving Food: *Stuffing*

Dream Job: *Work in the hospital delivering babies*

Wednesday Night Educational Classes



November Birthdays



Ben St. Lawrence
Hannah Foster
Jevyn Neves
Caitlin O'Brien
Christopher Bell
Drew Sellick
Breanna Thueson
Mark Hoglund
Nicholas Jipson
Michael Blodgett
Rebecca Dietlin
Jonathan Tingley
Justin Faulker
Eben Raszmann
Aaron Golden
Dylan Aitken
Tad Hugo

Happy
BIRTHDAY



Money Management

December 2nd-16th
6:00-8:00pm



This informative series will discuss budgeting, smart decision making, checking and savings accounts, writing and endorsing a check, reading a bank statement, balancing a checkbook, and so much more!

STRIVE's Wednesday Night Educational Classes are held every Wednesday at the STRIVE Center with a different series each month.

For more information, contact Peggy Ceresia at pceresia@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 now FREE to all members between the ages of 11 & 14!****

November 6th: Touch Tanks
November 13th: UNUM
November 20th: Harvest Fest
November 27th: *STRIVE Closed—No Tweens*

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

Thank you to our October Donors!

Jan Bonica	Debra Sinclair & John Cox
Kennebunk Savings	Susan Aleschus
Auburn Housing Authority	Sherman Family
Katelynn Davis	Foundation
Robert Junkins	Affordable Benefit
Hammond Lumber	Solutions
Company	Lynne Panico
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Shoshana and Jeremy	Jennifer & Richard
Bennett	Christensen
Colleen and Bill Hilton in	Jason & Arnold Briggs
honor of Susie Cloutier	Monique Carrington
Gina Barnes	Dimitri, Inc.
Jen Fitzpatrick	Evelyn & Stephen Whelan
Judy Knaub	Mary Jo Jakob
Daniel and Lisa Randall	Quinby and Frederic
Aric Walton	Thompson
Diane Walton	Masters Local Union No.
Lauren Stevens & Derek	340
Howes	
Phillip & Sherry	
Norton	
Travis Hayes	
Edmund and Layne	
Marzano	
Keene Plumbing and	
Heating	
Theodore	
Waterhouse	



Upcoming Events

Aktion Club
November 4th
3:15pm

Member Advisory Board Meeting
November 13th
5:30pm

Wednesday Night Education Classes:
Self-Advocacy
Wednesday, November 4th
6:00—8:00pm
Money Management
Wednesdays, December 2nd—16th
6:00-8:00pm

STRIVE Live and Silent Auction:
Hooked on STRIVE
Wednesday, November 18th
6:00pm
Ocean Gateway, Portland, Maine

Tweens
Every Friday
3:30—5:30pm

STRIVE Night
Every Friday
6:00—9:00pm

Renovations, Expansion, and Safety Updates Continue!

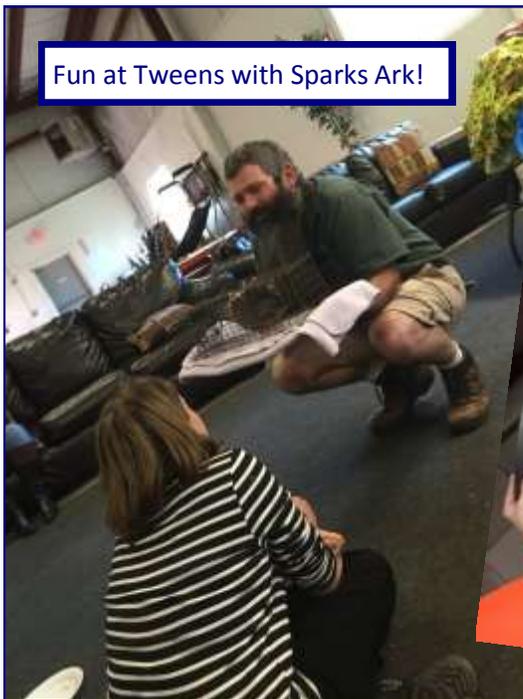
Work continues on the STRIVECenter! Our addition is up, and interior sheetrock is being hung. When completed, the addition will give us 3300 square feet of additional program and classroom space, allowing us to better serve our clients, and expand our services in the future. We are adding a full sprinkler and fire alarm system, along with other safety enhancements such as commercial grade fire suppression hoods in our teaching kitchen. Other exciting adaptations include an interior ramp, as well as air conditioning in the STRIVE Center. We have also made lots of changes that you may not see at first glance, including a new roof, new LED lighting throughout, and more.

We anticipate the work being completed by the beginning of 2016. We appreciate your patience and support during this project. We will be holding an open house and ribbon cutting in early 2016 and we can't wait to celebrate with all of you!

We have raised **\$1,372,099** for this project, meaning we have just under **\$270,000** left to raise! If you or someone you know would like to be involved, please contact Peter Brown at pbrown@pslservices.org or call (207)879-0847.



STRIVE Pictures



Fun at Tweens with Sparks Ark!



Halloween Party Fun!



Did you hear the news?!

On Tuesday, October 27th, we announced that the **2016 STRIVE Rocks Dance Marathon** will be held at the **Cross Insurance Arena** in Portland!

We are so excited for the opportunities that opens up for us to make the 2016 Dance Marathon the best yet! To make it even better, we need your help! Have great ideas about how to make Dance Marathon even better? Join our planning committee or send your ideas to Katelynn Davis, STRIVE Program Manager, at kdavis@pslservices.org or call (207)775-6278.





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

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Twitter: @pslstrive

Instagram: [strive_psl](https://www.instagram.com/strive_psl)

Pinterest: STRIVEPSL

Find us online at www.pslstrive.org

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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.*