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STRIVE Newsletter

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Mission Statement:

PSL Services/STRIVE provides a community of support and assistance to people with cognitive disabilities or mental health diagnosis who experience challenges seeking greater independence by respecting the value of each individual, initiating mutually beneficial, sustainable partnerships with business and community leaders, and by creating innovative opportunities responsive to the evolving needs of individuals and families.

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STRIVE's 12th Annual Auction Makes Over \$70,000!

SOAR

What an amazing night! Thank you to the 400+ guests who SOARED with STRIVE. Thank you for making the 12th Annual Auction the best yet! STRIVE have raised over \$70,000! Thank you to all our sponsors, staff, and to our dedicated volunteers.



Thank you to all our sponsors!



Program Updates

Progressive Dinner is Almost Here at STRIVE U

Fall is a fun and busy time of year here on campus at STRIVE U. First year students are settling in to their routines, and second years are starting the apartment search. The students have started going on tours of potential apartment complexes, and our second year students are getting excited to start looking at their options. Fall classes are underway at Kaplan for all students, and many first year and second year students have jobs as well. There are many different fall activities planned for campus. Our students and alumni are having a great time with the Saturday Social Events Club, and the turn out has been excellent. They are doing many fun activities like going to the movies, Tie-Dye, going out to dinner, going to Get Air, and having their own Halloween party. Fall is also a time of tradition, and one of the biggest fall traditions here at STRIVE U is our annual Progressive Dinner. Every year, students, staff, and alumni gather and jointly put this special event together. It is a great opportunity for students and alumni to reconnect and share a wonderful holiday meal together. This dinner is always one of the year's highlights. More information will be coming out soon on this great event. Stay Tuned!



STRIVE U applications for the Class of 2019 are now available! The deadline for applying for admission for June 2017 is February 1, 2017. STRIVE U is a comprehensive two-year residential, post-secondary educational opportunity. To learn more about the program, schedule a tour or get an application, please contact Bill Hughes, STRIVE U Admissions Coordinator at bhughes@pslservices.org or call (207) 774-6278.



TOPS Spotlight

TOPS students have been busy this month enjoying fall and branching out into the community more! Our student highlight this month is Sarah B. She is a student from Yarmouth High School who is attending her second year at TOPS.

Sarah attends TOPS every weekday during our AM session and has increased her time to include a full day on Fridays! She has stepped up and become a great leader in class, is an expert in money identification and above all is a role model in safety skills. Sarah demonstrates interactive social skills that make her peers feel welcomed each day. Her positive attitude spreads throughout the classroom! Great job this year, Sarah! All of us at STRIVE are excited to have you as part of our community!

If you would like to see what TOPS is up to every week and read a little more about TOPS, please email Kelly Frey to be added to the Weekly TOPS Newsletter, kfrey@pslservices.org. STRIVE TOPS serves students from school districts in the Greater Portland Area who are in their 13th or 14th year of school. If you have questions or would like more information about TOPS, please contact Betsy Morrison at 207-774-6278 or bmorrison@pslservices.org.



Navigating the Bus System with Next STEP

Last month, Next STEP took full advantage of the beautiful fall weather and activities. We went apple picking and then made apple crisp and apple sauce. The smell of cooking apples wafted through the entire building!

Next STEP participants also met with Kaplan staff for a wrap-up meeting regarding our community garden. We shared what we felt went well this year and how we can make it even better next year....especially ways in which we can keep the neighborhood groundhog out of our garden!

During the month of November, Next STEP will be researching more about the bus system and how to navigate some new and different places in addition to the familiar routes that we use frequently. We learned that there is an app for your phone that will tell you where your bus is while you are waiting and approximately how many minutes until it reaches your stop. This will be so helpful to us in the future, particularly when we are on a tight time frame! We also learned that you can go the website and put in the route for where you want to go and it tells you how long the trip will take and what time you would arrive at your destination.

For curriculum, Next STEP is learning about making decisions, problem solving and social skill development. Next STEP began this curriculum unit by learning the importance of social skills, and how it is important that we know certain phrases so that what you are saying is what you mean to say. This lesson helped us to stop and think before we say something.

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 Betsy Morrison at bmorrison@pslservices.org or 207-774-6278 if you would like more information regarding Next STEP or would like to schedule a tour. Part-time and full-time options are available.



Happy Halloween from Bayside

Bayside celebrated Halloween in style at a Harry Potter themed party! Most people who attend parties just think they're fun- but in reality a lot of work goes into planning and executing a party. Every Bayside participant made something to share with the group which helped teach the budgeting aspect of throwing a party. We all chipped in with coming up with decorations, games and activities- teaching the planning that goes into a party. Finally, everyone helped make, set up, and take down all our decorations. Parties are fun, but a lot of work. Learning the many steps involved in some more 'fun' activities helps the participants at STRIVE Bayside understand everything involved. Now, if anyone wants to throw a party on their own they will be prepared!

We are also happy to announce an exciting new option at STRIVE Bayside. Starting in November we will offer STRIVE Bayside as a part-time program. Part time schedules will be offered as a 3 day per week (Monday, Wednesday, Friday), or two day per week (Tuesday, Thursday) program. We have two daily sessions, 9am-1pm or 1pm-5pm. We hope this change in schedule will make STRIVE Bayside an option for many people interested in learning more about independent living.

STRIVE Bayside is a unique community supports program that is dedicated to exploring and increasing independence. We operate out of an apartment in downtown 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 (207)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!

Members' Page

STRIVE Night November Theme Night: Harvest! November 18th, 6-9pm



Ages:
15 to 24 years old

Cost: \$10
with scholarships
available

STRIVE Night is 6:00-9:00pm ages 15-24. We are 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 or call (207)774-6278.

****Advisory Board's first meeting in November will be held on November 4th at 5:15pm.****

Wednesday Night Educational Classes

In October, the Wednesday Night class was about Career Exploration. What is my brand? How do I get a job? STRIVE was joined by Kaplan University and STRIVE U who helped us answer these tough questions. Students discovered how to market themselves, and how to navigate relationships at work!



Upcoming Wednesday Night Class

Money Management

November 2nd, 9th, and 16th, 2016
6:00-8:00pm

This month is sponsored by Norway Savings Bank. This course will introduce how to manage a checkbook, budgeting, and keeping finances safe in a digital world. This class is for all levels of knowledge on banking and finances. The total cost of the class is \$20.

Self - Advocacy

December 7th, 14th, and 21st
6:00-8:00pm

Wednesday Night Educational Classes are held with a different topic each month. For more information, or if you have an idea for a series or class topic, contact Michaila McCloskey mccloskey@pslservices.org; or (207)774-6278.



November Birthdays



Ben St. Lawrence
Hannah Foster
Nicholas Jipson
Rebecca Dietlin
Ashley Ellis
Jonathan Tingley
Alexis Cote
Deborah Burgess
David Goodell Jr.
Karen Welling
Justin Faulker
Eben Raszmann
Jevyn Neves
Dylan Aitken
Tad Hugo
Caitlin O'Brien

Savannah Mooney
George Kampstra
Amanda Thompson
Cole Hansen
Joseph Sprague
Ian Taylor
Dylan Roy
Jason Scontras



Members Page

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!****

November 4th: Hello Heroes: Veteran's Day Celebration!

November 18th: Therapy Dogs

STRIVE is closed November 11th and 25th

For more information, contact Michaila McCloskey at
mmccloskey@pslservices.org or call (207)774-6278.

Thank you to our November Donors!

Kathleen & Michael Bouchard
Eliza Stark
-In Honor of Kathleen Shevenell-
Richard and Bridget Whiting
-In Honor of Cully Whiting-
Judith Garland
Fern and Susan Masse

Thank You!

Upcoming Events

Aktion Club

November 2nd, 16th, 26th, 3:15pm

Member Advisory Board Meeting

November 4th, 18th, 5:15pm

Wednesday Night Education Classes

Money Management

Wednesdays, November 2nd, 9th, 16th,
6:00-8:00pm

Tweens

Every Friday, 3:30 - 5:30pm

STRIVE Night

Every Friday, 6-9pm

STRIVE will be closed Nov. 11th, 24th and 25th

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!****

Exciting News at STRIVE

Share the Love at Patriot Subaru

What: Share the Love Event
Where: Patriot Subaru Saco, ME
When: Starting November 17th, 2016



Annually between mid-Nov and New Years, Subaru donates \$250 to charity for every new Subaru sold. The customer selects from four national and one local charity to be the recipient. Since the inception in 2008, Subaru has donated \$65 million dollars. Locally, Patriot Subaru of Saco has chosen STRIVE a 2016-2017 Share the Love charity partner.

November 19th, 2016: Drive and STRIVE BBQ at Patriot Subaru! From 8am-1pm, the American Red Cross will be at the store for an important blood drive. Save a life! From 11am to 1:30pm, volunteers from STRIVE will serve a delicious BBQ. This is open to the public. Please bring a canned good/non-perishable item and help us "Stuff A Subaru"!



Festival of Trees

What: Westbrook Festival of Trees
When: December 3rd-10th
Where: Westbrook-Warren Congregational Church
Admission: Free
Additional costs for lunches and dinners

Annually, the city of Westbrook hosts the Festival of Trees event that benefits local charities. Organizations and businesses in the Westbrook and surrounding areas donate fully decorated, themed, and lighted trees that will be displayed. A local business will be donating a tree on behalf of STRIVE. If you decide to attend and check out the trees, make sure to look for STRIVE's!

Click [HERE](#) for more information



STRIVE Pictures/ Member Spotlight

2016 Auction Pictures



Member Spotlight

Haley Pass

Member at STRIVE since 2012

- **Programs:** Next STEP, STRIVE Night. And Advisory Board
- **Years of involvement:** 4
- **Favorite Event:** Halloween Theme Night at STRIVE - "Everyone is dressed up in costume, and they have fun activities like the cake walk, and a doughnut on a string game."
- **Goals at STRIVE:** "To be a role model to new members by shutting down drama and bullying."
- **Current Project with STRIVE:** "It was preparing the Halloween Theme Night, and currently to raise awareness around the community about bullying in schools."
- **Reasons to Enjoy STRIVE:** "Seeing smiling faces at STRIVE Night, and being able to bring new ideas to Advisory Board."





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

Veerle Pottie

Community Services Program Director
vpottie@pslservices.org

Stefanie Millette

STRIVE Program Manager
smillette@pslservices.org

Caroline Cole

STRIVE Bayside Program Coordinator
ccole@pslservices.org

Kelly Frey

STRIVE TOPS Transition Specialist
kfrey@pslservices.org

Michelle Greenleaf

STRIVE VISTA Program and Outreach Coordinator
mgreenleaf@pslservices.org

Michaila McCloskey

STRIVE Special Projects Coordinator
mmccloskey@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

Dick Leeman

STRIVE U Employment Coordinator
dleeman@pslservices.org

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