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STRIVE Newsletter

VOLUME 15 ISSUE 10

OCTOBER 2015

Come Get "Hooked on STRIVE"!

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.



Watch your mailbox for a formal invitation, or purchase your tickets online at 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!

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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 in Next STEP

For the month of September, Next STEP has been working on personal goal setting. They started by thinking about experiences they've never tried before. They spoke about their interests and finding new interests and sharing those with the group.

The participants learned why individuals set goals for themselves, the difference between personal goals and professional goals and long term and short term goals. The student practiced setting these types of goals for themselves. They also spent time talking about how to make S.M.A.R.T. goals – goals that are specific, manageable, attainable, results-oriented and time-bound.

In October, Next STEP will be learning about making decisions as a group and how an individual's decisions can affect others.



Next STEP is one of STRIVE's Post-Secondary Programs that provides recreational, social, and educational opportunities for students 18 to 25 years old on a private pay basis. Next STEP is a great program for students who don't otherwise qualify for services, are on the waiting list to receive services, or in combination with other services. To learn more about Next STEP, please contact Katie Collins at kcollins@pslservices.org or call (207)774-6278.

New Beginnings at STRIVE U

STRIVE U has started classes at Kaplan University for the fall semester. It is the second full year of the Kaplan partnership. The first year students are becoming accustomed to taking the bus to class and settling in to university classes. These classes will help prepare them as they begin getting jobs. Our employment coordinator is busy working with students to find out where they'd like to work, helping them find their first job placement, an important pillar of STRIVE U.

This time of year, the students are starting to settle into their routine and have started venturing off campus with their peers, as they are getting to know their new community. In September, the students took a trip to Ferry Beach to enjoy the last few days of summer. In October, the first years will also add employment to their schedule, which is an exciting new component for many of the students. The second years are starting to discuss their transition process and are beginning to identify where they would like to live after graduation. They are beginning to notice different housing options and connecting with recent graduates to see what life after STRIVE U will be like!

Applications for the Class of 2018 are now available!

To learn more about STRIVE U, schedule a tour, or get an application, please contact Bill Hughes at bhughes@pslservices.org or call (207)774-6278.

Starting the Year at TOPS!

At the start of the school year, STRIVE began a new program called TOPS, Transition Outcomes Program for Students. TOPS is a program designed for high school students in their 13th and 14th years of school who would like to continue to grow in their independent living skills, expand their group of peers and experience the greater Portland area. Currently there are 12 students enrolled in TOPS, coming from 6 different school districts! TOPS is divided in two sessions, 8:00am-10:30am and 11:00a.mm- 1:30p.m. with some students coming all day and some attending part-time.



The students in TOPS have been very busy this month so far! They have explored the area within walking distance, made fresh salsa from garden vegetables, and even grocery shopped for breakfast items with a small budget. TOPS opened a CLYNK account to help add to the grocery budget, and each participant has their own job within the program! Just this week we welcomed our new Ed Tech, Carolyn Hall, who we know will add strength to this growing program!

If you have questions or would like more information about the program, please contact Betsy Morrison, STRIVE Program Director at 207-774-6278 or bmorrison@pslservices.org

Hellos and Goodbyes at Bayside

On Friday September 19th, STRIVE Bayside said Goodbye to a group of 4 graduates. Zach, Patrick, Josh and Stacey have each worked very hard over the past years to increase their independent living skills in a number of areas. Each of the graduates is leaving with more skills and knowledge in many areas, including, money management, cooking, budgeting and accessing their communities. They are all going on to continue to build their independent living skills at home and in other programs. The graduates worked together to plan the details of their graduation BBQ and to bring everything together into a wonderful celebration of all they had accomplished!

While it is sad to see the group go, we are excited to be welcoming new participants to Bayside! Over the next few weeks we will have 4 new participants starting in the morning session at Bayside, everyone is very happy to have new faces here! The new participants will spend some time learning about our schedule and goals such as banking, grocery shopping, cooking, and cleaning, then will jump right into the program to build their skills!

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. 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.



STRIVE Night October Theme Night: Halloween Party!



Friday,
October 30th
6:00-9:00pm
15-24 year olds
\$10

It's that time of the year for everyone's favorite theme night... our annual Halloween Party! Join us for "Musical Pumpkins," games, hallow-treats, and more! Show us your best costume for the chance to win cool prizes!

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

Wednesday Night Educational Classes

Healthy Relationships

Wednesdays,
Now to October 14th
6:00-8:00pm



This series will equip students with the knowledge to make smart decisions when it comes to romantic relationships, with a special focus on what a healthy relationship looks like.

October 21st to November 4th: Self-Advocacy

This empowering series will give students a chance to talk about what it means to convey your own interests, desires, needs, and rights—at school, at home, and in the community. The class will give students an opportunity to develop and practice these self-advocacy skills in everyday life.

Coming Soon:

Money Management—December 2nd to 23rd

Note: The previously scheduled Internet and Community Safety series has been canceled

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.

October Birthdays



Iseyik Harper
Dixon Myers
Derek Thelin
Hannah Hollis
Aaron Hornbeck-Fielder
Teddy Prosack
Derrick Justin Charette
Forrest Lizotte
Austin Dufour
Kayla Campbell
Kayla Labonte
Erik Santiago
Thomas Woodman
Jacob Roberts
Russell Tracy
Jake Hair
Ben Schklair

Matthew Archer
Chris Salley
Pamela Sands
Brendon Kellogg
Adrien Rice
Christian Butler
Nathaniel Small
Angie Tourigny
Alice Stevens
Andy Tao
Chad Rudge



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: \$10*

- October 2nd: Fall Arts & Crafts**
- October 9th: UNUM**
- October 16th: Sparks Ark**
- October 23rd: Mountain Bear Programs and Guide Services**
- October 30th: Hallow-TWEEN**

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

Thank you to our September Donors!

Cynthia & Lawrence Vaughan
 United Way of Tri-County, Inc.
 Erin & Michael Soucy
 Peter & Mary Hess in Memory of
 Alberta Cloutier
 Maine Marathon
 Allan McHale
 David Haskell
 Kevin Gervais
 Carolyn Carson
 Andrew & Mary Ann Savo
 M Lorraine Twombly

Upcoming Events

Aktion Club
 October 14th, 28th, 3:15pm

Member Advisory Board Meeting
 October 2nd, 16th, 30th, 5:30pm

**Wednesday Night Education Classes:
 Healthy Relationships**
 Wednesdays, Sept. 16th—Oct. 14th
 6:00-8:00pm

Tweens
 Fridays, 3:30—5:30pm
STRIVE Night
 Fridays, 6:00—9:00pm



**TUESDAY NIGHT FUNDRAISER
 FOR STRIVE!**

Dine at OTTO Pizza at 125 John Roberts Road South Portland to raise money for STRIVE!

A portion of all food sales for dine in, take out, and delivery orders will be donated to our social, educational, vocational, and post-secondary programs. It's a great way to enjoy great food and donated to a good cause!

For more information, please contact Christine Mars at cmars@pslservices.org or call (207)774-6278.



Thank you for supporting STRIVE!

Thank you to everyone who donated to get Kevin Off the Roof!
He was on the roof of Jimmy the Greek's Maine Mall for over 125 hours before coming down Wednesday, Sept. 9th at 7:00pm.

Thanks to great support from the community, he was able to reach his goal, and then some! Currently, Kevin's total exceeds \$23,000, making it his most successful rooftop fundraiser yet!

A huge thank you goes to Jimmy the Greek's, UPS, and Cabela's for making this fundraiser successful.

Also, thank you to Consigli Construction's Portland Branch for their \$5,000 donation to get Kevin down!



Kevin's fundraiser also helped to raise awareness of the 2015 STRIVE for Five 5k and Foden Road Block Party that took place on Saturday, September 12th. We had over 160 runners and walkers compete and the top finisher broke the course record!

Between these two events, over \$28,000 was raised for STRIVE's Programs! We truly appreciate all the support we got from the community. Thank you all for participating and helping us get the word out about both fundraisers.

Thank you to all our sponsors!



STRIVE Pictures



Construction Update



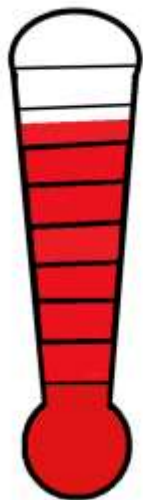
The construction crews have been busy here at STRIVE! We have walls and a roof on the expansion, as well as new hoods over the stoves in our teaching kitchen! All of these updates to the existing building will truly help to increase the quality of the services we provide, as well as provide much needed health and safety updates.



As you know, we have been working hard to raise the money necessary to pay off the building at 28 Foden Road, as well as fund the costs of the renovations and expansion. As of right now, we have raise \$1,341,099, leaving us with approximately \$300,000 left to raise.



To learn more, or get involved, please contact Peter Brown at pbrown@pslservices.org or call (207)879-0847.





STRIVE
28 Foden Road
South Portland, ME 04106

Phone: 207-774-6278

Fax: 207-774-7695

Email: info@pslstrive.org

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

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Pinterest: STRIVEPSL

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Questions, Comments, or Suggestions – Contact Our Staff!

Peter Brown

PSL Services Associate Director
pbrown@pslservices.org

Betsy Morrison

STRIVE Program Director
bmorrison@pslservices.org

Katelynn Davis

STRIVE Program Manager
kdavis@pslservices.org

Peggy Ceresia

STRIVE Special Projects Coordinator
pceresia@pslservices.org

Veerle Pottie

Community Services Program Director
vpottie@pslservices.org

Caroline Cole

STRIVE Bayside Program Coordinator
ccole@pslservices.org

Christine Mars

STRIVE VISTA Program and Outreach Coordinator
cmars@pslservices.org

Katie Collins

STRIVE U/Next STEP Program Manager
kcollins@pslservices.org

Tap Fitzgerald

STRIVE U Student Life Administrator
tfitzgerald@pslservices.org

Bill Hughes

STRIVE U Admissions Coordinator
bhughes@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.*