



www.pslstrive.org

STRIVE Newsletter

VOLUME 13 ISSUE 9

SEPTEMBER 2013

2nd Annual STRIVE for 5 * Foden Road 5K & Neighborhood Block Party

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.

INSIDE THIS ISSUE:

Program Updates	2
Contact Information	3
Supporter Page	3
Member Page	4
Birthdays!	4
Tweens	5
STRIVE Events	5
STRIVE Auction	6
Pictures	7

STRIVE FOR 5 FODEN ROAD 5K

Communities are stronger when everyone is involved.

September 14, 2013

Please join us on Saturday, September 14th for a morning filled with fun for everyone! Starting at 8am, STRIVE will be hosting a 5K race/ walk that will begin at STRIVE and go into Texas Instruments Campus then out to Jetport Plaza road– circling back through to end at STRIVE.

All 5K finishers will receive a commemorative medal and tech shirt!

Prizes will be awarded to top finishers in each age division.

To register for the race please visit www.pslstrive.org/node/373

Entry Fee is \$20 in advance. \$25 on race day, Kids 12 and under are free.

We do invite you to raise additional donations with all proceeds benefiting STRIVE.

Immediately following the 5K– all are welcome to join in the neighborhood block party! This is a family friendly event that will include fun for all! Royal River Massage will be on hand to give table and chair massages, UPS will have their “Flame Truck” for viewing and a dunk tank, Agren Appliance will be raffling off a flat screen tv, VNA Home Health Hospice will be on site to give free flu shots and the Medically Orientated Gym (M.O.G) will be hosting kids activities, hula hooping demonstrations and a bounce house! There will also be plenty of snacks from Buffalo Wild Wings, Texas Instruments and Hannaford! And you wont want to miss DJ Tap, the juggler, unicycle or balloon twister! Plus the Portland Seadogs, Maine Red Claws, Bank of America, Bono’s Pizza, Bon Ton, Jimmy the Greek and more!

We hope you consider joining the Foden Road Neighborhood at this event!

To stay informed join the Facebook Event at: www.facebook.com/strivenation

Call 207-774-6278



STRIVE NEWS

Next STEP Update

The Next STEP program is gearing up for a busy and productive fall. Plans are underway to volunteer two times a week through Goodwill's Good Clean program where participants will organize merchandise for their retail store on Payne Road.

Next STEP will also begin another series of bi-weekly sessions through our neighboring M.O.G. (Medically Oriented Gym) where we will participate in a custom fitness program that will combined exercise, nutrition and wellness. Additionally, our educational curriculum for the fall will include person—centered planning, career exploration, self-advocacy, nutrition and cooking, and community exploration.

We currently have availability for part-time and full time participation in our program. We also offer an early drop-off arrangement in an effort to meet the needs of those who attend and their families.

Next STEP is a very unique private-pay program that offers educational, recreational, social and independent living skill development for its participants. Next STEP is a great option to consider while on a waiting list for services, in combination with a community support program or for those who do not qualify for other services. For more information, please contact Betsy Morrison, Program Manager, at 207-774-6278 or bmorrison@pssl-services.org



STRIVE Bayside Update

STRIVE Bayside is very excited for the afternoon session (1-5pm) to start on Monday, September 9th! Space is limited so please apply now for this exciting two year opportunity to develop independent living skills and community connections! The morning session (9am-1pm) is coming up to their one year anniversary. Staff and families are excited about the progress that has been made for each and every participant.

Through the month of August we have had a registered dietician, named Emma, from Healthy Portland start a six week cooking and nutrition class in the STRIVE Bayside kitchen! Emma teaches the group about nutrition and a local chef demonstrates the cooking skills. So far we have prepared corn, spinach and black bean quesadillas and smoothies!

STRIVE Bayside Program runs Monday through Friday over two years and is based in a 3-bedroom apartment in Back Bay Tower in Portland. Please contact Betsy Morrison at (207) 774-6278 or bmorrison@pssl-services.org for more information, an application or to schedule a tour.



Get Involved!

Volunteers Needed!



STRIVE for 5* Foden Road 5K

Event: Foden Road 5K & Block Party
 Date: September 14th
 Time: Varying 7am– 12pm
 Jobs: Course Set Up, Registration, Water stops, Flaggers, Clean Up Crew & more
 If you are interested email at
 KSmalley@pslservices.org if interested!



Event: Maine Marathon
 Date: October 6th
 Time: 8am– 12pm
 Jobs: Water stop team or Finish line cleanup
 If you are interested please email at
 Ksmalley@pslservices.org



Event: Live & Silent Auction
 Date: October 16th
 Time: 6pm–9pm
 Jobs: Set Up, Registration, Table Attendant, Check Out, Runner & more
 If you are interested please email at
 Ksmalley@pslservices.org

Thank You to Our August Supporters!

Catherine Campbell
 Robert Junkins
 Cynthia and Lawrence Vaughan
 Truist Inc.

A quick reminder that Fall is the season for the United Ways Campaign. Did you know you can designate your gift to STRIVE? We appreciate your support- and it is quick and easy way to do it through workplace giving. We can also set you up to give a monthly amount via credit card if you are interested. Thanks for your support of STRIVE!

Questions, Comments, or Concerns – Contact Our Staff!

Michael Faust
 PSL Services Executive Director
 mfaust@pslservices.org
Peter Brown
 STRIVE & STRIVE U Program Director
 pbrown@pslservices.org
Kristina Smalley
 STRIVE Program Manager
 ksmalley@pslservices.org
Brianna McCabe
 STRIVE Bayside Coordinator
 bmccabe@pslservices.org
Jenny Castiglione
 STRIVE Special Projects Coordinator
 jcastiglione@pslservices.org
Betsy Morrison
 STRIVE U and Next STEP Program Manager
 bmorrison@pslservices.org

Bill Hughes
 STRIVE/STRIVE U Programs
 bhughes@pslservices.org
Sarah Thurston
 STRIVE U Transition Coordinator
 sthurston@pslservices.org
Erin Berg
 STRIVE U Admissions Coordinator
 eberg@pslservices.org
Katie Collins
 STRIVE U Student Life Coordinator
 kcollins@pslservices.org
Liz Guillerault
 STRIVE U Education & Training Coordinator
 eclark@pslservices.org
MaryAnn Schwanda
 STRIVE U Employment Coordinator
 mschwanda@pslservices.org



STRIVE IDOL

September's Theme Night:

STRIVE IDOL!

Join STRIVE on September 20th
to crown STRIVE's singing sensation!

Start practicing your song!
Each participant will get 3 minutes
to wow the judges!

Tweens: 3:30-5:30pm
STRIVE Night: 6:00-9:00pm

Prizes, Snacks & Tons of Fun!

New Employee Spotlight:

Jenny Castiglione



What is your title: Special Projects Coordinator

Where are you from: Rochester, NY

Favorite movie: The Blind Side

Favorite color: Blue

Favorite holiday: Christmas

What are you most looking to during your time at

STRIVE: Special Event and Friday Night Socials

Dream job: Working with kids with autism

Talents: I am good at multitasking, enjoy making
breakfast foods, and for hobbies I like exploring and
hiking!



September Birthdays



Nick Babbidge
Samuel Cassellius
Colin Cook
Justin Crockett
Jared Feiner
Myles Frederick
Chase Gaston
Jason Gredlics
Mary Greslick

Ruby Hawk
Jordan Hernandez
Helen Johns
Philip Mackey
Ian McKay
Dianna Oliver
Cynthia Starr- Rios
Nicholas Suttler



Wednesday Night Classes



September 25th - October 30th
Wednesday Night Education Class 6:00-8:00pm

Do you know all of the amazing opportunities your
community has to offer you? Come and learn more
about the different opportunities that in your town
and learn how to get connected to them!

FMI contact: Jenny at JCastiglione@pslservices.org

TWEENS Schedule of Events

Are you between the ages of 11 and 14? Are you looking to make new friends?
Then join us every Friday afternoon from 3:30 to 5:30pm at the STRIVE Center!
Cost is \$10 - See you on Friday!

September 6 - American Red Cross Services

September 13 - UNUM Games & Crafts

September 20 - STRIVE IDOL!

September 27 - Drums Alive! Performance & Activity

Feel free to contact Jenny at STRIVE at 207-774-6278 or email at jcastiglione@pslservices.org with any questions about our Tweens Program!

STRIVE U Open House: September 21st**STRIVE U Open House**

Come and see what STRIVE U is all about!

Saturday, September 21, 2013
10:00am - 2:00pm
7,11,12 Nye Street
Portland, Maine 04101

For more information please contact Erin Berg 207-774-6278 or
eberg@pslservices.org

Upcoming Meetings & Events

STRIVE CLOSED

Labor Day - September 2nd

Kiwanis Aktion Club

September 4th & 18th
3:30pm

Member Advisory Board Meeting

September 6th & 20th
5:00pm

STRIVE for 5 * Foden Road 5K & Block Party

September 14th
Race Begins at 8am
Block Party immediately following

STRIVE U Open House

September 21st
10:00-2:00pm
Nye Street in Portland

Post Secondary Weekend

October 4th - 6th
Camp Tall Pines

Maine Marathon Event

October 6th
8:00am

STRIVE's 9th Annual Live & Silent Auction

October 16th
Ocean Gateway, Portland

Ways to Get Involved with the Auction!

STRIVE is looking for dedicated individuals to join our auction committee for STRIVE's 9th Annual Live and Silent Auction. The next committee meeting will be held at the STRIVE Center at 5:30pm on Wednesday August 21. This group helps plan and prepare for the October 16th auction event.

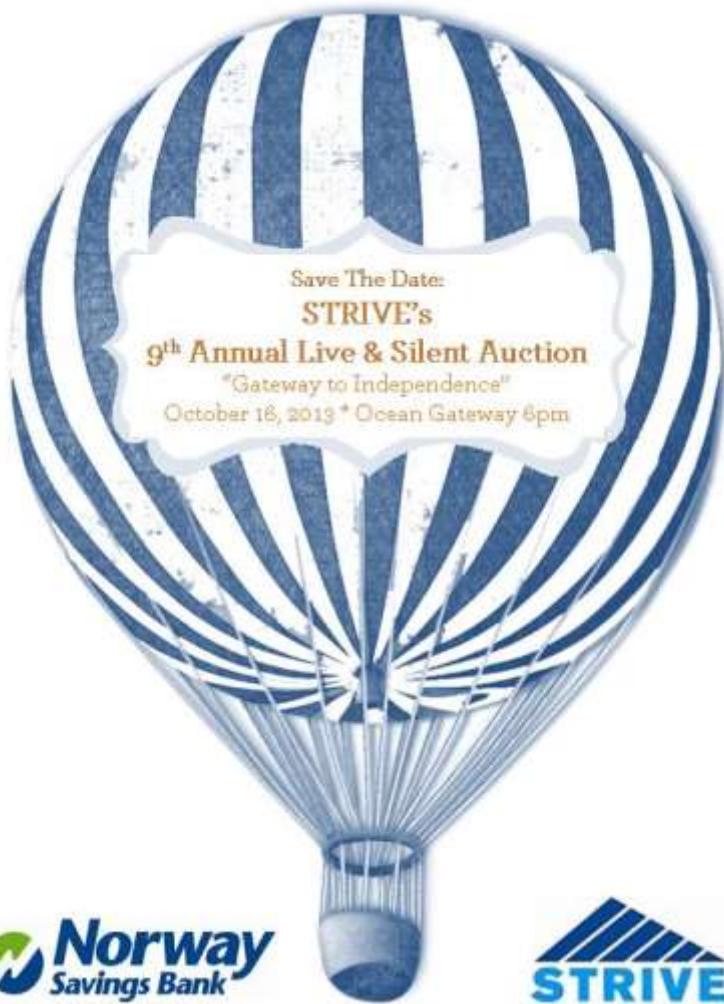
Other Ways to Get Involved:

- *Donate an Item
- *Sponsor the Event
- *Purchase tickets to Attend

If you or someone you know may be interested in supporting the STRIVE Auction, please contact Kristina at ksmalley@pslservices.org or (207)-774-6278.

Or visit the STRIVE Auction page at:
www.pslstrive.org/auction

SAVE THE DATE: STRIVE's Live & Silent Auction ~ October 16th



Please join STRIVE in celebrating our 9th Annual Live & Silent Auction "Gateway to Independence" on October 16th at the Ocean Gateway in Portland, Maine.

The silent auction will begin at 6pm, and there are many great items to bid on! Whether you are looking for gift certificates to local restaurants, art pieces, jewelry, unique experiences, sports memorabilia or amazing vacation stays, this auction will have it all!

Visit the STRIVE auction website to see a full list of items, but check back often as it is updated frequently! www.pslstrive.org/auction

The auction is one of three major events that benefits STRIVE. This year more than ever, we would love for you and your friends & family to get involved in supporting the STRIVE programs through the auction!

You won't want to miss this year's event, as it is planned to have new and exciting entertainment. Tickets for this year's auction are \$25 a piece and \$30 at the door.

Want to get more involved in the auction? Do you have something you would like to

donate? We are still collecting items. Would you like to volunteer prior to the event? We will need help stuffing invitations and decoration preparation. If you would like to help during the event, there are many ways to volunteer! We will need volunteers to help set up the event, help with registration, monitor tables, run items, aid with check out and much more! If you are interested in any of the mentioned ways to help, please contact Kristina at ksmalley@pslservices.org or 207-774-6278! We hope to see you at this year's auction!

Thank you to this year's sponsors



This Thyme Around LLC



David & Fela Shapell



STRIVE Pictures



Camp STRIVE at LL Bean for a Scavenger Hunt



Camp STRIVE Blueberry Picking!



Next STEP participates in a weekly yoga class

Thank you to Shannon Olejar who has completed her one year of service through the Jesuit Volunteer Corp with STRIVE. Shannon dedicated herself to the work she did with STRIVE and her efforts were greatly appreciated! Best of Luck to Shannon in her future endeavors!

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 Kristina at ksmalley@pslservices.org.



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*

www.facebook.com/strivenation

Twitter: [@pslstrive](https://twitter.com/pslstrive)

NON-PROFIT ORG.
U.S. POSTAGE PAID
PORTLAND, ME
PERMIT NO. 144

Return Service Requested



Here's your chance to learn more about our STRIVE U, Next STEP, and Bayside programs. Join us for a weekend-long seminar where you will have the opportunity to experience what goes on in each of the programs.

STRIVE
Post-Secondary Weekend

DATE: OCTOBER 4TH-6TH

PLACE: CAMP TALL PINES POLAND, ME

COST: \$199

For more information or to register contact:

Erin Berg at 207-774-6278 or eberg@pslservices.org