



www.pslstrive.org

# STRIVE Newsletter

VOLUME 14 ISSUE 9

SEPTEMBER 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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# STRIVE FOR 5 FODEN ROAD 5K

September 6th 2014 @ 8am

Communities are stronger when everyone is involved.

Please join us on Saturday, September 6th 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 Kaplan.

To register for the race please visit [www.pslstrive.org](http://www.pslstrive.org)  
Entry Fee is \$25 in advance. \$30 on race day, Kids 12 and under are free.

Immediately following the 5K– all are welcome to join in the free neighborhood block party 9-11am! This is a family friendly event that will include fun for all at Kaplan! Moon bounce, Free Flu Shots, Frozen Yogurt, Free Swag & more!  
We hope you consider joining the Foden Road Neighborhood at this event



**For more information:** Contact Heather at [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org) or 207-774-6278.  
**Sign up here:** <https://runsignup.com/Race/ME/SouthPortland/>

# STRIVE FOR 5 FODEN ROAD 5K

September 6th 2014 @ 8am

Communities are stronger when everyone is involved.

# STRIVE NEWS

## Follow Your Dreams with Next STEP!

Last fall, the participants in Next STEP brainstormed what they wanted to do this year in the program. One of our participants said that he wanted to write to Glenn Close and ask her to visit STRIVE and the Next STEP program and talk about the show business industry. Michael has long had a desire to be a movie director and he thought it would be valuable to hear from someone who has been in the business for a long time.

After several letters to Ms. Close as well as traveling to Waterville to see her in July to follow-up on his request for a visit, **Glenn Close actually visited STRIVE on Tuesday, August 19th!** Michael gave Ms. Close a tour of the STRIVE Center and accompanied her as she gave a presentation to participants in Next STEP, camp and PSL's community support program. Ms. Close shared many experiences that she has had on different movie sets as well as what it is like to have had a forty year career in show business. She made herself available to answer questions from participants and was available for many pictures. She also spoke in-depth with Michael regarding his professional goals and gave him some strategies regarding how to continue to move toward his dream. It was a wonderful morning and Ms. Close was very gracious and generous with her time. All of us at STRIVE sincerely thank her for the visit.

The experience also provided an opportunity for Next STEP to discuss the benefits of being as determined as Michael was in having Ms. Close visit Next STEP and not giving up on his dreams. It was a great example. Michael was diligent and followed up



with Ms. Close in several different ways. He set a high goal, worked diligently on it and achieved it. Way to go, Michael!

As you are making plans for your fall schedule, 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 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@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.



## STRIVE Bayside Update

Throughout the month of August, STRIVE Bayside participants learned more about nutrition and living healthy in our curriculum days. Each individual selected a healthy living goal for themselves and brainstormed ways to help achieve them. So far, the results have been great! All participants have been making an effort to eat different fruits and veggies, exercise more, and consume less unhealthy drinks and snacks. To help with these goals, we took a look at the amount of sugar in the typical serving size of those beverages that we love to drink and looked for healthier alternatives to the junk food we consume regularly. Participants all learned a lot and have been making a great effort to build healthier habits.

STRIVE Bayside is a program for those hoping to learn independent living skills such as cooking, cleaning, navigating the community, budgeting and more. Starting this fall, we will have a few spots open for new participants! We will have one spot available in the AM Group (9am to 1pm) and two spots available in the PM Group (1pm to 5pm)! For more information or to schedule a tour, contact Katelynn Davis at 207-899-1725 or [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or Betsy Morrison at 207-774-6278 or [bmorrison@pslservices.org](mailto:bmorrison@pslservices.org).



# Get Involved!

<b>Volunteers Needed!</b>		
<p><b>STRIVE's 10th Annual Auction</b> November 5th 2014 Ocean Gateway, Portland, ME</p> <p>Time: Varying (Event Start at 6pm) Jobs: Set up, Registration, Runners, Servers &amp; more</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>	<p><b>STRIVE's 15th Anniversary Committee</b></p> <p>Meetings coming soon! STRIVE's 15th Anniversary Party is set for January 24th 2015</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>	<p><b>Tweens &amp; STRIVE Nights Every Friday</b></p> <p>Tweens: 3:30-5:30pm STRIVE Night: 6pm-9pm</p> <p>Please contact Heather at <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p>

## Thank You to Our August Supporters!

Cynthia & Lawrence Vaughan  
 Anne Leahy  
 Susan Benner  
 Robert Junkins  
 Anonymous  
 Kettle Cove Enterprises LLC

A special thanks to all of the individuals who put money in the bucket to get Kevin off the roof! Thank you! Thanks for your support! STRIVE relies on contributions like yours!

## Questions, Comments, or Concerns – Contact Our Staff!

<p><b>Michael Faust</b> PSL Services Executive Director <a href="mailto:mfaust@pslservices.org">mfaust@pslservices.org</a></p> <p><b>Peter Brown</b> STRIVE &amp; STRIVE U Program Director <a href="mailto:pbrown@pslservices.org">pbrown@pslservices.org</a></p> <p><b>Heather Guglielmo</b> STRIVE Program Manager <a href="mailto:hguglielmo@pslservices.org">hguglielmo@pslservices.org</a></p> <p><b>Elizabeth McKernan</b> STRIVE Special Projects Coordinator <a href="mailto:emckernan@pslservices.org">emckernan@pslservices.org</a></p> <p><b>Betsy Morrison</b> STRIVE U and Next STEP Program Manager <a href="mailto:bmorrison@pslservices.org">bmorrison@pslservices.org</a></p> <p><b>Katelynn Davis</b> STRIVE Bayside Coordinator <a href="mailto:kdavis@pslservices.org">kdavis@pslservices.org</a></p>	<p><b>Bill Hughes</b> STRIVE/STRIVE U Programs <a href="mailto:bhughes@pslservices.org">bhughes@pslservices.org</a></p> <p><b>Sarah Thurston</b> STRIVE U Transition Coordinator <a href="mailto:sthurston@pslservices.org">sthurston@pslservices.org</a></p> <p><b>Erin Berg</b> STRIVE U Admissions Coordinator <a href="mailto:eberg@pslservices.org">eberg@pslservices.org</a></p> <p><b>Katie Collins</b> STRIVE U Student Life Coordinator <a href="mailto:kcollins@pslservices.org">kcollins@pslservices.org</a></p> <p><b>MaryAnn Schwanda</b> STRIVE U Employment Coordinator <a href="mailto:mschwanda@pslservices.org">mschwanda@pslservices.org</a></p> <p><b>Katie Church</b> STRIVE U Education &amp; Training Coordinator <a href="mailto:kchurch@pslservices.org">kchurch@pslservices.org</a></p>
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## STRIVE IDOL!

September's Theme Night:

### STRIVE Idol!

Join STRIVE on September 19th  
to celebrate Singing or Talent!

Be ready to sing one song (Bring CD  
or iPod), or Do one talent!

Tweens: 3:30-5:30pm

STRIVE Night: 6:00-9:00pm

Prizes, Snacks & Tons of Fun!

### New Employee Spotlight:

## Elizabeth McKernan



**What is your title:** Special Projects Coordinator

**Where are you from:** Rye, NY

**Favorite movie:** *Breakfast at Tiffany's*

**Favorite color:** blue

**Favorite holiday:** Thanksgiving (turkey is delicious!)

**What are you most looking forward to during your time at STRIVE:** I am looking forward to getting to know all of the wonderful people involved in this amazing organization! I have felt very welcomed so far here at STRIVE.

**Dream job:** School psychologist

**Talents:** I speak French and I can play the flute (not at the same time, though!)



### September Birthdays



Philip Mackey  
Nick Babbidge  
Derek Foss  
Chase Gaston  
Jared Feiner  
Cynthia Starr-Rios  
Ian McKay  
Dianna Oliver  
Chantal Tougas  
Sarah Michaud  
Timothy Dwyer  
Ryan White Keimach  
Brandon Young  
Jordan Hernandez  
Liz Hatch  
Jason Gredlics  
Ruby Hawk

Helen Johns  
Nicholas Sutter  
Elizabeth Langworthy



### Wednesday Night Classes



October 1st —October 29th  
Wednesday Night Education Class 6:00-8:00pm

Intro to Computers  
Do your computer skills need some tuning? From Microsoft, Excel, Searching the web, Social Media and more.

FMI contact: Elizabeth at [Emckernan@pssl-services.org](mailto:Emckernan@pssl-services.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?  
Then join us every Friday afternoon from 3:30 to 5:30pm at the STRIVE Center!

Cost is \$10 - See you on Friday!

Sept 5- Movie Day  
Sept 12- UNUM  
Sept 19- STRIVE Idol  
Sept 26- Fall Fest

Feel free to contact Elizabeth at STRIVE at 207-774-6278 or email at emckernan@psslservices.org with any questions about our Tweens Program!

## STRIVE U Open House!



**Come & See what STRIVE U is all about!**

**Sept 20th  
10am-2pm**

**7, 11 & 12 Nye Street, Portland, ME 04101**

Take a tour of our campus, meet our staff and students.

First day applications for the Class of 2017 will be available!

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

## Upcoming Meetings & Events

### **Kiwanis Aktion Club**

September 3rd & 17th  
3:30pm

### **Member Advisory Board Meeting**

September 5th & 19th  
5:30pm

### **STRIVE For 5: Foden 5K & Block Party**

Sept 6th  
8am-11am

### **Tweens & STRIVE Night: STRIVE Idol Theme**

Sept 19th  
Tweens: 3:30-5:30  
STRIVE Night: 6pm-9pm

### **STRIVE U Open House**

Sept 20th: 7, 11 & 12 Nye Street, Portland  
10am-2pm

### **STRIVE Post-Secondary Weekend**

Oct 3rd-Oct 5th: Camp Tall Pines

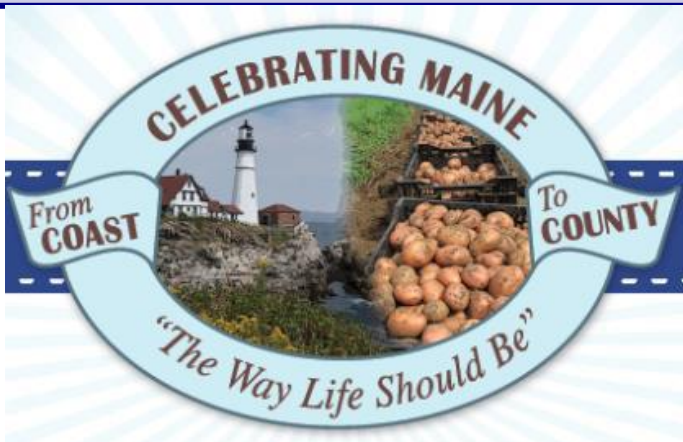
### **STRIVE's 10th Annual Auction**

**Theme: From the Coast to the County**  
Nov 5th: Ocean Gateway

### **STRIVE 15th Anniversary**

Jan 24th 2015: Italian Heritage Center

## 10th Annual STRIVE Auction!



Presented By:



Please join us on Wednesday, November 5th for this year's 10th Annual STRIVE Auction starting at 6pm at Ocean Gateway in Portland, Maine.

The theme for this year's auction is "Celebrating Maine– From the Coast to the County"

This event is going to spotlight everything that makes our great state of Maine unique! Maine food, Maine décor and valuable Maine items from creative Maine businesses.

This is a can't miss event with 400+ guests in attendance that will sell out! Reserve your tickets now!

There is still time to get your business or yourself involved. We are still looking for sponsors, items and volunteers for the STRIVE Auction.

**For more information:** Contact Heather at [hguglielmo@pslservices.org](mailto:hguglielmo@pslservices.org) or 207-774-6278.

Graciously Sponsored by:



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## 2014 Wednesday Night Educational Class Schedule

**July 9th-Sept 17th: Healthy Relationships:** Series taught by SARSSM about healthy relationships, the theme is, "it's my body, my choice" which drives home that students are the boss of their bodies and their space. Covering a range of topics including: sexuality, puberty, anatomy, reproduction, birth control methods, safer sex, communication skills, healthy flirting and sexual harassment, sexual abuse and assault, healthy relationships, dating violence, consent, and sexual feelings. We are hopeful that parents/guardians/caregivers will reinforce the lessons learned in class at home.



**October 1st –October 29th: Into to Computers:** Do your computer skills need some tuning? From Microsoft, Excel, Searching the web, Social Media and more.

**November 12th-November 19th: Public Safety:** Mini Series on Public Safety and their will be speakers from the local police department to talk about being aware in public, internet safety, and more.

**November 26th-December 17th: Money Management:** This series will give students the opportunity to learn about money, money management, checking & savings accounts, and balancing check books.

Classes held Wednesday Evenings 6-8pm

Email or call Elizabeth to sign up or with questions:

emckernan@pssl services.org 207-774-6278

## Experience Weekend!

We hope you will join us for the STRIVE Post-Secondary Experience Weekend this fall.



The weekend-long seminar will be held October 3rd – 5th at Camp Tall Pines in Poland, Maine. You will have the opportunity to learn more about our STRIVE U, Next STEP, Bayside programs.

Participants will stay in furnished cabins, complete with electricity and hot water. The event is staffed by STRIVE employees.

The cost is \$199

Please contact Erin Berg at 207-774-6278 or eberg@pssl services.org for more information.

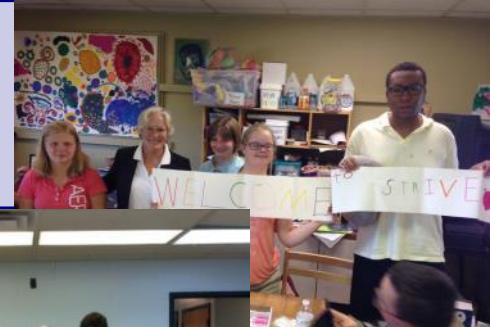
# STRIVE Pictures



Bayside loves working out at the gym!



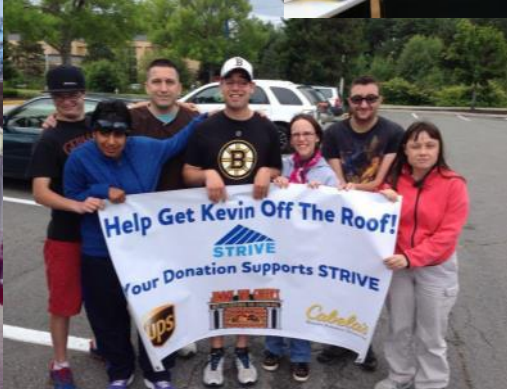
Dreams Come True!  
Michael from Next STEP invited Glenn Close to visit!



Camp made a "Welcome to STRIVE" sign & Next STEP poses with their new friend!



American Red Cross visits Tweens!



STRIVE Members wish Kevin Fitzpatrick from UPS luck!



STRIVE U checks out the go-karts!



Camp & Next STEP got to meet Sluggo!



STRIVE Camp likes to have fun!

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 Heather at [hguglielmo@pssl-services.org](mailto:hguglielmo@pssl-services.org).





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

[www.facebook.com/strivenation](http://www.facebook.com/strivenation)

Twitter: @STRIVE\_PSL

Instagram: STRIVE\_PSL

Pinterest: STRIVEPSL

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## Big Thank You to Our Volunteer Kevin Fitzpatrick of UPS!



Kevin Fitzpatrick from UPS went up on the roof of Jimmy the Greeks Friday August 21st & came down Wednesday August 27th!

Kevin did over 116 hours fundraising for STRIVE!

Kevin raised \$15,487 to help over 900 local tweens, teens & young adults!

Thank you Kevin Fitzpatrick, UPS, Cabela's, Jimmy the Greeks & all those that donated, cheered and put money in the bucket to get Kevin off the roof!