



www.pslstrive.org

# STRIVE Newsletter

VOLUME 15 ISSUE 9

SEPTEMBER 2015

## Kevin is on the Roof of Jimmy the Greek's!

### Help us get Kevin off the Roof!

Kevin went up on the roof of Jimmy the Greek's Maine Mall on Friday, September 4th at noon to raise money for STRIVE's programs. He isn't coming down until he reaches \$20,000! As of Wednesday, September 9th, he had raised over \$12,000... so he still needs our help!

**Make your donation by going to Jimmy the Greek's and putting it in Kevin's bucket, or make your donation at [www.helpkevinhelpstrive.org](http://www.helpkevinhelpstrive.org)!**

Your donation will give you the chance to win some great prizes such as Red Sox tickets, a \$500 Cabela's gift card, or Cabela's camping gear. A \$10 donation gets you one raffle ticket, a \$20 donation gets you three tickets, and a \$100 donation gets you fifteen tickets!

Questions? Contact Peter Brown at [pbrown@pslservices.org](mailto:pbrown@pslservices.org) or call (207)774-6278.

#### 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

## Program Spotlight: STRIVE U



*STRIVE U provides post-secondary education and training to young adults with developmental disabilities.*

STRIVE U is inclusive, comprehensive, and ground-breaking. The program is designed to teach its students necessary skills to live independently in the community. STRIVE U is founded on four main program areas: Community Living, Post-Secondary Education, Employment, and Transition.

**Community Living:** Students enrolled at STRIVE U learn critical independent living skills in apartment buildings. These apartments serve as skills classrooms for independent living, training in money management, self-care, nutrition, health and wellness, and household management. Each student will have maximum independence and choices, including the opportunity to learn from mistakes in a safe environment.

**Post-Secondary Education:** STRIVE U collaborates with Kaplan University Maine to provide an inclusive education opportunity for students. Kaplan provides an Advisory/Coordinator for STRIVE U students to help them identify personal and academic goals and how to meet their goals through collegiate academics. STRIVE U students have full access to campus life.

**Employment:** STRIVE U and its employment partners are committed to providing students with valuable, competitive work experience, and the support needed to ensure successful professional experiences. Student will be given the opportunity to experience a wide variety of employment opportunities, focusing on areas in which students express interests. STRIVE U also provides extensive job preparation and training to complement work experience.

**Transition:** The transition process will take place throughout the students two years at STRIVE U. This will begin with enrollment, and the creation of a written transition plan, including goals set by the individual. Students will graduate with two certificates of completion and an official transcript from Kaplan. STRIVE U will also assist graduates with housing, employment support, and further connection for their community.

**Want to learn more about STRIVE U and check out the campus?**

**Join us at our Open House!**

On Sunday, September 20th from 10am to 2pm, STRIVE U will be opening its campus to prospective students and their families. It is a great way to get your questions answered about the program, see what campus is like, meet some of the staff, and get your STRIVE U application!

For more information on STRIVE U or to learn more about the upcoming Open House, please contact Bill Hughes at [bhughes@pssliveservices.org](mailto:bhughes@pssliveservices.org) or call (207)774-6278.

## Next STEP has been busy!

Next STEP has been learning about local food! They have taken a walking tour of medicinal herbs, guided by community herbalist, Mischa Schuler. They also visited a few local farms to learn about the source of the foods we eat. In food lab, Next STEP has been working on incorporating seasonal foods into their menus, cooking things such as broccoli salad. Bonus: some of the vegetables that were planted during the Sustainability Month in may have started to be ready to harvest! Next STEP has been able to use some of their program-grown produce. Can't get more local than our own front yard!



In addition, Next STEPPers are becoming pros at riding the Portland and South Portland busses and it has become a part of their weekly 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 Katie Collins at 207-774-6278 or [kcollins@pslservices.org](mailto:kcollins@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.

## Eating Healthy at Bayside

The month of August was dedicated to learning about healthy eating at STRIVE Bayside. We began by discussing the five categories of food that should be incorporated into meals every day, vegetables, fruits, grains, protein foods and dairy. We also learned about what specific foods fall into each category, or in some cases, categories! Beans and peas are both a vegetable and protein food! All month participants have been encouraged to try new healthy foods, and to think about how healthy eating is all about balance. For example, if you make a pasta dish pair it with a salad and protein so you are getting the right portions!

We held a smoothie 'lab' where everyone chose the ingredients that they wanted in their smoothies.

We have also been discussing how some of the foods we eat everyday can be unhealthy, and we don't even know it! To express this point, we had everyone take turns counting out the number of teaspoons of sugar in their favorite drinks. Did you know that there are sometimes more than 10 teaspoons of sugar in an iced coffee?

It has been very encouraging to see that during Adventure Day and Menu Planning day participants have been making healthier choices, and trying new fruits and vegetables. The concept behind STRIVE Bayside is to build increased independence for each of our participants. Hopefully by learning how to make healthy choices it will encourage that when choosing foods to cook and eat at their respective homes!

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](mailto:ccole@pslservices.org).

## STRIVE Night September Theme Night: STRIVE Idol



September 18th  
6:00—9:00pm  
Ages 15—24  
\$10

Sign up to sing or dance to your favorite song at STRIVE Idol! Our esteemed panel of judges, with the help of the audience, will select the top performers to receive cool prizes! All who participate receive a prize!

FMI: Contact Katelynn at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call 207.774.6278

## Wednesday Night Educational Classes

### Healthy Relationships

**Wednesdays, September  
16th 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***

***Internet and Community Safety***

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](mailto:pceresia@pslservices.org) or call (207)774-6278.

## September Birthdays



Philip Mackey  
Xander Tillman  
Samuel Cassellius  
Jordan Hernandez  
Mary Greslick  
Ruby Hawk  
Helen Johns  
Myles Frederick  
Elizabeth Langworthy  
Colin Cook  
Nicholas Sutter  
Nick Babbidge  
Chase Gaston  
Jared Feiner  
Cynthia Starr-Rios  
Justin Crockett

Ian McKay  
Dianna Oliver  
Jessi McCalmon  
Chantal Tougas  
Timothy Dwyer  
Olivia Frankl



**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**

**September 4th: Police Dog Demonstration**

**September 11th: UNUM**

**September 18th: Maine Marimba Ensemble**

**September 25th: Portland Ballet**

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

**Thank you to our August Donors!**

**Upcoming Events**

Linda Carew in honor of Lauren Vangellow  
Gerri Bridgman  
Cynthia & Lawrence Vaughan  
Richard & Barbara Wigton  
Brian Fox  
John McGinnis  
Gregory & Lorraine Cyr  
Gordon & Laurie Oliver  
United Way of Eastern Maine—UPS  
Robert Junkins  
Daniel & Carolyn Griffing

**Aktion Club**  
September 2nd, 16th, 30th, 3:15pm

**Member Advisory Board Meeting**  
September 18th, 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

<p><b><i>Thank you to those who have donated to our Capital Campaign!</i></b></p> <p>Hartley &amp; Benson Webster Anonymous Donors Iberdrola USA Foundation UPS Foundation Tim &amp; Aileen Agnew The Lunder Foundation Bill &amp; Peg Ryan UNUM Mr. and Mrs. John Opperman John Leonard Bangor Savings Bank MEMIC Kay Rand</p>	<p>Saco Biddeford Savings Institution John T. Gorman Foundation Glenn Johnson &amp; Michelle Giroux Portland Kiwanis Club Steve Frawley Pete &amp; Karen Jannace Hunter Panels Estate of Anna H. Geiger Dave &amp; Paula Thompson Steve Hilton Sam L. Cohen Foundation Libra Foundation Larry Benoit Tina, Thomas, &amp; Helen Bourdeaux Susan J. Bell Mr. &amp; Mrs. Joseph Boulos</p>	<p>Pond Family Foundation Scott Taylor Peter &amp; Lori Anastos Betsy S. Atkins William Fuller Pete &amp; Anne-Marie Brown Steve &amp; Katie Woods TideSmart Global Barbara F. West Sandra M. West Robert &amp; Carol Thomas Ted &amp; Evelyn West Greg &amp; Lorraine Cyr Tony Mellon &amp; Susan Snowden Hanna &amp; Matthew Usdan Foundation</p>
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# Run or Walk at the STRIVE for Five Foden Rd. 5k!

# STRIVE FOR 5 FODEN ROAD 5K

Communities are stronger when everyone is involved.

## Saturday, September 12th at 8am

Walk or run on our certified, flat course to benefit STRIVE and win great prizes! The course begins at STRIVE, and goes through trails at Texas Instruments and along Jetport Road in South Portland. It's perfect for a beginner or the experienced runner/walker.

Immediately following the race, we will have a free block party at Kaplan University. Join us for free snacks from Hannaford and other local restaurants, as well as the opportunity to learn more about other businesses in the area. We will even have live music from the J.C. Underhill Band! It is sure to be a fun, family friendly event!

Volunteer opportunities are available as well for packet pick-up, registration, flaggers, and water stops. If you are interested in volunteering, please contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call (207)774-6278.

## Register at [pslstrive.org/STRIVEforFIVE!](http://pslstrive.org/STRIVEforFIVE!)

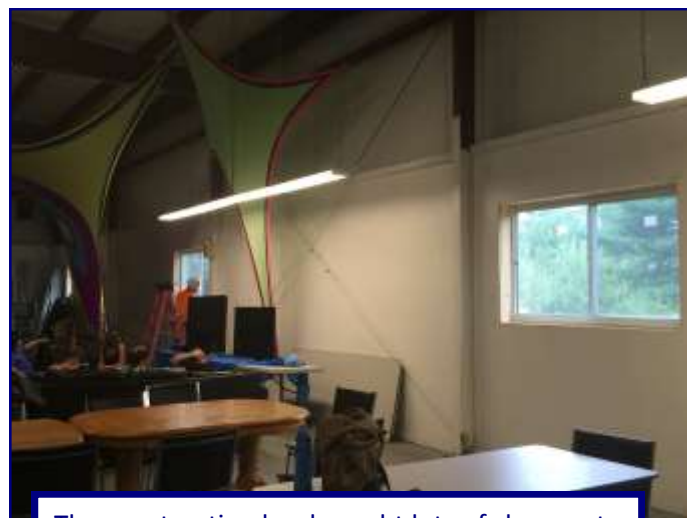
Questions? Please contact Katelynn Davis at [kdavis@pslservices.org](mailto:kdavis@pslservices.org) or call (207)774-6278.



# STRIVE Pictures



Next STEP explored lots of cool places this summer!



The construction has brought lots of changes to the STRIVE Center! From new windows to the floor of the new building... We have lots to look forward to!



STRIVE's newest program, TOPS, began earlier this month! So far, everyone—staff and students—have enjoyed the new program and all it has to offer.

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 us at [info@pslstrive.org](mailto:info@pslstrive.org)!



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

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Pinterest: STRIVEPSL

Find us online at [www.pslstrive.org](http://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  
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