



December Newsletter

PSL/STRIVE
28 Foden Road
South Portland, ME 04106

Mission Statement:

PSL Services/STRIVE provides a community of support and assistance to people with cognitive disabilities or mental health diagnoses 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.

December 1st, 2018

You're invited to
STRIVE's
19th Anniversary Celebration!

Join us as we celebrate STRIVE's 19th year and honor our wonderful volunteers!

STRIVE Night
Friday, December 7th, 6-9pm

**volunteer award ceremony begins promptly at 6pm*



Reminder! STRIVE's Anniversary celebration is open to all STRIVE participants and volunteers, no matter their age! \$10 or first time free!

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Join us as we celebrate STRIVE's 19th Anniversary and past and present STRIVE volunteers! STRIVE's Anniversary party will take place during STRIVE Night, Friday, December 7th from 6-9pm. This special STRIVE Night is open to all STRIVE participants and alumni, 15 and older. Regular STRIVE Night pricing (\$10 or first time free) for those that attend. We will also be celebrating STRIVE volunteers and will be holding an award ceremony for 2018's Volunteers of the Year, Business of the Year, Alumni/Participant Volunteer of the Year and "Volunteered" of the year. The award ceremony will begin promptly at 6pm. If you have questions, please reach out to STRIVE Program Manager, Whitney, at wwildes@pslstrive.org or at (207) 774-6278.

We hope to see you there!

Next STEP

One of Next STEP's ongoing areas of focus is in health, wellness and fitness. Toward that end we have several regular activities. Throughout the winter, those who are interested will be swimming at the South Portland Community Center. We are learning how to swim different style of swimming from the freestyle to the butterfly. We are also learning different types of kicks as well as doing laps to increase our stamina. As the weather is getting colder, we also have been incorporating exercising at the Maine Mall. With an understanding that we are not there to shop but to exercise, we are walking to and from the mall as well as walking inside the perimeter of the mall. Did you know that one loop around the inside of the mall from J.C. Penney to Best Buy and from Sears to Macy's is one mile!

For our curriculum time, we continue to focus on money recognition and management. Learning how to count and budget our money for when we go shopping for our cooking groups has always been an important aspect of this activity. Each week Next STEP has a budget goal of \$30.00 for the week to budget and buy for one group lunch and one group snack lab. So we are learning how to save money by looking in the kitchen to see what we have to work with and come up with something to make with what we have here so we can save money whenever possible. We keep track of how much under budget we are each week and put that money into our savings so that when we have enough saved we can do a special activity as a group.

Next STEP is a great option offering quality curriculum for those who are on a waiting list for other services, in combination with other services or for those who may not qualify for other services. Please contact Betsy Morrison at bmorrison@pslstrive.org or 207-774-6278 if you would like more information.



STRIVE U



Happy holidays everyone! We started the season off with Progressive Dinner which was a hit. Progressive Dinner is an event we host where each course of a meal is held in a different apartment (appetizers, dinner, dessert). We move from apartment to apartment throughout the evening. All current students prepared a dish for the event and they were all delicious! A lot of STRIVE U Alumni made it to the event so we had a full house. It was wonderful to see everyone getting to hang out, chat and eat some great food! We asked a few students what their highlights of the night were:

“The turkey that is my favorite food in progressive dinner” –Ashley

“My favorite part of Progressive dinner was how organized it was” –Krista

Happy Holidays from all of us here at STRIVE U!

Bayside

November has been a busy month for us here at Bayside. We have been working on our math and counting skills in learning group. The participants have looked at addition and subtraction problems as well as fractions and counting with decimals. We started off with group discussions and worksheets with adding and subtracting money using whole dollar amounts. Then we moved to using cents to help with adding numbers with decimals. Once we were comfortable with this, we then started looking at simple fractions. We will be ending the month with some work on how to simplify, add, and subtract the common fractions we would encounter day to day. The participants have shown a lot of progress since we started working on this topic and are feeling more confident with their math skills.

In the beginning of the month, the Bayside participants had the opportunity to tour the STRIVE U campus and apartments. They spoke with current students about life at STRIVE U and all the opportunities available to them. For adventure days this month, we took a trip to Sweet Frog, traveled to The Point community center, and are working on getting a tour of the Victorian Mansion in Portland. The week of Thanksgiving, the Bayside participants attended STRIVE's annual Thanksgiving feast with all other members.

We have had another fantastic month at Bayside- We cannot wait for what's in store for us to end this awesome year!



TOPS

TOPS's fourth school year is off to an active start. Our students are trying new physical activities including ZUMBA, circuit workouts, swimming, walking inside and outside, Wii Fit, Just Dance and even a little Tae Bo! Our morning group walked just over 2.5 miles around South Portland on a beautiful morning, while our afternoon group took their miles to the indoor walking track at the South Portland Community Center. It is important for our students to learn healthy habits and for each of them to find ways they enjoy in order to maintain an active lifestyle post-graduation.

Our students have also learned how to fix common household problems including changing a lightbulb, replacing batteries, using a hammer and screw driver, emptying the vacuum cleaner, and measuring height, length and width.

Interested in TOPS? TOPS (Transition Outcomes Program for Students) provides transition programming for high school students in their 13th and 14th school year from area school districts. For more information, please contact Betsy Morrison, at bmorrison@pslstrive.org.

STRIVE Night

We had a wonderful month of STRIVE Nights, with the highlight of course being our Harvest Festival theme night! We had pumpkin pies and treats galore, with tons of dancing as always. This month, we're looking forward to two of our favorite theme nights—our annual Holiday party and New Years Theme Night! This year our Holiday celebration will take place on Friday, December 21st, and our New Years Party will be Friday, December 28th! We hope to see you there!

Friday Nights at STRIVE, fondly referred to as STRIVE Night, runs each Friday from 6pm-9pm and is a relaxed social event for members between the ages of 15-24. For more information about STRIVE Night, contact Olivia at ofraioli@pslstrive.org!



Looking for some fun during your winter vacation from school? Come to Camp STRIVE! We'll be having camp December 26th-31st. For more information, or to sign up your camper, contact Olivia at ofraioli@pslstrive.org!

After School



After School has had a great month of November! We've even got some brand new students joining our group, making Wednesdays our biggest day yet with 5 students! We've been working on our kitchen safety, visiting the Animal Refuge League, and keeping our ping-pong games sharp here in the teen center! We are excited for all that winter brings, including some opportunities to go snowshoeing, tubing, sledding and more. We are also excited for the Holiday Season, and might do a "secret Santa" with our fellow students!

After School runs every week day afternoon from 2-5pm. For more information, contact Olivia at ofraioli@pslstrive.org!

Tweens has had some fun in the month of November! We've worked on Thanksgiving crafts, practiced our cake decorating skills and, as always, have had some pretty great dance parties! We're looking forward to kicking off December with celebrating STRIVE's 19th Anniversary and then gearing up for the holidays by making gingerbread houses and decorating mugs and ornaments (maybe with some hot chocolate?!).

Tweens runs each Friday afternoon from 3:30-5:30pm and is for members between the ages of 11-14. For more information about Tweens, contact Whitney at wwildes@pslstrive.org!



DECEMBER TWEENS!

FRIDAYS, 3:30-5:30
11-14 YEAR OLDS

12/07: STRIVE's 19th Anniversary Celebration!

12/14: Gingerbread Houses

12/21: Mug and ornament decorating (with hot chocolate!)

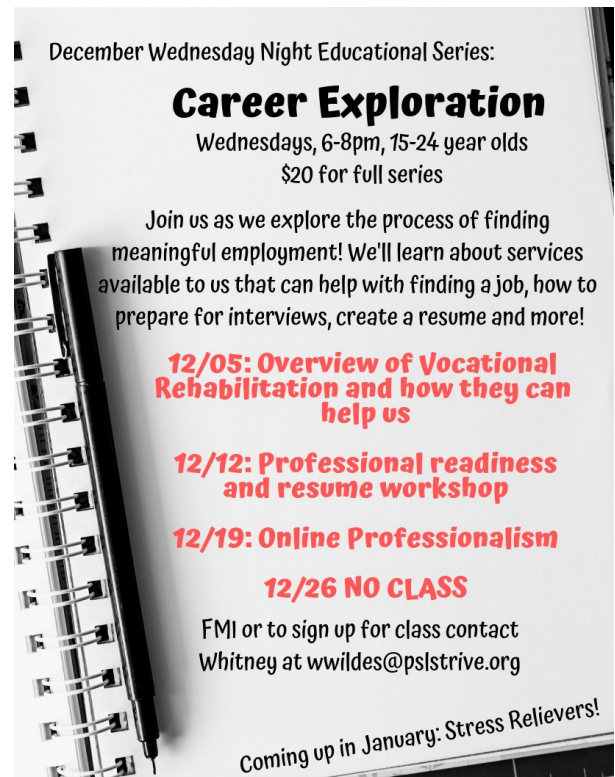
12/28: Floor Hockey Tournament

FMI CONTACT WHITNEY AT [WWILDES@PSLSTRIVE.ORG](mailto:wwildes@pslstrive.org)

Wednesday Night Educational Series

We just wrapped up our Healthy Relationships course here at STRIVE! We learned so much about this important topic and had some great speakers from Speak About it, Maine Family Planning, Planned Parenthood in the month of November. We're now moving on to our Career Exploration course which will run December 5th, 12th and 19th. We'll hear from Vocational Rehabilitation, learn about professional readiness, work on resume building and create our online social networks. We hope to see you there!

STRIVE's Wednesday Night Educational Series runs Wednesday nights from 6-8pm. Topics vary from month to month. For more information, or to sign up for the class, contact Whitney at wwildes@pslstrive.org!



December Wednesday Night Educational Series:

Career Exploration

Wednesdays, 6-8pm, 15-24 year olds
\$20 for full series

Join us as we explore the process of finding meaningful employment! We'll learn about services available to us that can help with finding a job, how to prepare for interviews, create a resume and more!

12/05: Overview of Vocational Rehabilitation and how they can help us

12/12: Professional readiness and resume workshop

12/19: Online Professionalism

12/26 NO CLASS

FMI or to sign up for class contact Whitney at wwildes@pslstrive.org

Coming up in January: Stress Relievers!

Staff Spotlight



We'd love to introduce a new face here at STRIVE– Kate McGovern! Although Kate is new at Foden Road, she's not new to our organization. Kate has been with STRIVE for 3 years, starting at STRIVE U as a Teaching Assistant and then moving on to being a STRIVE U Team Leader. Kate is now the Home Support and Bayside Coordinator and has been based out of the STRIVE building since early November. Kate says the favorite part of her new position is working directly with clients here at Foden Road and also getting to know the programs and people of home supports and Bayside! Thanks for all of your hard work, Kate! We're so happy to have you at STRIVE!

The STRIVECast

The STRIVECast is the brand new podcast from the team at STRIVE, bringing you a behind-the-scenes look into our world! Each week two long-time STRIVE members Jeff & Noel interview a special guest. So far we've had Shannon Moss from News Center Maine, famous author Bruce Coffin, and more! We release new episodes every Tuesday, and have EIGHT episodes already available for your listening pleasure! Episodes are available on iTunes, Spotify, or wherever you get your podcasts, and are also available on our website at www.ps1strive.org/strivecast !



AKTION CLUB NEWS:

Aktion Club has a busy month of December planned! STRIVE's Aktion Club was lucky enough to have a tree again this year in the Westbrook Festival of Trees! Our tree theme this year is "Helping Hands". Check out all of the trees in the Festival at the Westbrook–Warren Congregational Church December 1st-8th. Each December, Aktion Club also shops for a family in need using money that we've raised from different fundraisers throughout the year. We're so happy to be able to lend a "helping hand" again this holiday season!

Thank you to our Donors



Helen Meyer
Charles Mercer
Anne Ryan
Joseph & Susan Guerette
Sandra & Charles Wagner
Lisa & Joseph Stevens
Unitil
United Way of Massachusetts Bay and Merrimack Valley
Lee & Keith Jones
Nick & Lefco Poulos
Jack Phillips Memorial Fund
Lynn Wiest

...And a very special thank you to all who attended, donated to, and supported our Annual Auction this fall, which helped us raise over \$95,000 for STRIVE programs—a record for our Auction! We are so thankful for the support of our community. Thank you!

December Birthdays at STRIVE!

Happy Birthday To:

Sophie Jacobs
Ashley Bowers
Joshua Curran
JJ Hill
Adrien Peters
Shania Smith
Erica Lawton
Vitaliy Chan
Kris Constantine
Ivan Sheloske
Alex “Yorkie” York
Kaleb Divney
John Mancini



Each time the Maine Red Claws score a three-pointer at a home game, Hammond Lumber Company will donate \$50. Help grow their donation by making your own three point pledge! To make a pledge, or get your own pledge card, contact Whitney at wwildes@pslstrive.org!

STRIVE is a nonprofit organization located in South Portland, Maine that assists over 950 tweens, teens, and young adults with developmental disabilities through educational, social, employment and post-secondary programs.

Proudly Sponsored by:





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www.pslstrive.org

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SAVE THE DATE!

Thursday, December 6th-
STRIVE 25 Holiday Party
Friday, December 7th
STRIVE's Anniversary Celebration
Friday, December 21st
STRIVE Night Holiday
Celebration
Friday, December 28th
STRIVE Night New Year's
Celebration

STRIVE Staff Contacts

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