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Participant of the Month

QFI Lakeview participants have stated that they would like to do a Participant of the Month every month in the QFI newsletter.

Each month you will see a selected Participant's picture along with an exclusive interview.

The Participant of the month for March is.....



Manny

Manny said his favorite Animal is a cat.

His favorite color is Blue.

His favorite food is Pizza.

His favorite thing to do in his spare time is watch TV.

His dream would be to become a Doctor.

If he could do anything he would go on a vacation to Tennessee.

His favorite QFI activities are cooking and going to the dollar store.

He likes coming to QFI because it's fun and he gets help everyday.

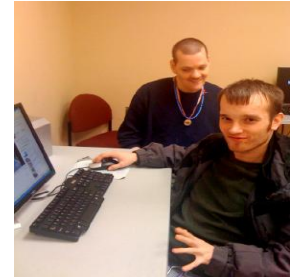
Manny wants everyone to know that he is friendly.

What Staff at QFI say about Manny:

"He's nice and has a great personality!"

"He's the goodwill ambassador for QFI"

Photos from Lakeview













2010



QFI Lakeview
Outing Schedule

Quest for Independence
670 Lakeview Plaza Blvd.
Suite F
Worthington, Ohio 43085
614-854-0207

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Recycling & Around the World	2. Movies (\$2.00) & Activity Council	3. Mandoharp & Game Day	4. Swimming (\$3.00) & Library	5. Chihuly Exhibit (\$9.00)	6.
7.	8. Grocery Shopping & Recycling 	9. Cooking Class & Mall Walking	10. Bowling (\$3.00) & What Would You Do?	11. Soap Making 	12. Take out (\$7.00) & Current Events	13. 
14. 	15. Recycling & Crafts	16. Raffia Baskets & Short Story Creation	17. QFI PJ PARTY!! 	18. Swimming (\$3.00) & Door Knob Hangers	19. In House Movie & Programming	20.
21. 	22. Grocery Shopping & Recycling	23. Cooking Class & Current Events	24. Movies (\$2.00) & Library	25. Talent Show Practice	26. Talent Show	27. 
28.	29.  Mall Walking & Recycling	30. Bowling (\$3.00) & Games	31. Pet Store & Crafts 			

QFI East Update

Vocational Opportunities Are Here

We have officially kicked off our vocational section of QFI. We have multiple job opportunities for any individual interested. Here is a list of job opportunities that QFI has available...

- CSI (Custom Sports & Imprintables, LLC)
- Embrace Abilities Shredding/Stringing Bags

All individuals that are participating in this vocational work are enjoying the work and are definitely enjoying the paychecks!!

Please feel free to contact Jennifer Schubert or Lisa Chandler for descriptions of our jobs and pay rates.

New Activities

This year we are excited to try some new activities such as "Happy Hands". "Happy Hands" is a group of individuals

that want to be part of a volunteer group. Once or twice a month "Happy Hands" will perform random acts of kindness throughout the community. We will be visiting nursing homes, shelters, sending home made cards (care packages) to the men and woman fighting for our country and whatever other ideas the participants and staff of "Happy Hands" comes up with.

Another project we will be working on is "International Travels". Each group will be picking a country and will study this country's animals, food, and culture. At the end of the project we will be creating an Authentic International Meal and putting on a performance. Friends and family are more than welcome to attend this day.

Participant Awards Banquet

This month we will be having our 2nd Annual Participant Appreciation Awards Banquet. This is a time to celebrate each individual and their amazing talents. We

will be handing out individual awards and presents. This will be a day you will not want to miss! Everyone is invited!!!

Talent Show

In March QFI East and Lakeview will be meeting again for our 2nd Annual Talent Show! This year will be bigger and better than last year!! We have already begun practicing and let me tell you, we sure do have a lot of talent!! Please come and cheer on our talented individuals on Friday March 26th at 1:00pm at QFI East!!!



2010



QFI

Outing Schedule

East



Quest for Independence
4707 Hilton Corp. Dr
Columbus, Ohio 43232
Phone: 614-328-0344
Fax: 614-328-0348

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Peanut Butter Lover's Day (Create Peanut Butter Treats)	2. Al's Delicious Popcorn Tour	3. Columbus Metropolitan Library (Main Branch)	4. Take Out Thursday (\$5.00)	5. QFI Scavenger Hunt	6.
7.	8. Activity Council & Embrace Abilities	9. Go Out to the Movies (\$1.00)	10. March Birthday Party	11. "Happy Hands" QFI East Volunteer Day	12. Spend Incentive \$\$	13.
14.	15. Grocery Shop & Recycle	16. Cooking Class (Group A) & In House Movie	17. St. Patrick's Day (Group B preparing Something Irish)	18. Columbus Metropolitan Library	19. Take Out Friday (Sit down restaurant \$6.00)	20. First Day Of Spring
21.	22. International GoOf OIF Day & Spend Incentive \$\$	23. "Happy Hands" QFI East Volunteer Day	24. Embrace Abilities & Mall Walking	25. A Day at the SPA (Girls Only \$8.00) CICI's & Movie (Boys Only \$8.00)	26. 2nd Annual Talent Show (Everyone's Invited)	27.
28.	29. Pet Store (Pick out a few fish to be the new Pets at QFI)	30. POTLOCK Party (Bring in your favorite dish to share with everyone)	31. Pets Without Parents (Deliver Toys)			Please send in Petty Cash Before or on Tuesday March 2, 2010 Thank You!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Recreation Center Nasa	2 Rockefeller Greenhouse Mall Walking	3 Metroparks visit Nature Center	4 Polka Hall of Fame Rainforest Exhibit	5 Cooking Class Presents: Scones	
	8 Recreation Center Shopping Trip	9 Newspaper Tour Issac Lake	10 Westside Market Mally's Tour	11 Art Tour Shopping Outing	12 Mall Outing Participant Council	
	15 Recreation Center Lunch Outing	16 Money Museum Recreation Center	17 Metroparks Visit Mall Outing	18 Lunch Outing Nature Center	19 Cooking Class Presents: Soda Bread	
	22 QFI Closed Staff Inservice	23 Police Museum Mall Outing	24 Metroparks Visit Recreation Center	25 Maple Sugar Tour Mall Outing	26 Mall Outing Pet Therapy	
	29 Recreation Center Amish Country	30 Air Space Museum Lunch Outing	31 Metroparks Visit Recycling Trip			

Partners in Rhyme Returns to QFI Northcliff

Quest for Independence has a variety of special events to offer to its participants. Music groups like Roots of American Music visit about once a month. Other groups such as Art on Wheels provide Art Therapy sessions as well. Another group that provides monthly music therapy sessions is Partners in Rhyme. One of its members, Jeanine Leslie, is able to provide music sessions at QFI as well. Jeanine provides both individual and large group instruction. Through song, piano, organ, and Q chord, Jeanine is able to teach new concepts and allow the participants to request and contribute to favorite songs. A Q chord is an electronic instrument that has the ability to play hundreds of songs, while allowing participants to play along through a variety of sounds.

Music is one of the favorite activities of QFI participants, as well as other activities such as physical development, work training, computer skills, and community outings. QFI has a blast when Jeanine visits, and is eager for the next planned music therapy session.



Jeanine teaches Ricky a new song.

Building Independence through Programming



Folding some dish cloths

At QFI Painesville we are working on various skills to gain more independence, whether it is at Quest for Independence or in the community. We offer a variety of programs each day for participants to maintain and learn new skills. They range from learning to do your laundry, cooking, or community safety. At QFI we strive to help people be as independent as possible. We also offer participants the opportunity to participate in our Learn to Earn program. Learn to Earn is a work training program that teaches the basic skills needed for employment, how to interview and prepare resumes. It is a fun and educational program that everyone can participate in.

Check us out and spend the day with Quest for Independence.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Day to Share a Smile	2 Library	3 Want You to be Happy Wednesday	4 Purim	5 Self Healing Day	6
7	8 International Women's Day	9 Library	10 	11 Participant Council	12 Pizza Day \$1.50 (Includes 2 slices and a drink)	13
14 Daylight Saving Time Begins	15 Cash not Coin (Paper Money Day)	16 Library	17 St. Patrick's Day	18 Sparky the Fire Dog's Birthday (Fire Awareness)	19 National Chocolate Carmel Day	20 First Day Of Spring
21	22 National Goof Off Day	23 Library	24 Magic Trick Day	25 Dunkin Donuts \$5.00	26 Purple Day	27
28 Palm Sunday	29 Pickle Day	30 Library Passover Begins	31 Coloring Crayola Day			

Always Having Fun!























At QFI in Dayton you know we are always looking for fun things to do. One of our favorite outings this month was going to Fazoli's for lunch. Spaghetti is a favorite food for many of us at QFI so this was a perfect place for lunch.

One of the great things about QFI is we have a meeting once a month with everyone to talk about the things we like and the things we don't like. It is also a chance to make suggestions for new outings. Going to Fazoli's was Tom's idea, and we all liked it.

You can't see it here, but Mandy's mom even joined us for lunch. Families, friends and guardian's are always welcome to join us for lunch or other fun activities.



Enjoying his spaghetti.

March 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Grocery Shopping 	2 Library 	3 Cooking Day 	4 Square Dancing 	5 Game and Movie Day Here at QFI! 	6
7	8 Grocery Shopping 	9 Movies and Popcorn 	10 Cooking Day 	11 Bowling 	12 Visit a Fire Station 	13
14	15 Grocery Shopping 	16 Library 	17 Cooking Day St. Paddy's Day Celebration 	18 Square Dancing 	19 Wright Patt Air Force 	20
21	22 Grocery Shopping 	23 Mall Walking 	24 Cooking Day 	25 Dayton Art Museum 	26 Newport Aquarium 	27
28	29 Grocery Shopping 	30 Young's Dairy Farm 	31 Cooking Day 	Movies and Popcorn-\$6.00 Bowling-\$2.50 Newport Aquarium-\$16.00 Young's Dairy-\$4.00		

March 2010

Quest for Independence Tri-County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Grocery	2 Appreciation Day Part 1	3 Cooking Class	4 Appreciation Day Part 2	5 Mall Walk	6
7	8 Movie Day	9 Library	10 Bingo, Casino & Games Day	11 Square Dancing	12 Green township Library Used Books Sale bring money if you wish to shop	13
14	15 Grocery	16 St. Patrick's Day Crafts	17 Cooking Class	18 Movie at theater (7.25)	19 Corn hole Tournament	20
21	22 Volunteer at SPCA	23 Library	24 March Birthday Party	25 Square Dancing	26 Bowling	27
28	29 Grocery	30 Mall Walk	31 Cooking Class			



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Spotlight: Ms. Shirley

What do you like most about working at QFI?
The people are my favorite! I love interacting with them every day, and helping to problem-solve. It's a passion for me. I've worked in many different fields, but this field is by-far my favorite!

What was your favorite outing?
Going to Muddy Water Horse Farm, because everyone was able to get on a horse and ride around. Everyone loved it, especially the folks in the wheelchairs. The employees actually picked the individuals up and placed them on a horse. Everyone had a big smile on their face; it was so special!

What is your favorite activity to do here at QFI?
I love to read to everyone here at Quest. I enjoy acting out the stories, and giving dramatic readings.

It's so neat to see them laugh and giggle while I'm being silly, reading to them.

How long have you worked at QFI?
It will be three years in August 2010.

What do you like to do outside of QFI?
I love to go to church! I'm very active in my church. I also love to travel. I've been to Washington D.C. to advocate for individuals with disabilities in front of the Senate as well. My biggest dream is to go to Jamaica before I retire.





QFI Insider

QFI Location Guide

QFI Central Ohio

Lakeview
670 Lakeview Blvd., Suite F
Worthington, Ohio 43085
614-854-0207

Columbus East
4707 Hilton Corporate Dr.
Columbus, Ohio 43232
614-328-0344

QFI Southern Ohio

Tri-County
4841A Business Center Way
Cincinnati, Ohio 45246
513-682-1156

North Dayton
300 West National Road
Vandalia, Ohio 45377
937-280-2000

QFI Northern Ohio

Cuyahoga County
7580 Northcliff Ave, Suite 400
Brooklyn, Ohio 44144
216-661-5401

Lake County
20 Waterford Lane
Painesville, Ohio 44077
440-354-3172



To learn more about our programs,
sign up for our E-Newsletter and more,

visit us online at
QforI.com