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Visit us online at
QforI.com

We've Got Talent, Yes We Do

Quest for Independence's East and Lakeview locations in central Ohio came together for our second annual Talent Show on March 26th, 2010. Each individual shared special talents including singing, dancing, line dancing and more. For a minute during the show we were sure that Michael Jackson and Prince had joined QFI! With such a high level of talent, some folks are already working on their routines for next year! Thanks to everyone for participating and making our Talent Show such a success!



Learn to Earn Crew is Growing

We are honored to announce that Quest For Independence Tri-County was recently nominated for Employer of the Year by the Butler County Board of Developmental Disabilities. Our Learn to Earn work program began in November of 2009, with just one individual enrolled. Today, we have eight individuals on our payroll, and that number continues to grow.

Quest For Independence would not be able to operate smoothly without our Learn to Earn work crew. In fact, this newsletter is the product of one of our talented staff members. He works hard each month to bring you this outstanding newsletter! Other individuals in the program assist with building maintenance and daily operations. We have seen the crew blossom over the last several months, and we are very proud of them!



Tim, our newsletter designer.

May 2010							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<i>Quest for Independence Tri-County</i>					
2 	3 Gardening Day 	4 Library 	5 Nature Walk 	6 Square Dancing 	7 Fantastic Farm Friday At Sharon Woods 	8 	
9 	10 Grocery Store 	11 Gardening Day 1pm BC Social Skills 	12 Cooking Class 	13 Heritage Village Museum 	14 Picnic at the park 	15 	
16 	17 Cincinnati Zoo (\$10.00) 	18 Library 	19 Nature Walk 	20 Square Dancing 1pm BC Social Skills 	21 Gardening Day 	22	
23 	24 Grocery 	25 Picnic at the park 	26 Cooking Class 	27 Neighborhood Walk 1pm BC Social Skills 	28 Bowling 	29	
30 	31 Mall Walk 	4841A Business Center 5246Way Cincinnati, Ohio 45246 Phone: 513-682-1156 Web site: Qfori@com					

QFI Dayton Gets Fit

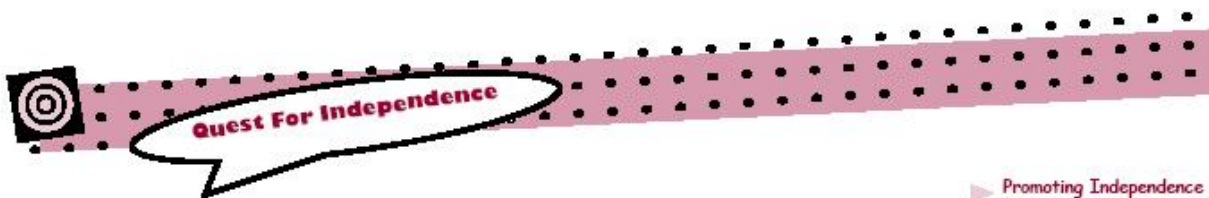
QFI in Dayton Recently visited the Vandalia Recreation Center. Since we are located in the City of Vandalia we can use the recreation center for only a few dollars, and it is just around the corner! It is a beautiful place that promotes good health and exercise.

We have about 20 people that come to QFI in Dayton. We have a small program and we focus on small learning groups when we stay at QFI during the day. We go on outings about three times per week. Using small vans and having small numbers of people makes our days run very smoothly.

If you know of someone who would like to come and spend a day with us call Jennifer at 937-280-2000.



May 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL SHOWERS BRING MAY FLOWERS!!!! 						1
2	3 Grocery Shopping 	4 Library 	5 Cooking Day 	6 Square Dancing 	7 Mall Walking 	8
	9 10 Grocery Shopping 	11 Movies and Popcorn 	12 Cooking Day 	13 Bowling 	14 Nature walk Day at the Park 	15
16 Planet and Solar System Week	17 Grocery Shopping 	18 Library 	19 Cooking Day 	20 Square Dancing 	21 Boonshoft Museum 	22
	23 24 Grocery Shopping 	25 Wright Patt Air Force 	26 Cooking Day 	27 Game and Movie Day Here at QFI! 	28 Cookout in the Park 	29
30	31 QFI is Closed for the Holiday					



May 2010

Promoting Independence
 Creating New Opportunities
 Putting the Individuals First

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Mother's Day Project	4 Library	5 Mexican Hat Day	6 Shopping	7 Kitchen Fun TACOS	8
9 Mother's Day	10	11 Library	12 Shopping	13 Fun in the Kitchen	14	15
16	17 Camera Fun SMILE!	18 Library	19	20 Shopping	21 Kitchen Fun EGGS!	22
23	24	25 Library	26 Shopping	27 Fun in the Kitchen	28 Picnic Weather permitted	29
30	31 Memorial Day					



Spring-ING into Action

Quest for Independence in Painesville is “spring-ing” into action this May with exciting new opportunities for participants! Check out our calendar (on this page) to see a few of the new items we’re highlighting:

- With May comes Cinco de Mayo and we’re celebrating with Mexican Hat Day – so pull out your sombreros! Also that day we will be creating and feasting on tacos, so no need to pack a lunch (unless Mexican food is not your preference).
- We are already on the hunt, searching for the “perfect” Mother’s Day project to work on – surprise is the order of the day.
- Be sure that you don’t have any egg on your face as we also celebrate national Photo Month in May! Say “Cheese” as we plan some camera fun on the 17th!

We’re pulling out all the stops in the kitchen this month with some fun planned every week.

Don’t miss QFI on May 21st – we will be having some “Kitchen Fun” with EGGS! We know Easter is over but did you know that May is National Egg Month?

We are looking forward to an exciting month as we jump into spring! Enjoy the month – we plan to!



Music Thrives at QFI Northcliff

Music is such a big part of the activities at Quest for Independence. When participants arrive in the morning, they start the day with coffee club and current events. In addition to reviewing the newspaper and the weather, group leaders lead discussions about TV, fashion, music, sports and other topics the participants would like to discuss. The participants continue activities such as arts and crafts, computer skills, and physical development. Participants really enjoy using the piano, organ, percussion instruments, and guitar. In addition to art therapy, several music groups come to QFI such as Roots of American Music, and Partners in Rhyme. Participants can even enjoy outings like concerts in the park or a visit to the Rock and Roll Hall of Fame. Each participant has a favorite style of music to share, but one thing we can all agree on, is how music is a great way to have fun and hang out with friends.



Drew loves music and playing the guitar.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Recreation Center Zoo Visit	4 Wildlife Exhibit Camp Cheerful	5 Squires Castle Big Creek Park	6 Clague Park Park Outing	7 Cooking class Presents: Rajas Poblanas	
	10 Recreation Center Metro Parks	11 St. Johns Hiking Trail Hinkley Park	12 Zoo Outing Isaac Lake	13 Elyria Falls and Square Visit	14 Mall Outing Recycling	
	17 Recreation Center Hinkley Park	18 Botanical Gardens Mall Outing	19 Brooklyn Trails USPS Tour	20 Hunington Beach Park Outing	21 Mall Outing Participant Council	
	24 Recreation Center Pet Therapy	25 Columbia Park Metropark Trails	26 Sterns Farm Fire Department	27 Wallace Lake Zoo Visit	28 Mall Outing Pet Therapy	
	31 Memorial Day QFI Closed					

A Day at the Spa

The ladies from QFI East were treated to a day at the spa the day before the big talent show. Each girl had her hair washed and styled.

"I loved getting my hair done. My hair looked so pretty." Nikki H.

"I want to go and get my hair done again." Latia M.

After all the hard work they put in to prepare, they deserved an extra special day of pampering. Their new looks really lit up the dance floor!



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.
2.	3. Picnic @ the park (Please pack a picnic lunch)	4. Velvet Ice Cream Tour	5. CINCO DE MAYO Party!!	6. Swimming @ Worthington Rec (\$3.00)	7. Ichiban (Japanese Steak House \$10.00)	8.
9. Mother's Day	10. Grocery Shopping	11. Columbus Police Dept Tour	12. Music Therapy	13. Cook Out @ Sharon Woods (No Lunch Needed)	14. May Birthday Party	15.
16.	17. Grocery Shopping	18. Cooking (Group A do not bring a lunch)	19. Cooking (Group B do not bring a lunch)	20. SALSA Dance Party	21. Field Day @ Blacklick Park (Please pack a Picnic lunch)	22.
23./30. PLEASE NOTE THAT QFI IS CLOSED MONDAY MAY 31, 2010	24./31. Park & Library	25. Go Out to the Movies (\$1.00)	26. Music Therapy	27. Take Out Thursday (\$5.00)	28. TREASURE HUNT	Please send in Petty Cash Before or on Wednesday May 5, 2010 Thank You!

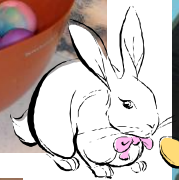


Quest for Independence
670 Lakeview Plaza Blvd.
Suite F
Worthington, Ohio 43085
614-854-0207

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Bowling (\$ 3.00) & Activity Council	4 Parachute flight	5 Kite Making & Ice cream social	6 Swimming (\$ 3.00) & IN House Movies	7 Incentive Spending	8
9	10 Grocery Shopping &	11 Cooking Class & Happy Birthday to QFI Participants month	12 Picnic In The Park	13 Movies & Bowling	14 Skating Party	15
16	17 Mall Walking & Recycling	18 Charades & Bowling	19 Pajama Party & Popcorn	20 Swimming (\$ 3.00) Game Day	21 Incentive Spending	22
23	24 Grocery Shopping	25 Cooking Class	26 Take out (\$ 7.00) & Game Day	27 Zoo (\$ 12.00)	28 Snake Designs	29
30	31					

A Colorful Easter at Lakeview

QFI Lakeview individuals helped dye Easter eggs for the holiday. With a little creativity and teamwork, the results were very colorful! Danielle and John joined together to help each other with their Easter eggs while Weyman relaxed in the “laughing lounge” listening to some music. Each individual dyed their very own Easter eggs, participated in an Easter egg hunt and made Easter baskets. There are so many FUN and EXCITING things we do at QFI!





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