



IN THIS ISSUE

Tri-County News.....2



• QFI Tri-County had a lot of fun at SupportCare's Annual Picnic

North Dayton News3

• Idle Hour Ranch is Anything but Idle!

Painesville News4

• The Summer Fun is in Full Swing

Northcliff News.....5

• QFI Vocational Crew continues their great work!



Columbus News 6 & 7

• QFI Central Beats the Summer Heat!

• More pictures from the park

QFI Location Guide8

QFI Partners with ViaQuest Behavioral Health to offer Life Coaches

As summer is winding down and autumn approaches, we have “turned a new leaf” and co-developed a client centered approach to mental health treatment in the North region. This new and innovative approach is referred to as a “Life Coach.” The participants enrolled in the vocational and day habilitation programs at QFI in Cuyahoga county, Lake county and soon in Summit county, have started the process of adding individual and group services to the program.

The transition of nomenclature from a Counselor or Therapist to a “Life Coach” may seem transient at best, but for the participants at QFI the name signifies: Ownership, Direction, and Empowerment.

Ownership in that they are in charge of their future goals and desires. They set the goals, timelines, and decide what determines success. We write the plan and start the process at home plate. The purpose of the Life Coach is to enhance and facilitate the individual’s skills and abilities in order to attain those goals. This can be in the form of accessing limited

resources, gaining employment skills, building friendships, coping with anxiety or depression, anger management or just waking up with a smile every day.

A Life Coach may “wave you in from 2nd base and send you home”, but the ability comes from the participant and the desire rests within the person that wants it the most: the client.

The beauty of this approach is that at the end of the 9th inning. And after a couple of at bats, the players look at their experiences, analyze what they have learned, and head for home on their own. That’s when a good coach smiles to himself and realizes that he has done a good job.

For more information on the Life Coach program in the North region, please contact: Jeff Dubitsky, QFI North Vocational Director at 216-661-5401; John Germaine, Day Habilitation Director at 216-661-5401 or Deb Maloy, Director QFI Painesville at 440-354-3172.

QFI Tri-County had a lot of fun at SupportCare's Annual Picnic

In July, some of the individuals from Quest for Independence Tri-County attended SupportCare's (a ViaQuest company) annual picnic and had a lot of fun. The picnic was held at Winton Woods in Hamilton County.

As part of the picnic, Hamilton County Parks Staff gave a presentation in which we learned about the different types of animals that call the park home. For example, we got to see and handle snakes; turtles; and even an owl! After learning about the animals, there was a water balloon throwing contest, music, food, and prizes. What fun we had!



Tina is holding a shell of turtle



He is talking about turtles.

September 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tri-County Quest For Independence			1 Mall walk 	2 Square Dancing 	3 Eden Park And Conservatory 	4
5 	6 Closed for Labor Day 	7 Library And Grocery 	8 Cooking Class 	9 Blue Ash Concert Series 	10 Friends Fun and Games Day 	11
12 	13 Bowling 	14 Movies (\$6.00) 	15 Jungle Jim's Market 	16 Square Dancing 	17 Swim at the YMCA 	18
19 	20 Grocery 	21 Library 	22 Cooking Class 	23 Picnic in the Park 	24 Art Museum 	25
26 	27 Nature Walk 	28 Concert In Piatt Park 	29 Birthday Party 	30 Square Dancing 		

Idle Hour Ranch is Anything but Idle!

Last month in Dayton we had one of our favorite outings. We went to Idle Hour Ranch located near Troy, Ohio. This place is hands down top-notch FUN! And might we add that it is for all ages, not just kids. Make no mistake, this is a place that is geared for EVERYONE – from age 0 to 100!

Idle Hour Ranch is a family-owned ranch that plays host to animals that were originally chosen and kept for live nativity scenes. One thing led to another and now it is a personal hands-on interactive zoo.

Our favorite animal at Idle Hour Ranch is Sam the giraffe. There are so many fun animals we got to meet – just check out the pictures on this page!

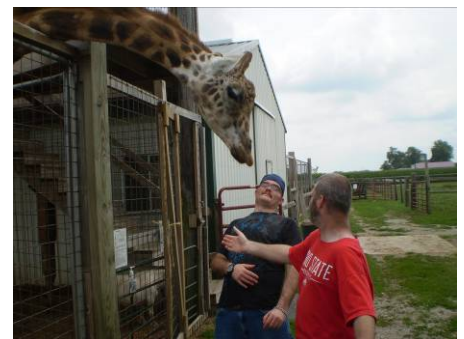
Did you know we also have vocational opportunities at QFI in Dayton? Would you like to work part time to earn a paycheck and still get to go on fun outings? Call Jennifer at 937-280-2000 to learn about work opportunities



The goat climbed up on her wheelchair to get a piece of food.



He is feeding Sam the giraffe.



Sam the giraffe is reaching down to see if he has some food.

September 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Cooking Day 	2 Square Dancing 	3 Montgomery County Fair 	4
5	6 QFI is Closed for the Holiday	7 Grocery Shopping and Library 	8 Cooking Day 	9 Bowling 	10 Nature walk Day at the Park 	11
12	13 Grocery Shopping 	14 Movies and Popcorn 	15 Cooking Day 	16 Square Dancing 	17 Museum Visit 	18
19	20 Grocery Shopping 	21 Library 	22 Cooking Day 	23 Game and Movie Day Here at QFI! 	24 Mall Walking 	25
26	27 Grocery Shopping 	28 Young's Dairy Farm 	29 Cooking Day 	30 Nature walk Day at the Park 		

SEPTEMBER 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Painesville (440) 354-3172						
			1	2 Mall	3 Rockefeller Park Greenhouse 	4
5	6 QFI CLOSED HOLIDAY 	7 Library 	8 Participant Council 	9	10 Bowling \$5.00 	11
12	13 Arts & Crafts 	14 Mall	15 Zoo Day 	16 Shopping 	17 Personal Pizza's 	18
19	20 Game Day 	21 Library 	22	23 Mall	24 Participant Council 	25
26	27 Movie Day 	28	29 Arts & Crafts 	30 Game Day 		

Keep the Summer Fun Coming!

Here at QFI Painesville, we continue to celebrate the days of summer. We've visited Freeway Lanes located in Mentor, and had a wonderful time bowling. "Give me a Strike!" We also spent a day at Headlands Beach, a common choice for enjoyment in the sun with friends and staff. While at the beach, we enjoyed a wonderful BBQ lunch that everyone agreed was very "yummy."

When we're not out and about, we're back at QFI enjoy cooking everything from breakfast delights to sweets to cure your sweet tooth. Inside QFI, we continue to enjoy Art's and Crafts and watching movies, and when we hit the road

we travel like to go mall walking and to the library. We continue to thank our staff, for a wonderful job. "Thanks Staff!"



Cooking breakfast together.



Linda at Headland Beach.

QFI Vocational Crew continues their great work!

QFI's vocational crew does a great job to help QFI look its best. The crew took on the task of re-painting the rooms and embraced the challenge. QFI crew members are also using the carpet cleaning machine to make sure the floors are looking like new. Crew members have a variety of responsibilities and they demonstrate a great attitude and have fun with their co-workers. QFI crew members are learning new skills and continue to accomplish vocational goals with the help and their fellow team members and QFI staff.

Vocational participants also have the opportunity to go on outings, learn computer skills, use the physical development area, and all of the other activities QFI has to offer. QFI crew members love working hard, earning a paycheck, and hanging out with friends all at the same time!



Josh helps to refurbish QFI.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hunington Reservation Bay Nature Center	2 Rocky River Park Euclid Creek	3 Mall Outing Recycling	4
5 	6 Labor Day QFI Closed	7 Snow Road Park West Side Market	8 Lake Isaac Big Creek Park	9 Columbia Reservation Shopping Outing	10 Mall Outing Music Therapy	11
12 	13 Recreation Center Movie Outing	14 French Creek Wallace Lake	15 Big Creek Reservation South Park Mall	16 Bay Nature Center Lunch Outing	17 Mall Outing Participant Council	
	20 Recreation Center Park Outing	21 Calhoun Park Rainforest Exhibit	22 Edgewater Park Recreation Center	23 Hinkley Reservation Coe Lake	24 Mall Outing QFI Lake County Visit	
	27 Recreation Center Lunch Outing	28 NASA Visit Lake Farm Park	29 Amish Country University Circle			

QFI Central Beats the Summer Heat!

The Quest for Independence Lakeview and Greencrest locations have joined forces to beat the summer heat. They enjoyed a tour at the Velvet Ice Cream Factory! They were eyewitness to learning the secrets to what makes ice cream – from the mixing, to the flavors, to the color, the freezing and then being able to taste the final product. They were lucky that they got to eat their treats inside because it was too hot outdoors!

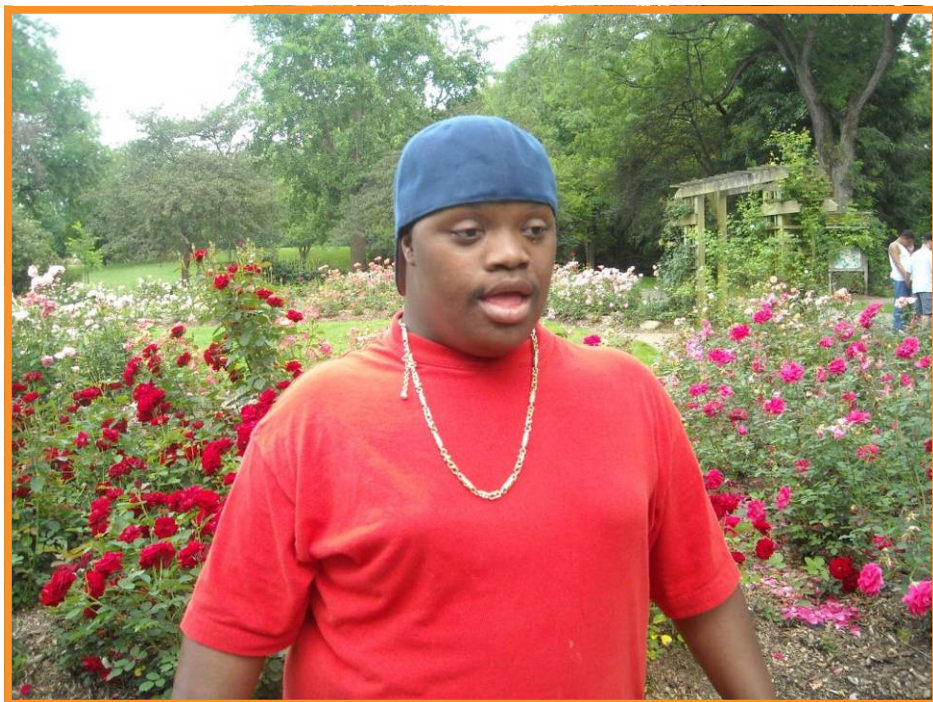
The groups then took their cooking class to the park on another fun filled day. They decided on preparing finger sandwiches, fresh lemonade and summer picnic goodies as it was too hot for cooking! They were able to enjoy their lunch and enjoyed relaxing in the shade under a tree telling of summertime memories.

Both locations really enjoy getting together for these fun filled days as they anxiously await being under one roof in the near future!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5	THIS CALENDAR IS SUBJECT TO CHANGE 6 Closed	1 Bowling (\$ 2.00) 7 Native American (\$ 7.00)	2 Pet store 8 Movies (\$2.00)	3 Game day 9 library 	4 10 Flag Making For Patriot Day 	11
12 	13 Grocery Store & Recycling	14 Crew Stadium Tour (\$ 15.00) 	15 Cooking Class	16 Pickerington Park Picnic Please bring in a picnic lunch	17 Movies (\$ 2.00)	18
19 	20 Country living fair (\$ 10.00)	21 Express Yourself Art	22 Bowling (\$ 2.00)	23 Take Out (\$ 10.00)	24 Motts Military Museum INC (\$ 4.00) 1pm	25
26 	27 Grocery Store & Recycling	28 Cooking Class	29 Santa Maria (\$5.00) 	30 Music day		

More pictures from the park





QFI Insider

QFI Location Guide

QFI Central Ohio

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

QFI Greencrest
811 Greencrest Dr.
Westerville, Ohio 43081
614-854-0207

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