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# QFI Insider

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## Free Lunch Bag & Free Day For A Friend at QFI!

Have you seen our cool QFI lunch bags? We have heard some people are asking how to get one. It's simple!

If you know someone who is interested in spending a day with us (for FREE) to experience our program, then all you need to do is this:

1. Invite your friend
  2. Tell a staff member
  3. Spend the day with your friend at QFI
- Get your lunch bag

It's that easy!

So you know someone that's looking for a new

and exciting day with a chance to go to different places? See new things? Meet new friends? Have some fun? A chance to earn some money? Then look no further, Quest to the rescue!

To find out more about our programs, contact the location nearest you, or visit [QforI.com](http://QforI.com).

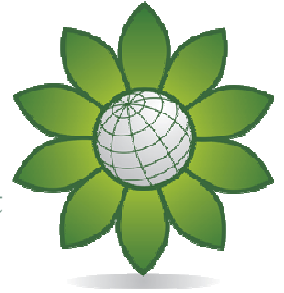


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# QFI is Going Green!

With the growing concerns surrounding our climate, QFI is proud to announce we are going green! We will be completing various tasks per month. Our first “go green” project is to grow different types of plants, such as Begonia aconitifolia (Begonia), Ficus eburnean (Ivory Fig), Tradescantia (Wondering Jew). Prior to planting we will be studying the various types of plants, how they grow and how it affects our climate. We are excited to begin our “go green” project and will be taking daily notes on our plants. We will keep you updated on the process in upcoming newsletters.



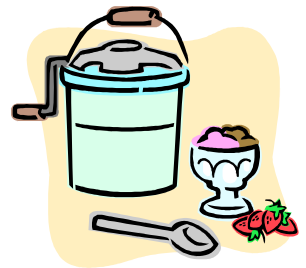
QFI Lakeview  
Outing Schedule

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

| Sun   | Mon                              | Tue  | Wed   | Thu   | Fri  | Sat |
|---|----------------------------------|--|---|---|--|-----|
|   | 1. Grocery Shopping & Recycling  | 2. Cooking Group A (No Lunch Needed) & Plant Research  | 3. Cooking Group B (No Lunch Needed) & Mall Walking   | 4. <b>Going Green!</b> Pot your Plant  | 5. Art Festival (Pack a Picnic Lunch)  | 6.  |
| 7.   | 8. Grocery Shopping & Recycling  | 9. Cooking Group A (No Lunch Needed) & Swimming/Movie  | 10. Cooking Group B (No Lunch Needed) & Library       | 11. A Day at The Park (Pack a Picnic Lunch)   | 12. Take Out Friday (\$7.00) & Bowling (\$3.00)  | 13. |
| 14.   | 15. Grocery Shopping & Recycling | 16. Cooking Group A (No Lunch Needed) & Movie     | 17. Cooking Group B (No Lunch Needed) & Craft Project | 18. COSI (\$7.00)   | 19. Mall Walking & Pet Store  | 20. |
| 21.  | 22. Grocery Shopping & Recycling | 23. Cooking Group A (No Lunch Needed) & Swimming/Bowling (\$3.00)  | 24. Cooking Group B (No Lunch Needed) & Library       | 25. Tie Dye Tee Shirts (Please send in a white tee shirt) & Arts & Crafts   | 26. Ice Cream Social & History of Ice Cream  | 27. |
| 28.   | 29. Grocery Shopping & Recycling | 30. Cooking Group A (No Lunch Needed) & Game Day  |   |   |  |     |

# Fun in the Sun

QFI East has some big plans for the summer! We can't wait to get out and enjoy the sunshine as much as we can! This summer we plan on going to many parks to play softball, kickball, disc golf and go hiking. We will be making our very own home made ice cream. Who knows maybe we will create the next flavor for Baskin Robins!!



2009



QFI East  
Outing Schedule



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. Grocery Shopping  | 2. Cooking (Group A) & Swimming                          | 3. Cooking (Group B) & Library                                 | 4. Tye Dye T-Shirts                                  | 5. In House Movie & Popcorn   | 6.  |
| 7.                     | 8. Grocery Shopping  | 9. Cooking (Group A) & Movies (\$1.00)                   | 10. Cooking (Group B) & Pickerington Ponds Trail               | 11. Pet Store & Blacklick Park                       | 12. Glow Mini Golf (Please bring \$5.00)  | 13. |
| 14.                    | 15. Grocery Shopping | 16. Equine Assisted Therapy (Please Pack A Picnic Lunch) | 17. Cook Out in the Park (No Lunch Needed Please Bring \$1.00) | 18. Southwestern Indian Sand Painting                | 19. Make Homemade Ice Cream & Go to the Park                                    | 20. |
| 21. Happy Father's Day | 22. Grocery Shopping | 23. Cooking (Group A) & Disc Golf (Glacier Ridge Park)   | 24. Take out Wednesday (\$6.00) & Bowling (\$4.00)             | 25. Game Day (Please Bring Your FAVORITE Board Game) | 26. Hollywood Tour Mansfield Reformatory (Please bring \$6.00 & A Picnic Lunch) | 27. |
| 28.                    | 29. Grocery Shopping | 30. Cooking (Group A) & Pet Store                        |  |  |   |     |



| Sunday | Monday   | Tuesday                              | Wednesday                                       | Thursday                                      | Friday                             | Saturday |
|--------|--|--------------------------------------|---|---|------------------------------------|----------|
|        | 1<br>Recreation Center Visit<br>Ice Cream Social | 2<br>Shopping Trip<br>Park Visit     | 3<br>Recycling<br>Recreation Center             | 4<br>Nature Center<br>Roots of American Music | 5<br>Mail Outing<br>Science Center |          |
|        | 8<br>Recreation Center Visit<br>Park Trip        | 9<br>Malley Tour<br>Movie Outing     | 10<br>Lake County Captains<br>Beauty Store Trip | 11<br>Heartworks<br>Participant Council       | 12<br>Mail Outing<br>Library       |          |
|        | 15<br>Recreation Center Visit<br>Birthday Outing | 16<br>Money Museum<br>Mall Outing    | 17<br>Farmspark Visit<br>Park Visit             | 18<br>Cooking Class features Applesauce Cake  | 19<br>Mail Outing<br>Lakeside Walk |          |
|        | 22<br>Recreation Center Visit<br>Craft Store     | 23<br>Hardware Store<br>Zoo Outing   | 24<br>QFI Lake County Visit<br>Cookout          | 25<br>Tower City<br>Music Therapy             | 26<br>Mail Outing<br>Park Walk     |          |
|        | 29<br>Summer Shutdown Program Closed             | 30<br>Summer Shutdown Program Closed |   |   |                                    |          |

## Fun with Physical Development at QFI Northcliff!

Physical Development is an important part of the day at QFI. Just like work training, computer skills, cooking class, functional games, and crafts, it is one of the activity sessions that is offered to participants each and every day. Each participant is offered two, thirty minute physical development sessions on a daily basis. Each session provides a variety of choices and activity options for the participants. Some of those activities include bowling, parachute exercises, bean bag toss, walking club, riding the adaptive bike, exercise videos, and much



Everyone is enjoying the parachute exercise.

more. Participants also have the opportunity to go on community outings. These outings can contribute to physical development and may include walks in the park and trips to the local recreation centers. Physical development is just one of the ways Quest for Independence gives the opportunity to engage in meaningful activities that contribute to a positive and healthy lifestyle for our participants.



Enjoying seated aerobics at QFI .

# Learning skills at QFI – Painesville

Along with all the fun, educational activities and field trips we take at Quest for Independence, we also learn daily living skills. These skills help individuals with daily tasks needed to ensure their continued success with their independence. Our facilities include a full kitchen used to cook some of our participant's favorite dishes. Along with the fun of cooking comes the task of cleaning, such as doing dishes and laundry, and general kitchen clean up. Everyone is more than eager to pitch in.

Everyone also enjoys the computer lab. Whether it's playing games, typing a story, or just surfing the web on their favorite subjects, it is always a hit. Staff is here to help participants who are just learning or that may need some guidance. Whatever the case, it is sure to be a fun experience for all.



He is learning to use the computer .



Learning to do the dishes.

**June**

| Sunday                                   | Monday                            | Tuesday                                      | Wednesday                               | Thursday                   | Friday  | Saturday           |
|--|-----------------------------------|--|---|----------------------------|---|--------------------|
|  | 1<br>Library                      | 2  | 3<br>Participants Council               | 4                          | 5<br>Merrillon Museum   | 6<br>Sun           |
| 7<br>Windmill                            | 8<br>Library                      | 9  | 10<br>Lake County Opales Gems           | 11                         | 12<br>Beren Picnic No Lunches Allowed                                 | 13                 |
| 14<br>FLAG DAY                           | 15<br>The CLEVELAND BOTANICAL ZOO | 16<br>Lake Parkpark                          | 17<br>Sun                               | 18<br>Dunkin' Donut \$5.00 | 19<br>Summer Fun  | 20<br>Sun          |
| 21<br>Father's Day & First Day of Summer | 22<br>Library                     | 23<br>Cooling Down with the Ice Cream \$5.00 | 24<br>CLEVELAND BOTANICAL GARDEN \$7.50 | 25<br>Sun                  | 26<br>Pymatung State Park (Weathering what won't be signed by garden) | 27                 |
| 28<br>Refrigerator                       | 29<br>Library                     | 30<br>Meteor Madness                         | 31<br>Sun                               | 32<br>Sun                  | 33<br>Sun   | 34<br>Staying Cool |

# Park Outing a Blast for North Dayton



Batter up!

























They are enjoying their picnic at the park.



She is enjoying the sun.

## June 2009

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY |
|--------|---|---|---|---|--|----------|
|        | 1<br>Grocery Shopping<br>  | 2<br>Library<br>                                       | 3<br>Cooking Day<br>   | 4<br>Square Dancing<br>                                   | 5<br>Game and Movie Day Here at QFI!<br>        | 6        |
| 7      | 8<br>Grocery Shopping<br>  | 9<br>Splash Moraine Swimming<br><br>Weather Permitting | 10<br>Cooking Day<br>  | 11<br>Bowling<br>   | 12<br>Boonshoft Museum<br>                      | 13       |
| 14     | 15<br>Grocery Shopping<br> | 16<br>Library<br>                                      | 17<br>Cooking Day<br>  | 18<br>No Square Dancing<br>Wright Patt Air Force Base<br> | 19<br>Movies and Popcorn<br>                    | 20       |
| 21     | 22<br>Grocery Shopping<br> | 23<br>Recreational Center<br>                          | 24<br>Cooking Day<br>  | 25<br>Young's Dairy Farm<br>                              | 26<br>Fun in the Park<br><br>Weather Permitting | 27       |
| 28     | 29<br>Grocery Shopping<br> | 30<br>Library<br>                                      | PLEASE SEND IN THE MONTHLY ACTIVITY FEE OF \$15.00 BY JUNE 5TH.<br>Quest for independence<br>North Dayton |   |  |          |



## June 2009 Monthly Activity Schedule

| Sun | Mon                 | Tue                    | Wed                      | Thu                  | Fri  | Sat |
|-----|---------------------|------------------------|--------------------------|----------------------|--|-----|
|     | 1<br>Grocery Store  | 2<br>Mall Walking      | 3<br>Cooking Class       | 4<br>Park            | 5<br>Bowling                               | 6   |
| 7   | 8<br>Grocery Store  | 9<br>Library           | 10<br>Picnic in The Park | 11<br>Square Dancing | 12<br>Sawyer Point<br>Bring a Picnic Lunch | 13  |
| 14  | 15<br>Grocery Store | 16<br>Mall Walking     | 17<br>Cooking Class      | 18<br>Park           | 19<br>Swimming                             | 20  |
| 21  | 22<br>Grocery Store | 23<br>Library          | 24<br>Picnic in The Park | 25<br>Square Dancing | 26<br>Ft. Ancient<br>Bring a Picnic Lunch  | 27  |
| 28  | 29<br>Grocery Store | 30<br>QFI Pizza Party! |                          |                      |  |     |

### Quest for Independence

4841 Business Center Way  
Suite A  
Cincinnati, Ohio  
45246

Phone: 513-682-1156  
Fax: 513-682-1159  
qfori.com

Please note that on the following days individuals do not need to bring a lunch with them, QFI will provide lunch, June 3, 17, and 30. On Picnic in the Park days QFI will provide hamburgers and hot dogs, but individuals will still need to bring a side and drink for their lunch on those days. As always, friends are welcome to come along and try us out for a day, and we are still doing the Bring a Friend Incentive!

## Summer Fun

With the approach of summer, QFI Tri-County is shaking things up a bit! In the upcoming months we will be getting outside more to do great things like visit parks and go to Reds games! Some other new changes coming are getting back to cooking classes! We will be cooking full lunches two Wednesdays a month; clients don't need to bring a lunch on these days! The other two Wednesdays we will be heading to the park for a Picnic in the Park! On those days QFI will supply the hamburgers and hot dogs (and all the fixings) and clients will need to bring a side and drink to complete their lunches on those days! We will also start having QFI Pizza Party Day! QFI will provide pizza for everyone for lunch on this day! With all of the new things going on, don't forget you can always bring a friend to try out QFI for a day!





# QFI Insider

## QFI Location Guide



To learn more about our programs,  
sign up for our E-Newsletter and more,  
visit us online at  
**QforI.com**

## 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