

Meaningful Day Services

MAIN OFFICE:

225 S. School St., Brownsburg, IN 46112
(317) 858-8630 Fax: (317) 858-8715

JEFFERSONVILLE THERAPY CENTER:

590 Missouri Ave., Suite 204
Jeffersonville, IN 47130
(812) 288-4688
Fax: (812) 610-8333

INDIANAPOLIS DAY SERVICES:

3725 Kentucky Ave.
Indianapolis, IN 46221 (317) 248-0016

LAWRENCEBURG THERAPY CENTER:

465 Bielby Rd., Suite C,
Lawrenceburg, IN 47025
(812) 655-3541 Fax: (812) 610-8333

SEPTEMBER 2022/Issue 90

www.meaningfuldays.com



Meaningful Day Services *newsletter*

28 Years of Meaningful Experiences!



**MDS appreciates our
Adult Day Program staff!**

IN THIS ISSUE: Read about our Adult Day Program on page 2 | Don't miss EBeth's story on page 4!



Adult Day Services

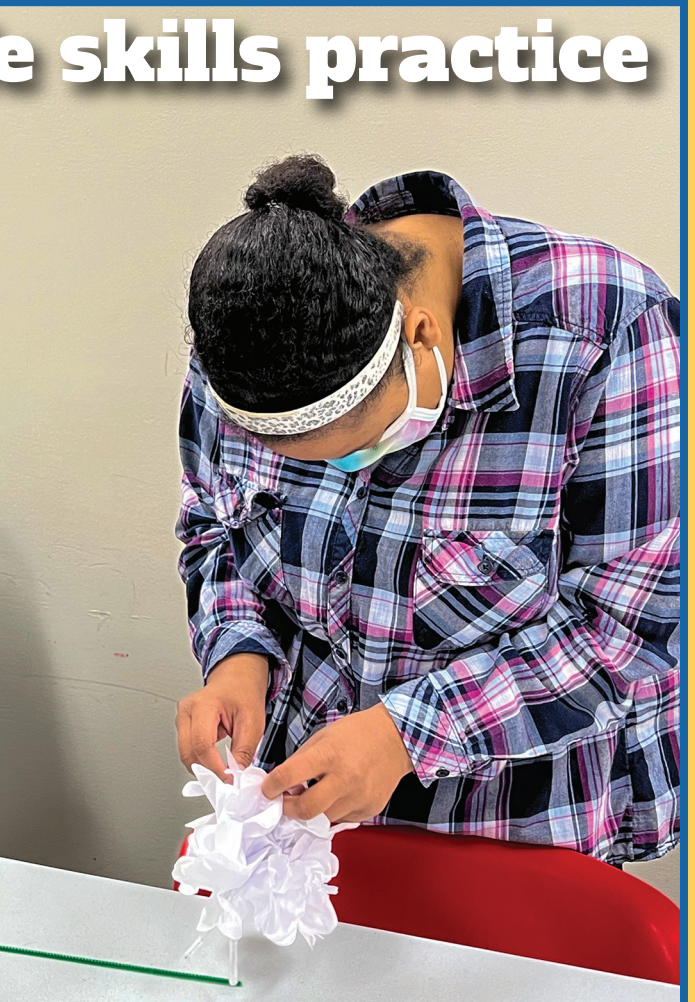
Adult Day Services is a facility-based program for individuals 18 years and older. At this program we focus on a variety of activities that enhance skills, including motor skills, sensory, expressive activities, wellness, and group activities. In addition, individuals may identify personal goals that address daily living skills, hygiene care, vocational tasks, outdoor activities, meal prep, and cooking.

The Trailblazer group, a program within ADS, has a candy store that has been going well for the last five years. All proceeds from the candy store supports outings, activity supplies, and holiday parties!

Our program is located on the southwest side of Indianapolis and is open Monday–Friday 8 a.m. to 4:30 p.m.

A Direct Support Professional, or DSP, works directly with people with intellectual or developmental disabilities to assist them in becoming more independent and integrated into their community. At the Adult Day Program, a DSP engages clients in activities to increase their motor skills, expression, communication, and wellness. We also work toward individualized goals, as well as independence skills. The group also likes to have fun by playing board games, going on community outings, enjoying cooking activities, and making crafts.

Life skills practice



Job training



Socialization



Goal setting

Meet EBeth!



Join us in congratulating EBeth for walking 191.68 miles since the beginning of Walking Club! EBeth has discovered during recreational therapy that walking is a great exercise option for her and a great outlet when she wants to explore areas of her community or process her thoughts and emotions. Alone, EBeth has walked the equivalent of miles from Hamilton County to Chicago.

Keep on striding EBeth!



Whether she's indoor or outdoor, EBeth is on the move!

Meet Rhonda and Rachel!



This month, we would like to highlight Rhonda! Rhonda has been a DSP with MDS since April 2021. She has been a great addition to our program and has been involved in various holiday fundraising activities. She has introduced creative art and craft ideas to the program, and always keeps a positive attitude! Each day, Rhonda looks forward to making a difference in people's lives, watching individuals engage in different activities, and teaching clients something new. We enjoy and appreciate all that Rhonda does for MDS!

Also, this month, we would like to highlight Rachel! She has been a DSP with MDS since July 2017. Rachel has been a wonderful employee here at MDS. She enjoys arts and crafts, and creating and modifying activities to fit our clients' needs. Rachel



interacts with clients throughout the day. Our clients being involved in activities, enjoying the arts and crafts Rachel makes, and watching clients work toward and achieve their goals, is what Rachel looks forward to every day! We thank Rachel and appreciate her for being a valuable employee at MDS!

**We are grateful to have both Rhonda and Rachel on our team!
Keep up the good work!**

Know Your Options Surrounding Guardianship

We are pleased to offer an informational seminar presented by the Arc of Indiana:

"Know the Facts and Know Your Options Surrounding Guardianship and Alternatives," presented by Karly Sciortino-Poulter, Director of The Arc Advocacy Network. This presentation will be offered live, virtually via Zoom, October 11, 2022 at 6 p.m.

Use this link to register:

<https://www.meaningfuldays.com/guardianship-and-alternatives-seminar>

**Be sure to view our website to stay informed on our protocols for safety measures for COVID-19.
LINK: <http://meaningfuldays.com/resources/covid-19-alerts-and-notices/>**



Follow us on Facebook: Meaningful Day Services or find us on Twitter: @MDSIndiana and Instagram at: Meaningful_Day_Services