

## Meaningful Day Services

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[www.meaningfuldays.com](http://www.meaningfuldays.com)



# Meaningful Day Services *newsletter*

## 27 Years of Meaningful Experiences!



**Our Employment  
Services could be a  
good fit for your  
loved one!**

Call 317-858-8630 to learn more.

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# Meaningful Strides 5K

The Recreational Therapy Department started off the month of October with our 5th Annual Meaningful Strides 5K. With our 5K last year only having a virtual option, we were excited to see so many faces and have over 45 participants from five different states who participated both virtually and in person. Although it was a rainy day here in Indiana, that did not stop our participants from having fun and finishing the race at Hummel Park located in Plainfield. This year, the Recreational Therapy Department decided to think pink and donate 30% of our proceeds from the 5K to The Breast Cancer Foundation in honor of Breast Cancer Awareness Month. We will use the remaining proceeds to fund a bowling league for our clients. We appreciate your support each year during our Meaningful Strides 5K and look forward to seeing you all next year! *(more photos on pg. 3)*











# National DisABILITY Employment Awareness Month

October is National Disability Employment Awareness Month (NDEAM)! This month is used to celebrate all the ways that people with disabilities have contributed to our work force. This month is also used to emphasize the importance of equal opportunity employment efforts. This is a great opportunity for employers to review their company policies, educate their employees, and train their supervisors on how to best support accessibility for all employees.

Take a look at the Department of Labor website to learn more about what you can do to learn and celebrate this important initiative. <https://www.dol.gov/agencies/odep/initiatives/ndeam/ideas>



# Meet Derek!

Derek has been a Recreational Therapy client with Meaningful Day Services for more than seven years and the spotlight is on him this month for his resilience and ability to deal with, and bounce back from, Covid-19 restrictions! Derek experiences high anxiety that causes negative behaviors with any change or adjustment to his environment. About three years ago, he started having such high anxiety, because of environmental factors, that he no longer enjoyed the things he once did. Due to his high anxiety, he had a hard time engaging in the community or engaging with other people. Negative behaviors such as touching other people without permission and picking items up off the ground that could be dangerous, affected his daily life. He also lost interest in activities he enjoyed in the past.

During telehealth sessions in 2020, as part of Covid-19 restrictions, Derek experienced 15 months without recreational therapy services, because he had a family member who was at high risk of severe Covid-19 symptoms. This resulted in Derek staying home and resorting to his safe space.

Upon returning to services in July, the recreational therapist and Derek's mom planned out how they would resume recreational therapy services: the expectations and the concerns. Derek quickly jumped back into sessions! He has been able to indicate what he wants to do and where he wants to go. He is showing interest in things he has not done in three or more years, and his overall anxiety and behaviors have decreased. Derek has shown us how much Recreational Therapy means to him by showing such a large shift in his quality-of-life activities.

**Keep up the good work, Derek!**





## Meet Tabitha

This month we would like to highlight Tabitha, who works in our ABA department. Tabitha started with MDS as an RBT back in 2016. She also serves as our assessment specialist completing a variety of assessments and assisting in the development of treatment planning. In 2020, she completed her master's in Applied Behavior Analysis from U of L. After completing her practicum hours with MDS she recently passed her exam and became a Board-Certified Behavior Analyst. We are so happy to have Tabitha as part of our BCBA clinical team. This past summer Tabitha took the lead role and participated in the development and implementation of our tutoring pilot program utilizing precision teaching. Tabitha is smart, professional, excited about applying the science, great at asking questions, and one of our best clinicians at pairing and engaging with clients. We are so happy to have Tabitha and pleased with all of her accomplishments at Meaningful Day Services. MDS is excited to see what she accomplishes next!



*Thank you for all you do, Tabitha!*



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

# Caregivers of dependents with special needs

## You're invited to attend a workshop on:

### "How Caregivers Can Secure the Future of Their Dependents with Special Needs."

Families with children and other dependents with special needs, no matter what the age or disability, face many serious questions about how to best prepare for their dependent's future well-being.

This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), Special Needs Trusts, ABLE Accounts, and the importance of a Will.

**Taking steps now can help arrange for a loved one's well-being today and tomorrow.**

Presented by: Gordon Homes

Date: Tuesday, November 16th

Time: 6:30 PM

Place: You will receive a zoom link upon registering

RSVP: musictherapy@meaningfuldays.net or by calling 317-858-8630

The presentation will run approximately 45 minutes, with plenty of time afterwards to answer your questions.

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