

Meaningful Day Services

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www.meaningfuldays.com

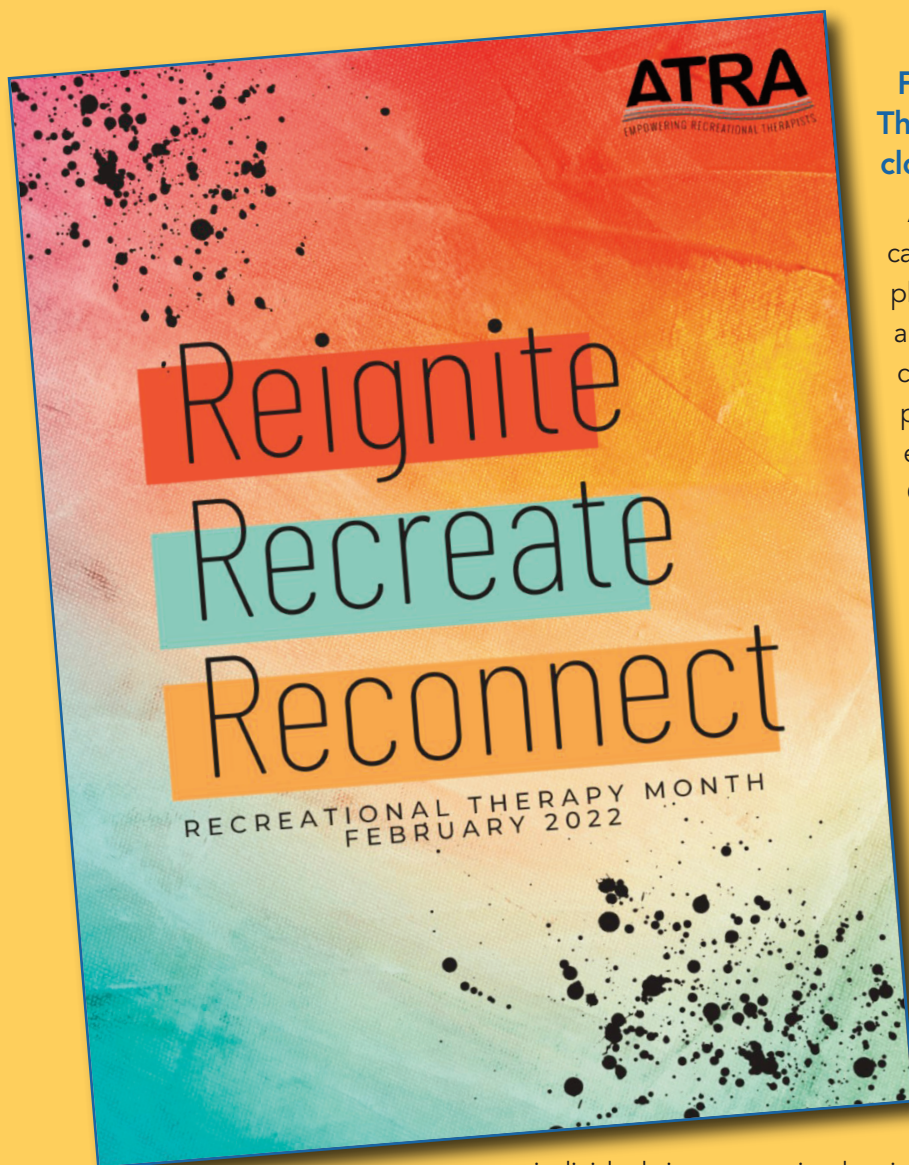
Meaningful Day Services *newsletter*

28 Years of Meaningful Experiences!



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Recreational Therapy Month



February is International Recreational Therapy month. In celebration, let's take a closer look at the profession.

A certified therapeutic recreation specialist, also called CTRS or Recreational Therapist, must complete specialized education and training and pass a national certification exam, showing their competency in recreational therapy standards of practice. They engage in ongoing continuing education as required by NCTRC, the National Council for Therapeutic Recreation Certification.

Recreational Therapy is fun; however, interventions are purposeful and based on an individual's assessed needs. According to the American Therapeutic Recreation Association (ATRA), "Recreational Therapy means a treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, as well as reduce or eliminate the activity limitations and restrictions to participate in life situations caused by an illness or other disabling condition."

In other words, recreational therapists use recreation-based interventions to improve a person's physical, cognitive, emotional, and social skills. They can adapt activities to assist

individuals in overcoming barriers in their preferred recreation and leisure interests. If your loved one would benefit from this service, please call us at 317-858-8630 and submit a referral for services with us!

BLACK HISTORY MONTH

Black History Month is an opportunity to celebrate the courage, bravery, and achievements of African Americans. Carter G Woodson initiated “Negro History Week” in the second week of February, beginning in 1926. This week was chosen, because it includes the birthdays of both Frederick Douglass, an abolitionist, and former U.S. President Abraham Lincoln. The week-long event officially became Black History Month 1976 when U.S. President Gerald Ford extended the recognition to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Black History Month has been celebrated in the United States every February since. Some ways you can celebrate Black History Month:

1. Learn about Black history by attending events, watching documentaries, reading books, and listening to podcasts.
2. Support Black-owned businesses.
3. Consume media created by Black artists.
4. Donate to organizations supporting anti-racism.
5. Share what you learn with friends and family.
6. MDS employees can join the MDS media club!

<https://www.history.com/topics/black-history/black-history-month>

Meet Sierra!

Sierra has been receiving music therapy and recreational therapy with Meaningful Day Services for many years. Sierra is joyful, loves taking care of her bunnies, and creates many amazing Lego creations.

Recently, Sierra got her first job at Petco! Sierra enjoys helping out with all of the animals and working the checkout. In November, Sierra got first-place at the Special Olympics State Bowling Tournament.

Sierra always comes to her recreational therapy sessions with a plan of what she wants to do. She has improved her money management skills and is amazing in sessions.

During music therapy, Sierra enjoys writing her own songs and singing Disney songs. Her music therapist says, "Sierra is a joy to work with. She comes in every session with great ideas for her songs and she has a beautiful singing voice."

Sierra's therapists are so happy with her accomplishments within her sessions and in her personal life.

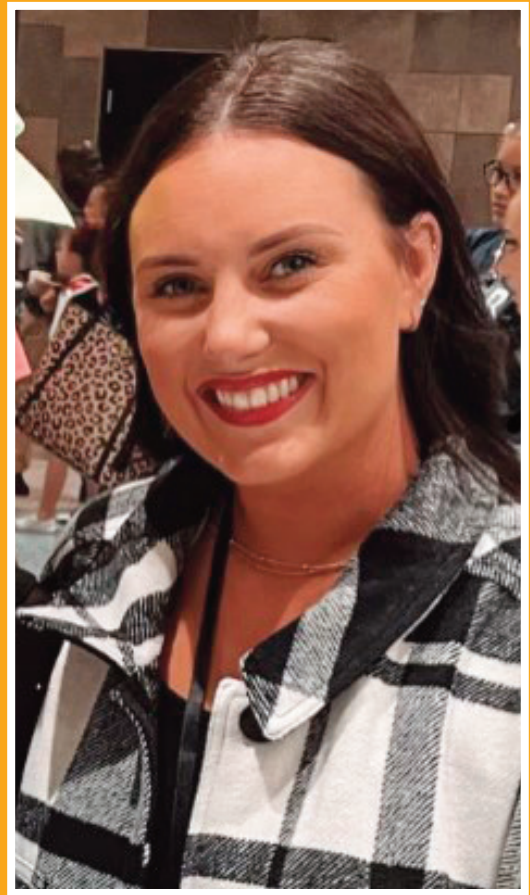
Keep up the great work, Sierra!



Meet Jenna

Jenna started with MDS in January 2021 as a Recreational Therapy intern and was hired as a Recreational Therapist for MDS at the completion of her internship, after earning her Master's Degree from Indiana University. Jenna was successfully able to navigate the challenges of being a student intern and stepping into the role of therapist during a global pandemic. Jenna is highly motivated, caring, and loyal. She has shown a tremendous amount of professional growth and adaptability as a therapist, and she's been a great addition to the Recreational Therapy team.

Keep up the good work, Jenna!



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/>



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