

Meaningful Day Services

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www.meaningfuldays.com



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



Participants practice life skills
during Adult Day Services.

What is Adult Day Services?

Adult Day Services (ADS) helps adults build the skills, confidence, and connections that make it possible to live engaged and more independent lives. Every day includes meaningful hands-on activities that teach independent living, communication, healthy habits, coping, and social skills.

Our small staff-to-client ratios (1:1, 4:1, and 6:1) mean every client receives individualized support and care. ADS provides structure to the week, a place to belong, and new chances to learn, grow, and have fun with peers.

A Day at Indianapolis Adult Day Services

At Adult Day Services, each day starts with a personal welcome. Staff greet each client by name, check on how they're feeling, and help everyone settle in. Activities vary and may include cooking projects, group games, creative time, and community outings. At the end of the day, each client receives a daily progress report that summarizes how their day went.

Cooking Up Confidence

Cooking activities are a client favorite! We are grateful for our partnership with Cooking Matters, a program by the Indy Hunger Network (IHN) that works to reduce hunger in the Greater Indianapolis area. Their team led cooking classes where clients learned about food preparation and healthy food choices. Clients enjoyed following recipes, measuring ingredients, and gaining real-life skills with every dish.

Moving and Stretching Together

Healthy habits can take many forms. At ADS we get our bodies moving during morning and afternoon stretch



Clients enjoy learning about food preparation and healthy food choices!



Clients get out and move together and learn new leisure activities.

breaks, shooting hoops outside, walking laps around the building, or following Tae Bo videos.

Building Coping Skills

Learning to manage big feelings is an important life skill. Staff at ADS help clients identify their emotions and practice calming strategies, such as deep breathing, mindfulness with the five senses, and taking a break. With steady practice, clients build confidence using these tools on their own.

Creative Expression

Art, music, and performance give clients a chance to share who they are. We enjoyed seeing clients sing and dance during the 2026 Summer Bash Talent Shows!

A Community in Action

ADS clients love giving back to the community. This year clients helped sort food for families in need at Gleaners Food Bank. We also learned about advocating for our rights!

Celebrating Achievement

At ADS, every milestone matters. Whether a client masters a new skill, speaks up for themselves, or tries



Clients enjoy learning about food preparation and healthy food choices.

something for the first time, our team celebrates every win!

Backed by a Great DSP Team!

Great days at ADS take a strong team. Our Direct Support Professionals work hard to provide consistent support to all our clients. Our DSPs bring energy, patience, and creativity every day. They lead meaningful programming at all levels of care, cheer on every success, and make sure each client feels welcomed and supported. Thank you for all you do!



Human Resources

Every employee's journey at Meaningful Day Services looks a little different. Some are just beginning their careers with MDS, while others have spent years growing, learning, and making an impact within the organization. No matter where someone is in that journey, Human Resources is here to provide support along the way.

Our work often begins before an employee's first day, but it certainly doesn't end there. Throughout an employee's time with MDS, HR serves as a resource for questions, benefits, workplace needs, professional changes, and the many situations that can arise during someone's employment. Sometimes that means helping someone navigate a process or find an answer. Other times, it simply means making sure an employee knows where to turn when they need help.

Behind every HR process is a person. That's something we never want to lose sight of.

MDS employees bring different experiences, perspectives, talents, and personalities to their roles, but everyone contributes to the same mission. The work happening across our departments each day directly impacts the individuals and families we serve, and HR is proud to support the employees who make that work possible.

As MDS continues to evolve, HR will continue evolving with it. We look forward to finding new ways to support our employees, strengthen their experience, and help create a workplace where people feel informed, valued, and connected.

Most of all, thank you to our employees for everything you contribute to MDS and to the people we serve. You are the people behind the mission.

Counseling Available

crisis counseling | family counseling | individual counseling

We know times can be challenging and our experienced counselors are ready to help you reach your goals. We believe that everyone has the ability to make positive changes and we offer telehealth options available to fit around your life and schedule. Meaningful Day Services is in network with most insurance providers, as well as Medicaid. If you would like counseling support, please call 317-858-8630.



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We are accepting referrals for the following services and locations:

Behavior Supports: Now accepting referrals in Jeffersonville, Columbus, Fort Wayne, Franklin, Jasper, Vincennes, Evansville, and Shelbyville. Openings include daytime and afterschool (may vary based on region).

Community Supports PAC, Respite, and School Break Programs: We are accepting referrals for Community Supports in Jeffersonville and surrounding areas, as well as the Indianapolis/Hendricks County region. MDS is expanding our team of DSPs to provide individualized PAC and Respite services, including flexible weekday, evening, and weekend support based on individual needs, authorized hours, and staff availability. Services may be provided in the home or in the community and can focus on meaningful engagement, skill development, community access, and caregiver relief. Families who already have an eligible friend or family member they would like to provide support, may also utilize our direct-hire option, with MDS providing employment, onboarding, and training.

Winter Break Programs – Now Accepting Referrals!

MDS will offer structured School Break Programs from 9 a.m.–5 p.m. at our Jeffersonville and Brownsburg locations. These programs provide meaningful activities, community engagement, and individualized support while school is out. Funding options include FS and CIH waivers, based on service eligibility.

Jeffersonville: December 21–23 and December 28–31, 2026

Brownsburg: December 21–23 and December 28–31, 2026, and January 4, 2027

Counseling: We currently have immediate openings for telehealth counseling across the state and in-person in Lawrenceburg. We have limited in-person counseling in Brownsburg. We accept private insurance, Medicaid, and VA as funding sources. We provide individual, couples, and family therapy.

Music Therapy: We have expanded to St. Joseph County (South Bend and Mishawaka) with daytime and afterschool openings. We have day and afterschool openings in Jeffersonville, New Albany, Sellersburg, and Charlestown. We have daytime openings in Greenwood, Franklin, New Whiteland, and Whiteland. We offer our wait list for all other regions. Funding options include CIH, FS waivers, and private contracts.

Recreational Therapy: We have daytime and afterschool openings in Monroe, Morgan, Vanderburgh, and Gibson counties. We offer our wait list for all other regions. Funding options include CIH, FS waivers, and private contracts.

Submit referrals through website at: <https://www.meaningfuldays.com/enroll>

Meet Carmen!



As Carmen Torres approaches her three-year anniversary with MDS, we would like to recognize the meaningful impact she has made throughout the organization. Carmen has become an essential member of the HR team and someone we can consistently count on to keep things moving.

Carmen wears many hats at MDS. She manages recruitment and onboarding for new employees, including offer letters, background checks, compliance requirements, orientation coordination, employee communication, and record maintenance. She also supports marketing projects, assists with daily operations at the Brownsburg office, serves on the Training Committee, and is a First Aid and CPR trainer. Carmen approaches each responsibility with organization, attention to detail, adaptability, and professionalism.

One of Carmen's greatest contributions has been improving and streamlining the onboarding process. She has strengthened communication with new employees, created better organization around onboarding requirements, and helped ensure new team members receive a smooth and welcoming start. She has also successfully managed our demanding summer onboarding season for three consecutive years, consistently handling the increased workload with confidence and efficiency.

Carmen's problem-solving skills, initiative, and willingness to help have grown tremendously during her time with MDS. She can always be trusted to jump in, take ownership, and find ways to improve processes without being asked. Her dependability, fresh ideas, and dedication have made a lasting impact on HR and MDS. We are grateful to have Carmen on our team and look forward to her continued growth.

Thank you, Carmen, for everything you do!



Follow us on Facebook: [Meaningful Day Services](#) or find us on X: [@MDSIndiana](#), Instagram at: [Meaningful_Day_Services](#) and TikTok at: [@meaningfuldayervices1](#)



Meaningful Voices is an inclusive adult choir led by our board-certified music therapists. This all-abilities ensemble brings together singers who share a passion for making music in a supportive, energizing community.

Participants enjoy opportunities to:

- Build meaningful social connections
- Collaborate with a large ensemble
- Grow musically in an encouraging environment
- Perform in a celebratory concert each session

The choir meets monthly culminating in a performance at the end of each season. Specific dates and times can be found on the registration forms on the website.

Join us for a joyful musical experience where every voice truly matters.



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