

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

HANOVER THERAPY CENTER:

125 E. Lagrange Rd., PO Box 125
Hanover, IN 47243 (812) 288-4688 Fax: (812) 610-8333

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www.meaningfuldays.com

Meaningful Day Services *newsletter*

26 Years of Meaningful Experiences!

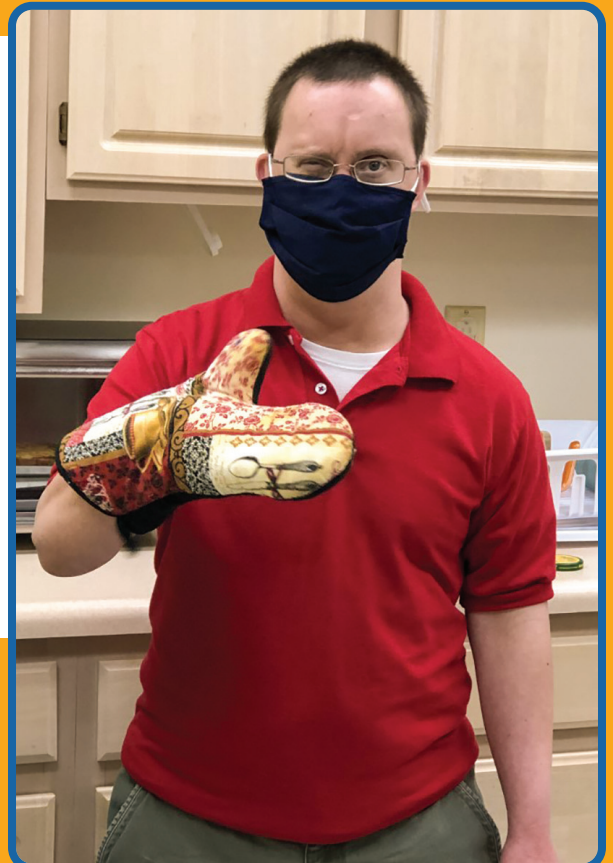


Anna enjoys time in the ball-pit, while attending our Summer Break Program.

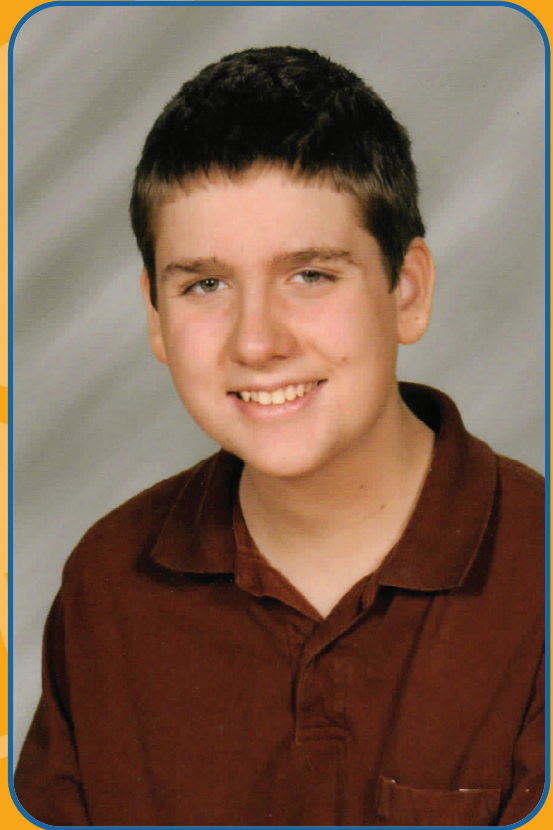
IN THIS ISSUE: Read about our Trailblazer Group on page 2 and Sam's accomplishments on page 3!

Trailblazers

The Trailblazers are a group of individuals who attend our Adult Day Program. They have been working hard at building different skills that will help them become more independent. The Trailblazers have been working to identify their own job skills that help them explore more employment options when they are ready. They take turns doing different jobs around the building, such as dishes, vacuuming, and taking out the trash. They have been completing cooking activities each week at snack time and help pass the snacks out. They also run a candy store that helps fund special outings throughout the year. The candy store responsibilities help them practice handling cash and making change, as well as stocking shelves and providing customer service. When they aren't working on their own goals, they also help mentor other individuals and groups who attend Adult Day Services (ADS).



Meet Sam!



Sam has been working with his music therapist on social skills, specifically, conversation skills and turn taking. He has done an excellent job during his music therapy sessions, so his music therapist asked if he would like to join a small young men's group to work on transferring these skills. The group provides an opportunity for socialization and group engagement for its four members. The young men play games, converse, and simply get to make music together. Sam always comes to group happy and excited about music; he emits a positive and warming energy that brightens everybody's day! Sam is engaged for the entire hour, and he is patient while waiting his turn. He is successful at the games played and is very knowledgeable when it comes to Disney movies and music, especially *Beauty and the Beast*. When Sam isn't sure of an answer while playing games, he doesn't hesitate to ask for some help from one of his peers. Sam is a jokester who brings much humor to the group. We are so happy for Sam and all he is accomplishing! **Keep up the good work, Sam!**

Meet Autumn

You may catch a lot of smiles and a good laugh from our Recreational Therapist, Autumn. While Autumn was a student intern with MDS, she facilitated a laughter therapy virtual group for some of our Recreational Therapy clients. What could be more powerful than laughter in the height of a global pandemic? Autumn was hired as a therapist with MDS after she completed her internship and graduated from Indiana University in 2020. She is now a member of the Recreational Therapy internship committee with MDS, and just recently received her certification in Chair One fitness, where she has successfully facilitated a virtual fitness group for individuals with disabilities. In her short time with MDS, Autumn has demonstrated what it means to strive for excellence!



Thanks for all you do, Autumn!



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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