

Meaningful Day Services

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www.meaningfuldays.com



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



*Spectacular recitals wrap up
the fall season! See page 5.*

Community Supports

The Community Supports Department continues to grow and make a meaningful impact by helping individuals build skills, connect with their communities, and reach greater independence. Through a variety of programs—including PAC/RSPO Services, Break Programs, and the LIFE Program—our team provides person-centered supports designed to meet individuals where they are and help them thrive.

PAC/RSPO Services

Our PAC and RSPO programs provide individualized support that help participants engage in daily routines, learn new skills, and maintain independence at home and in the community.

Through our direct hire employment model, families can choose someone they know and trust—such as a parent, relative, or close friend—to provide support. This individual becomes employed with us, receives comprehensive training, and works under the ongoing oversight of our team to ensure quality services and compliance.

This approach allows individuals to receive consistent, person-centered care from someone familiar, while we provide professional guidance, resources, and case management oversight. It's a model that strengthens relationships, promotes comfort and continuity, and ensures families feel supported every step of the way.

Break Programs

Our Break Programs provide a safe, engaging, and inclusive environment for participants during school breaks. Through hands-on activities, themed events, and community outings, individuals have the opportunity



to build social skills, explore interests, and stay active while connecting with peers.

This year, we proudly expanded our summer program into the Jeffersonville region, bringing new opportunities for engagement and growth to even more participants.

[COMMUNITY SUPPORT SERVICES

We will offer Summer, Fall, Winter, and Spring Break Programs, ensuring year-round options for families seeking structured, enriching supports outside the school setting.

Our Brownsburg break programs continue to thrive as well, with steady growth and incredible progress among participants. As we look ahead, we're excited to accept new referrals and welcome more individuals into our growing programs centered on learning, fun, and community connection.

Charlie's journey especially highlights the power of our Break Programs. When he first joined two years ago, he preferred to play independently and rarely communicated his wants or needs. Over time—and with consistent support from staff—Charlie began engaging in parallel play, participating in group activities, and expressing himself more confidently with both staff and peers. Charlie's progress has been remarkable, and we are so proud of the growth he has achieved through his time in the program.

LIFE Program

Our LIFE Program — Leadership, Independence, Financial Literacy, and Employment — is designed to help individuals build the essential skills they need to navigate daily life with confidence and autonomy. Through a combination of hands-on learning, structured activities, and real-world practice, participants work



toward developing meaningful independence at their own pace.

Participants focus on social skills, appropriate communication, and goal setting to help them understand the steps needed to reach their personal aspirations. The program also incorporates community-based learning, where individuals explore and engage in different environments to practice communication, safety, and adaptability.

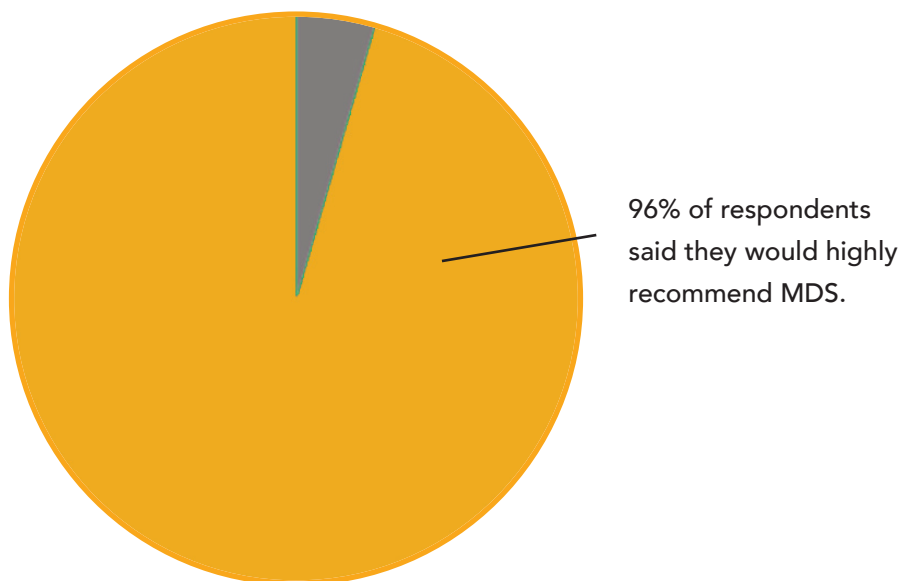
During the program, participants take part in practical life-skill activities; such as laundry, cooking, and financial literacy using worksheets, budgeting exercises; and simulated activities, like grocery shopping. These experiences help individuals strengthen problem-solving abilities and gain confidence in everyday responsibilities.

The LIFE Program continues to grow through new partnerships and enriched programming, providing participants with opportunities to learn, build independence, and gain valuable experiences that support future leadership and employment goals.



2025 Stakeholder Survey Results!

**4.78/5
overall
rating**



Thank you to everyone who participated in this year's stakeholder survey! MDS values input from all individuals involved in the services we provide and use this information to highlight strengths at the company, department, and at the individual staff member level, as well as identify opportunities for improvement.

This year, 224 individuals shared their input, and the results were overwhelmingly positive! 96% of respondents rated their likelihood to recommend MDS at 8 or higher on a 10-point scale, with an average score of 9.44. On a 5-point satisfaction scale, MDS received an overall rating of 4.78.

We appreciate your continued trust and support as we strive to provide exceptional, person-centered services.

Some specific feedback received in this year's stakeholder survey included:

- Olivia is professional, she displays a great deal of respect and care for her clients and supporting teams. Olivia is a very effective and positive communicator. She goes the extra-mile to make sure her clients are supported, encouraged, and get high quality services to help them meet their recreational needs. She is an amazing professional and therapist. The best in the business!!!
- She connects with my daughter by being involved in the things that my daughter likes. My daughter loves her.
- She adapts her therapy to the abilities of the clients and is very caring.
- From the time David started with MDS, he has been a valuable team member on two of the teams where we work together. He is friendly, communicative, flexible, and motivates those he works with to succeed during their sessions. It has been a pleasure to work with David.
- Mara makes an obvious effort to understand my son and does a great job helping him understand the importance of his actions and the things he says.
- The strengths are that they have staff who are motivated to do whatever they can for their clients. Communication is key when there are issues, behaviors, and other concerns and this place always has prompt communication. I am pleased by the timely submission of the data scoring sheets.

Three recitals. **Over 40 performers.** **One unforgettable day!**

Our North Indy and Jeffersonville music therapists, along with our incredible music therapy interns, wrapped up the season with three spectacular recitals. Thank you to everyone who attended, sang along, and cheered with heartfelt applause — your energy made each performance shine!





Chair One Fitness programs are designed to deliver a fun and interactive full-body workout that uplifts participants through dance-inspired movements and guided fitness exercises. Using a chair for stability and support, participants engage in exercises that enhance strength, flexibility, balance, and cardiovascular health in a fun, safe, and supportive environment.

Our classes focus on:

Strength building: Light resistance exercises to maintain and improve muscle tone.

Flexibility and range of motion: Gentle stretches to keep joints and muscles healthy.

Cardiovascular wellness: Low-impact, rhythm-based movements that get the heart moving.

Fun and social engagement: Music, dance, and group interaction create an uplifting experience.

The 60-minute classes are designed to accommodate all fitness and ability levels. Chair One Fitness is ideal for individuals with limited mobility, those recovering from injury, or anyone who enjoys a low-impact, music-filled workout. Each session is led by a Recreational Therapist certified in Chair One Fitness, skilled at adapting and modifying movements so every participant can engage safely, confidently, and to their fullest potential.

Bring Chair One Fitness classes to your facility with Meaningful Days Services and experience how movement, music, and community can make every day more meaningful.



Contact
Stacey Carlson at
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or call
317-858-8630.

CHAIR ONE

Our Behavior Consultants join professionals from across the state at the Indiana Association of Behavior Consultants conference to learn more about trauma-informed care and advocacy. Every step we take toward understanding is a step toward meaningful change.



We are accepting referrals for the following services and locations:

Behavioral Consultation: Now accepting referrals in Ft. Wayne, IN and Jasper, IN. Openings include daytime and after school (may vary based on region).

Counseling Services: Openings at our Brownsburg and Lawrenceburg centers, as well as virtually statewide.

Music Therapy: Now accepting referrals in Jeffersonville, IN and surrounding region.

Recreational Therapy: Now accepting referrals in Allen, Huntington, Vanderburgh, and Warrick counties.

Vocational Rehabilitation: Openings in Hendricks County and Clark County.

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



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