

Meaningful Day Services

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590 Missouri Ave., Suite 204
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(812) 288-4688
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INDIANAPOLIS DAY SERVICES:

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Indianapolis, IN 46221 (317) 248-0016

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www.meaningfuldays.com



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



Best wishes from our herd to yours!

Making Days Meaningful

Leadership and Administration

As we wrap up the year and celebrate the season of gratitude, December's spotlight on our Leadership and Administrative Team offers the perfect moment to honor a part of Meaningful Day Services that quietly supports every program, every family, and every success story. This team provides the steady foundation that allows our mission to shine through each season: providing quality, hands-on services that enhance the independence of each unique individual.

Our leadership and admin team includes long-tenured directors, administrators, and specialists whose combined decades of service bring stability, deep expertise, and continuity across all regions and departments. Their work is the reason families experience consistency, case managers trust our communication, and clients move through our programs with confidence. In a year filled with both growth and challenge, their quiet reliability has been one of the greatest gifts and has enabled us to pivot and adjust to change.

This year brought significant Medicaid shifts and regulatory changes statewide. Yet, true to the spirit of the season, our leadership and administrative teams met each challenge with diligence, compassion, and advocacy. From navigating authorizations, caps, and billing changes to strengthening communication, IT systems, HR processes, and operational workflows, they worked tirelessly behind the scenes so that clients experienced continuity rather than disruption. Their efforts allowed families, caregivers, and providers to feel supported during a year of rapid change.



Our Mission

Providing quality hands-on services that enhance and improve the independence of each unique individual.

This matters because strong leadership and effective administration safeguard the quality of care. When our systems run smoothly, our service teams can stay focused on people, not paperwork. Timely authorizations mean sessions begin as scheduled. Clear communication helps families feel grounded and informed. Efficient operations give our therapists, coordinators, and teams more time to do what they do best: empower MDS clients to grow, learn, and thrive in their community.

Connect, Streamline, Evolve

As we look toward 2026, the efforts of our leadership and administrative teams align with our strategic pillars of Connect, Streamline, and Evolve. These pillars reflect our commitment to strengthening relationships with community partners, modernizing systems to reduce delays, and thoughtfully adapting to the policy and

[LEADERSHIP AND ADMINISTRATION

workforce shifts shaping our field. At the center of each initiative is our “why”: to ensure dependable, person-centered, compassionate care for every individual and family we serve.

In this season of reflection and renewal, we extend our appreciation to the leadership and administrative teams whose work supports every client milestone and every staff success. Their dedication sustains the care, connection, and stability our community depends on. As we move into the new year, we look forward to building on this strong foundation, together.

Warmest wishes for a peaceful holiday season and a meaningful year ahead.



*Amber Badgett,
Chief Executive Officer*

*John Cederdahl,
Finance Director*



Craig Miller, IT Director

*Jheny Nieto, Director of
Adult Day Services and Santa*



*Shelby Kabazie,
Chief Operating Officer*



*Samantha Ward,
Human Resources Director*



*Jordyn Koertge,
Director of Community Supports*



*Sarah Ardoin,
Music Therapy Director*



*Brittany Richter, Director of
Behavior Management*



*Stacey Carlson,
Recreational Therapy Director*



*Ashley Heil, Director of Insurance and Client
Coordination (left) and Hannah Sauber,
Director of ABA*

Many thanks to our dedicated Leadership and Administrative Team! This team provides the steady foundation that allows our mission to shine year after year.



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
scarlson@meaningfuldays.net
or call
317-858-8630.

CHAIR ONE



Meaningful Harmonies

Open to infants and children
of all abilities between the ages
of 6 months and 4 years.

Jeffersonville location

For more information
or to sign up, call:

(812) 288-4688

Meaningful Harmonies is an infant and toddler music group that is centered around developing and enhancing social, physical, and cognitive skills through the exploration of music, movement, and more!

This 6- to 8-week course is facilitated by board-certified music therapists, and it is open to infants and children of all abilities between the ages of 6 months and 4 years. The course consists of weekly 30-minute sessions with a small group of children and their caregivers. Families have the opportunity to choose either a Wednesday group with Ms. Hannah or a Friday group with Ms. Tamia. Both groups are held at 9:00 a.m. at Meaningful Day Services in Jeffersonville.



Tamia Yates

Ms. Tamia has worked as a board-certified music therapist with Meaningful Day Services for two years. She has worked with children, teaching them songs from musical theatre, learning about instruments, and exploring movements with music. Tamia enjoys discovering new ways to move and play, and she is excited to make these discoveries with families in this group!

Hannah Levesque

Ms. Hannah is a mom of a toddler and has worked as a board-certified music therapist with Meaningful Day Services for five years. She specifically loves working with infants and children. She loves using singing, dancing, and instrument play to foster learning of developmental skills. Ms. Hannah is excited to bring her expertise to this new group, as she brings music and fun to families in the area!





Quarterly Connections Meetings

The Meaningful Day Services teams gather each quarter at the Connections Meetings. The Connections meetings give staff the opportunity to share ideas and concerns and make sure we are following our mission of providing quality, hands-on supports that enhance the independence of each unique individual.

*Top: Jeffersonville team. Right: Fort Wayne.
Bottom: Brownsburg team.*



The Adult Day Services team in Indianapolis gathers for their quarterly Connections Meeting. The Connections meetings give staff the opportunity to share ideas and concerns and make sure we are following our mission of providing quality, hands-on supports that enhance the independence of each unique individual.



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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