

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



Meaningful Day Services *newsletter*

28 Years of Meaningful Experiences!



MDS specializes in addressing each child's sensory needs to improve regulation for the child to perform optimally in everyday activities.

April is National Occupational Therapy Month!

We would like to take this opportunity to highlight our OT Department and how it fits into the MDS team!

Occupational therapy focuses on helping people with physical, sensory, or cognitive delays be as independent as possible in all areas of their lives. Occupational therapists strive to enhance each client's self-esteem and sense of accomplishment by promoting increased participation in the activities that are most meaningful to them. With young children, occupational therapy often focuses on helping the client master the skills needed to complete basic self-care tasks or improve on the attention and self-regulation that is needed to engage in basic play and learning activities. Occupational therapy with older children,



teenagers, and adults typically focuses on helping clients master more dynamic skills, while working to establish positive habits and routines that are necessary for maximum independence.

#mOTivate #FUNctional

If you are interested in Occupational Therapy services at MDS, call us at: **812-288-4688**.



Ramadan

April 2nd starts off the holy month of Ramadan celebrated by Muslims who follow the Islam religion. Islam holds five main principles, one of which is fasting. During the month of Ramadan, Muslims participate in fasting from food and drinks between sunrise and sunset. This practice is believed to be a way to cleanse the soul and experience empathy for others in the world. This practice is only for those in good health. Those who are sick, elderly, pregnant, or nursing are exempt from this practice. The day after Ramadan ends, Eid al-Fitr or the Feast of Fast-Breaking lasts for three days and includes special prayers and meals with friends and relatives.



Reaching their potential



**Meaningful
Day Services**

www.meaningfuldays.com

Meaningful Day Services, Inc. (MDS) celebrates more than 28 years of helping individuals reach their potential with a dedicated team of highly-skilled therapists. The MDS team is there to help families find the assistance they need for their child's specific needs, at whatever level, and help them prepare for a lifetime of meaningful days.

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Meet Johnny and Andrew!



This month we would like to highlight Johnny and Andrew. They are brothers and receive services through Meaningful Day Services which include occupational therapy, behavior management, and speech therapy. They have been with MDS for more than two years now. Johnny and Andrew have both made substantial gains in living more independent and meaningful lives. During the recent pandemic, both boys were home schooled which allowed mom and dad to become involved not only in their academics, but also in the boys' therapy. This allowed for an all-inclusive and collaborative approach with great supports and carryover of daily living tasks into their home. Both boys are progressing well toward their goals. Johnny and Andrew love to create and play with energy and excitement. Johnny and Andrew participate in community sports and interact with their peers. They are also improving their independence in morning routines and other responsibilities at home. Both boys are living to their fullest potential and have reported feeling proud and excited each day.

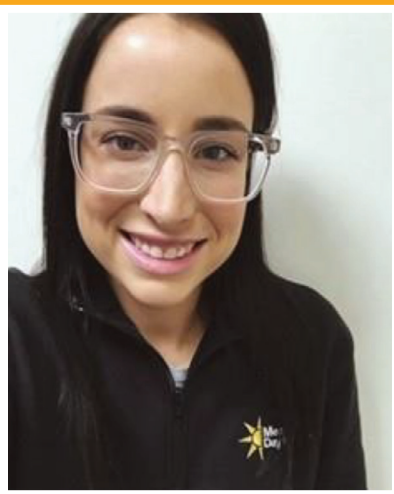
**Keep up the great work,
Johnny and Andrew!**



Lexie

Meet Lexie and Jordan!

Meet Lexi, OTD, OTR, 200 RYT-SEY graduated with a Doctorate of Occupational Therapy from the University of Indianapolis. She completed a certificate in Aging Studies, Sensory-Enhanced Yoga, and Reiki Healing. Lexi specializes in mindfulness in order to improve clients' awareness for obtaining or modifying skills needed for meaningful engagement in daily occupations. Lexi works with clients across the lifespan in order to elicit intentional independence and participation in daily routines and rituals.



Jordan

Meet Jordan, MS, OTR/L graduated with a Master's in Science and Occupational Therapy from Spalding University. She has been a pediatric OT at Meaningful Day for seven years, where she has built a strong rapport with her clients and their family members to better understand the strengths and challenges that make up her clients' daily lives in order to aide them in their success. In the past two years, Jordan has also found a passion for pediatric feeding where she strives to help her clients and their families with their mealtime challenges using the "get permission approach."

Keep up the good work!



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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