

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

320 Linwood Street Suite 1A & 1B
Dayton, Ohio 45405
(937) 228-2810 – Fax (937) 228-2815

HAPPY NEW YEAR!



Weston Louis Philpot II, LPC
Director

Volume 93, Number 1
January 2025

BOARD MEMBERS

Frank Watkins, President Sandra Terri Shampton
Stephen M Fuller Donna Westphil
Rodescu Macklin

ADOLESCENT OASIS, INC.
31 YEARS OF SERVICE

EMERGENCY TELEPHONE NUMBERS

Fire	911
Emergency Squad	911
Police	911
Mont Co Sheriff	(937) 225-4357
Poison Control	(937) 222-2227
Kroger's Pharmacy	(937) 277-0957
Ohio Dept Mental Health	(614) 644-8419
Crisis care	(937) 224-4646
Mont County Children's Services	(937) 224-KIDS (5437)
After Hours/Emergency	(937) 776-4023
Office Work Hours	(937) 228-2810

FOSTER PARENTS, AFTER 5 PM PLEASE CALL THE AFTER HOURS/EMERGENCY TELEPHONE NUMBER AND FROM 9AM - 5 PM CALL THE OFFICE NUMBER. DO NOT CALL THE THERAPIST'S CELL PHONE.

POLICY REVIEW

(5101:2-7-02 GENERAL REQUIREMENTS FOR FOSTER CAREGIVERS AND APPLICANTS

(Continue from December 2024)

5101:2-7-07 HEALTH SERVICES

(4) Prescribed drugs shall be disposed of in a safe manner when the prescription is no longer current.

(5) Any side effects of prescription drugs shall be reported immediately to the prescribing physician and the recommending agency.

JANUARY - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

(MR. PHILPOT, INSTRUCTOR)

MENTAL HEALTH SERIES:

TRAINING HOURS:

Saturday	January	9 – 11 a.m.
Wednesday	January	5 – 7 p.m.

FOSTER PARENTS, REMEMBER TO TURN IN YOUR WEEKLY COMPLETELY FILLED OUT. KEEP UP WITH ALL YOUR HOURS

SPOTLIGHT ON FOSTER PARENTS

THANK YOU...2024 is behind us. We are now in 2025. Adolescent Oasis sends out a big THANK YOU to our foster parents for answering the call of "Promoting successful healthy family and community relationships for our youth!"

Looking forward to working with you in 2025!

BECOME A FOSTER PARENT

If you have love of children and you are at least 21 years old, have an extra bedroom in your home and a stable income, you may qualify. You can be married, single, or divorced. For information call 228-2810.

COUNSELING

The Community-based Counseling Services are the beginning of the continuum, conducting assessment and providing brief therapy for clients who are at risk of court involvement. This service provides short and long-term therapy, including individual, family, group and case management. Many not all, of our clients have problems in the community, in foster homes, on probation and or parole. Sessions by appointments – (937) 228-2810.

INFORMATIVE INFORMATION

RE: COVID-9 VIRUS

WHAT TO DO TO SAFEGUARD YOURSELF:

1. Drink lots of hot liquid, coffees, soups, teas, warm water. In addition, take a sip of warm water every 20 minutes because this keeps the mouth moist and washes any of the virus that has entered your mouth into your stomach where the gastric juices will neutralize it before it can get to the lungs.
2. Gargle with an antiseptic in warm water, like vinegar, salt, or lemon every day if possible.
3. The virus attaches itself to hair and clothes, any detergent or soap kills it but you must take a bath or shower when you get in from the street. Avoid sitting down anywhere and go straight to the bath or shower. If you cannot wash clothes daily, hang them in direct sunlight which also neutralizes the virus.
4. Wash metallic surfaces very carefully because the virus can remain viable on these for up to nine days. Take note and be vigilant about touching handrails and door handles including within your own house, you can make sure that you are keeping those clean and wiping them down regularly.
5. Don't smoke.
6. Wash your hands every 20 minutes using any soap that foams. Do this for 20 seconds and wash your hands thoroughly.
7. Eat fruit and vegetables.
8. Try to elevate your Zinc levels, not just your Vitamin C levels.
9. Animals do not spread the virus to people; it is person to person transmission.
10. Try to avoid getting the common flu – this already weakens your system and try to avoid eating and drinking cold things.

LET US REMEMBER THOSE WHO HAVE BEEN AFFECTED BY COVID-19. YOU ARE IN OUR THOUGHTS AND PRAYERS. STAY SAFE!

RECIPES FOR YOUR FAMILY



WHITE TURKEY CHILI

INGREDIENTS:

- 2 cans (15 ounces each) cannellini beans, rinsed and drained
- 1 can (10-3/4 ounces) reduced-fat sodium condensed cream of chicken soup, undiluted
- 2 cups cubed cooked turkey breast
- 1-1/3 cups fat-free milk
- 1 can (4 ounces) chopped green chiles, drained
- 1 tablespoon minced fresh cilantro
- 1 tablespoon dried minced onion
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 6 tablespoons fat-free sour cream

DIRECTIONS:

In a large saucepan, combine the first 10 ingredients; bring to a boil, stirring occasionally. Reduce heat; simmer, covered, 25-30 minutes or until heated through. Top servings with sour cream.

ENJOY!

BIRTHDAY OF THE MONTH CORNER

Happy Birthday
Happy Birthday



JANUARY

- 15 Martin Luther King, Jr. Holiday Celebration
- 15 Weston L. Philpot, II

THOUGHT FOR THE MONTH

“What the New Year brings to you will depend a great deal on what you bring to the New Year.”

- Vern McLellan