

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

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Weston Louis Philpot II, LPC
Director



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BOARD MEMBERS

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Stephen M. Fuller
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Sandra Terri Shampton
Donna Westphil

ADOLESCENT OASIS, INC.
31 YEARS OF SERVICE

APRIL IS...

STRESS AWARENESS MONTH

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
Crisiscare	(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

5180:2-7-02 GENERAL REQUIREMENTS FOR FOSTER CAREGIVERS AND APPLICANTS

5180:2-7-08 ALTERNATIVE CARE ARRANGEMENTS

(E) A foster caregiver shall a statement

showing prior approval by the recommending agency for each foster child specifying whether or not the foster child may be left unattended and, if so, for what period of time.

(F) If a foster caregiver arranges for a foster child to be cared for in a child care center or by a type A or type B child care provider, the foster caregiver shall:

(1) Ensure the child care center, type A or type B child care provider is licensed in accordance with Chapter 5101:2-12, 5101:2-13, or 5101:2-14 of the Administrative Code.

(2) Provide documentation to the recommending agency that the child care center, type A or type B child care provider is currently licensed.

(G) When a foster caregiver of a specialized foster home requests respite care, it shall be provided in accordance with paragraph (A)(11) of rule [5101:2-5-13](#) of the Administrative Code.

(To be continued)

APRIL - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

MENTAL HEALTH SERIES
(MR. PHILPOT, LPC - INSTRUCTOR)

SAT., 4/12
9 AM - 11 AM

WED., 4/16
5 PM - 7 PM

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

BECOME A FOSTER PARENT

If you have a love for 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

Community-based Counseling Services are the beginning of the continuum, conducting assessments 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 – 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 keep those clean and wipe them down regularly.
5. Do not 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 or drinking cold things.
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RECIPES FOR YOUR FAMILY



NO BAKE KEY LIME PIE

For the Crust:

1-1/2 cups graham cracker crumbs
1/3 cup granulated sugar
6 tablespoons butter, melted

For the Filling:

1 cup heavy whipping cream
1 14 oz. can sweetened condensed milk
8 oz. cream cheese, full fat, room temperature
1/2 cup key lime juice or lime juice

For the Garnish: 1 lime, sliced, 2 teaspoon lime zest, Whipped cream

INSTRUCTIONS:

For the Crust:

1. Mix graham cracker crumbs and sugar together in a 9 inch pie plate. Mix in the butter until everything is moist and then press into the bottom and up the sides of pan. Chill in the fridge for 30 minutes.

For the Filling:

1. Meanwhile, beat the heavy whipping cream in a stand mixer fitted with a whisk attachment until still peaks. Remove whipped cream from the bowl into another bowl.
2. In the stand mixer (no need to clean out), beat the cream cheese for 2 minutes until creamy. Stream in the sweetened condensed milk and mix until smooth. Add the juice and mix until combined. Scrape the bowl as needed.
3. Add the whipped cream back to the bowl and use a rubber scraper to fold it in. Pour the filling into the chilled crust and smooth out the top. Cover with plastic wrap and chill in the fridge for 4 hour or overnight.

When ready to serve, garnish with whipped cream, lime zest, and lime slices. Slice and serve.

ENJOY!

BIRTHDAY OF THE MONTH CORNER

APRIL

Happy Birthday
Happy Birthday



3	Don Crutcher
5	Michael Pooler
7	Judy Philpot
29	Jeralynn Oglesby

THOUGHT FOR THE MONTH

Winter's done, and April's in the
skies. Earth, look up with laughter in
your eyes! - Charles G.D. Roberts