

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

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Weston Louis Philpot II, LPC
Director



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ADOLESCENT OASIS, INC.
33 YEARS OF SERVICE

JULY IS...

MAKE A DIFFERENCE TO CHILDREN 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

5180:2-7-12 SITE AND SAFETY REQUIREMENTS FOR A FOSTER HOME

(4) Denial of social or recreational activities for excessive or prolonged periods of time, as defined by the agency.

(5) Denial of social or casework services, medical treatment, or educational services.

(6) Deprivation of meals.

(7) Denial of visitation or communication rights with the family of the foster child as a means of punishment.

(8) Denial of sleep.

(9) Denial of shelter, clothing, bedding or restroom facilities.

(F) Physical restraint of a foster child shall only be utilized by a caregiver who has received specific training and annual review in acceptable methods of restraint. Documentation of such training shall be contained in the foster home record.

(To be continued)

JULY - UPCOMING TRAINING

CALL TO RESERVE – NUMBER OF SEATING ONLY

**MENTAL HEALTH SERIES
(MR. PHILPOT, LPC – INSTRUCTOR)**

**SAT., 7/11
9 AM – 11 AM**

**WED., 7/15
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

1. 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 weaken your system and try to avoid eating or drinking cold things.

RECIPES FOR YOUR FAMILY



EASY FRESH STRAWBERRY MOUSSE

- 12-1/2 ounces of strawberries (3/4 pound)
- ½ cup granulated sugar
- 1 cup cream whole, heavy or whipping cream (with at least 30% fat content) (cold)
- extra strawberries for topping

INSTRUCTIONS:

1. Clean and slice the strawberries. In a blender or food processor add the sliced strawberries and the sugar and puree. Remove ½ a cup of puree and set aside.
2. In a cold bowl add the cream and beat until stiff peaks form. Then fold in the remaining puree (not the ½ cup) gently.
3. Divide the ½ cup of puree between the 4 small/medium** glasses and top with the strawberry mousse. Refrigerate for approximately 1 hour or even overnight if desired. Top with fresh sliced strawberries and serve.
4. ** for size purposes, the glasses I used hold 1 cup of water.

Notes: For anyone wanting to use this as a filling (e.g. pie or cake), this might help, whip the cream until thickened and stir in the puree, then in a small pot add 2 tablespoons of milk and sprinkle 1 tablespoon of gelatine on top, let stand one minute, then place the pot on low heat and heat just until the gelatine has dissolved, stirring often (1-2 minutes), do not boil, then immediately remove from heat. Add 1 - 2 tablespoons of the whipped cream mixture to the gelatine mixture and stir gently to combine, fold the gelatine into the remaining whipped cream mixture.

ENJOY!

BIRTHDAY OF THE MONTH CORNER

Happy Birthday
Happy Birthday



July

15 Yolanda Davis
18 Billie Burns
29 Andrae Patterson

THOUGHT FOR THE MONTH

"In July, let each sunrise be a reminder to chase new beginnings."
Unknown