

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

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(937) 228-2810 – Fax (937) 228-2815
Weston Louis Philpot II, LPC
Director



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BOARD MEMBERS

Frank Watkins, President	Brenda Martin
Stephen M. Fuller	Sandra Terri Shampton
Rodescu Macklin	Donna Westphal

ADOLESCENT OASIS, INC.
33 YEARS OF SERVICE

MAY IS...

MENTAL HEALTH 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

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

(C) Hot tubs and spas are to have safety covers that are locked when not in use.

(D) Outdoor recreation equipment on the grounds of a foster home shall be maintained in a safe state of repair.

(E) Outdoor areas on the grounds of or immediately adjacent to a foster home which are potentially hazardous to a foster child placed in the home shall be reasonably safeguarded, considering the age and functioning level of the foster child. Such areas include, but are not limited to:

- (1) Water areas, including lakes, ponds, rivers, Quarriers and swimming pools.
- (2) Open pits and wells.
- (3) Cliffs and caves.
- (4) High speed or heavily traveled roads.

(F) A foster home shall be adequately heated, lighted and ventilated.

(To be continued)

MAY - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

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

**SAT., 5/9
9 AM - 11 AM**

**WED., 5/13
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



Rotisserie Chicken Oven Tacos Recipe

Ingredients

- 3 cups shredded rotisserie chicken
- 1 packet (1.25 Oz.) Original Taco Seasoning
- ¼ cup taco sauce
- 12 Original Crisp Taco Shells
- 1 can (16 oz.) refried beans
- 2 cups shredded Mexican blend cheese
- Taco toppings of choice: sour cream, tomatoes, lettuce, black olives, salsa

Directions

- Step 1. Preheat oven to 400 degrees F
- Step 2. In large bowl, toss together chicken, taco seasoning
- Step 3. In 9" x 13" pan, stand taco shells up. In each shell, evenly divide beans, seasoned chicken mixture and cheese.
- Step 4. Bake 15 to 18 minutes, until filling is hot and cheese is melted.

BIRTHDAY OF THE MONTH CORNER

Happy Birthday
Happy Birthday



MAY

- 2 Destiny Williams
- 5 Lovie Thompson
- 13 Irvin McDonald
- 23 Kenia Crutcher

THOUGHT FOR THE MONTH

MAY IS THE MONTH OF EXPECTATION,
THE MONTH OF WISHES, THE MONTH
OF HOPE.

- **Emily Bronnte'**