

# GOOD NEWS TO USE

# ADOLESCENT OASIS, INC.

**320 Linwood Street Suite 1A & 1B  
Dayton, Ohio 45405  
(937) 228-2810 – Fax (937) 228-2819**



## **Weston Louis Philpot II, LPC Director**

# HAPPY NEW YEAR!

**Volume 105, Number 1**  
**January 2026**

## BOARD MEMBERS

Frank Watkins, President  
Stephen M Fuller  
Rodescu Macklin

Brenda Martin  
Sandra Terri Shampton  
Donna Westphal

# ADOLESCENT OASIS, INC. 33 YEARS OF SERVICE

## JANUARY IS...

# National Mentoring Month

## EMERGENCY TELEPHONE NUMBERS

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

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

5180:2-7-11 SOCIALIZATION AND EDUCATION

**(Continue from December 2025)**

(A) A foster caregiver shall allow privileges and assign responsibilities to a foster child similar to those which would be assigned to a family member of the foster caregiver who is of similar age and functioning level.

(B) A foster caregiver shall make arrangements with the placing agency for each school-age foster child to attend a school which complies with the minimum standard as prescribed by the state board of education and shall ensure that the foster child attends school in accordance with the child care agreement. A foster caregiver that provides home schooling for a foster child shall do so only with the approval of the child's custodial agency.

## JANUARY - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

**MENTAL HEALTH SERIES:  
R. PHILPOT, LPC - INSTRUCTOR**

**SAT., 1/10  
9 AM – 11 AM**

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

## SPOTLIGHT ON FOSTER PARENTS

**THANK YOU...**2025 is behind us. We are now in 2026. 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 2026!

## 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



### CHICKEN AND GNOCHI SOUP

1/2 diced onion  
2 stalks diced celery  
1 clove minced garlic  
2 carrots, finely chopped  
1 T olive oil  
3 to 4 chicken breasts, cooked, diced  
4 c check stock  
Salt and pepper to taste  
1 t. thyme  
16 oz. frozen potto gnocchi  
2 c heavy cream  
1 c chopped fresh spinach  
Fresh Parmesan cheese (optional)

1. Saute onion, celery, garlic and carrots in olive oil over medium heat until onion is translucent. Season with salt and pepper.
2. Add chicken breast, chicken stock, salt, pepper and thyme. Bring to a boil then add gnocchi. Boil for about 4 minutes, then turn heat down to simmer for 10 minutes.
3. Add heavy cream and spinach, then cook for another 1 to 2 minutes or until spinach is wilted. Top with Parmesan cheese, if desire.

**ENJOY!**

## BIRTHDAY OF THE MONTH CORNER

Happy Birthday



### JANUARY

19                    Martin Luther King, Jr.  
                          Holiday Celebration

15                    Weston L. Philpot, II

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### \*\*\* THOUGHT FOR THE MONTH \*\*\*

“Every year you make a resolution to change yourself. This year, make a resolution to be yourself.”

- Unknown