

# GOOD NEWS TO USE

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## 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 69, Number 1  
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### BOARD MEMBERS

Frank Watkins, President      Rev. Jackie Robinson  
Stephen M Fuller                  Rodescu Macklin  
Roberta Johnson                Sandra Terri Shampton

**ADOLESCENT OASIS, INC.**  
**29 YEARS OF SERVICE**

#### HYBRID OFFICE HOURS:

**ADOLESCENT OASIS WILL BE OPENED ON  
THE FOLLOWING DAYS:**

**MONDAYS: 9 AM – 5 PM**  
**WEDNESDAY: 9 AM – 5 PM**  
**FRIDAYS: 9 AM – 1 PM**

### 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 2022)**

#### **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a safe manner when the prescription is no  
longer current.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:

<b>Saturday</b>	<b>January 14</b>	<b>9 – 11 a.m.</b>
<b>Wednesday</b>	<b>January 18</b>	<b>5 – 7 p.m.</b>
<b>Saturday</b>	<b>January 21</b>	<b>9 – 11 a.m.</b>

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

## SPOTLIGHT ON FOSTER PARENTS

**THANK YOU...**2022 is behind us. We are now in 2023. 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!

Look forward to working with you in 2023.

### 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.

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

## RECIPES FOR YOUR FAMILY

### EASY CROCKPOT BEEF STEW RECIPE



#### INGREDIENTS:

- 2 lbs. beef stew meat, cut into 1 inch pieces
- ¼ cup of flour
- ½ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 bay leaf
- 3 potatoes, dced
- 1 stalk celery, sliced
- 1-1/2 teaspoons salt
- 1-1/2 cups beef broth
- 1 garlic clove
- 1 teaspoon paprika
- 2 onions, chopped
- 2 teaspoons Kitchen Bouquet (optional)

#### DIRECTIONS:

1. Place meat in crock pot.
2. Mix flour, salt, pepper and pour over meat.
3. Stir to coat meat with flour
4. Add remaining ingredients and stir to mix well.
5. Cover and cook on low for 10-12 hours or high for 4-6.
6. Stir stew thoroughly before serving.

**ENJOY!**

### BIRTHDAY OF THE MONTH CORNER

Happy Birthday  
Happy Birthday



#### JANUARY

- |    |  |
|----|--|
| 12 | Gloria Smith                                   |
| 15 | Martin Luther King, Jr.<br>Holiday Celebration |
| 15 | Weston L. Philpot, II                          |

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

"New Year's Day. A fresh start. A new chapter waiting to be written."

Sarah Ban Breathnach