

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

320 Linwood Street Suite 1A & 1B
Dayton, Ohio 45405
(937) 228-2810 – Fax (937) 228-2815



Weston Louis Philpot II, LPC
Director

Volume 83, Number 3
March 2024

BOARD MEMBERS

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

ADOLESCENT OASIS, INC.
30 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 February 2024)

5101:2-7-08 ALTERNATIVE CARE ARRANGEMENTS

(C) Alternative arrangements for the care of a foster child does not include arrangements that are being made in accordance with the reasonable and prudent parent standard as described in division (C) of section [5103.162](#) of the Revised Code.

(D) A foster caregiver shall have prior written approval by the recommending agency of a plan for the care of a foster child in emergency situations.

(E) A foster caregiver shall have 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.

MARCH - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

(MR. PHILPOT, INSTRUCTOR)

MENTAL HEALTH SERIES:

TRAINING HOURS:

Wednesday March 6 5 – 7 p.m.
Wednesday March 9 9 – 11 a.m.

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

SPOTLIGHT ON FOSTER PARENTS

THANK YOU...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!

BECOME A FOSTER PARENT

If you have a 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. 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 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

CORNBREAD CRAB CAKES

By LAWRENCE PAGE

INGREDIENTS (Servings for 6)

2 cups prepared cornbread, crumbled; 2/3 c. red pepper, finely diced, 1/2 cup green onion, sliced; 1/3 c mayonnaise; 1 T sour cream; 1/4 c fresh parsley, chopped; 2 t fresh cilantro, chopped; 1 clove garlic, minced; 2 large eggs, beaten; 1 t Old Bay Seasoning; 2 t olive oil; salt, to taste, pepper, to taste; 1 lb. fresh lump crab meat; vegetable oil, for frying.

PREPARATION

1) Over a large bowl, crumble the cornbread into fine crumbs until you have about 2 cups (200 g) worth. 2) Add the red pepper, green onion, mayonnaise, sour cream, parsley, cilantro, garlic, beaten eggs, Old Bay seasoning, olive oil, salt pepper, and crab meat to the bowl. 3) Break up the crab meat into fine pieces until it is all uniform in size. 4) Mix all the ingredients together with your hands or a wooden spoon until evenly combined. 5) Form the mixture into small patties, about 2.5 inches (6 cm) in diameter and 3/4-inch (2 cm) thick and set aside. 6) Add enough vegetable oil to a large skillet to come about 1/4-inch (6 mm) up the sides. Heat the oil over medium-high until it reaches 350 degrees F (180 C). 7) Fry the crab cakes in batches, about 3-4 at a time. Cook on each side until golden brown, about 2-3 minutes. 8) Transfer to a paper-towel lined plate to drain. **Serve with your choice of dipping sauce, or they are great just on their own.**

ENJOY!

BIRTHDAY OF THE MONTH CORNER

Happy Birthday
Happy Birthday

MARCH



17 St. Patrick's Day
26 Andrienne Hastings
30 Iris Wilson
31 Easter

*****THOUGHT FOR THE MONTH*****

"March is the month of expectation."
Emily Dickerson