

GOOD NEWS TO USE

ADOLESCENT OASIS, INC.

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Weston Louis Philpot II, LPC
Director



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BOARD MEMBERS

Frank Watkins, President
Stephen M. Fuller
Rodescu Macklin

Sandra Terri Shampton
Donna Westphil

ADOLESCENT OASIS, INC.
31 YEARS OF SERVICE

MARCH IS...

National Reading 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

5101:2-7-02 GENERAL REQUIREMENTS FOR FOSTER CAREGIVERS AND APPLICANTS

5101:2-7-08 ALTERNATIVE CARE ARRANGEMENTS

(A) A foster caregiver shall be responsible for the full-time care of a foster child. This does not prohibit

both foster caregivers in the case of a couple, co-parents or a single foster caregiver from working outside the home.

(B) Alternative arrangements for the care of a foster child by someone other than the foster caregiver shall be approved by the recommending agency.

(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.

(To be continued)

MARCH - UPCOMING TRAINING

CALL TO RESERVE - NUMBER OF SEATING ONLY

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

**SAT., 3/8
9 AM - 11 AM**

**WED., 3/19
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



EASY FRUIT SALAD

INGREDIENTS

- 1-8 ounces can Pineapple and Juice (crushed)
add ounces Mandarin Oranges
- 1 Apples (cored and sliced into 1/2 pieces)
- 1 cup of grapes (washed)
- ½ cup Vanilla flavored Greek Yogurt
- 1 cup of Mini Marshmallows
- ½ cup of Coconut (optional)

DIRECTIONS

1. Wash and cut up the apples and grapes and set aside.
2. Combine pineapple, mandarin oranges, apple and grapes in a mixing bowl and mix well.
3. Add yogurt and milk well.
4. Stir in marshmallows and shredded coconut.
5. Serve immediately or refrigerate in a covered Container until ready to serve.

ENJOY!

BIRTHDAY OF THE MONTH CORNER

Happy Birthday
Happy Birthday



MARCH

22 Michelle Ricardez
26 Andrienne Hastings
30 Iris Wilson

THOUGHT FOR THE MONTH

"March, when days are getting long,
Let thy growing hours be strong to
set right some wintry wrong."

Caroline May