



May 13, 2020

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

Island Insight Submission: <https://home.army.mil/ria/index.php/contact/public-affairs>

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First Army World War II Veterans Recall V-E Day

With more than 100 years of service to the nation, Soldiers of First Army look to their history as guides in uncertain times. This year, First Army joins the world in celebrating a milestone 75th anniversary of Victory in Europe Day, or V-E Day, when Nazi Germany surrendered to the Allied Forces and fighting on the continent ended. Written into that history is the story of two veterans of World War II who experienced the conflict firsthand, including the liberation of the Buchenwald concentration camp. Andrew Kiniry, 98, and Jack Appel, 96, shared their experience 75 years ago. Andrew Kiniry served as a First Army medic during the war and noted that he was in uniform for three years, three months, and three days. Despite his age, Kiniry could still rattle off precise dates of the movements of his unit and the numbers of Soldiers assigned to those units. A resident of Minotola, N.J., his time in the military began near his current home in August of 1942. "I went into the service at Fort Dix, N.J., and five days later they put us on a train and shipped us down to what is now Fort Gordon, outside of Augusta, Ga.," he said. (More: www.dvidshub.net/news/369509)



Virtual Battle Assembly Allows First Army Support

Upcoming Dates

April 19-May 16: Virtual Run The Rock & America's Kids Run,

www.facebook.com/ArsenalRunTheRock

May: Asian Pacific American Heritage Month

May: National Military Appreciation Month

May: Month of the Military Caregiver

May 13: Children of Fallen Patriots Day

May 15: Peace Officers Memorial Day

May 16: Armed Forces Day

May 16-22: National Safe Boating Week

May 25: Memorial Day (*Federal Holiday*)

May 28: Newcomer's Orientation, Rock Island Arsenal Museum, 8 a.m. - 1 p.m.

June: LGBT Pride Month

June 3: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

June 4: Spring/Summer Safety and Wellness Stand Down Event, Heritage Hall, Bldg. 60, 10:30 a.m. - 1:30 p.m.

June 4: First Thursday Social, Lock & Dam Lounge, 3-10 p.m.

June 6: 76th Anniversary of D-Day

June 10: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

June 11: Active Duty Out Processing Levy Brief, ACS Training Room, Bldg. 110, 9:30 a.m. - 12 p.m.

June 11: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.

June 12: Right Arm Night, Lock & Dam Lounge, 3-7 p.m.

June 14: U.S. Army 245th Birthday

June 14: Flag Day

Command to Carry On Mission Despite Pandemic

The threat of COVID-19, otherwise known as the Coronavirus, has changed common practices within the Army. Many new requirements have been implemented to protect Soldiers, such as social distancing, the wearing of masks, and restrictions on travel. Army Reserve units, most specifically those training at First Army, have not been immune to the shift, and have had to become creative maintaining readiness while keeping Army Reserve Soldiers safe. Army Reserve Soldiers are traditionally known to serve one weekend a month, two weeks a year. However, First Army's Support Command conducts their training slightly differently. The Soldiers of the Command usually attend "Battle Assembly" for one week each quarter, serving in their sections and catching up on mission essential readiness tasks. However, with the restrictions in place, the unit recently held a virtual battle assembly, or VBA, from April 27 through May 2. (More: www.army.mil/article/235506)



Arsenal Steps Up During COVID-19 Response

Beginning in March, Pine Bluff Arsenal took initial measures to design, test and produce cloth face coverings in support of the Department of Defense and Center for Disease Control and Prevention directives during the COVID-19 global pandemic response. PBA already had an existing cut-sew and seam mission in support of the Joint Program Executive Office for Chemical, Biological, Radiological and Nuclear Defense, producing neck dams, Chemical Protective Patient Wraps and Integrated Footwear Systems. Therefore, equipment and personnel were not the issue. With a quick ramp up and turnaround, the Arsenal has produced approximately 8,700 cloth face coverings as of April 27. Of those, approximately 7,600 have been shipped out to **Joint Munitions Command** and TACOM installations, with more orders being placed, produced and shipped daily. Currently two shifts are working on the PBA textile line. The line initially started with seven trained personnel. ✂ Cloth face coverings have been shipped to Aberdeen Proving Ground in Maryland, Scranton Army Ammunition Plant in Pennsylvania, Toole Army Depot in Utah, Chemical Materials Activity in Maryland, Pueblo Chemical Depot in Colorado, Blue Grass Chemical Activity in Kentucky, **Rock Island Arsenal-Joint Munitions Command in Illinois**, Letterkenny Munition Center in Pennsylvania, Holston Army Ammunition Plant in Tennessee, Radford Army Ammunition Plant in Virginia, Lake City Army Ammunition Plant in Iowa, Crane Army Ammunition Activity in Indiana, McAlester Army Ammunition Plant in Oklahoma, Anniston Munitions Center in Alabama, Anniston Army Depot in Alabama, Hawthorne Army Depot in Nevada, Sierra Army Ammunition Depot in California, and Milan Army Ammunition Plant in Tennessee. (More: www.army.mil/article/235473)



DOD To Implement T21 Policies for Tobacco Sales Beginning In August

Although most Americans are rightfully focused on the current health threat posed by the novel coronavirus, or COVID-19, tobacco use is still the number one cause of preventable disease, disability and death in the United States. In recognition of the long-term harm caused by early onset tobacco use, President Donald Trump signed legislation in December 2019 amending the Federal Food, Drug, and Cosmetic Act, and raising the federal minimum age for sale of tobacco products from 18 to 21 years. This legislation, known as Tobacco 21 or T21, makes it unlawful for any retailer to sell tobacco products — including cigarettes, smokeless tobacco, hookah tobacco, cigars, pipe tobacco, electronic nicotine delivery systems including e-cigarettes and e-liquids to any person younger than 21 years of age. Effective Aug. 1, the Department of Defense will no longer sell tobacco products to anyone under the age of 21, including service members. (More: www.dvidshub.net/news/369231)



Department Uses Thermal Imaging to Detect COVID-19

The Defense Department has used thermal imaging in myriad ways over the decades. Now, it's being enlisted to detect COVID-19. Thermal imaging uses heat signatures to form an image or video based on differences of temperature. As part of the COVID-19 response, three Army programs — the Army Rapid Equipping Force, Program Executive Office Soldier and the C5ISR Center of U.S. Army Combat Capabilities Development Command — led the initiative to use thermal imaging devices to screen for elevated body temperatures among personnel entering military facilities. (More: www.defense.gov/Explore/News/Article/Article/2178320)



Northcom Has Stepped Up to Battle COVID-19

Some 14,000 Defense Department employees from the U.S. Northern Command are battling COVID-19 in the United States, Defense Secretary Dr. Mark T. Esper said. Of those, the secretary told Pentagon reporters yesterday, 2,600 are medical personnel who are serving in nearly two dozen hospitals, alternative care facilities and on hospital ships. Northcom's first mission was Jan. 20, when it flew U.S. citizens from China to March Air Reserve Base, California, where they were examined and quarantined, he said. (More: www.defense.gov/Explore/News/Article/Article/2181817)



Chaplain Corps Embraces Virtual World to Provide Services, Support

With chapels closed and a ban on large gatherings, the U.S. Army Chaplain Corps has responded in creative and proactive ways to still engage with followers, its chief said Tuesday. Facing physical distance challenges, chaplains and religious affairs Soldiers have turned to social media platforms and online video conferencing sites, allowing many of them to reach more people than before the coronavirus hit. “Our people are watching you as you bring ministry and care to them in large numbers,” Maj. Gen. Thomas Solhjem, the chief of chaplains, said during a virtual Chaplain Corps town hall from the Pentagon. On top of livestreamed



worship services, chaplains have organized virtual potlucks and games among community members, with at least one chapel creating a “Bible Madness” bracket after college basketball canceled its March Madness tournament. (More: www.dvidshub.net/news/369411)

CACs May Be Updated Online Through Sept. 30

Army personnel whose Common Access Cards are expiring between now and Sept. 30 may update their cards online. Eligible card-holders may log onto ID Card Office Online at https://pki.dmdc.osd.mil/self_service to update the certificates on their CACs, Uniformed Services ID Card, and Volunteer Logical Access Credentials within 30 days of the expiration date. The temporary changes were approved by the DOD April 16 as a safety measure during the coronavirus pandemic. "The continued operation of ID card facilities is an essential DOD mission," said Michael C. Klemowski, chief, Soldier Programs Branch, Soldier Programs and Services Division, Installation Management Command. "We can help maintain health and safety standards by reducing the number of visits to ID card offices for basic actions such as renewing expiring credentials," he said. Without the change, users who are teleworking would lose access to DOD networks, systems and email, and would be required to visit a DOD ID card office in person for a new card. Card-holders who have updated their cards online will maintain access to the gates and post facilities, such as The Exchange/Commissary, and Family and Morale, Welfare and Recreation programs. ID cards may be updated online within 30 days of expiration. For example, a card expiring May 30 may be updated no sooner than May 1. Online updates will not work for cards that already have expired. The new measures are in place through Sept. 30 and may be extended depending on the scope of the coronavirus national health emergency, according to the DOD. For additional information, including step-by-step instructions, visit <https://www.cac.mil/coronavirus>. (More: www.defense.gov/Explore/Features/Story/article/2160627)



U.S. Army Issues Guidance for the Use of Cloth Face Coverings

To mitigate the spread of COVID-19, the U.S. Army is implementing Department of Defense guidance on the use of cloth face coverings. Soldiers, family members, Army civilian employees and contractors should follow Centers for Disease Control guidelines on the use of cloth face coverings in public settings or where other social distancing measures are difficult to maintain. Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings. Force health protection is the Army's top priority. Army senior leaders are urging everyone to adhere to the latest CDC guidelines to prevent the spread of the virus, including practicing rigorous protocols for personal hygiene, staying home when sick and implementing social distancing techniques. (More: www.army.mil/article/234288) ([Defense Health Official Urges Personnel, Families to Wear Face Masks](#)) *For specific use of face masks at your command and worksite, please consult your supervisor or chain of command.*



Arsenal at Health Protection Condition C

ROCK ISLAND ARSENAL, Ill. – (March 25, 2020) The Army directed all Army installations, including Rock Island Arsenal to change to Health Protection Condition C or Charlie to help control the ongoing spread of the novel coronavirus/COVID-19. Over the past few weeks, the Arsenal has gradually increased its methods for protecting people from the coronavirus outbreak. Throughout this process, RIA has followed guidelines issued by Army health organizations and by the Centers for Disease Control. Under this directive, Rock Island Arsenal commands and organizations will shift to key and essential functions defined as those functions in support of COVID-19 operations and life, health, and safety of our people and our installation. Leaders at all levels will ensure mitigation measures are in place to protect the force from the spread of COVID-19. “We at the Rock Island Arsenal are part of a larger community – the Quad Cities community – and I and leaders of other organizations on the Arsenal have been working with leaders and experts in the Quad Cities as this situation has evolved, said Col. Stephen Marr, commander, US Army Garrison-Rock Island Arsenal. “We’re doing our best to mitigate the impact of the coronavirus outbreak, and we hope to come up with innovative ways to serve our retirees and others who rely on Arsenal services. The Quad Cities is a caring community that pulls together when needed, and just as I’m proud to be part of the Arsenal during these difficult times, I’m equally proud to be a part of the Quad Cities community.” Over the past few weeks, the Arsenal has gradually increased its methods for protecting people from the coronavirus outbreak. Throughout this process, RIA has followed guidelines issued by Army health organizations and by the Centers for Disease Control. In its simplest terms, a key and essential employee is one who performs tasks that requires his or her physical presence in the work area. And there are tasks we perform that simply cannot be done remotely. This can vary for different commands on the installation and within different missions the commands execute. Changes as a result of elevating the HPCON to C include:

- **Installation Access:** The installation is restricted to key and essential personnel only. All other service members and Department of the Army civilians will telework or will be placed on leave for using annual, sick, administrative or weather/safety leave. Contractor access is reduced to minimal presence to support essential functions only.
- **Garrison Services:** The Garrison will conduct basic base operations requirements to maintain installation infrastructure and essential functions (e.g. water production, utilities distribution, and emergency service orders) only. All non-emergency service orders and job orders are temporarily suspended. All projects are put on hold. Preventative maintenance is limited to essential functions. Emergency Services remain operational. Child care is provided for key and essential families only, in accordance with priorities and as space is available. All other services not suspended are provided virtually.
- **Additional Services:** The Commissary and the Exchange remain operational to support the limited presence on the installation to include military retirees. The Rock Island Arsenal Health Clinic remains operational to support its current patrons to include retirees, but this will be one of the only locations on Island accessible to retirees and non-key and essential personnel with the exception of the above mentioned military retirees access to the Commissary and the Exchange.
- **Personnel:** Service members and Department of the Army Civilians who are not deemed key and essential in support of COVID-19 operations or life, health, and safety of our people and installation are assigned to mandatory telework. If a Department of the Army Civilian is not



telework eligible, they will be placed on weather and safety leave and will not return to their place of duty until notified otherwise. Leaders will ensure all mitigation measures possible are being enforced.

Specific to individual commands are the following:

- First Army: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status. First Army Headquarters continues to provide command and control to First Army units and mobilization/demobilization of CRC and Compo 2/3 units.
- Army Sustainment Command and Joint Munitions Command: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status. Commands provide command and control to down-trace units and execute assigned missions.
- Army Contracting Command – Rock Island: ACC-RI is able to provide full coverage for contracting customers using telework. Designated mission essential personnel are prepared to execute from Rock Island Arsenal if there are mission critical circumstances.
- Joint Manufacturing Technology Center: Maximizes telework for eligible DA Civilians and places all self-identified employees at increased risk for COVID-19 who are not eligible for telework on weather and safety leave status.
- US Army Corps of Engineers – Rock Island District: USACE-RI continues to execute key and essential functions as determined by USACE to mitigate potential safety hazards, economic loss, and damage to critical infrastructure. These missions include navigation support, flood risk management, and regional emergency response. USACE-RI continues to provide command and control of all Corps lock and dam facilities and district offices, and supports FEMA led COVID-19 response operations as directed.
- Combat Capabilities Development Command – Armaments and Chemical Biological Centers: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status.
- Army and Joint Reserve and National Guard Units: Full time military staff continue to provide command and control for individual organizations through a mixture of limited on site presence and telework. Scheduled drills suspend through DOD Restriction of Movement period.

(COVID-19 Local Impacts Page: <https://home.army.mil/ria/index.php/about/Garrison/public-affairs/covid19-closures>)

WeCare Rock Island Arsenal App

The WeCare Rock Island Arsenal App (WeCare RIA) is available for download to mobile devices from the App Store. At the touch of a finger you can readily access vital tools and resources available to you and your family. The WeCare RIA App was developed to support the Rock Island Arsenal and US Army's Domestic Abuse, Resilience in the Workforce, Suicide and Sexual Harassment/Assault Prevention campaigns. It serves as an educational and resource tool for the user to recognize and reduce high risk behavior. The app allows all military, civilians, and family members who are aware of, witness to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button. The main features include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

- Apple's iOS: <https://itunes.apple.com/us/app/wecare-rock-island-arsenal/id1454377310?ls=1&mt=8>



- Android: <https://play.google.com/store/apps/details?id=mil.army.wecarerockisland&hl=en>
Tell your Family and friends.

DOD Policy Guidance for Identification Card Operations for COVID-19

Effective April 7, several immediate temporary exceptions to policy related to DOD ID cards was approved, including the use of expired USID cards for benefits access. This policy is in effect through Sept. 30. Highlights are these changes include:

1. Common Access Cards (CAC) - CAC transactions shall be limited to initial issuance or reissuance of an expiring CAC within 30 days of expiration; CAC shall not be reissued due to printed information changes (e.g., promotions, name changes).
2. Uniformed Services ID Cards (USID) - (Family members, Retirees, Reserve etc.)
 - a) If the cardholder's affiliation is unchanged, USID cards which expired on or after Jan. 1, 2020, are authorized for continued benefit use through Sept. 30.
 - b) Remote USID card renewals and reissuance shall be expanded.
 - c) Remote Family member enrollment/eligibility updates are authorized.
 - d) Remote USID card initial issuance for first-time card issuance or replacement of a lost/stolen ID is authorized.



RIA CAC/ID Office COVID-19 Impact

Afternoon appointments for issuing CAC/ID cards have been suspended till further notice. The office is under the Directorate of Human Resources in Building 56, and has contacted (or is contacting) the individuals that have/had afternoon appointments, to inform them to walk-in between the hours of 7 a.m. – Noon. The CAC/ID card office will service personnel whose cards are within 90 days of expiration, no appointment required. The hours are operations are 7 a.m. - Noon, Monday - Friday. Military personnel appointments will be on the same schedule on a by-appointment basis. Exceptions will be made for lost or stolen ID cards or those who need updates for medical benefits reasons. For questions/concerns please contact the Identification Office at 309-782-0596 or usarmy.ria.usag.mbx.military-personnel-division@mail.mil.



ASC Chaplain's Office Offers Chaplain Devotionals

I would like to offer a chaplain devotional to ASC/RIA team members via email each Monday and Thursday. Each devotional will largely consist of a historical example of the difference faith makes with a prayer corresponding to the challenges of our time. Both will be short but, I pray, meaningful. If you would like to receive this via email each Monday and Thursday, please opt in by simply sending Sgt. First Class Lakeithia Thomas, lakeithia.m.thomas.mil@mail.mil, an email with the words "Opt In" in the subject line. Thank you and God bless you for all you do for ASC, the Army, and our great country.



RIA SHARP COVID-19 Impact

Questions can go the USAG victim advocate, Linda Robertson, at 309-782-1455. Due to our current operating environment, there is limited staffing of the RIA SHARP office in Building 110. For support & assistance, please use the information below to contact a member of our RIA SHARP team and we will ensure care is provided promptly.

- 24/7 RIA SHARP Hotline: 309-229-8412
- RIA Lead SARC, SFC(P) April Taylor: april.d.taylor39.mil@mail.mil
- RIA Victim Advocate, Linda Robertson: linda.m.robertson.civ@mail.mil

- General inquiries: usarmy.ria.asc.mbx.sharp@mail.mil

Navy Operational Support Center Rock Island, COVID-19 Impact

In light of Rock Island Arsenal at HPCON C only mission essential members will be allowed to come to the NOSC. The staff will be teleworking. The NOSC CDO will be at the NOSC to answer questions and direct calls to the proper location. The NOSC will be open its normal hours, 7:30 a.m. – 4 p.m.

- NOSC Main Phone Line: 309-782-6084
- Command Duty Officer/After Hours: 309-737-7731



Rock Island Arsenal Museum Closure

The Rock Island Arsenal Museum closed effective March 18 until further notice.

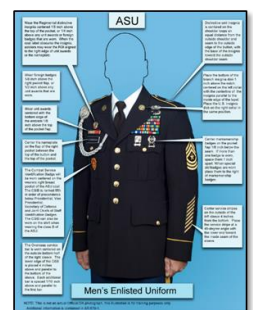
Mississippi River Visitor Center Closure, Other Corps Closures

As some states begin to relax their "stay at home" orders, this is a reminder that per U.S. Army Corps of Engineers Headquarters guidance, all Rock Island District recreation areas are to remain closed through **Sunday, May 31**. These closures include recreation areas at the Mississippi River Visitor Center located at the west end of Arsenal Island at Locks and Dam 15, Saylorville Lake, Lake Red Rock, Coralville Lake, and along the Mississippi River and Illinois Waterway. Reservations for camping after June 1 can be made here www.recreation.gov. For questions regarding current or future reservations, click here: www.recreation.gov/contact-us. For more information on these closures, click here <https://go.usa.gov/xvDMx>. Boat ramps with separate access gates or those areas which only contain a boat ramp are still open for use. Public restroom facilities at these sites are closed. Details about specific ramps at various projects across the District can be found online at: www.mvr.usace.army.mil/Missions/Recreation The Corps is seeking the help of the public by asking that visitors take their trash with them when they are visiting our open recreation areas. We are currently running on limited staff during the COVID-19 pandemic and would like also limit their exposure where we can. By working together on this plan everyone will be able to benefit from the areas staying open. The Corps will continue to monitor the situation and will make changes as needed. Pack it in, pack it out!



VIOS Schedule for June

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **June 15-19**. *Due to COVID 19 response, we will not have a DA Photo week in May. All appointments have been cancelled for May in VIOS. Appointments for June 15-19 are available in VIOS.* Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site <https://vios.army.mil> for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the RIA VIOS website <https://vios.army.mil>. Contact us for help: 309-782-2843.



USO Closed As Part of COVID-19 Control Measures

Due to the COVID-19 outbreak USO Rock Island has “suspended operations,” until further notice in order to maintain safe environments and avoid unnecessary risks of exposure. USO will evaluate conditions on a weekly basis and will reopen as soon as possible. We remain committed to responsibly supporting our service members and their families across the U.S. and overseas. If you should have any questions, please contact Jackie Inman, USO Rock Island Center Manager at jinman@uso.org.



R.I.A. Federal Credit Union Temporarily Closes Locations, Limits Branch Transactions to Drive-Up Only

As our communities mobilize for the well-being of our families and neighbors, we have temporarily adjusted our in-person services. We have taken the precautionary step to temporarily suspend face-to-face lobby services in our branches effective March 17. All drive-ups are still available during regular hours and offer most banking services. The following locations are closed for the immediate future as they are without drive-up lanes:

- Moline Hy-Vee Branch
- Silvis Hy-Vee Branch
- Rock Island Arsenal Branch
- Ft. McCoy, Wisconsin Branch

If you have concerns, please contact us. Our member contact center is available to provide phone support by calling 563-355-3800. Our mobile and online banking platforms will allow members to access their accounts, make transfers, process payments, pay their bills, and deposit checks. We are working on plans and programs to help members who are affected financially by the recent events. R.I.A. will provide ongoing updates on our website. Our goal is to keep business running seamlessly and to provide excellent service and support to our members. Our number one priority is the health and safety of our employees, members, and communities we serve.

RIA-Wide Commander's Ready and Resilient Council (CR2C) Bi-Annual Community Strengths and Themes Assessment (CSTA) 2020

The Rock Island Arsenal Commander's Ready and Resilient Council (CR2C) is conducting a comprehensive [Community Strengths and Themes Assessment \(CSTA\)](#) to assess communities for health risk factors and needs. It is designed to capture the pulse of community member's thoughts on quality of life, health, safety, and satisfaction within the environment of an Army installation. The [CSTA](#) ensures that the community's perceptions of health and wellness are included in the identification of priorities for the CR2C. The [CSTA](#) is a holistic approach to assessing the community's perceptions of health,

health-related concerns, and availability of programs and services to meet their needs. The survey can be accessed during the period **March 1 – May 29**. The responses to this Survey will provide the opinions and values of the population. This information will be combined with the perspectives of the senior leaders, service providers and subject matter experts on the Council to inform the CR2C's Strategic Plan. Every voice counts, and this survey is open to all members of Team Rock Island, including service members, family members, civilians, contractors, and defense and federal partners, retirees and their family members. The results of the survey are anonymous, and no effort



will be made to identify any individual. The [CSTA](#) is part of the Army Public Health Practice and is not intended as scientific research. Those having issues with the survey or have questions regarding the survey should be referred to the RSA Health Promotion Officer, Warnie Stokes at 256-450-8979 or warnie.b.stokes.ctr@mail.mil or the RSA Health Promotion Program Assistant, Rochelle Allen at 450-9426 or rochelle.s.allen.ctr@mail.mil. (Survey: <https://go.usa.gov/xdwcX>)

Arsenal Island Employee Local Discounts

The impact and availability of products and services at these vendors in light of COVID-19 is unknown. It is recommended that employees contact the business to get details.

The following discounts are exclusively available to Arsenal Island employees — Contents of the Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army.

- **Bayside Bistro**, 1105 Christie Street, Davenport, offering a 10% discount to active, retired, reserve and National Guard members and government civilians on all menu items.
- **Pillar Equipment**, 2001 5th Street, STE 40 in Silvis, Illinois, offering \$100 off on new Kubota mowers and up to \$500 off on select new Kubota tractors for Farmer Veteran Coalition members; this is a free membership. See www.kubotausa.com or www.myorangetractor.com for details.
- **Boozie's Bar and Grill**, downtown Davenport, offering 15% discount on your food with a valid ID to all active military, reserves, retirees, and veterans. Just ask the server for your discount.
- **Zeke's Island**, 842 Middle Road, Bettendorf, receive \$2 off your order. Just show your Arsenal badge. You may also order online at zekeislandcafe.com enter 21375 for your discount.
- **Urban Farmhouse Moline**, 1209 4th Ave., Moline, show your badge to receive 10% off your purchase.
- **Antonella's II**, 421 river drive, in Davenport, offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID).
- **QC Wellness Group**, 2220 E 53rd Street, Davenport, discounted chiropractic care to all active duty, reserves, and veterans.
- **R.I.A. Federal Credit Union**, Building 61, Arsenal employees get \$25 when you open up a new member checking and savings account at our branch; active duty members and veterans get \$100 when you open a new member checking and savings account.

This information is included for general workforce interest and does not constitute endorsement of the businesses or products.

Arsenal Traffic/Construction



Lock and Dam Work To Cause Temporary Closure of Government Bridge

Work at the U.S. Army Corps of Engineers, Rock Island District's Lock 15 at Locks and Dam 15 at the west end of Arsenal Island will result in closure of the Government Bridge to pedestrian and vehicular traffic from 8:30 a.m. – 2:30 p.m. on **Thursday, May 14** until **Saturday, May 16**.

RIA Visitor Control Center Temporary Hours

Effective April 16, the operating hours of the RIA Visitor Control Center located at the Moline Gate changed from 6 a.m. - 3:30 p.m. to **7 a.m. - 3 p.m.**, Monday through Friday, and is closed on weekends. These hours reflect a limited schedule that will end with other COVID-19 restrictions. Other COVID-19 impacts and details are accessible off of the RIA Garrison website at <https://home.army.mil/ria>.

Storm Sewer Improvements South Side Building 212

Effective April 6, the Directorate of Public began work on storm sewer improvements on the south side of Building 212. The work consists of the installation of new storm sewer pipe, inlets and curb and gutter. Work is proceeding from west to east along the project area. The pedestrian gate will remain open during construction. The work is expected **to last 60 days** depending on weather. Please use caution when traveling near the area.

Arsenal Annual Passes Suspended, Limits Most Access to Official Business

Reminder that effective March 25, Rock Island Arsenal suspended all current year-long passes and made other changes limiting access to the Arsenal. These changes were made to limit the opportunity for COVID-19 transmission. Until further notice, no one-year passes will be issued. The Visitor Control Center will remain open Monday through Friday, but will close on Saturday and Sunday. Thirty-day passes for new contractors and others conducting official business will be issued at the installation's access control points. Effective March 25, the Arsenal closed to non-official visitors and recreational visitors. Exceptions include authorized persons with identification who are allowed use of the Commissary and the Exchange, those making use of the Rock Island Arsenal Health Clinic and visitors to residential quarters.

- The Commissary and the Exchange remain open: the Commissary's first two hours on Tuesdays and Thursdays are reserved for older customers.
- The Health Clinic remains open – all visitors must use the main entrance.
- The Visitor Control Center will be closed Saturday and Sunday as above.

For additional details about activity closures and other COVID 19 control efforts at RIA are available at the Arsenal's local impacts website here:

<https://homeadmin.army.mil/ria/index.php/about/Garrison/public-affairs/covid19-closures>

COVIDS-19 "No Touch" Policy at Access Control Points

Rock Island Arsenal has taken precautionary measures to protect the health of the force and maintain operational readiness. We will continue to evaluate current day-to-day operations to ensure the safety of our Soldiers, family members, civilian personnel, and community members who are eligible to be on RIA. Out of an abundance of caution, Rock Island Arsenal implemented the following procedures at all Access Control Points.

- Security guards at the Access Control Points will no longer "touch" identification cards or approved post access paperwork.
- Personnel entering Rock Island Arsenal must continue to use proper procedures for access; however, the guards will no longer have physical contact with identification cards or paperwork.
- When vehicle operators enter the ACP lane, DASGs will ask the vehicle operator to hold the ID/Pass so they can visually verify the ID holder to the photo and then ask the ID holder to flip the card to allow the DASG to scan appropriate bar code with the hand held scanner.
- In the event the vehicle has multiple occupants, the DASG will have the vehicle operator roll down the driver side windows (front and back) collect all IDs/Passes and each ID/Pass will be verified and scanned separately.
- DASGs will not reach inside the vehicles or lean into vehicles, so all passengers will need to position themselves where the DASGs can easily verify their identities.

You can take routine steps to help prevent the spread of the COVID-19. Regularly washing your hands with soap and water for at least 20 seconds, avoiding contact with those who have been sick, going to the doctor when you feel ill, and disinfecting frequently touched surfaces. These simple actions will safeguard our operational readiness and help protect the Rock Island Arsenal workforce and QCA communities.

Gate Hours

Hours of operation for Rock Island Arsenal gates are as follows:

- Moline Gate
 - Open 7 days a week, 24 hours a day
- Rock Island Gate:
 - Monday - Friday: 5:30 a.m. - 10:30 p.m. with Outbound traffic only from 10:30 p.m. - midnight
 - Saturday: 8 a.m. - 9 p.m.
 - Sunday: 8 a.m. - 9 p.m.
- Davenport Gate:
 - Monday - Friday: Inbound - Closed
 - Monday - Friday: Outbound - 2-5:30 p.m.
 - Saturday: Closed
 - Sunday: Closed

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



DOD Launches Financial Education Website for Military Spouses

Military spouses often are the family's chief financial officer. From managing permanent-change-of-station moves to unexpected emergencies and changes in pay, there is little doubt about the importance of understanding the unique circumstances of managing personal finances in the military life. In recognition of military spouses and the important role they have in keeping the force financially ready, The Department of Defense Office of Financial Readiness introduces MilSpouse Money Mission, a new financial education resource just for military spouses. MilSpouse Money Mission is the DOD's primary resource designed for and to provide military spouses with trusted information they can use to be more empowered and actively be involved in making financial decisions for their families' financial well-being and achievement of financial goals, officials said. (More: www.defense.gov/Explore/News/Article/Article/2182973)

SMA Offers Enlisted Update In Virtual Town Hall

The Army's top enlisted leader held a virtual town hall Tuesday to provide an update on training, military education and the delivery of new uniforms, as the service continues to shift within the COVID-19 environment. Before the town hall, Sgt. Maj. of the Army Michael A. Grinston said he had the opportunity to view how the 3rd Infantry Division has been able to train with safety measures in place, such as the use of masks and physical distancing. During his visit, he saw firsthand Soldiers with the 1st Armored Brigade Combat Team training inside a gunnery simulator and a motor pool as they prepare for an upcoming gunnery range. "Our nation requires us to be ready at all times," Grinston said, regarding the need for training. "We have to be ready to protect the nation. But we also have to protect the force." (More: www.dvidshub.net/news/369409)

RIA Army Emergency Relief Operations during COVID-19

The Rock Island Arsenal Army Emergency Relief section stands ready to serve Soldiers, Family members, Retirees, and survivor throughout the duration of COVID-19 restrictions. Due to local guidance to limit face-to-face interactions, AER has established an electronic process for Soldiers. Soldiers may submit assistance requests via email and secure electronic document submission.

Eligibility for AER Assistance:

- Soldiers on active duty and their eligible Family members.
- Soldiers retired from active duty because of longevity and their Families.
- Retired Army Reserve and National Guard Soldiers receiving retired pay and their Family members.

- Medically retired Soldiers and their dependents, including both those placed on the Permanent Disability Retired List (PDRL) or Temporary Disability Retirement List (TDRL).
- Members of the Reserve component of the Army (National Guard and Army Reserve under Title 10 U.S.C) on continuous active duty for more than 30 consecutive days and their eligible Family members.

All financial assistance requests will be processed via telephone and email. If you are experiencing a financial situation, please contact Travis Phillis, AER Officer, at 309-782-0815 or by email at travis.j.phillis.civ@mail.mil.

Free Tax Software, Support Available For Soldiers, Families

With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes. Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost "MilTax" software, explained Erika Slaton, a program analyst with Military OneSource. The Defense Department recognizes that military members and their families have unique filing situations with deployments, relocations and various deductions and credits, she said. The MilTax software, previously known as "Military OneSource Tax Services," was created with the military situation in mind, Slaton said. (More: www.army.mil/article/181811)



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website:

<https://home.army.mil/ria/index.php/about/Garrison/safety-office>

COVID-19 Pandemic: Tips To Remain 'Sane and Safe' During Social Distancing

Maintaining a routine, helping others and taking time to focus on self-care are among the tips one Ball State University professor is sharing to help people stay "sane and safe" while practicing social distancing during the COVID-19 pandemic. Jagdish Khubchandani, a health sciences professor, has 15 recommendations to "counterbalance" the physical and psychological effects of social distancing, which involves reducing close contact with others in an effort to help stop the spread of the disease, per guidance from the Centers for Disease Control and Prevention. (More:

www.safetyandhealthmagazine.com/articles/19578-covid-19-pandemic-tips-to-remain-sane-and-safe-during-social-distancing)

2020 Upcoming Motorcycle Rider Training Dates

- **Sept. 22-23: Basic Rider Course (BRC)** – Two days of (classroom & motorcycle range) rider instruction. Training motorcycles are provided.
- **Sept. 24: Experience Rider Course (ERC)** – One day of (classroom & motorcycle range) rider instruction. Bring your own motorcycle to the course. Course is for standard, touring, or cruiser motorcycles only. No sports bikes allowed.

Students must attend all sessions and pass a written and skills evaluation in order to receive credit for the course. Who can attend? Only active duty service members or any service member on orders (IDT, AT for guard/reserve).

PPE Requirements

- Helmet: DOT approved helmet
- Eye protection: designed to meet or exceed ANSI Z87.1
- Protective clothing: long sleeve shirt or jacket, long sturdy pants
- Footwear: sturdy over the ankle footwear/boots
- Hand protection: full-fingered gloves made from leather or other abrasion-resistant material

Students taking the Experienced Rider Course must provide the following at check-in:

- Military ID
- Valid motorcycle license or permit
- BRC Card
- Valid motorcycle registration
- Valid proof of motorcycle insurance

Note: If using a barrowed motorcycle, you must bring a signed letter from the legal owner authorizing you're use of the motorcycle.

To register for a course:

- Go to <https://imc.army.mil/airs>
- Select "Northeast" from region dropdown menu
- Select "Rock Island Arsenal" from Garrison dropdown menu
- Select "Course Needed" from Courses dropdown menu
- Stoll to the correct month on the calendar to register for the course

POC for the Motorcycle training is Tony Kruse, Garrison Safety Office, 309-782-2314 or 1380, anthony.r.kruse.civ@army.mil.



The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior.

COVID-19 EEO Impact

The Garrison EEO office is providing services virtually. Please contact EEO staff at 309-782-2548.

Asian American Pacific Islander Heritage Month

Asian American Pacific Islander Heritage Month celebrates the important contributions of individuals of Asian/Pacific Islander descent to the nation, both historically and in today's society. The month of May was chosen for this commemoration because it marks the anniversary of the arrival of the first Japanese immigrants to American on May 7, 1843, and the completion of the transcontinental railroad by predominantly Chinese laborers on May 10, 1869. The theme for 2020 is We Answered the Call! Honoring the Past, Securing the Future. The Army commemorates and celebrates the contributions of Asian and Pacific Islanders to the nation and the Army. Asian and Pacific Islander American warriors have served in America's Army since the Civil War. The 442nd Regimental Combat Team, the all Japanese-American unit from WWII, is still one of the most highly decorated units in military history. This distinguished unit earned 9,485 Purple Hearts, eight Presidential Unit Citations, and 21 of its members were awarded Medals of Honor. In October 2017, Congress awarded the Congressional Gold Medal to Filipino veterans of World War II in honor of 260,000 Filipinos who fought alongside American forces during the war. Asian American Pacific Islander Heritage Month stands as a reminder of the strength the Army has gained, and will gain, through a high-quality diverse All-Volunteer Force. The Army firmly values the principles of diversity and inclusion and continues to lead American society in maximizing the potential of future leaders from all backgrounds. Diversity makes the Army better and more equipped to meet the challenges and threats of the future. The Army continues to cultivate a climate of trust and respect to allow every Soldier to thrive and achieve their full potential. Individuals of Asian and Pacific Islander descent have historically served in the Army with great valor and distinction and continue to be critical members of the Army team. They play vital roles in today's Army as Soldiers, Army Civilians and Family members. Nearly 59,000 Soldiers who identify as Asian American/Pacific Islander serve in the Total Force (~ 29,000 Regular Army; ~ 14,000 National Guard; ~ 15,000 Army Reserve.) The contributions and achievements of individuals of Asian/Pacific Islander descent illustrates the strength of a diverse Army. (Presidential Proclamation: www.whitehouse.gov/presidential-actions/proclamation-asian-american-pacific-islander-heritage-month-2020)



Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How



is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Get Your Bibs for the Virtual Run The Rock/American Kids Run

Are you interested in having fun from home while getting some exercise and showing your support to our Service Members and to the many medical professionals on the front lines, right now? The 3rd Annual Run the Rock /America's Kids Run has gone virtual, which will allow you to participate at a walk/jog/run anytime, from anywhere. It is very simple to participate in this free race, open to all ages. Start by visiting us on Facebook at www.facebook.com/ArsenalRuntheRock for instructions on how to get started, a live video on how to map your run, and to download your virtual race bib. All adults 18 years and older who run the 5K or 10K and post a photo on our Facebook page wearing their race bib will be entered in to a drawing for a chance to win a gift card from a local business, and all kids 17 years and younger who participate will receive a free t-shirt and a medal. **The race will end at midnight on Armed Forces Day, May 16**, so you have plenty of time to get started. If you have any questions, contact Brianne Johnson at brianne.r.johnson2.naf@mail.mil or Morgan Meseke at morgan.d.meseke.naf@mail.mil.



Virtual Youth Summertime Activities Expo

Like most events in the near term, MWR had to cancel the Youth Summertime Activities Expo previously planned for April 9. MWR still wants to provide you with all the great info that you would have received at the Expo so they have built a Virtual Youth Summertime Activities Expo on their website: <https://rockisland.armymwr.com/promos/virtual-youth-summertime-activities-expo>. Click over to learn about all the great QC organizations with youth summertime programming. The kids are going to be ready to get back to normal life once we get past this tough time so do some homework now and find those activities to fill up their calendars this summer.



FMWR, COVID-19 Impact

Family and MWR Army Community Service continues to provide service via telephone and email. Child and Youth Services supports key and essential military and DA civilians with CDC and SAC services. All other MWR services, and events have been canceled until further notice.

Food Services, COVID-19 Impact

Company Kitchen cafeterias in buildings 60, 350, and 212 are closed until further notice. Island Oasis Café is closed until further notice. The Lock and Dam Lounge and dining area is closed until further notice.

Fitness Center, COVID-19 Impact

Fitness Center is closed until further notice.

Auto Skills Center, COVID-19 Impact

The Auto Skills Center closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

Leisure Travel Office, COVID-19 Impact

The Leisure Travel Office closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/categories/cys-services>) (Facebook: www.facebook.com/RIACYSS)

Child Care Services, COVID-19 Impact

CYS, CDC, and SAC will provide child care services to only key and essential military and DA civilians effective March 25 until further notice. The CDCs and the SAC are cleaned daily, with caregivers cleaning more frequently within their classrooms and at the front desks.

Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website

<https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: 309-912-6089.

ACS Offers "The 7 Habits of Highly Effective Families"

The Army Community Service's Family Advocacy Program has been featuring Stephen Covey's, "The 7 Habits of Highly Effective Families" during the past several weeks with videos and newsletters). This 7-week series is meant to engage families in a program of self-discovery, principle-centered approach that empowers and strengthens our Army Families. Each week a different habit will be featured through a video and newsletter. This is part of ACS's overall effort to support our RIA community during this time. The best way to stay connected to these efforts is to like and follow the ACS Facebook page at www.facebook.com/RIAACS. There you will find a wealth of resources and information such as financial tips related to COVID 19, resiliency videos, and ways to keep the kids busy.

Places and Spaces Art Showing

ACS is offering an opportunity to beat the boredom and create some beauty during social distancing. We are seeking art submissions from Arsenal families (military and civilian) using the theme, Places and Spaces of the Quad Cities and Rock Island Arsenal from the view inside or outside your window. Simply create a piece of art using your window view as your inspiration. We will be taking these collective works and coordinating a gallery showing at the Rock Island Arsenal Museum. We will also accept replicas of internet images of area specific places and spaces. We are also asking for kids under 8 to submit a coloring page of their choosing to be displayed as well. Share photos of your work in progress to our [FB page](#) and earn Virtual Family Connection participation points. For more information on this event and the Virtual Family Connection Initiative contact ACS by messaging us through our [FB page](#) at www.facebook.com/events/212453743338746 Art submissions will include...

- Paintings
- Sculptures (must be moved by artist)

**Places & Spaces
ART SHOWING**

Army Community Service is partnering with the Rock Island Arsenal Museum to host a gallery showing. We are seeking art submissions from Arsenal families (Military and Civilian). The theme is places and spaces of the Quad Cities & Rock Island Arsenal from the view inside or outside your window. Simply create a piece of art by using your view as your inspiration.

Art submissions will include...

- Paintings
- Sculptures (must be moved by artist)
- Drawings
- Photographs
- Collages
- Graphic Designs

Also accepting replicas of internet images of area specific places and spaces. As well as coloring pages for kids 8 and under. (the pages are of their choosing)

Submissions will be displayed at the RIA Museum
Submission Deadline is June 1st, 2020

Upload photos of your work in progress to the ACS Facebook page to earn points as part of our ACS Virtual Family Connection Initiative.

For information contact ACS at 309-782-0816

SOLDIERS FAMILIES RETIREES CIVILIANS

- Drawings
- Photographs
- Collages
- Graphic Designs

Also accepting replicas of internet images of area specific places and spaces. As well as coloring pages for kids 8 and under (the pages are of their choosing). Submissions will be displayed at the RIA Museum. Submission deadline is **Tuesday, June 1**. Upload photos of your work in progress to the [ACS Facebook page](#) to earn points as part of our ACS Virtual Family Connection Initiative.

A Message from Your Installation Prevention Team (IPT) and Family Advocacy Program (FAP)

Social distancing and isolation can strain any relationship, and they can make bad situations worse. If you or someone you know is suffering or does not feel safe at home for any reason, dedicated professionals are continuing to offer support through hotlines and online resources such as the National Domestic Violence Hotline, 1-800-799-7233 or thehotline.org. Local resources are also available. The Rock Island Arsenal's Family Advocacy Program Domestic Abuse Crisis Line, 309-912-6089, is answered 24/7 for those who need someone to talk to. Individuals may also visit the Domestic Abuse Victim Advocacy Program's website at:

<https://rockisland.armymwr.com/programs/victim-advocacy-program> for information on reporting options and safety planning. Family Resources continues to answer their crisis line and offers shelter for residents of both Iowa and Illinois who are experiencing abuse. Their toll free phone number is 866-921-3354. POC: Jenny Kerr, family advocacy program manager, jennifer.a.kerr10.civ@mail.mil, 309-782-3049.



Military Spouse Sponsorship

Army Community Service is looking for military spouses to be sponsors for other military spouses. Receive training and resources to help you assist them with connecting to information and resources that will reduce the stress associated with the rigors of PCSing. In addition to giving back to your fellow spouses you will earn volunteer hours as a registered ACS volunteer. To sign up contact ACS at 309-782-0829 or send us a message on Facebook at www.facebook.com/RIAACS.

ACS Virtual Family Connection Activity

Join the ACS Virtual Family Connection! We will be posting ideas to help families stay connected during this time of social distancing. For every activity a family participates in, they will earn points. We will track your points and award prizes at our Cabin Fever Buster Bash to be held when we can all get together again! To sign up, email jennifer.a.kerr10.civ@mail.mil or message us on FB at www.facebook.com/events/212453743338746

Army Community Service Status Update

Due to the current situation Army Community Service (ACS) will not be open to the public until further notice. ACS will continue to provide services via telephone, email and social media. We do not want to lose touch with our RIA Family. So please reach out to us. For information and assistance please call:

- ACS Director, Tere Seibert at 309-782-0828
- Family Advocacy, Jenny Kerr at 309-782-3049

- Financial Readiness, Employment Readiness and Army Emergency Relief (AER), Travis Phillis at 309-782-0815
- Exceptional Family Member Program (EFMP), Jan Saito at 309-782-4736
- Relocation Readiness, Army Volunteer Corp or Army Family Action Plan, Chassity Morse at 309-782-0816
- Domestic Violence Victim Advocacy 24/7 assistance, Sam Mathew at 309-912-6089

We know that this is inconvenient, but we want to ensure the health and safety of you and our staff. Please feel free to message me if you need assistance, but do not know who to reach out to.

Newcomer's Orientation

Until further notice the Newcomer's Orientation is cancelled. If you have question please contact the Relocation Readiness Program at 309-782-0816.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>



Outdoor Recreation, COVID-19 Impact

Outdoor Recreation closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

Employee Assistance Program



The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: www.facebook.com/RIAEmployeeAssistanceProgram.



Are Your Dietary Supplements Safe?

Operation Supplement Safety (OPSS) is a Department of Defense dietary supplement resource to increase awareness within the DOD community about potential health risks and how to choose safe dietary supplements. OPSS educates Service Members and retirees, their family members, leaders, healthcare providers, and DOD civilians about dietary supplements and how to choose supplements wisely. Unfortunately, some supplements have resulted in adverse events that compromise rather than improve performance, and in some cases supplements result in positive drug tests. Click here for more information:

www.opss.org/?fbclid=IwAR2WMLvVIknU90huVGpEHhgEdJaR0furZBQkODKWZa2fTvhVN4sS-0PgSk4

COVID-19: Your Feelings (About Coronavirus) Are Valid

A major component of mental health is emotional awareness. If you don't know what you're feeling, it's hard to do anything about it. For those of you who have taken the EAP's Emotional Intelligence class, this may sound familiar. Putting a label on your emotions helps increase your sense control. During a crisis, it's more important than ever to be aware of and acknowledge what you're feeling, why, and how to use that information to move forward. To learn more, read the article, "Your Feelings About Coronavirus are Valid" at www.mhanational.org/blog/your-feelings-about-coronavirus-are-valid.

Learn How the New Nutrition Facts Label Can Help You Improve Your Health

The US Food and Drug Administration (FDA) issued new regulations changing the Nutrition Facts label on packaged foods. This is the first major change to the label since it was introduced in 1994. The changes are based on updated science, the most recent dietary recommendation, and input from the public. Using the new label can help you choose foods for a healthy diet. The label will be required on all packaged foods made in the United States and imported from other countries. The new label is already appearing on packages. Most items will have the new label by January 1, 2021. For more information and resources visit: https://www.cdc.gov/nutrition/strategies-guidelines/nutrition-facts-label.html?fbclid=IwAR0l_4d0JbOhHGqikueBOPhamSqviYoBEWvcccO11AzHTvqR230oms2okrM

Proclamation on National Mental Health Awareness Month

This year, National Mental Health Awareness Month coincides with one of the most complex and challenging periods in our Nation's recent history — combatting the coronavirus pandemic. Not only has the virus caused immense physical suffering and loss for many people, it has also resulted in mental and emotional hardship. The stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and, tragically, even suicide. There is no question this is a difficult and unprecedented time for Americans. Yet, we know that there are ways to help people cope during these uncertain times, and we are committed to caring for those in need. (More: www.whitehouse.gov/presidential-actions/proclamation-national-mental-health-awareness-month-2020)

Army Substance Abuse Program, Employee Assistance Program Services Remain Available To Assist You

Due to our current operating environment, the Army Substance Abuse Program and Employee Assistance Program staff are teleworking. EAP counseling and consultation services continue to be provided through the COVID-19 pandemic; however, those services will be provided via email, phone call, or virtually. For support and assistance, please use the information below to contact a member of our RIA ASAP or EAP team members and we will ensure attention and care is provided promptly.

- Lori Griffin, chief asap and EAP counselor: lori.j.griffin2.civ@mail.mil, 309-782-2551
- Bob Donohoo, EAP counselor: robert.w.donohoo.civ@mail.mil, 309-782-2552
- Earlyn Conway, drug test program manager, earlyn.conway.civ@mail.mil, 309-782-3827
- Jay Nichols, drug test program coordinator, jay.d.nichols12.civ@mail.mil, 309-782-2555
- Adrianna Rubio, contractor, prevention coordinator, adrianna.i.rubio.ctr@mail.mil, 309-782-2053

MEDCOM has launched a 24-hour Army COVID-19 Hotline (1-800-984-8523), which gives trusted COVID-19 information sources and answers questions. The OCONUS DSN number is 312-421-3700. An associated article can be found at:

<https://health.mil/News/Articles/2020/03/23/A-full-nights-sleep-could-be-the-best-defense-against-COVID-19>

ASAP Guest Speaker Events to Be Rescheduled

The Army Substance Abuse Program (ASAP) had scheduled events that are now in the process of being rescheduled. These events are going to be rescheduled to later dates due to current COVID 19 situation.

- Substance Abuse Awareness Guest Speaker Event (previously scheduled for March 23)
- Suicide Prevention Guest Speaker Event (previously scheduled for March 25)

Some promotional and awareness announcements and flyers had been previously circulated, please disregard until new information is made available.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This class will help you manage challenging relationships and take control of what you can control in the workplace: You! Register on TEDs, or call 309-782-0965. **(May 21, Aug. 13)**

Emotional Intelligence

Emotional intelligence (EI) is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Register on TEDs, or call 309-782-0965. **(June 4)**

Real Colors

Real Colors training provides users with an effective tool for understanding human behavior, for uncovering motivators specific to each color temperament and for improving communication skills. Register on TEDs, or call 309-782-0965. **(June 10)**

Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

There are no announcements at this time.

Defense Commissary Agency / Exchange



The Rock Island Commissary, www.commissaries.com/shopping/store-locations/rock-island-arsenal, and the Exchange, www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912, are for active duty military, retirees, and service-connected disabled veterans only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. Check out local specials and get POC information here: www.commissaries.com/shopping/store-locations/rock-island-arsenal. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: www.facebook.com/YourCommissary)

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockisland@deca.mil and type 'Subscribe' in the subject line.

Some Commissaries Place Shopping Limits on Fresh Beef, Poultry, Pork Effective May 1

Commissaries in the continental United States, along with Alaska, Hawaii and Puerto Rico, will place shopping limits on fresh beef, poultry and pork effective May 1. The Defense Commissary Agency (DeCA) is implementing these shopping limits in response to anticipated shortages in the supply chain impacted by the closures of various U.S. beef/pork/poultry processing plants, said Rear Adm. (retired) Robert J. Bianchi, DOD special assistant for commissary operations. “There may be some shortages of fresh protein products in the coming weeks,” Bianchi said. “Enacting this policy now will help ensure that all of our customers have an opportunity to purchase these products on an equitable basis.” The shopping limits are as follows:

- Fresh beef – two items

- Fresh pork – two items
- Fresh chicken – two items
- Fresh turkey – two items

There will be some exceptions to the two-item limits, however. In the event the limits are not in line with a store's supply, the store can increase or decrease as needed. For example, if a store is extremely short on product they might go to a limit of one per type, or if they have a lot of supply building up, they may extend the limits on some items. DeCA will post quantity limits at each of its affected locations, similar to how it has been posting limits for toilet paper, sanitizers, canned food items and other high-demand items. (More: www.commissaries.com/our-agency/newsroom/news-releases/some-commissaries-place-shopping-limits-fresh-beef-poultry-pork)

Army & Air Force Exchange Service Extends Refund Policy Amid COVID-19 Pandemic

For military shoppers who need to make a return but are hesitant to visit a store during the COVID-19 pandemic, the Army & Air Force Exchange Service is extending its return policy. All purchases made since March 16, 2020, are eligible for returns through **July 1, 2020**. "While extensive preventive measures have been implemented at our stores to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time," said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. "Extending the return window gives military shoppers peace of mind." The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders. (More: <https://publicaffairs-sme.com/ExchangePost/2020/04/16/army-air-force-exchange-service-extends-refund-policy-amid-covid-19-pandemic>)

Guidance Requires Employees, Customers to Have a Face Covering to Enter Commissaries, Exchanges

The guidance released below requiring employees and customers to have a face covering applies not only to the Rock Island Arsenal Commissary, but to The Exchange as well. As stated in the release below, this was effective April 10.

Effective today, patrons and store employees at all commissaries are required to wear face masks, as further safety measures are increased to help slow the spread of COVID-19. The instruction was released by the Defense Commissary Agency, or DeCA, and applies to all agency stores and other facilities worldwide where no local directive has yet been issued, retired Rear Adm. Robert J. Bianchi, Defense Department special assistant for commissary operations, said in a statement. However, if local commanders have already issued a directive to require face coverings in their commissaries, the new order will not supersede their guidance, Bianchi said. "Many bases have already imposed this requirement, but at locations where there is no guidance, this is the protection of our employees and our customers." This policy reinforces the commissaries' mission as being vital to military sustainment and readiness, said Army Lt. Col. Angela Parham, DeCA's health and safety director. (More: www.army.mil/article/234461)

RIA Exchange Adjusts Hours

The Exchange at RIA adjusted their hours, until further notice. The hours are:

- Monday- Friday: 9 a.m. – 5 p.m.
- Saturday: 11 a.m. – 3 p.m.
- Sunday: Closed

The Exchange can be contacted at 309-788-4940.

RIA Commissary and Exchange COVID-19, HPCON Charlie Impact

The Commissary and Exchange is open to all eligible patrons that can access the installation (active duty military, reservists, retirees, and service-connected disabled veterans). At the gates, under HPCON C the Arsenal reserves the right to keep non-essential personnel off the Island, gate personnel are currently allowing dependents and others access. This could change at any time, and is likely to change if the Department of Defense announces that bases are moving to HPCON D. Reminder Rock Island Arsenal suspended all current year-long passes and made other changes limiting access to the Arsenal. These changes were made to limit the opportunity for COVID-19 transmission. The Commissary changes reflect a number of moves made by the Defense Commissary Agency (DECA) after the onset of COVID-19 concerns. These changes include:

- The maximum occupancy at the Commissary is now limited to 20 patrons inside the facility at any given time.
- 100-percent ID card check at all commissaries, so that only authorized customers will be able to shop. While this policy is in effect visitors will not be allowed to enter the commissary. This is designed help with social distancing and crowd control. Children under 10 with their parents do not require an ID card.
- The hours of 8 a.m. to 10 a.m. on Tuesdays and Thursdays are reserved for senior shoppers who may be more vulnerable to COVID-19.
- Commissary cashiers no longer handle patron ID cards in order to prevent potential customer-to-customer spread of germs. Instead, customers will be asked to hold up their ID so that commissary employees can scan them without touching them. Cashiers can use the handheld scanner if available or have the customer scan their own card.
- Patrons will use bags on site, and not bring their own bags into the store.
- Bagging is suspended and patrons must bag their own groceries.
- All commissaries suspended early bird shopping to allow more time to clean and restock the store.

Because of increases demand and to ensure that everyone has equal access to essential item, quantity limits on select items has been implemented. Items identified include antibacterial gels, wipes and sprays, hand soap, bleach, toilet paper, and tissues. Any questions or concerns, please contact us at the commissary at 309-782-4614.

Army & Air Force Exchange Service Encourages Customers to Limit Cash Purchases to Help Fight Spread of COVID-19

The Army & Air Force Exchange Service is enlisting the help of military shoppers in its fight to protect Warfighters, families and installation communities from the global spread of COVID-19. In an effort to help keep point-of-sale areas as sanitary as possible, Exchanges worldwide will now ask customers to make purchases using a bank-issued credit or debit card, MILITARY STAR® card or gift card instead of cash. The initiative, which also encourages shoppers to minimize cash-back and check-cashing transactions, is expected to further strengthen existing efforts to protect authorized shoppers and Exchange associates, including disinfecting customer service and sales point areas multiple times daily. “Paper money and coins can harbor bacteria and viruses long after they change hands,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. “While we understand this may cause some inconvenience for customers who primarily pay with cash, we thought it best to put the health and safety of our military communities first and ask for their help in the fight to contain this virus.” (More: www.dvidshub.net/news/365892)

MILITARY STAR Offers Resources for Cardholders Affected by COVID-19 Virus

MILITARY STAR® cardholders affected by the COVID-19 pandemic can email MilitaryStar@aafes.com for assistance with their accounts or send correspondence to:

Exchange Credit Program

P.O. Box 650410

Dallas, TX 75265-0410

“MILITARY STAR understands that many people are being affected directly and indirectly by the pandemic, and their well-being is of paramount concern,” said Tommy Ward, senior vice president of the Exchange Credit Program. “We’re here to support our cardholders during this challenging time.” The MILITARY STAR card is accepted at all military exchanges and commissaries. For more information, visit MyECP.com. (More: www.dvidshub.net/news/365462)



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website: www.arsenalhistoricalsociety.org) (Facebook: www.facebook.com/RIAMuseum)

Rock Island Arsenal Museum Closure

The Rock Island Arsenal Museum closed effective March 18 until further notice.



Healthbeat



CDC Maintains Childhood Immunization Guidelines during COVID-19

Immunizations remain a vital component of pediatric health care, even during the COVID19 pandemic. Immune systems are still developing in children and infants. Vaccinations result in the production of antibodies to protect people from potentially deadly diseases, explained Ann M. Morse, a family nurse practitioner at the North-Atlantic Regional Vaccine Safety Hub, Naval Medical Center Portsmouth. “Immunizations allow the immune system to recognize that germ, virus, or bacteria and fight off that disease, or limit the severity of complications if exposed to the real disease,” continued Morse. Immunizations also protect public health through herd immunity by preventing a widespread outbreak of highly infectious diseases, like measles or whooping cough. Despite the current climate of social distancing, vaccine-preventable diseases continue to circulate. Individuals who have not been vaccinated and contract the disease could spread it to susceptible individuals because those infected can be contagious up to a week before developing any symptoms, explained Morse. She added that if children stop receiving necessary vaccinations, herd immunity decreases, increasing the likelihood of other potential viral outbreaks, like measles. (More: <https://health.mil/News/Articles/2020/05/01/CDC-maintains-childhood-immunization-guidelines-during-COVID-19>)

COVID-19: Know Symptoms and Next Steps to Help Ensure Full Recovery

Sore throat, aching muscles, stuffy nose – are you feeling sick because of seasonal allergies, a cold, or could your symptoms be a sign of COVID-19? Many people may be concerned about catching this new respiratory virus that leads to COVID-19 disease, and that's understandable. Since the first reports in late December, about 3 million people around the world have tested positive. That number includes approximately 981,000 confirmed cases in the United States as of April 28, according to the Centers for Disease Control and Prevention. The good news: Most people who become infected will recover, according to the CDC, and without needing special medical treatment. So there's no need to panic if you get sick. What's important is knowing what to do next to help ensure a full recovery and avoid infecting someone else. (More:

<https://health.mil/News/Articles/2020/04/30/COVID-19-Know-symptoms-and-next-steps-to-help-ensure-full-recovery>)

DHA Collaborates To Further Sequence the SARS-COV-2 Code

The key to finding a vaccine or effective treatment against COVID-19 may lie in its genetic code. Researchers around the globe are searching for clues to unlock the secrets of the novel coronavirus as the epidemic continues to spread worldwide. The Air Force Genetics Center of Excellence at Keesler Air Force Base in Biloxi, Mississippi, is aiding in that scientific research effort to sequence the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) genome, the virus strain that causes COVID-19. As the reference genetic testing laboratory within the DoD, Keesler knows genetic sequencing. Researchers at the lab have contributed to overall readiness efforts in testing for a wide variety of genetic markers, from rare causes of sudden cardiac death to hereditary cancers. Testing also includes pharmacogenomics, which predicts a patient's response to drug therapy based on their genetic makeup. (More: <https://health.mil/News/Articles/2020/05/06/DHA-collaborates-to-further-sequence-the-SARS-CoV-2-Code>)

Keep COVID-19 Out of the Workplace

Rock Island Arsenal Team, as the national and world-wide COVID-19 situation continues to develop, it is imperative that we take actions now to protect the Soldiers, civilians, and family members that make up the Rock Island workforce and to ensure mission assurance for the headquarters and organizations that reside on the installation. The most effective way to protect our fellow employees and ensure that our missions can continue is to keep COVID-19 out of the workplace. If you believe that you have been exposed to COVID-19 or are experiencing COVID-19 symptoms:

1. Stay home!
2. Inform your supervisor.
3. Follow the guidance from your health care provider.
4. Update your supervisor after talking to your health care provider.

If you are symptomatic or believe you may have been exposed to someone with COVID-19 and you are a:

- Uniformed Service Member: Inform your chain of command, call ahead to a local Emergency Room, and follow their guidance. Follow up with your chain of command when complete.
- Department of the Army Civilian: Inform your supervisor, call your PCM and follow their guidance. Follow up with your supervisor when complete.
- Family Member of a Uniformed Service Member: Call ahead to a local urgent care facility and follow their guidance.

- **Retiree:** If your PCM is at the Rock Island Arsenal Health Clinic, call ahead to a local ER and follow their guidance. If your PCM is off the installation, call them and follow their guidance.

Keep in mind that the RIAHC cannot test for COVID-19, and that by visiting the clinic you could potentially expose more people to COVID-19. When in doubt, pick up the phone first. If you are a supervisor and you receive a call from one of your Soldiers and/or DA civilians, ensure that you keep the right people in the chain of command informed, to include follow ups and updates as required. All of our commands and organizations have reporting requirements to higher headquarters, and we cannot report what we do not know. Within the work place, please pay special attention to customer service areas (e.g. front offices for each of the commands and organizations on the installation, CAC/ID Card Office, and Army Community Service facilities), points of sale locations (e.g. AAFES, Commissary, Island Oasis, and CDC/SAC front desks), and high traffic communal areas (e.g. common rooms, office refrigerators and microwaves, RIA Fitness Center, restrooms). Increase the frequency that you wipe down surfaces such as countertops, key pads, and point of sales machines. In the fitness center thoroughly wipe down equipment after use. Clean up after yourself in the restrooms and break areas. Remember, look out for your fellow Soldiers and employees in order to protect our wellbeing and continue the mission.

Notes for Veterans

VA Kicks Off Online Campaign Emphasizing Mental Health Support

In recognition of Mental Health Month, the U.S. Department of Veterans Affairs (VA) today announced the launch of the “Now Is the Time” campaign. The focus is on getting Veterans the support they need from family and friends through professional mental health treatment. “As VA’s health care environment continues to evolve, the department is working to serve as many Veterans as possible by reaching Veterans where they are, said VA Secretary Robert Wilkie. “This May, VA encourages everyone to explore Mental Health Month resources at [MakeTheConnection.net/MHM](https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5445). Veterans and their families can help themselves or someone they love learn about the support that can improve their lives.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5445)

Agency Plan on Returning to Pre-COVID-19 Operations

Today, the Department of Veterans Affairs announced a three-phase plan for resuming regular operations at its medical centers, benefit offices and national cemeteries in a post-COVID-19 setting. VA never closed its doors during the pandemic but did implement a wide range of actions to ensure the safety of its patients and employees. Under VA’s plan, conditions on the ground will determine how quickly each facility resumes normal operations, and each phase of the plan is aimed at making sure that Veterans’ safety comes first. “A central planning solution for resuming regular operations makes no sense here because some areas of the country will take longer to recover, while other areas have seen minimal cases,” said VA Secretary Robert Wilkie. “That’s why we’re letting local conditions dictate our next steps.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5443)

VA enhances National COVID-19 Reporting Summary tool

The U.S. Department of Veterans Affairs (VA) announced today that it enhanced its National COVID-19 Report Summary website that provides a real-time look at the status of COVID-19 patients who have been tested or treated at VA facilities. “The accelerating pace of VA’s response to the national emergency required VA to leverage the department’s unique national data infrastructure and informatics capabilities to create a timely, automated biosurveillance process,” said VA Secretary Robert Wilkie. “The public-facing report displays all known VA COVID-19 cases that are tested or treated in VA facilities.” As an integrated health care system with a common electronic health record, VA can extract and compile information in near real-time from all its facilities. Several complementary approaches are then applied to this information to identify and validate COVID-19 cases. These approaches are subject to ongoing human review by clinical experts in infectious disease, public health and critical care to validate and refine VA’s approach. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5440)

Veterans: Call Before Visiting Your VA Facility

Medical appointments possible at home via VA Video Connect

Got a fever, cold, cough or flu-like symptoms? Are you worried that you have a viral illness? The last thing you want to do is get out of the house to see the doctor, exposing yourself (and others) to more potential bugs and viruses. VA can make it easier and safer to get back to health with virtual care through My HealtheVet and the VA Video Connect app on your smartphone, tablet or computer. What is virtual care? Virtual care means you can contact your VA provider (and health care team) through secure messaging or receive treatment by telephone or video. Last year, Veterans had over 20 million virtual engagements with VA. Any Veteran who qualifies to receive VA care and lives in the U.S. is eligible to use virtual care. (More: www.blogs.va.gov/VAntage/72447/veterans-sick-stay-home-phone-safe-convenient-option)

Veterans: Stressed Over Coronavirus?

Here are VA's tips to manage your anxiety

The COVID-19 (Coronavirus) pandemic has the potential to increase stress and anxiety, both because of the fear of catching the virus and because of uncertainty about how it will affect us. If you have PTSD, you may have stronger stress reactions than normal. Feelings of fear, anxiety, sadness and doubt are normal during a pandemic. Fortunately, there are tools and resources that can help you manage your mental health and well-being. The following suggestions may help you deal with stress during these times of uncertainty:

Stay Connected

- Seek support from family, friends, mentors, clergy and those who are in similar circumstances.
- Be flexible and creative in using phone, email, text messaging and video calls.

Cultivate Ways to be More Calm

- Realize that it is understandable to feel anxious and worried about what may happen.
- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, meditation).
- Try using the PTSD Coach mobile app, or PTSD Coach online for more stress reduction tools.

Improve Your Sense of Control and Ability to Endure

- Accept situations that cannot be changed and focus on what you can alter.
- Modify your definition of a “good day” to meet the current reality of the situation.
- Problem-solve and set achievable goals within the new circumstances in your life.

Remain Hopeful

- Consider the stressful situation in a broader context and keep a long-term perspective.
- Celebrate successes, find things to be grateful about and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.
- Draw upon your spirituality, those who inspire you or your personal beliefs and values.

Advice from Those Who Have Been In Similar Situations

- Recognize, acknowledge and accept the reality of the situation.
- Prepare to feel overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise and help you move through them quickly.
- If you are having a hard time making decisions, talk to a trusted family member or friend.
- Be aware that there are also behaviors that don’t help. Learn more about these negative coping methods that you should avoid.
- Talk to your health care provider if your stress seems overwhelming. Sign into [MyHealtheVet](#) and send a Secure Message.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and press 1, text to 838255 or chat online at [VeteransCrisisLine.net/Chat](#). Recommendations for COVID-19 may change as officials learn more, so monitor the CDC for updates. For the latest VA updates on coronavirus and common-sense tips on preventing the spread of disease, visit www.publichealth.va.gov/n-coronavirus.



Around the Q.C.



An interactive version of Around the Q.C. is now available at:
www.facebook.com/groups/275103093432020

Once you have joined you can see a listing a the Facebook events people have posted to the group at:
<https://www.facebook.com/groups/275103093432020/events>

The impact to these events in light of COVID-19 is unknown. It is recommended that employees look at the event link for details.

June TBA: BE Downtown/Chalk Arts Fest (Downtown Bettendorf) More: www.bettendorf.org

June 1-6: Quad Cities Senior Olympics (greater Quad Cities) More: <http://qcsogo.org>

June 5-6: Rhubarb Festival (Aledo, Illinois) More: www.aledomainstreet.com

June 6: Walcott City-Wide Garage Sale More: www.facebook.com/walcottcitywidegaragesales

June TBA: Gumbo Ya Ya: (Downtown Rock Island) More: www.downtownrockisland.org

June TBA: Pioneer Days (Colonel Davenport House, Rock Island Arsenal) More: www.davenporthouse.org

June 6-14: Quad Cities Museum Week (Greater Quad Cities) More: www.qcmuseumweek.com

June 21: Ride the River Bike Ride (Davenport Riverfront) More: www.riveraction.org

June 26-28: Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: www.planetfunkcon.com

June TBA: Quad City Air Show (Davenport Municipal Airport) More: www.quadcityairshow.com

July 3: Red, White & Boom! (Rock Island and Davenport) More: www.redwhiteandboomqc.org

July 4: Firecracker Run & Parade (East Moline) More: www.emmainstreet.com

July 3-4: Bettendorf Old-Fashioned 4th of July (Bettendorf) www.bettendorf.org

July TBA: Mississippi Valley Blues Festival (TBA) More: www.mvbs.org

July 6-12: John Deere Classic PGA Tour (TPC Deere Run, Silvis, Illinois) More: www.johndeereclassic.com

July 11-15: Mercer County Fair (Fairgrounds, Aledo, Illinois) More: www.mercercountyfair.org

July 9-11: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: www.truckersjamboree.com

July 14-18: Rock Island County Fair (East Moline) More: www.rockislandfair.org

July 17-18: Walcott Day Celebrates Mardi Gras (Walcott, Iowa)

July 24-25: Downtown Street Fest (Downtown Davenport) More: www.downtowndavenport.com

July 25: Bix 7 Run/Walk (Downtown Davenport) More: www.bix7.com

July 30-Aug. 1: Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort, Davenport) More: www.bixsociety.org

Aug. 1: Heartland British Auto Fest (LeClaire Levee) More: www.qcbac.com

Aug. 4-9: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: www.mvfair.com

Aug. 8: Village Wine Walk (Village of East Davenport) More: www.villageofeastdavenport.com

Aug. 13-15: Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: www.tugfest.org

Aug. TBA: Ya Maka My Weekend (Downtown Rock Island) More: www.downtownrockisland.org

Aug. 14-15: Quad Cities Balloon Festival (Iowa-side Quad Cities – location TBA) More: www.quadcitiesballoonfestival.com

Aug. 15: Freedom Fest (East Moline) More: www.emmainstreet.com

Aug. 15: Floatzilla (Sunset Marina, Rock Island) More: www.floatzilla.org

Aug. TBA: Quad City Symphony Riverfront Pops (LeClaire Park, Davenport) More: www.qcso.org

Aug. TBA: World Series of Drag Racing (Cordova International Raceway) More: www.racecir.com

Aug. 22-23: Farm Days (Village of East Davenport) More: www.villageofeastdavenport.com

Aug. 27-30: Alternating Currents Festival (Downtown Davenport) More: www.alternatingcurrentsqc.com

Aug. 29: Vettes on the River (LeClaire, Iowa) More: www.visitleclaire.com

Sept. 5-6: Rock Island Grand Prix (Downtown Rock Island) More: www.rockislandgrandprix.com

Sept. TBA: QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline) More: www.visitjohndeere.com

Sept. TBA: VIVA Quad Cities Fiesta (Location TBA) More: www.vivaquadcities.com

Sept. 12-13: Beaux Arts Fair (Davenport) More: www.beauxartsfair.com

Sept. TBA: Taming of the Slough (Sylvan Slough) More: www.riveraction.org

Sept. TBA: Brew Ha Ha (LeClaire Park, Davenport) More: www.jayceesqc.org

Sept. 18-19: Great River Quilt Show (Mississippi Valley Quilters Guild) More: www.mvqg.org/quilt-show

Sept. 19-20: Riverssance Festival of Fine Arts (Village of East Davenport) More: www.midcoast.org

Sept. 27: Quad Cities Marathon (Downtown Moline) More: www.qcmarathon.org

Oct. 11: Apple Fest (Downtown LeClaire) More: www.visitleclaire.com

Oct. TBA: Row the Miss Regatta (Mississippi River in Moline) More: www.tworiversymca.org

Oct. 29: Fright Night (Schwiebert Park, Rock Island) More: www.downtownrockisland.org

Oct. 24: Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: www.lagomarcinos.com

Oct. 24-25: Boo at the Zoo (Niabi Zoo, Coal Valley, Illinois) More: www.niabizoo.com

Oct. 24: Witches Walk & Costume Parade (Downtown LeClaire, Iowa) More: www.visitleclaire.com

Nov. 21-29: Quad City Arts Festival of Trees (RiverCenter, Davenport) More: www.qcfestivaloftrees.com

Nov. 21: Festival of Trees Parade (Downtown Davenport) More: www.qcfestivaloftrees.com

Nov. 21: Lighting on the John Deere Commons (Downtown Moline) More: www.lightingonthecommons.com

Nov. 29: Christmas Walk (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com

Dec. 6: 19th Century Christmas (Butterworth Center, Moline) More: www.butterworthcenter.com

Dec. TBA: Christkindlmarkt Quad Cities (Freight House, Davenport) More: www.christkindlmarktqc.com

Dec. TBA: Season of Light-Star of Bethlehem (Augustana College planetarium) More: www.augustana.edu

Island Insight



Col. Stephen C. Marr, Garrison Commander; Eric Cramer, Public Affairs Officer;

Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 www.army.mil/usapa/epubs/pdf/r360_1.pdf by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.

