



May 20, 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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Army General to Co-Lead Operation Warp Speed for COVID-19 Vaccine

President Donald J. Trump announced on Friday that Army Gen. Gustave F. Perna, the commander of Army Materiel Command, will co-lead an effort, dubbed Operation Warp Speed, to find a vaccine for COVID-19 by January 2021. Defense



Secretary Dr. Mark T. Esper said the Defense Department is very excited and committed to partnering with the Department of Health and Human Services, across the government, and in the private sector to accomplish the mission. "Winning matters, and we will deliver by the end of this year a vaccine at scale to treat the American people and our partners abroad," he said. The goal is to produce about 300 million vaccines by January, said Jonathan Rath Hoffman, assistant to the secretary of defense for public affairs, at a Pentagon press briefing on Friday. Hoffman mentioned that it's a goal involving a whole-of-government approach, not just the DOD. Regarding DOD and the Pentagon, Hoffman said neither has been shut down and daily operations continue, albeit with mitigation steps that include social distancing, face masks, quarantine when necessary and telework

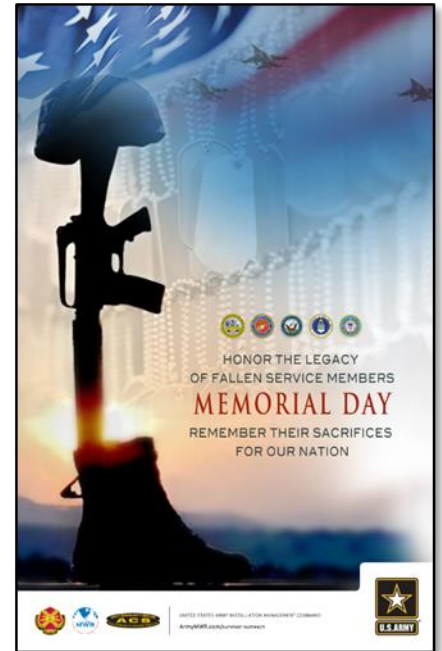
Upcoming Dates

May: Asian Pacific American Heritage Month
May: National Military Appreciation Month
May: Month of the Military Caregiver
May 16-22: National Safe Boating Week
May 25: Memorial Day (*Federal Holiday*)
June: LGBT Pride Month
June 4: Spring/Summer Safety and Wellness Stand Down Event, Heritage Hall, Bldg. 60, 10:30 a.m. - 1:30 p.m.
June 6: 76th Anniversary of D-Day
June 14: U.S. Army 245th Birthday
June 14: Flag Day
June 15-19: DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m. - 3:40 p.m.
June 18: Quarterly Retirement Ceremony, Heritage Hall, Bldg. 60, 2-4 p.m.
June 19: Juneteenth
June 21: Father's Day
June 23: U.S. Coast Guard Auxiliary Birthday
June 27: National PTSD Awareness Day
July: Military Consumer Protection Month
July 3: Independence Day (*Federal Holiday*)
July 4: Independence Day
July 9: USAG RIA Change of Command, Heritage Hall, Bldg. 60, 10-11 a.m.
July 25: Army Community Service Birthday
July 27: National Korean War Veterans Armistice Day

if the situation allows. (More: www.army.mil/article/235694)

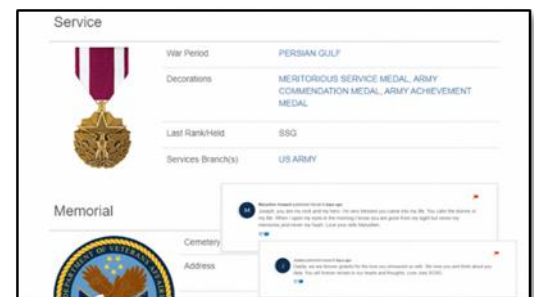
Memorial Day Access to Rock Island National Cemetery Falls under Novel Coronavirus Restrictions

Rock Island Arsenal invites the Quad Cities community to honor our Nation's fallen this Memorial Day weekend, and joins the United States Department of Veterans Affairs' invitation for families and the community to pay tribute to those laid to rest by placing flags or flowers on the gravesites of those interred at Rock Island National Cemetery. Due to the ongoing 2019 novel coronavirus pandemic, several guidelines will remain in place in order to protect the health of our visitors, the greater Quad Cities community, and the Rock Island Arsenal workforce. All visitors must enter and depart through the Moline Gate and everyone visiting the Arsenal who are over age 16 must have a valid ID. Those without a visitor's pass can obtain one from the Visitor Control Center. The Visitor Control Center will be open between the hours of 8 a.m. to 8 p.m. from Saturday through Monday, and will resume normal hours of operation on Tuesday, May 26. Visitors are restricted to groups of six passengers per vehicle, but families with more than six members who reside together will be allowed on the installation to access the Cemetery. Groups are limited to no more than ten people anywhere on Post - this limit includes the Cemetery. Visitors are reminded that the RIA Museum and Mississippi River Visitor Center at Locks and Dam 15 remain closed due to COVID-19. The Cemetery will be open to visitors from 8 a.m. to 8 p.m. These hours will be maintained throughout Memorial Day weekend so that visitors can come when they desire, and not face crowds on Memorial Day. Visitors can bring flowers, flags, and other items of respect to mark the graves of their loved ones. Visitors can "adopt a troop" and mark a grave of their choosing, so long as they follow the guidelines mentioned above. Rock Island National Cemetery is not marking graves this year, or issuing flags to mark individual gravesites. In addition to visiting the RINC in person, the National Cemetery Administration has developed an on-line memorial feature that enables anyone to pay tribute to Veterans interred in all of our national cemeteries. The on-line memorial can be found at <https://www.vlm.cem.va.gov>. (National Cemetery Administration (NCA) U.S. Department of Veterans Affairs release: www.va.gov/opa/pressrel/pressrelease.cfm?id=5450)



Create an Online Memorial for a Loved One on the Veterans Legacy Memorial Website

In time for Memorial Day 2020, VA's National Cemetery Administration (NCA) has enhanced capabilities on the Veterans Legacy Memorial (VLM) website for family, friends, and visitors to leave tributes or comments on a Veteran's memorial page. The Veterans Legacy Memorial website is the nation's first digital platform dedicated entirely to the memory of the 3.7 million Veterans interred in VA national cemeteries. "Online memorialization becomes more prominent these days, allowing people to remotely honor the service and sacrifice of our Veterans," said Under Secretary for Memorial Affairs Randy Reeves. "The increased capabilities of VLM are in place at a critical time to ensure 'No Veteran Ever Dies,' by telling their stories to a larger audience through an enhanced digital platform. In addition, VLM allows people to express their



appreciation and gratitude for the dedicated service of our Nation's heroes.” (More: www.blogs.va.gov/VAntage/75027/create-online-memorial-loved-one-veterans-legacy-memorial-website)

First Army and Partnered Units Train On Through Pandemic

The COVID-19 pandemic changed the ways First Army Soldiers conducted their mission of training and preparing National Guard and Army Reserve units for mobilization, deployment and demobilization. But it never stopped the mission itself. Throughout First Army, Soldiers have maintained readiness of their partner units by adopting safety precautions to protect the force at Mobilization Force Generation Installations, or MFGI's, at Fort Hood and Fort Bliss, Texas. Reserve component units continued to deploy for critical missions around the world, while demobilizing units were able to complete their requirements in a timely fashion and ensure Soldier safety before returning to their home stations. “We can continue to train and do business under the conditions that we're facing,” said Col. Lance Cangelosi, the commander of the 120th Infantry Brigade At Fort Hood. “We have to be a little bit thoughtful about reasonable precautions, but we are absolutely capable of continuing to train units, build readiness and support our combatant command.” (More: www.army.mil/article/235660)



Garrison Commanders Are the Center Of Gravity in the Fight Against COVID-19

Gen. Gus Perna, Commanding General of Army Materiel Command, addressed Installation Management Command leaders around the world during a video teleconference from IMCOM headquarters. Perna uses quarterly updates to conduct “conversations between commanders” an execute mission command for AMC's 11 major subordinate commands. IMCOM has been part of AMC since March 2019. Perna normally travels to conduct mission command face-to-face, but he held this session by VTC as part of DoD's overall effort to help stop the spread of COVID-19. Empowering garrison commanders to protect installations while effectively responding to the pandemic and maintaining readiness has been AMC and IMCOM's primary focus the last two months. “Garrison commanders are the center of gravity in this fight,” said Lt. Gen. Douglas M. Gabram, IMCOM's commanding general. “Their leadership has been decisive; they are leading the Army through this at the tactical level.” (More: www.army.mil/article/235769)



Riggers Break Out ‘Secret Weapon’ To Conclude AFSBn-NEA COSIS Mission

Soldiers from the 4th Quartermaster Theater Aerial Delivery Company, stationed at Joint Base Elmendorf-Richardson, Alaska, recently turned a routine mission into something special. The parachute riggers recently spent 10 weeks at Sagami General Depot in Japan, conducting an annual Care Of Supplies In Storage mission where they assisted the Army Field Support Battalion-Northeast Asia's Japan Support Team with the inspection, repair and repacking of more than 14,000 aerial delivery system items. Parachutes large and small were unpacked, inspected for defects such as rips or tears, then repaired as needed, repacked and recertified. The work is repetitive and can be monotonous, but the Soldiers know how important their efforts are. (More: www.army.mil/article/235685)



Military Flyovers Thank Americans for Service to Country

Since the COVID-19 pandemic started, the Defense Department has been providing medical and logistical assistance to frontline health care workers throughout the United States. DOD has also demonstrated gratitude to health care workers by conducting flyovers in many cities and states throughout the U.S. — including Detroit, New York City, Chicago, Indianapolis, Baltimore, Washington, D.C., Atlanta and Washington state — with more flyovers planned for Los Angeles today and other areas. A flyover includes jets, transports and helicopters flying over an area to honor people or to commemorate important events such as the anniversaries of the World War II Allies' victories over Nazi Germany and Japan. (More: www.defense.gov/Explore/Features/Story/Article/2188493)



New Emergency Leave Available To Army Civilians Affected By COVID-19

Army employees affected by the coronavirus pandemic will have the option of taking up to two weeks of emergency paid sick leave in addition to other paid leave entitlements. The new leave option, part of the Families First Coronavirus Response Act, allows civilians to take the emergency leave from April 1 through Dec. 31, provided that they meet certain conditions. The emergency sick leave will be separate from the normal sick leave civilians accrue and can be taken without using accrued sick leave. "This is a new leave category that is provided to employees that may need to use this option to be able to care for family members or themselves, which is critically important as we all navigate our way through COVID-19," said Thomas Fore, deputy assistant secretary of the Army for civilian personnel. (More: www.army.mil/article/235538)



In The Fight: Child Development Centers Vital To the Force

Soldiers and families living throughout South Korea had been facing hard times as the number of confirmed COVID-19 cases continued to rise in mid-February. The rapid spread of the virus across parts of China and Korea was a cause for concern, as Army leaders in the U.S. monitored the situation closely. And while the U.S. reacted to the initial wave of cases in Washington state and California, U.S. Forces Korea leadership was forced to implement Health Protection Condition Charlie on Feb. 26, closing off all military installations from their surrounding communities. Ensuring the Army's mission also required a series of changes to Child and Youth Services, said Helen Roadarmel, the Army's program manager for child, youth and school services. Youth centers were all forced to close, but many CDCs would remain open to support essential dual- and single-military families. Around the world, close to one-third of the CDCs remained open at height of the pandemic. "The CYS mission is designed to alleviate the conflict between parental responsibilities and mission requirements," Roadarmel said. "Child care is vital to the Army's mission. Soldiers need these programs to be safe for their children so that they can ... have the peace of mind to focus on their mission." In total, 179 CDCs supporting children 5-years and below, are dispersed across 68 Army installations, Roadarmel said. Currently, the Army has more than 71 CDCs open and providing child care services for essential personnel. 12



centers are also fully open and operating under normal conditions. About 1,900 children are involved in CDC programs at this time. (More: www.army.mil/article/235547)

Army's Anti-Terrorism Technology Chasing COVID-19

The Army's technology used to root out terrorism threats is also monitoring the spread of COVID-19, and in the process giving Army leaders a leg up to make real-time, force protection decisions, says the Army's top criminal investigator. The Joint Analytic Real-time Virtual Information Sharing System, or JARVISS, is Army software designed to target criminal activity and natural disaster information in and around Army installations and stand-alone facilities, said Maj. Gen. Kevin Vereen, provost marshal general. Earlier this year, as the COVID-19 pandemic emerged, JARVISS -- originally developed in 2018 after the Fort Hood, Texas, shooting -- shifted its mission to also help leaders track the virus' impact on installation readiness, training, and recruiting. The shifted focus toward biological threats "wasn't much of an adjustment in how we operate," said James Allen, JARVISS program manager. (More: www.army.mil/article/235541)



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.

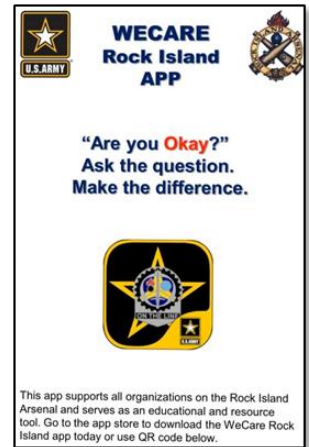
- Army and Joint Reserve and National Guard Units: Full time military staff continue to provide command and control for individual organizations through a mixture of limited on site presence and telework. Scheduled drills suspend through DOD Restriction of Movement period. (COVID-19 Local Impacts Page: <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



**US Army Corps
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Rock Island District

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 zekesislandcafe.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

Closure Notice to Replace Curb, Gutter and Sidewalk on Rodman Avenue

Effective May 18, the Directorate of Public Works began work on the curb, gutter, and sidewalk repair on the north side of Rodman Avenue between Gillespie and 2nd Street. The work includes concrete tear out and replacement. Work began at 2nd Street and move towards Gillespie. The north lane will be closed to vehicles intermittently and the sidewalk is closed to pedestrians during construction. Signage is placed for safety and to direct traffic. The project is anticipated to be completed by **Friday, June 26**, but may be extended due to weather or other unforeseen issues.

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



Nanoscale Experiments Give Researchers Optimism for Stronger, Lighter Soldier Armor

Soldier armor, such as bulletproof vests and helmets, depends upon high-performance ballistic fibers for its strength and effectiveness. Army researchers are experimenting with how they can improve armor by making it lighter and stronger. At the U.S. Army Combat Capabilities Development Command's Army Research Laboratory, researchers examine high-performance fibers in an innovative soft armor research program. By understanding how fibers behave under stress, researchers can predict their performance during a ballistic event. With this information, researchers can leverage a materials-by-design approach to create stronger, more effective body armor. (More: www.army.mil/article/235567)

Top Enlisted Leaders Answer Questions on Stop-Move Process

Senior Enlisted Advisor to the Chairman Ramón "CZ" Colón-López and U.S. Transportation Command's senior enlisted leader, Air Force Chief Master Sgt. Jason France, shed some light on moving in the time of COVID-19 during a virtual town hall meeting. The SEAC hosted the meeting with France today, as the two enlisted leaders answered service members' questions. Defense Secretary Dr. Mark T. Esper froze movements soon after the pandemic hit U.S. shores. This stopped most military and civilian moves. Those deemed crucial required an exception to policy. (More: www.defense.gov/Explore/News/Article/Article/2187686)

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>

Memorial Day 2020 Safety Message

As in years past, Americans will pause the last Monday in May to honor the men and women who have died in defense of our great nation. This duty of remembrance is one we accept willingly and gladly, and the quality of your continued service ensures their sacrifices will never be considered in vain. Thank you for what you do every day for our country and our Army. This year's observance will look different, however, due to COVID-19. Between self-isolation, social distancing, limitations on public events and Department of Defense force protection guidelines, your plans for this long holiday weekend have most likely changed. But what endures is the need for continuous, holistic risk management in everything you do. On duty, the overwhelming majority of Army mishap fatalities occur during mission transitions like routine vehicle movements to or from a training area. Simply put, we focus so intensely on the decisive operation or what we've determined is the riskiest portion of the mission that we lose sight of other, more common hazards. The Army conducts a lot of high risk training and missions every single day ... and we do it extremely well, managing risk throughout. Losing Soldiers during routine, simple missions is not only preventable, it's proof we're letting our guard down. We can do better in managing these transitions. We are in a



similar transition period now, as states reopen and commanders Army-wide lift restrictions on Soldier activities. We can't let cabin fever and the need to "get out" narrow our view of the total risk picture. The scenic roadways, beaches and all the other wonderful places you've missed will still be there even if you take some extra time to ease back to normal and formulate a plan to be successful. As a rule of thumb, ask yourself, "What are the three most dangerous things I am about to do and how do I mitigate them?" The U.S. Army Combat Readiness Center stands ready to help. Our newest offering, the 2020 Off Duty Safety Awareness Presentation, was just released and addresses persistent hazards Soldiers face in their personal time. You may find it and many other risk management tools on our website, <https://safety.army.mil>. We wish you and yours a safe, healthy and enjoyable Memorial Day. Thank you again for your service to our nation. People First — Winning Matters! — *Command Sgt. Maj. William L. Gardner II, command sergeant major, U.S. Army Combat Readiness Center; Brig. Gen. Andrew C. Hilmes, commander, U.S. Army Combat Readiness Center*

RIA Virtual Safety and Wellness Stand Down

The Arsenal Island workforce is invited to RIA's Virtual Spring/Summer Safety and Wellness Stand Down event on **Thursday, June 4**, 10:30 a.m. – 1:30 p.m., virtually via Commercial Virtual Remote (CVR) environment using Microsoft Teams (MSTeams). Reference the email message sent to the workforce to activate your CVR using MSTeams account. Why are we doing this?

- To take a break from isolation and safely connect/check-in with others, live or via chat.
- Learn about various safety and wellness topics as well as services that are available to you and your family.
- Show your commitment to safety and wellness.
- Take part of RIA's groundbreaking first, Virtual Safety and Wellness Stand Down event.

Representatives from participating commands and organizations will be ready to greet you live or via chat or will have information for you to download and keep as you visit their respective channels/booths. If you or your organization would like a channel/booth, simply reply to the below POC and additional information will be sent to you. We hope you support this effort by...

- First activating your CVR using MSTeams account (don't delay... accounts that have yet to be activated will be deactivated).
- Calendar in and spread the word of the event.
- Represent your command or organization by reserving a channel/booth.
- Tune in for updates and additional information in the coming weeks.

POC is Faith Killian, Garrison Safety Office, faith.m.killian.civ@mail.mil

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 America 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.

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.



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**.

Upcoming Volunteer Opportunities

Are you going to be looking for a way to break free from social distancing once we are able to resume a restriction free face to face environment? Have you considered volunteering as an option to fill your socialization cup and fulfill some community support needs. We know you may not be able to show up and put in days' work right now, but you can get all your required registration, paperwork and some of the orientations done and out of the way. That way, when we are back to face to face business you won't have to wait to begin volunteering. RIA has several open volunteer positions/opportunities we are looking to fill. If you are interested in any of the following positions please contact the volunteer coordinator at 309-782-0816. You may also apply for positions on Army OneSource by clicking on the "Opportunity Locator" to find local positions. The positions we are looking to fill include but are limited to...

- **MWR Outdoor Recreation Support Assistant**



- In this position you will support the MWR outdoor recreation program by providing customer service, helping with equipment quality checks and organization, and facility organization as well as other duties.
- **MWR Marketing Assistant**
 - As a marketing assistant you will assist with print media dissemination and maintenance, facility organization, and some outreach.
- **Youth Sports Coaches**
 - Facilitate foundational learning of sports for RIA youth. This position requires a special application process and background check clearance, so getting the ball rolling now will allow for a seamless start up. See more details at <https://rockisland.armymwr.com/programs/youth-sports>
- **QC Marathon Support**
 - Looking for set up, tear down, water station, and road guard volunteers for the on Island leg of the marathon.
- **ACS Digital Outreach**
 - Assist with social media platforms to highlight program functions and initiatives.
- **ACS General Support**
 - As a generalist you will work closely with ACS staff on a variety of projects, program support, and customer service.

For additional information on volunteer opportunities please feel free to contact the volunteer coordinator at 309-782-0816.

ACS Summer Reading Adventure

The Army Community Service Family Advocacy program has held the Summer Reading Adventure for several years and it has been a lot of fun holding family activities to promote togetherness and reading. Much like everything else, this year has to be different due to the COVID 19 pandemic. It is the goal of this program to bring lots of ideas to you and your family this summer to continue to encourage your kids to read, regardless of their age. The program will run from June 1 to Aug. 1 virtually through a weekly newsletter and posts on the ACS Facebook page. Each week will have a theme with suggested books and activities. Kids of all ages are encouraged to participate. Kids can still keep track of their minutes read (or being read to) to be eligible to win prizes at the end of the summer. Registration and reading logs can be requested at Jennifer.a.kerr10.civ@mail.mil or calling 309-782-3049. There is no deadline to register, but the sooner you sign up, the sooner you can start keeping track of reading minutes. Typically, every child who registers receives a free book. Every effort will be made to honor that this year, but giveaway is contingent on the operating status of the ACS office.

Love and Logic Classes Online

The Family Advocacy Families First Program is providing the Love and Logic Series online through the Child Abuse Council website. Sessions 3-6 were to be held in person, but since that is not possible at this time, a virtual option is being offered. Sessions offered are: Session 3: Setting Limits Without Waging War; Session 4: Avoiding Power Struggles; Session 5: Guiding Kids to Solve Their Own Problems; and Session 6: Teaching Kids to Complete Chores... Without Reminders and Without Pay. Those interested in the classes must register through the Family Advocacy Program by calling 309-782-3049 or at Jennifer.a.kerr10.civ@mail.mil. Those enrolled in CYS will receive participation points for watching the videos.

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)
- 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

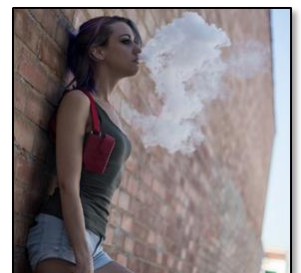


The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy 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.



Vaping and Marijuana

It is no secret that the use of electronic cigarettes (“e-cigs”), also known as vaping, can be harmful to our lungs and affects our immune system. We hope the following information will provide some facts to help you, or someone you know, to make informed decisions about your health. Electronic cigarette devices typically have four different components which include a cartridge/reservoir, or pod that holds a liquid solution, a heating element (atomizer), a power source (usually a battery), and a mouthpiece that the person uses to inhale. The puffing activates the battery heating



device, which vaporizes the liquid in the cartridge. The person then inhales the resulting vapor or aerosol. The vaping trend continues to rise, especially among teens. A study found that 1 in 4 high school students admitted to using e-cigarettes for “dripping.” Dripping is a practice where people produce and inhale vapors by placing e-liquid drops directly onto heated atomizer coils. This creates a thicker vapor which intensifies flavor and produces a stronger hit. According to the Drug Enforcement Administration (DEA), vaping marijuana (THC oil) can be more dangerous than smoking the drug. In 2019, 14% of high school seniors admitted to vaping marijuana within the past month of the survey, which has doubled since 2018. Also, 21% of 12th graders reported vaping marijuana within the past year, also an increase from the previous year. When an individual vapes marijuana, they are inhaling a higher concentration of THC therefore intensifying the high and can increase the likelihood of addiction and adverse medical consequences. Studies have found that smoking regular marijuana during the teenage years disrupts brain development and can also lead to other problems in adulthood such as attention span, behavior, memory, and impulse control. Smoking marijuana can make the lungs more susceptible to illness. With marijuana sales spiking during this pandemic, lung health experts are warning that smoking the substance could increase a person’s risk of getting coronavirus. Marijuana smoking causes cells in the lungs to die, worsening the symptoms of coronavirus. Cigarettes and marijuana both cause cellular toxicity and changes in cellular metabolism and cellular behavior. If one were to contract coronavirus, shortness of breath and pneumonia may be more severe if they smoke regularly. For more information, see the following links to review articles on the subject.

- www.getsmartaboutdrugs.gov/content/teens-and-vaping
- www.getsmartaboutdrugs.gov/news-statistics/2020/04/09/smoking-marijuana-could-make-lungs-more-susceptible-covid-19-experts-say

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.

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)**

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. **(Aug. 13)**

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.

Officials Forecast No Meat, Produce Shortages in Commissaries

Reports of COVID-19 outbreaks in U.S. poultry and meatpacking plants may have concerned some defense commissary shoppers about the continued availability of fresh meat and poultry. Veterinary health officials with the Department of Defense and Army Public Health Center who are charged with monitoring food safety and food supply for the DOD and Army say although there may be localized supply issues outside of the continental United States, there are no forecasted shortages of meat, poultry or produce. “The Army Veterinary Service is working closely with the Defense Commissary Agency, the Defense Logistics Agency and other procurement agencies to expand the available sources of food said Army Col. Nicole Chevalier, Defense Health Agency Veterinary Service chief. “This appears to be mitigating any potential shortages.” (More: www.army.mil/article/235771)

Exchange Shoppers Can Enter to Win Super Bowl LV Tickets in Greatest of All Tides Sweepstakes

The Army & Air Force Exchange Service and Procter & Gamble are giving military shoppers the chance to experience all the gridiron action of Super Bowl LV in person. Through June 4, authorized Exchange shoppers can enter the Greatest of All Tides sweepstakes at www.shopmyexchange.com/sweepstakes. One grand-prize winner will receive two tickets to Super Bowl LV, held Feb. 21 in Tampa, Florida, along with two tickets to an exclusive, invite-only pregame tailgate party—a combined \$7,000 value. (More: <https://publicaffairs-sme.com/ExchangePost/2020/05/18/exchange-shoppers-can-enter-to-win-super-bowl-lv-tickets-in-greatest-of-all-tides-sweepstakes>)

New MILITARY STAR Applicants Can Save an Extra 15% May 14-28

Soldiers, Airmen, retirees, Veterans and military families can save an extra 15% at their exchange by signing up for a new MILITARY STAR® account. From May 14 through May 28, military shoppers who apply and are approved for a new MILITARY STAR account will receive 15% off all purchases made the first day instead of the 10% discount regularly offered. The discount will appear as a credit on the first monthly billing statement. (More: <https://publicaffairs-sme.com/ExchangePost/2020/05/14/new-military-star-applicants-can-save-an-extra-15-may-14-28>)

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



Defense Health Official Urges Personnel, Families to Wear Face Masks

"The Department of Defense urges individuals on DOD property, installations and facilities to wear cloth face coverings when a 6-foot social distance cannot be maintained to help prevent the spread of COVID-19," Navy Cmdr. (Dr.) Cameron J.L. Nelson, chief of DHA's occupational medicine branch, said, noting that this complies with guidance disseminated by the Centers for Disease Control and Prevention. "This guidance is especially important for families and others who may need to go out in public to perform essential tasks, such as food shopping," he added. The face-covering mask can be fashioned from simple household items such as a clean T-shirt or cloth, as demonstrated in CDC's do-it-yourself guide. (More:

<https://health.mil/News/Articles/2020/04/08/Defense-Health-Official-Urges-Personnel-Families-to-Wear-Face-Masks>)

DHA Increases Access to Telehealth During COVID-19 Pandemic

Innovations to telehealth are essential to patient care during the COVID-19 pandemic. The Military Health System recognizes the importance of telehealth to prevent in-person spread of the novel coronavirus while still providing quality care to beneficiaries. As a result, the Defense Health Agency is making three temporary revisions to TRICARE regulations regarding telehealth with unprecedented speed. DHA published an interim final rule in the Federal Register May 12, 2020. The rule invoked temporary changes to how beneficiaries and providers receive and provide telehealth care. These changes to the TRICARE telehealth rules were not Congress-directed. DHA acknowledged the need to make temporary changes to telehealth policy and took action to expand access to care during the COVID-19 pandemic. (More:

<https://health.mil/News/Articles/2020/05/19/DHA-increases-access-to-telehealth-during-COVID-19-pandemic>)

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

C

Have You Been Tested For Hepatitis C?

Practice prevention during Hepatitis Awareness Month

May is Hepatitis Awareness Month and May 19 is Hepatitis Testing Day. Doctors recommend testing adults ages 18 through 79 for hep C. If you haven't been tested, talk to your provider the next time you check in and ask if the test is right for you.

Hepatitis prevention

It's also important to know about the prevention for viral hepatitis, which includes hepatitis A, B and C. You can prevent infection by:

- Getting vaccinated. Vaccination is important for those at-risk including people with chronic liver disease, people who inject drugs and people experiencing homelessness. Learn about all the risk factors on [hepatitis.va.gov](https://www.hepatitis.va.gov).
- Practicing safe injection drug use. Making sure that you don't share injection equipment is very important. Talk to your provider about sterile syringe programs and safe injection practices, and visit <https://www.cdc.gov/ssp/>.
- Practicing safer sex. Hep B can spread via sex. Hep C can also be spread by sexual contact, but the risk of this is low. Ask your provider about a prescription for condoms if you need them. People at risk for sexually transmitted infections can also talk to their provider about Pre-Exposure Prophylaxis (PrEP), which can prevent HIV. Learn about PrEP at <https://www.hiv.va.gov/products/prep-patient-factsheets.asp>

View our handout to learn more about prevention: <https://www.hepatitis.va.gov/products/abcs.asp>

VA Has Security Tools to Help Veterans Guard Online Privacy during COVID-19

During the coronavirus pandemic, Americans have turned to accessing critical health care and financial services online and on their mobile devices. VA's Office of Information and Technology (OIT) has security tools to protect Veterans' personal information online. To help Veterans be proactive in guarding their privacy, health, and financial information online, VA is offering step-by-step video instructional guides. These video instructional guides are called "Privacy Best Practices for Veterans" and "Authentication Methods for Mobile Applications and VA.gov." (More: www.blogs.va.gov/VAntage/75015/va-security-tools-help-veterans-guard-online-privacy-covid-19)

VA Launches Clinical Trial for Veterans with COVID-19 Based On Prostate Cancer Drug

Today, the U.S. Department of Veterans Affairs (VA) began a new clinical trial to test a Food and Drug Administration-approved prostate cancer drug as a potential treatment for male Veterans with COVID-19. In a double-blind randomized controlled trial, VA scientists will compare the drug degarelix (trade name Firmagon) to a placebo for improving the clinical outcomes of nearly 200 Veterans who have been hospitalized with COVID-19. “Veterans who have contracted this virus are in need of immediate care,” said VA Secretary Robert Wilkie. “This trial is an important step in advancing knowledge of a potential treatment for those infected with COVID-19. We are here to do everything in our power to preserve and protect life.” (More:

www.va.gov/opa/pressrel/pressrelease.cfm?id=5452)

VA Reports Rising Patient Capacity, Stable Supplies and Staffing 8 Weeks into COVID-19 Emergency

Today, the U.S. Department of Veterans Affairs (VA) announced it has maintained an increasing supply of beds for both Veterans and COVID-19 patients, steady supplies across the nation and a stable staffing situation in the vast majority of VA locations nearly two months into the national emergency. As of late April, VA had the capacity to take in 12,215 critical and non-critical patients, up from 9,840 in March. That increase was the result of a decision to defer elective surgeries in anticipation of a rising number of patients infected with COVID-19. It created capacity that has allowed VA to take in non-Veteran patients across the country. (More:

www.va.gov/opa/pressrel/pressrelease.cfm?id=5449)

VA, Multiple Agencies Launch Joint Mortgage and Housing Assistance Website for Americans Impacted By COVID-19

To ensure homeowners and renters have current and accurate housing assistance information during the COVID-19 pandemic, the U.S. Department of Veterans Affairs (VA) today, along with several other agencies, launched a new unified mortgage and housing assistance website. Veterans and service members with a VA home loan, other homeowners with a federally backed mortgage and tenants living in properties with a federally backed mortgage have relief options if they have been financially impacted by COVID-19. “VA is committed to ensuring Veterans and service members have the financial tools available to make decisions that work for their unique situations,” said VA Secretary Robert Wilkie. “This collaboration provides an invaluable resource, enabling all homeowners and renters to access up-to-date information regarding their housing needs during the COVID-19 pandemic.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5451)

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

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.mvqq.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

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