



July 1, 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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Mitchell Returns to the Midwest to Take Command of ASC

He was born in Waterloo, Iowa, raised in rural central Illinois, and describes himself as a “proud Midwesterner.” Now, Maj. Gen. Daniel G. Mitchell has returned to the area to lead an organization with a global impact on military logistics. In a change of command ceremony held here June 24, Mitchell took command of the U.S. Army Sustainment Command. He replaced Maj. Gen. Steven A. Shapiro, who had served as ASC’s commanding general since August 2019. Shapiro is retiring from the Army following a 35-year career and was honored at a retirement ceremony held after the change of command ceremony. Though it was a warm and sunny day outside, both ceremonies were held indoors at RIA’s Lock and Dam Lounge; attendance was limited, social distancing was practiced, and the ceremonies were streamed live via Facebook. Mitchell was previously assigned to ASC Headquarters from July 2013 to June 2014. During that time, he was promoted to brigadier general and served as ASC’s deputy commanding general. As commanding



Upcoming Dates

- June 30-July 2:** Army National Hiring Days
July: Military Consumer Protection Month
July: UV Safety Month
July 1: Garrison Town Hall, [virtual event](#), 10:30 a.m.
July 3: Independence Day (*Federal Holiday*)
July 4: Independence Day
July 9: USAG RIA Change of Command, Lock & Dam Lounge and [online](#), 10 a.m.
July 11: 158th Anniversary Rock Island Arsenal Established by Act of Congress
July 25: ACS Birthday
July 27: National Korean War Veterans Armistice Day
July 29: Anniversary of the U.S. Army Chaplain Corps
August: Antiterrorism Awareness Month
Aug. 4: U.S. Coast Guard 230th Birthday
Aug. 6: RIA Community Town Hall, Lock and Dam Lounge, 6-7:30 p.m.
Aug. 7: National Purple Heart Day
Aug. 9: Spirit of '45 Day
Aug. 12: RIA Full Scale Exercise, 8 a.m. - 5 p.m.
Aug. 26: Women's Equality Day
Aug. 29: U.S. Marine Forces Reserve Birthday
September: National Preparedness Month
September: Suicide Prevention & Awareness Month
Sept. 7: Labor Day (*Federal Holiday*)

general of ASC, Mitchell will lead an organization responsible for providing responsive logistical support worldwide, through a global network with a presence in more than 20 nations and 32 states. Mitchell will also serve as senior mission commander of Rock Island Arsenal, which hosts ASC Headquarters. (More: www.army.mil/article/236734)

Retention, Virtual Recruiting Aim to Meet End-Strength Goal

The Army's end-strength goal of 485,000 Soldiers by Sept. 30 is on track, the force's top manpower official said, but to make up for setbacks caused by COVID-19, the Army hopes to ink 10,000 enlistment contracts during a three-day virtual hiring extravaganza that starts June 30. The burden of filing so many Soldiers into the Army's ranks is a collective effort taken on by multiple resources such as retention and recruiting, E. Casey Wardinsky, the assistant secretary of the Army for manpower and reserve affairs, told reporters Wednesday. Those duties spread out over several programs, each one aimed at the end-strength goal, he said, and "these things are lining up very nicely for the Army this year. You'll see at the end of the year when we hit our end strength of 485,000 Soldiers." (More: www.army.mil/article/236590)



Army Unveils New Initiative to Promote Diversity, Inclusion Across the Force

The Secretary of the Army and Chief of Staff of the Army today announced a new initiative, Project Inclusion, to improve diversity, equity and inclusion across the force and build cohesive teams. The holistic effort will include a series of worldwide listening sessions with Soldiers and civilians, an examination of possible racial disparity in military justice cases, and the removal of photos from officer promotion boards beginning August 2020. "The Army is taking substantive actions to ensure that promotion and selection boards are as fair and impartial as possible," said Secretary of the Army Ryan D. McCarthy. "We'll be initiating listening sessions to encourage the open dialogue that is critical to helping understand and support each other." (More: www.army.mil/article/236766)



Arsenal Partners With Quad City Health Providers for CR2C

Col. Stephen Marr, garrison commander, USAG Rock Island Arsenal, signed a memoranda of understanding on June 25 with Dr. Patrick Newhouse, D.C. of Newhouse Health Solutions and Dr. Katy Fega D.C., N.D. FIAMA, of Ideal Health and Wellness. The memorandum, part of the Rock Island Arsenal CR2C program, states that the partners will collaborate on physical, behavioral, societal, educational and other programs designed to benefit the health of RIA and its surrounding communities. Photo by Eric Cramer, Public Affairs Officer, USAG Rock Island Arsenal Public Affairs.

Army's Family MWR to Kick Off 12-Week Esports Tournament

Complexity gaming, one of North America's most elite esports organizations, and the U.S. Army's Family and Morale, Welfare and Recreation, part of the Installation Management Command, are joining forces to conduct a worldwide 12-week online esports tournament starting July 4th. The Better Opportunities for Single Soldiers program will be promoting participation in the tournaments at the garrisons. "We understand the challenges with social distancing and the closure of certain facilities due to the COVID-19 pandemic," said the Department of the Army's BOSS Representative, Staff Sgt. Adrian Mooney. "We wanted to bring a form of entertainment that would be easily accessible to Soldiers. It is a form of entertainment that most Soldiers already have the resources for in the comfort of their barracks or homes." (More: www.army.mil/article/236683)



Army Aims to Hire 10,000 New Soldiers During Three-Day Event

The U.S. Army is kicking off its first nationwide virtual hiring campaign **June 30-July 2** with a goal of recruiting 10,000 new Soldiers to serve in 150 different occupations. Army National Hiring Days is an all-Army effort to inspire individuals across the nation to "Join Us." As part of the three-day hiring event, Army leaders, operational units, recruiters and community partners across America will focus on encouraging individuals to explore the Army's career paths, ranging from traditional combat roles to support positions in logistics, engineering and technology. They will also highlight the benefits of military service, to include health insurance, retirement plans, training and education opportunities, and family support programs. (More: www.army.mil/article/236139)



Garrison Change of Command

The Director, Installation Management Command Directorate – Sustainment, Davis D. Tindoll, Jr., requests the honor of your virtual presence at the Change of Command Ceremony of the U.S. Army Garrison Rock Island Arsenal from Col. Stephen C. Marr to Col. Todd J. Allison on **Thursday, July 9**, at 10 a.m. in the Lock and Dam Lounge in Building 60 on Rock Island Arsenal. Due to COVID 19, attendance is limited, you may view the event at www.facebook.com/rockislandarsenal. RSVP by **Friday, July 3**, to Rachel Basala at 309-782-6347 or at

<https://einvitations.afit.edu/inv/anim.cfm?i=558421&k=07644A0D7956>

For those physically attending the event dress is military: duty uniform with face mask; civilian: business attire with face mask. (To view your invitation please click this link:

<https://einvitations.afit.edu/inv/anim.cfm?i=558421&k=07644A0D7956>)

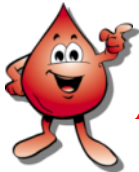


VIOS DA Photos Schedule Suspended

All official Department of the Army photos are suspended until further notice. There is no estimated date when operations will resume. Contact us for help: 309-782-2843.

Blood Drives, New Location in Building 333

The Mississippi Valley Regional Blood Center is hosting a blood drive in in Building 333, next door to Outdoor Recreation, on **July 10 and 17**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email bhancock@mvrbc.org with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to www.bloodcenter.org and use code 029 to locate the blood drives. There is a critical need for O positive and O negative blood types, but all types are need.



Charlie Corpuscule says, *"For the month of July, donors will be able to get a voucher for a \$10 gift card to one of the following vendors: Amazon, Target, WalMart, Casey's General Store, Subway, Burger King, iTunes, Applebee's, Domino's or Lowe's."*

The Mississippi Valley Regional Blood Center does not currently test blood donors for Covid-19 antibodies. For more information about our response to the pandemic, please visit: www.bloodcenter.org/donate/donor/covid19-response

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: www.militaryblood.dod.mil

RIA at Health Protection Condition C-minus

Rock Island Arsenal transitioned from Health Protection Condition Charlie (HPCON C) to Charlie Minus (HPCON C-) effective June 15. This transition is the first step in the "Return to the Rock" plan – the installation's planned recovery from the COVID-19 precautions instituted in March and April. The immediate changes on the installation will be minimal, but it will posture us for subsequent changes as conditions continue to improve over the summer. The decision to transition to HPCON C-



was made based on decreasing case rates in and around the Quad Cities as well as increases in the communities' capacity to test for COVID-19, monitor potential exposure to the virus, and ultimately to treat people who test positive. While this is a positive first step, our battle with COVID-19 is not over. It is important that everyone continues to protect themselves, families, and coworkers on and off the installation. Remember to maintain an appropriate physical distance from others and wear a mask when you cannot remain more than six feet of separation. Limit gatherings to the minimum essential number, and not more than 10 people. Continue to practice proactive personal hygiene. Our recovery will be a slow, deliberate process – everyone must remain disciplined and fight complacency. Now at HPCON C-, Rock Island Arsenal remains focused on mission essential functions. With some exceptions, individuals who are currently teleworking or who are on weather and safety leave, remain on that status. Questions on telework and/or leave status should be directed to your chain of command. Outdoor Recreation is now open by appointment only. The RIA Fitness Center will also open to military service members and their families as soon as the ongoing renovations are complete (estimated to be early July). The RIA Health Clinic is now beginning to see patients for limited appoints that include school

physicals, immunizations, and well-child examinations. Please contact the RIA Health Clinic if you have questions about particular services or appointments. The Arsenal leadership continues to monitor the COVID-19 situation in the surrounding area on a daily basis, and is engaging with local leaders and health departments before deciding to restore additional services. We look forward to transitioning from mission essential functions to more normal operations when the environment supports the change. In early July we will begin to assess increasing the number of employees working on site, expanding Child & Youth Services capacity, restoring food services, and bringing programs like Leisure Travel, the Auto Skills Center, the USO, and others back on line. With everything else going on around us, please do not forget about COVID-19. It remains a very real threat to our workforce, our families, and our operational readiness. The measures we have adopted over the last several weeks have slowed the transmission of the virus, saved lives, and preserved readiness. Disciplined execution is more important now than ever before. Stay safe and healthy. Army Strong!

HPCON C Elements Remain Active at HPCON C-

Effective March 25, 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. RIA continues to follow guidelines issued by Army health organizations and by the Centers for Disease Control. Under this directive, Rock Island Arsenal commands and organizations shifted 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 are ensuring mitigation measures remain in place to protect the force from the spread of COVID-19. 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 that are performed 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 HPCON C (and remain under HPCON C-) include:

- **Installation Access**: The installation is restricted to key and essential personnel only (exceptions noted below); it remains closed to non-official visitors and recreational visitors. All other service members and Department of the Army civilians will continue to telework or remain on leave using annual, sick, administrative or weather/safety leave. Contractor access is reduced to minimal presence to support essential functions only. For information specific to individual commands employees are directed to contact their immediate supervisor or chain of command.
- **Garrison Services**: The Garrison continues to 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 remain temporarily suspended. All projects remain on hold. Preventative maintenance is limited to essential functions. Emergency Services remain operational. Child care continues to be provided for key and essential families only, in accordance with priorities and as space is available. All other services not suspended are provided virtually.

CHARLIE SUBSTANTIAL

Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

- **Rock Island National Cemetery:** The Rock Island National Cemetery resumed committal services for families who are interring their loved ones effective June 9. Rock Island National Cemetery has remained open for interments and visitation throughout the pandemic. Military funeral honors, customarily provided by the Department of Defense and volunteer honor guards, will be based on local availability. The Cemetery continues to adhere to CDC and prevention guidelines to prevent the spread of COVID-19; in doing so, we will limit the number of individuals attending committal services, require all attendees to practice physical distancing between individuals not from the same household, ensure all attendees and employees wear face coverings, encourage frequent use of hand sanitizer, and ask sick individuals to stay home. In keeping with federal, Illinois state, and RIA guidance, committal and memorial services at Rock Island National Cemetery will be limited to 10 family members and guests at the service. Cemetery employees, funeral home personnel, and military honors providers will not count toward the family's limit on attendees. Individuals specifically entering the Rock Island Arsenal to visit the cemetery can do so with a current non-expired one-year or 30 day visitor's pass (one-year passes remain suspended for other on-Post destinations) issued from the Visitor Control Center located at the Moline Gate. Visitors with an expired pass will need to obtain a new pass from the Visitor Control Center prior to visiting the cemetery.
- **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. The RIA Health Clinic is now beginning to see patients for limited appoints that include school physicals, immunizations, and well-child examinations. Please contact the RIA Health Clinic if you have questions about particular services or appointments.
- **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 remain assigned to mandatory telework. If a Department of the Army Civilian is not telework eligible, they were placed on weather and safety leave and have not returned to their place of duty until notified otherwise. Leaders have ensured all mitigation measures possible are being enforced. For information specific to individual commands employees are directed to contact their immediate supervisor or chain of command.

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

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](#)) ([DOD Guidance](#)) *For specific use of face masks at your command and worksite, please consult your supervisor or chain of command.*

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 of 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.



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)

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 to 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.

Some Corps Areas Open, Mississippi River Visitor Center Remains Closed

The U.S. Army Corps of Engineers, Rock Island District announces campgrounds along the Mississippi River and at Coralville Lake, Saylorville Lake, and Lake Red Rock reopened on June 1. Online reservations through <https://www.recreation.gov> are required for all sites and same day reservations are now permitted. Click on the news releases below for more details:

- Mississippi River Project: <https://go.usa.gov/xw4Du>
- Coralville Lake: <https://go.usa.gov/xw4Wq>
- Saylorville Lake/Lake Red Rock: <https://go.usa.gov/xw4Wx>

Some facilities remain closed to include the Mississippi River Visitor Center that falls under the Corps' Mississippi River Project ([check the MRP link above for the current status of the Visitor Center](#)); the facility is located at the west end of Arsenal Island at Locks and Dam 15. For questions regarding current or future reservations, click here: www.recreation.gov/contact-us. Details about specific ramps at various projects across the District can be found online at: www.mvr.usace.army.mil/Missions/Recreation.



**US Army Corps
of Engineers®**
Rock Island District

USO Closed As Part of COVID-19 Control Measures

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



Illinois

Iowa RIAFCU Lobbies Open, Arsenal Location Remains Closed For Now, More

Branch safety – our lobbies in Iowa resumed normal business hours. We have put in place numerous precautions to keep our members and employees safe. This includes extra cleaning, social distancing markers, limiting lobby traffic, and plexi-glass separators along teller lines and in offices. We missed seeing our members and welcome you back to these offices with some changes to our operating procedures to maintain CDC guidelines.

- **SouthPark Branch:** We have opened our Moline branch by SouthPark Mall for limited access for new accounts, loan inquiries, and notary services. We hope to have the rest of our locations in Milan and Savanna, Illinois open soon, with safety precautions in place.
- **Arsenal:** Our goal is to return to the Arsenal as well once the Island reaches HPCON Bravo status with expanded hours Monday, Wednesday, and Friday.
- **Moline, Silvis Hy-Vee locations:** We were notified that Hy-Vee made a change to their business strategy and will no longer offer banking services in their stores moving forward. Our goal was to re-open these locations before the July 31 date given by Hy-Vee, but the COVID-19 pandemic has made this difficult. We have enjoyed our partnership with Hy-Vee dating back to 2008 and will miss operating inside the Moline and Silvis Hy-Vee locations. We are currently looking for a replacement branch for the East Moline/Silvis area.

Know that we are taking these precautions to ensure your safety while still giving you the level of service you've come accustomed to. If you have concerns, please contact us. Our member contact center is available to provide phone support by calling 563-355-3800. Our mobile and online banking platforms will allow members to access their accounts, make transfers, process payments, pay their bills, and deposit checks. R.I.A. will provide ongoing updates on our website. Our goal is to keep business running seamlessly and to provide excellent service and support to our members. Our number one priority is the health and safety of our employees, members, and communities we serve.

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



Building 212 Roof Replacement

During the **week of June 29**, DPW's contractor will begin mobilizing for a project to replace the Building 212 roof. The work area includes the roof west of door number 5 and includes the removal of obsolete equipment and catwalk, and rubber membrane replacement. The contractor will have equipment (i.e. cranes, tele handlers) on the south and alley side of the building at various times to support project. The project is anticipated to be completed by **Sunday, Nov. 1**.

Repair Water Line Project Serving Building 350

Effective June 15, work began to repair the water line that serves Building 350, proceeding in 10 phases, "Water Line Phasing Plan," and is scheduled to take **approximately 90 days**. Access into Parking Lot 3H is being maintained throughout the construction with some parking interruption experienced as the contractor proceeds through the different phases. The contractor is closing only one entrance into Building 350 at a time. The work includes: replacing the main potable and fire water supply lines and service lines for buildings 331, 335, 339, 350 and 351 and minor electrical work. Signage and barriers have been placed to control traffic and maintain safety of personnel.

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>.

Arsenal Annual Passes Suspended, Limits Most Access to Official Business

Reminder that effective March 25, Rock Island Arsenal suspended all current year-long passes (*with the exception of visiting the Rock Island National Cemetery*) 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, as well as visitors to the Rock Island National Cemetery.

- 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 Rock Island National Cemetery remains open dawn to dusk.
- 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



Project Inclusion to Cut Board Photos In Holistic Effort to Promote Diversity

Starting in August, photos will be eliminated from promotion and selection boards as the Army launches “Project Inclusion” to identify practices that inadvertently discriminate, senior leaders announced Thursday. The project is a holistic effort to listen to Soldiers, civilians and family members and enact initiatives to promote diversity and equity, according to Secretary of the Army Ryan. D. McCarthy. “A lot has to be done to address the symbolic challenges that we face that could create divisiveness within our ranks,” McCarthy told reporters. (More:

www.army.mil/article/236796)

Summer PCS Plans Altered By COVID-19

Service members move from location to location as part of the military lifestyle. Families have to juggle multiple tasks during a permanent change in station, or PCS, from the physical task of moving belongings to the paperwork involved with switching medical providers. The national emergency resulting from the COVID-19 pandemic introduced families to new PCS complications. Beneficiaries throughout the Military Health System are encouraged to take measures to protect their wellness while moving. Molly Grasso had moved multiple times with her military husband, currently stationed at Walter Reed National Military Medical Center in Bethesda, Maryland. However, the stop movement order issued for the military in March meant she and her children would make a recent move to Portsmouth, Virginia, without his help. (More:

<https://health.mil/News/Articles/2020/06/29/Summer-PCS-plans-altered-by-COVID-19>)

Comedy Sportz

USO Tickets for Troops presents... back by popular demand; join us for an evening of virtual improv with Chicago's own Comedy Sportz on **Thursday, July 16**, beginning at 7 p.m., open to all ages. Get more info and register at www.tixfortroops.org. Eligibility:

- This USO Tickets for Troops opportunity is open to all active duty, reserves, National Guard, military retirees, and all military dependents (spouse and youth).
- IRR, DOD, and Civilians are not eligible to register for this USO program.
- Officer and Enlisted

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>

Fireworks Safety

Fireworks are a Fourth of July tradition. To celebrate our nation's independence, many Americans will gather at professional fireworks events while others will choose to hold a personal pyrotechnics extravaganza in their own backyard. When done right, fireworks create spectacular displays of colored light against the night sky. Before lighting the first fuse on that bottle rocket or Roman candle, ensure you know the guidelines for safe and responsible fireworks use. Have you ever wondered what makes those pretty colors when a skyrocket explodes? There are a lot of different chemicals used, but some of the most common are aluminum (produces silver and white flames and sparks), barium (green), copper (blue), lithium (red) and sodium (gold or yellow). In the air, these chemicals help create an eye-catching display. On the ground, however, they're nothing more than explosives and pyrotechnic materials. Fireworks are classified as dangerous substances under the Federal Hazardous Substances Act. In fact, consumer fireworks are generally considered more

hazardous than our military explosives. In the military, we spend considerable resources throughout the life cycle of ammunition and explosives to ensure they're safe and reliable. While the safety of fireworks continues to improve, many manufacturers' standards do not achieve this same level of safety, quality and reliability. (More: <https://safety.army.mil/MEDIA/Risk-Management-Magazine/ArticleID/6671/ArtMID/7428>)

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.

Equal Employment Opportunity Focus



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.

U.S. Army Project Inclusion

Project Inclusion is the US Army's new initiative to improve diversity, equity, and inclusion across the force and build cohesive teams. As directed by the Secretary and the Chief of Staff of the Army, this holistic effort, will listen to the Soldiers, Civilians and Family Members, and identify practices that inadvertently discriminate. The Army has enacted a range of initiatives, to include training to elevate unconscious bias awareness and mitigate its impacts. The Army is taking substantive actions to ensure promotion and selection boards to be fair and impartial. (More:

www.army.mil/standto/archive_2020-06-29)

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. However, it will open to military service members and their families as soon as the ongoing renovations currently underway are complete (estimated to be early July).

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

Update – Family Advocacy is pleased to announce that sessions 1 and 2 of the Love and Logic series has been added to the Child Abuse Council website for viewing. Session 1 is "Putting An End to Arguing, Back Talk, and Begging," and Session 2 is "Teaching Responsibility without Losing Their Love." 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.

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.

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 is Now Open

If the last few months of quarantining at home have you feeling the cabin fever, ODR has the gear you need to break that fever by getting out into the great outdoors. Whatever your favorite outdoor activity is, we have the equipment you need. From bikes to backpacks and campers to canoes, we have you covered. We also have a great assortment of special event equipment like canopies, tables, chairs, grills and keg tubs for those outdoor, socially distant get-togethers. Check out all the equipment available on our website: <https://rockisland.armymwr.com/programs/outdoor-recreation> Please note that equipment rental is by appointment only, no walk-ins. Call 309-782-8630 for appointments and remember to bring a face mask as it is required inside the facility.



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.

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>



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.

Feeling Patriotic? Anyone Can Send Army & Air Force Exchange Gift Cards to the Troops

Civilians who want to spread patriotic cheer for the Fourth of July can reward service members and their families with gift cards from the Army & Air Force Exchange Service. Anyone can show their support for the troops by purchasing gift cards from the Exchange's website, ShopMyExchange.com. Physical gift cards can be used at any Army, Air Force, Navy, Marine Corps or Coast Guard exchange worldwide, as well as at ShopMyExchange.com, MyNavyExchange.com and ShopCGX.com. eGift cards that never expire can be sent to any authorized Exchange shopper but can only be used at ShopMyExchange.com. (More: <https://publicaffairs-sme.com/ExchangePost/2020/06/24/feeling-patriotic-anyone-can-send-army-air-force-exchange-gift-cards-to-the-troops>)

Feds Feed Families

Stateside commissaries serve as collection sites for donations through July 31

The USDA's Feds Feed Families (FFF) campaign for 2020 has started for federal workers, and Defense Commissary Agency (DeCA) customers and employees who want to donate to food banks and pantries. This year's program runs **June 1- July 31** and for the first time, the Department of Defense has delegated the campaign lead to DeCA, said Randy Eller, the agency's director of logistics. "We are proud of taking the lead for a campaign that allows us to showcase how caring and giving our people are, and demonstrates the Department's commitment to helping people in need," Eller said. For the past 11 years, commissary customers and employees have traditionally set the pace for the Department of Defense (DOD) donations. In 2019, DeCA collected more than 753,000 pounds of donations, about 73 percent of the over 1 million pounds collected by DOD. The Naval Base San Diego Commissary led all DeCA stores in donating over 86,000 pounds. Participating installations help collect items most needed by food pantries and then donate them to area food banks. Commissary customers and employees have a couple options to participate:

- by purchasing needed food and personal hygiene products for donation while shopping at stateside commissaries, or bringing items from home and dropping them off at donation bins at the store
- by purchasing prepackaged donation bags available in stateside commissaries for less than \$10. The bags include Freedom's Choice products such as canned meat, pasta meals, popcorn and water.

Once collected, installation officials work with the commissary to deliver donations to local food banks. For more information on this campaign, go to the U.S. Department of Agriculture [website](#).

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



The Role of Data in the War Against COVID-19

In the war on COVID-19, the Department of Defense will rely on the future development of vaccines and treatments as weapons in its arsenal. Data sets that inform decisions and improve care serve as a key component toward this effort. The staff of the Joint Trauma System at Joint Base San Antonio-Fort Sam Houston, Texas, lead that effort. “Without data, you’re just another person with an opinion,” said Mary Ann Spott, deputy chief of the JTS. Spott helped create DoD’s Trauma Registry in 2006 and the recently launched COVID-19 registry, which will track patient information and treatment outcomes to help inform best practices. (More:

<https://health.mil/News/Articles/2020/06/29/The-role-of-data-in-the-war-against-COVID-19>)

Invisible Wounds: Understanding PTSD

In the United States, 60% of men and half of all women experience at least one traumatic event in their lives, according to the Department of Veterans Affairs' National Center for PTSD. Roughly 8 million adults live with post-traumatic stress disorder. Trauma exposure itself doesn’t mean everyone will experience PTSD. “We know that a number of variables put people at risk: prior trauma history, lack of social support, suffering an injury as a result of the trauma, and preexisting mental health issues,” said Holly O’Reilly, a clinical psychologist. The effects of trauma also accrue over time, she added, “So repeated trauma exposure will increase the likelihood of developing post-traumatic symptoms.” (More: <https://health.mil/News/Articles/2020/06/26/Invisible-wounds-understanding-PTSD>)

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>)

Keep COVID-19 Out of the Workplace

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

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

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

- Uniformed Service Member: Inform your chain of command, call ahead to a local Emergency Room, and follow their guidance. Follow up with your chain of command when complete.
- Department of the Army Civilian: Inform your supervisor, call your PCM and follow their guidance. Follow up with your supervisor when complete.
- Family Member of a Uniformed Service Member: Call ahead to a local urgent care facility and follow their guidance.
- Retiree: If your PCM is at the Rock Island Arsenal Health Clinic, call ahead to a local ER and follow their guidance. If your PCM is off the installation, call them and follow their guidance.

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

point of sales machines. In the fitness center thoroughly wipe down equipment after use. Clean up after yourself in the restrooms and break areas. Remember, look out for your fellow Soldiers and employees in order to protect our wellbeing and continue the mission.

Notes for Veterans

VA Launches COVID-19 Screening Tool

The U.S. Department of Veterans Affairs (VA) announced today the launching of a digital COVID-19 screening tool to streamline Veteran access to medical care during the coronavirus pandemic. The tool, designed with Veteran and staff input, enables the screening of more than 10,000 people each day. Veterans, their caregivers and VA health care employees can use this tool on their mobile phones before entering facilities. It takes less than a minute to complete and helps reduce wait times, lowers exposure risk and eases patient stress. It also helps Veterans gain confidence with increased digital interactions as part of their VA health care experience. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5479)

FEMA and NFIP Offer Flood Insurance Protection for Veterans

With the 2020 hurricane season quickly approaching, FEMA is encouraging Veterans and their families to purchase a flood insurance policy from the National Flood Insurance Program (NFIP) to make sure their homes and belongings are protected ahead of the next storm. For U.S. Army Sergeant Gary Boggs from Jacksonville, Fla., purchasing flood insurance was a commonsense decision. In 2004, after being struck by a roadside bomb while on duty in Iraq, Sgt. Boggs medically retired from the Army. To help support himself and his family, Sgt. Boggs decided to invest in a rental property; he knew that becoming a property owner meant having to be financially prepared for potential flooding. (More: www.blogs.va.gov/VAntage/76276/fema-nfip-offer-flood-insurance-protection-veterans)

VA Rolls Out Simplified Travel Reimbursement System for Veterans, Beneficiaries

The U.S. Department of Veterans Affairs (VA) is rolling out a new system in July for Veterans and eligible beneficiaries to submit and track transportation reimbursement claims using VA's secure web-based portal, Access VA. The Beneficiary Travel Self-Service System (BTSSS), which is accessible 24/7, 365 days a year, will simplify how eligible Veterans and beneficiaries claim mileage reimbursement for travel to and from both VA health care or VA authorized non-VA health care service locations. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5478)

Annie Text Message Program Guides Veterans During COVID-19 Pandemic

For Veterans who would like guidance for staying safe or managing stress during the COVID-19 pandemic, Annie can help. Annie is VA's automated text messaging program that sends health information and self-care reminders. Any cell phone with texting capabilities can receive Annie messages. There are two types of Annie COVID-19 messages:

- Coronavirus Precaution messages can help you understand and monitor symptoms. These Annie messages provide information about COVID-19, send tips on actions you can take to protect yourself and help you monitor for viral symptoms. They also help you assess what to do if you are experiencing symptoms, including whether to contact your care team or a nurse triage line.

- Coping During COVID-19 messages help ease feelings of anxiety or isolation. A few times a week, Annie sends a text asking if you would like a coping tip. If you reply 'yes,' Annie sends one of more than 60 activities that you can do to help decrease feelings of anxiety, anger, depression, and isolation. Coping During COVID-19 is a self-care tool designed to help you feel more connected and less stressed.

To participate in the Annie program, you must first register online. The registration process is fast and easy. Follow these instructions. (More: www.blogs.va.gov/VAntage/76272/annie-text-message-program-guides-veterans-covid-19-pandemic)

VA Supports 988 Expansion for National Suicide Prevention Crisis Line and Veterans Crisis Line Access

The U.S. Department of Veterans Affairs (VA) announced today their support for the Suicide Prevention 988 expansion initiative, a new national three-digit emergency telephone number to access crisis call centers across the country for suicide prevention and mental health services, including the Veterans Crisis Line, by July 2022. VA is working alongside the Federal Communications Commission, the Substance Abuse and Mental Health Services Administration, and the National Suicide Prevention Lifeline to implement and activate the 988 expansion. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5476)

Committal Services Resume at Rock Island National Cemetery

The Rock Island National Cemetery resumed committal services for families who are interring their loved ones effective June 9. "We are pleased to resume committal services and military funeral honors at Rock Island National Cemetery," said Cemetery Director Lance Pridemore. "We will also soon be contacting families who chose direct interments to schedule memorial services and military funeral honors, if desired. We appreciate the patience and understanding families have shown during the COVID-19 pandemic and are eager to begin returning to normal operations. We greatly appreciate the leadership at the Rock Island Arsenal and all they have done to help us continue to serve veterans and their families." Rock Island National Cemetery has remained open for interments and visitation throughout the pandemic. Unfortunately, as a matter of health and safety, the cemetery began deferring committal services and military funeral honors on March 23. Families with interments scheduled on or after June 9 will be offered the option of a committal service at the time of interment. Military funeral honors, customarily provided by the Department of Defense and volunteer honor guards, will be based on local availability. Rock Island National Cemetery continues to adhere to the Centers for Disease Control and Prevention guidelines to prevent the spread of COVID-19. In doing so, we will limit the number of individuals attending committal services, require all attendees to practice physical distancing between individuals not from the same household, ensure all attendees and employees wear face coverings, encourage frequent use of hand sanitizer, and ask sick individuals to stay home. In keeping with federal, Illinois state, and Rock Island Arsenal guidance, committal and memorial services at Rock Island National Cemetery will be limited to 10 family members and guests at the service. Cemetery employees, funeral home personnel, and military honors providers will not count toward the family's limit on attendees. Families may continue to choose a direct interment without a service and opt for a memorial service later when all restrictions have been lifted. Memorial services for veterans and eligible family members who were interred without a committal service between March 23 and June 8 will commence in July. Cemetery representatives will be reaching out to these families in the coming weeks to discuss their options and schedule a memorial service, if desired. Families may also contact the National Cemetery Scheduling Office or the cemetery directly to schedule a memorial

service after June 29. Individuals specifically entering the Rock Island Arsenal to visit the cemetery can do so with a current non-expired one year or 30 day visitor's pass (one-year passes remain suspended for other on-Post destinations) issued from the Visitor Control Center located at the Moline Gate. Visitors with an expired pass will need to obtain a new pass from the Visitor Control Center prior to visiting the cemetery. Everyone over 16 years of age needs to obtain a visitor's pass. For more information, visit the National Cemetery Administration (NCA) website or contact Lance Pridemore, cemetery director, at 309-782-2094. To make burial arrangements or schedule a memorial service at Rock Island National Cemetery or any VA national cemetery, contact the National Cemetery Scheduling Office at 1-800-535-1117. ([VA national cemeteries resume committal and memorial services halted by the COVID-19 pandemic](#))

Do You Have a Mask?

Face coverings or masks now required at all VA facilities

All VA facilities require the use of face coverings or masks for all patients, families, staff, and volunteers. The health and safety of Veterans and the staff who care for them is and always has been VA's top priority. During the coronavirus pandemic, we're all trying to do our part and help stop the spread of COVID-19. Whether it's social distancing, washing our hands, or cleaning surfaces, we're trying to protect ourselves and stay healthy. We recommend you bring your own face covering, such as a cloth mask or scarf. This is required for all patients and families in public and administrative areas of facilities. If you don't have a face covering, ask a staff member, and they will provide you with one. The Centers for Disease Control and Prevention (CDC) offers helpful guides on making suitable masks at home for personal use. (More:

www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/ss20200513-wear-a-mask)

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.

Island Insight



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Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 www.army.mil/usapa/epubs/pdf/r360_1.pdf

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