



Info-X



# Vicenza Military Community Info-X

**September 7, 2016**



# Agenda

Welcome/Opening Remarks

Recognitions

**Hot topics:**

**POL Coupon Refund Information**

**ASACS Program**

**Adolescent Support and Counseling Services**

Health Clinic

Dental Clinic

Community Updates

Open Forum

Closing Remarks



# RECOGNITIONS



## Adult Outstanding Volunteer for June

**Megan Epner, Rebecca Patel, Lauren Warmington,  
April Reibestein, Allison Darnell, Michelle Rose, Kelly Wagner,  
Jill Abeyta, Cathy Cashman, Ellen Kloepper, Jennifer Horton, Katie  
Currid, and Amanda Spanoudis**





## DA Civilian Outstanding Volunteers for June

# Sarah Galvin and Jackie Burden





## Active-Duty Outstanding Volunteers for June

# SFC Toby Northen and 1LT Victoria Bodner





## The Adult Outstanding Volunteers for August

**Katie Currid and Amanda Spanoudis**





# Hot Topics



# 2015-2016 POL Coupon Refund Information

**Susana Sobrino**  
General Manager



# Info-X



## **Your POL coupons expire each year on 30 September, which affects your coupon purchases during the months of September and October.**

- Price of refund will be price of purchase. If the price cannot be determined, the lowest purchase point of sale will be used.
  - Coupons must be in fair condition -serial numbers and denominations must be legible.
  - Exception: Customers deployed during refund period. Orders must be presented in order to receive refund.
- 
- 2015-2016 POL coupons are valid through 30 September 2016 and will be refunded starting in September with dates to be determined by Tax Free Products Administrator. Maximum refund is for two month's allotment.
  - 2016-2017 POL coupons will be sold starting late September with the sale date determined by the Tax Free Products Administrator. These coupons can be used from 01 October 2016 and will be charged against your October 2016 – 2017 rations.

If you are unable to visit an Exchange within Italy between September and November 2016, please mail your 2015-2016 POL coupons to the address below. Please include the address you want the refund mailed to.

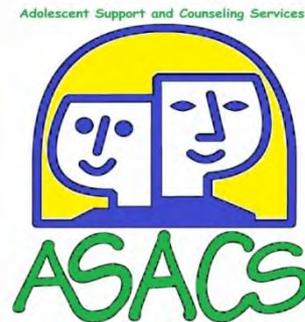
AAFES Europe  
Aviano Accounting Office  
Unit 6195  
APO AE 09603



# ASACS Program

## Adolescent Support And Counseling Services

- **Vicenza High School**
  - Rosana Zapata, LCSW, CAP, CP
  - 637.8618 / 0444.61.8618
  - [rosana.zapata@eu.dodea.edu](mailto:rosana.zapata@eu.dodea.edu)
  
- **Vicenza Middle School**
  - Samantha Locke, LMFT, LPC, MAC
  - 637.8685 / 0444.61.8685
  - [samantha.locke@eu.dodea.edu](mailto:samantha.locke@eu.dodea.edu)





## **Prevention/Resiliency Training**

- Increase awareness
- Build resiliency skills
- Strengthen transition and coping skills
- Increase School / Home / Social Success

## **Clinical:**

- Individual Counseling
- Family Counseling
- Group Counseling

**For teens who are at-risk for engaging in risky behavior/s including the use of alcohol or other substances**

**All clinical and prevention services are confidential & provided year round**

## **Middle School Trends**

- High levels of depression and anxiety
- Difficulty coping with the transitions of everyday life
- Beginning to experiment with mood altering substances

## **High School Trends**

- Tendency towards depression and anxiety
- Relational challenges
- Use of mood altering substances (including alcohol)



# Health Center

**LTC Brian J. Bender**  
Commander



- **DoD Civilian Hiring Action Update (FP doc and team)**
- **Increasing access to care**
  - **OPEN 2<sup>nd</sup> and 4<sup>th</sup> THUR AM clinic dates**
- **Red Cross Volunteer Opportunities**
- **Your PCM may change due to 3 new providers coming onboard**
- **National Suicide Awareness Week**
- **National Childhood Obesity Awareness Month**
- **National TBI Awareness Month**
- **Resiliency Options at the Health Center**
  - **Behavioral Health; bio feedback**
  - **AWC; Nutrition, smoking cessation**





# Dental Clinic

**LTC Alfred C. Anderson**  
Commander



# Dental Clinic

- **Pediatric Dentistry:** New Pediatric Dentist will arrive and be in-processed early October
- New Dental Sick Call Hours: 0730-0930 MTWF; 1230-1430 Thursday
- Please remember Space Available appointment may be canceled due to mission requirements



## To Floss or Not to Floss?

- The news story also implies that by not including flossing in the 2015 U.S. Dietary Guidelines, the government has changed its stance on flossing, however, this is simply not the case. The Dietary Guidelines Advisory Committee (DGAC) made a deliberate decision to focus on food and nutrient intake (i.e., added sugar).



ADA News Release 4 August 2016

Photo courtesy Waterpik.com



# Open Forum



## Info-X Schedule

**Wednesday, Oct. 5, 2016**

For questions concerning Info-X, please contact  
USAG Italy PAO:

**[USARMY.VMC.PAO@mail.mil](mailto:USARMY.VMC.PAO@mail.mil)**