



Stuttgart Community Leaders Information Forum (CLIF) 20 August 2025



WE ARE THE ARMY'S HOME



Take Away Packet Table of Contents



As of 20 August 2025



Take Away Packet Table of Contents

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(See read ahead)

Have questions?
Use the CLIF
email:

usarmy.stuttgart.id-europe.mbx.dptms-operation@army.mil

Need previous
information? Use
the CLIF website:

<https://www.stuttgartcitizen.com/community-leaders-information-forum-clif/>



USAG STUTTGART APP



Interactive Customer Evaluation (ICE)

- We want your feedback on Garrison services - use ICE!
 - *Happy with the service you received? We want to hear from you.*
 - Your feedback helps us to recognize those garrison and mission partner professionals who are giving their all to support the Stuttgart community and reinforces what we are doing well.
 - *Have an improvement suggestion? We want to hear from you.*
 - Your input helps us to improve, solve problems, and focus on areas that would have otherwise gone unnoticed.



- *You Have a Voice!*
- <https://ice.disa.mil>



CLIF Survey via ICE

-



We would appreciate your feedback specifically on the CLIF via ICE

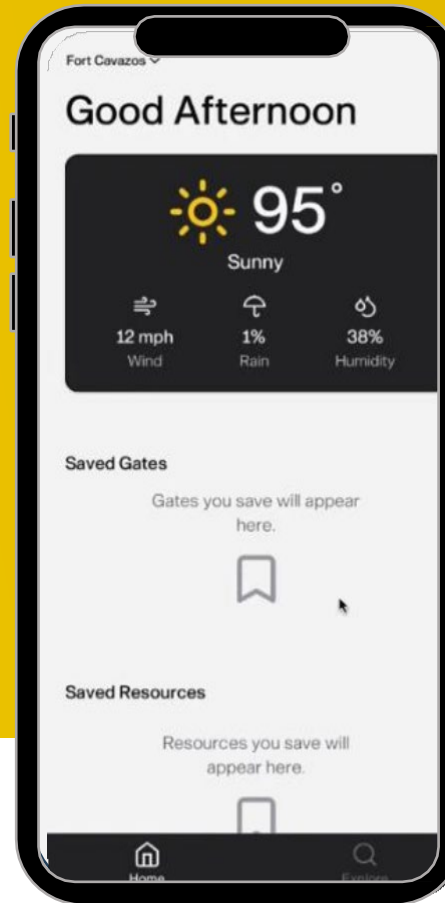
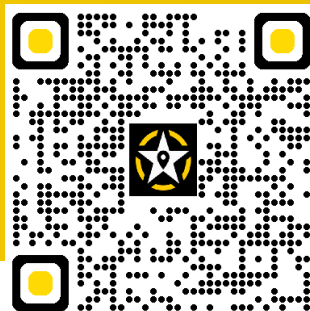
- Your input is important to the future of the CLIF events, and we have created a specific ICE survey on CLIFs.
- Just scan the below QR code to provide us your input to the CLIF.



My Army Post App

Coming soon! • Stay in the know!

- Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources



Andrea Ryan
 Garrison Public Affairs
Andrea.k.Ryan.civ@army.mil
 DSN (314) 596-3105



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RUN ^{TO} REMEMBER 5K

SEP 6 | 9 AM

 **PANZER FITNESS CENTER**



REGISTER AUG 13 - SEP 3

PRE-REGISTRATION:

\$10 (NO MEDAL)

\$15 (WITH MEDAL)

T-SHIRTS SOLD SEPARATELY

SAME DAY (PANZER ONLY):

\$15 (NO MEDAL)

\$20 (WITH MEDAL)

REGISTER AT ALL FITNESS CENTERS AND WEBTRAC



NO FEDERAL ENDORSEMENT IMPLIED

Military Sales Stuttgart
www.militarysales-stuttgart.com



U.S. ARMY



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FALL BAZAAR



Sept. 26 & 27 | **Sept. 28**
10 a.m. - 7 p.m. | **10 a.m. - 4 p.m.**
Panzer Kaserne
Parade Field & Fitness Center

Open to: ID Card Holders with an
Approved NATO SOFA Status.



Scan the QR Code for
complete info.

No federal endorsement implied.



Only Credit Cards Accepted. Event is Cashless.



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PATCH ARTS AND CRAFTS CENTER

BACK *to* SCHOOL **SALE**

**All regular merchandise
at least
25% off**

**Extra discount on
clearance items.**

**AUG. 23
10a.m. - 5p.m.**

Sale does not apply to balloons, ceramics, photo printing,
framing, engraving, classes or room rental.

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CYS Teen BOWLING PROGRAM

FRIDAYS
3:15 P.M.
5:00 P.M.

This program offers a fantastic opportunity for participants to enhance their bowling skills, socialize, and engage in friendly competition.



No fee for participation.



Open to registered CYS youth with a current MST pass.

Contact Panzer Youth Center to register



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STUTT GART GOLF COURSE

CLUB CHAMPIONSHIP 2025

AUG. 23-24



ENTRY FEE

- \$70 for Stuttgart Golf Course members
- \$95 for Reciprocal entry fee
- \$110 for U.S. ID cardholders

ENTRY INCLUDES

- Green fees for three days
- One complimentary lunch
- Range balls on Saturday and Sunday
- Free practice round on Friday
- Exciting prizes

Details

- 36 Hole Stroke Play ◀
- Club Champion must be stationed in USAG Stuttgart ◀
- All rules & conditions available on website and entry form ◀

SPONSOR



Military Sales Stuttgart
www.mil.torysales-stuttgart.com

No Federal endorsement implied



STUTT GART.ARMYMWR.COM

Stuttgart Golf Course
Aldingerstr. 975
Kornwestheim
CIV: 07141-879-150



IMCOM-E COMMUNITY SOCCER TOURNAMENT

 Sep. 19 - 21

 Panzer Turf Field



This tournament is co-hosted between IMCOM-E and USAG Stuttgart

Each Garrison/Community is authorized one team

Each team must be composed of at least 50% Service Members



Register with your local Garrison Sports & Fitness Office.

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GET GOLF READY

PART-2 GROUP GOLF LESSONS

LEARN A SPORT WHICH CAN BE
PLAYED FOR A LIFETIME!



PRICE:
\$100

per person,
for ages 15 and
above.

Dates / Time:

Session 1: Aug. 12-14 6 - 7:30 p.m.

Session 2: Aug. 26-28 6 - 7:30 p.m.

Session 3: Sept. 9-11 6 - 7:30 p.m.

Session 4: Oct. 7-9 5:30 - 7 p.m.

Advanced Session (Must have participated in GGR-1):

Session 1: Aug. 12-14 6 - 7:30 p.m.

Session 2: Aug. 26-28 6 - 7:30 p.m.

Program is intended to introduce adults to the game of golf in a fast, fun and gratifying way, and get them closer to playing on the course. Meet new people, enjoy the outdoors and learn a sport which can be played for a lifetime!

Each session is a series of three 90-minute lessons, conducted by a PGA Associate Teaching Professional. Class includes range balls and clubs.

- ▶ Deadline to register is 5 p.m. on Saturday before each session.
- ▶ Minimum of 4 participants, maximum of 10.
- ▶ At least 4 must be paid by the entry deadline for the class to be conducted.
- ▶ If a class is canceled due to not meeting the minimum number of participants, a full refund will be issued.
- ▶ Additional classes can be added or customized for your group of 4-10.

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Panzer Speedy Lube

AUTO AUCTION



Aug.
20-30

AUTO SKILLS HOURS:

MONDAY - FRIDAY

10 a.m. - 6 p.m.

SATURDAY

9 a.m. - 3 p.m.



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PARTNACH GORGE



Aug. 29

- 01 Guided Hike Through Partnach Gorge.
- 02 Comfortable ODR Van Travel.
- 03 Waterproof Backpack Provided!



► Call Outdoor Recreation or stop by our office to register



STUTTGART.ARMYMWR.COM

Outdoor Recreation
Bldg. 3320 Bay 5, Kelley Barracks
DSN: 596-4291
CIV: 09641-70-596-4291



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Schloss Solitude

 **Sep.13**

Price: **\$35** Per Person includes bike, helmet, lock, and tour guide

**Call or stop by
Outdoor Recreation to register**



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SEPT.
20

WILHELMMA ZOO



PRICE:

- ✓ \$35 per person – includes bike, helmet, lock, and tour guide
- ✓ FREE for participants with their own bikes (registration still required)
- ✓ Zoo Entry Fee: €23 Adults | €9 Children
- ✓ Train Ticket (Zacke U10): €4



MEET UP LOCATION- KELLEY BARRACKS

Call Outdoor Recreation or
stop by our office to register



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KICKBOXING COACHING

Personalized kickboxing coaching/training.

**Schedule your appointment with
our Kickboxing coach today!**

FOR MORE INFORMATION,
PLEASE CONTACT ANY FITNESS CENTER



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PERSONAL TRAINING

Our nationally accredited-certified personal trainers are motivated to help you meet all of your fitness and health goals. They will begin by assessing your current fitness levels and help set short- and long-term fitness goals. You will continue by learning proper technique in strength, cardiovascular and flexibility exercises, gain strength and endurance with scientifically based exercise programs and schedules, and ultimately improve body composition through proper nutrition and exercise. Personal training is available for individuals, pairs or small groups.

Register at all Fitness Centers.



Scan for more
information and prices



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GALAXY BOWLING & ENTERTAINMENT CENTER

KIDS bowl Free

SUMMER PROGRAM

JUN. 1 - AUG. 31

TUESDAYS, WEDNESDAYS & FRIDAYS

11 A.M. - 6 P.M.

SUNDAYS

11 A.M. - 3 P.M.

GET 2 FREE GAMES PER DAY!

SHOE PRICE IS NOT INCLUDED.

SHOES **\$3.25** EACH.

PRE-REGISTRATION
REQUIRED.



 Sign Up Now

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STUTTGART FOOD TRUCK SCHEDULE

AUGUST

PANZER PX			KELLEY BARRACKS -GYM-			J-MALL PATCH BARRACKS			ROBINSON BARRACKS		
WK1	4-10	African Flavor on Wheels	WK1	4-8	Spudz	WK1	4-7	Thio's Inn Greek Gyros Hilly Billy	WK1		
WK2	11-17	Thio's Inn Greek Gyros Spudz	WK2	11-15	American Eats BBQ	WK2	11-15	African Flavor on Wheels	WK2		
WK3	18-24	Chief's American Tex Mex Ali Doner	WK3	18-22	African Flavor on Wheels	WK3	18-22	American Eats BBQ	WK3		
WK4	25-31	American Eats BBQ Thio's Inn Greek Gyros	WK4	25-27	Hilly Billy	WK4	25-29	African Flavor on Wheels	WK4	25-29	Chief's American Tex Mex
PANZER EXPRESS			KELLEY BARRACKS -THEATER-			PATCH FITNESS CENTER			<div>  <p>START A NEW BUSINESS OR FOODTRUCK</p> <p>Contact us: yyEUEUCOMServices@aafes.com</p> </div>		
WK1			WK1	4-8	Chief's American Tex Mex	WK1					
WK2			WK2			WK2	11-15	Chief's American Tex Mex			
WK3	18-22	Spudz	WK3			WK3	18-22	Thio's Inn Greek Gyros			
WK4	25-29	Ali Doner	WK4	25-29	Spudz	WK4					

Food Truck Rotation is subject to change based on special events, unit requests, & holidays.



Own a Food Truck & Want to Serve the Stuttgart Community?
Email: yyeueucomservices@aafes.com for more information.



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Sensory-Friendly Shopping

We're providing a quieter, calmer shopping environment that is more inclusive & sensory-friendly.

Saturday

13 September

07:55 - 08:55 AM

DURING THIS TIME, OUR CUSTOMERS WILL EXPERIENCE:



Dimmed Lighting



No overhead music or announcements



Low beeping sounds at registers



Minimal associate interactions



For more information, please see an associate.



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GRAND OPENING

Wetzel's Pretzels®

BAKING SOON

**THE FIRST
EVER STORE
IN GERMANY
IS ARRIVING AT
PANZER KASERNE**





USAG STUTTGART

RESILIENCY NEWSLETTER



CONTACT: DSN 314 596 2530
PANZER KASERNE BLDG. 2948, 2ND FLR

Beat Heat Exhaustion

If you work in summer heat—rooftops, roads, landscaping, construction sites—you know how brutal hot, humid days can be. Staying hydrated is essential, but you need to do more to prevent heat illness. Hydration and “powering through” won’t prevent heat exhaustion, which can leave you weak and tired, and even lying down at day’s end offers little relief. Don’t be fooled—even if you’re young and fit, heat exhaustion stresses organs and may increase your risk for cardiovascular or kidney issues later. Here are OSHA’s tips for avoiding heat exhaustion: 1) Let your body build heat tolerance by gradually increasing your exposure over several days. 2) Drink water every 15–20 minutes, not just when you’re thirsty. Avoid caffeine, which dehydrates you faster. 3) Schedule breaks out of the sun and find ways to cool off. The hotter it is, the more frequent the breaks should be. 4) Know the symptoms of heat illness and watch coworkers for signs of dizziness, heavy sweating, nausea, or confusion.

Source: [osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf](https://www.osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf)



Make a Peer Referral to the EAP

Ongoing performance issues in a coworker may signal deeper problems. You might not know what’s wrong, but you’ll likely notice symptoms—such as missed deadlines, mood swings, frequent absences, or others’ complaints. Since denial is common, how do you help? Start by showing concern. A calm, caring comment makes a stronger impression than showing frustration or criticism does. It also makes you more likely to be seen as someone safe to talk to if things get worse—which they often do. Chronic issues can lead to crises. Any incident may open a brief window when your coworker is willing to accept help. That’s your opportunity to suggest the EAP. This simple step—an “EAP peer referral”—can be the turning point that leads your coworker to needed support and recovery.



Micro-breaks—Stress Management in 30 Seconds

Micro-breaks are short, intentional pauses in your work lasting 30 seconds to 5 minutes. They interrupt the buildup of physical and mental stress. Take them throughout the day to reset focus, lower tension, and improve performance. Stretch, stand, walk, breathe deeply, or sip water. It sounds simple, but many skip micro-breaks because they are caught up in the intensity of their work. Being in “go mode” reduces awareness of your need to recharge. Mini-breaks help prevent burnout and boost productivity. Set a phone timer if needed, or take a break when you notice mental fog, forgetfulness, irritability, impatience, eyestrain, body tension, slumping, or dozing off.



Credit/Identity Theft Tips

Identify theft happens when someone uses your personal information—like your name, Social Security number, or credit card details—without permission to commit fraud or other crimes. Victims often spend months or years trying to repair costly damage to their credit and reputation. If you suspect identity theft, contact one of the three major credit bureaus to place a fraud alert on your credit file—not just your bank or credit card company. That bureau will notify the other two. A fraud alert requires creditors to verify your identity before opening new accounts or changing existing ones. Each bureau will send you a free credit report. You can also request a “security freeze,” which prevents new accounts from being opened in your name until you lift it.



Learn more: consumer.ftc.gov (search “what’s in your credit report”).

Personal Wellness Matters in Customer Service



There's a connection between personal wellness and your ability to deliver great customer service. In turn, a positive customer service experience helps you feel more excited and motivated to do your job. Taking care of your mental health and well-being is key to job satisfaction, and it makes you more resilient when coping with difficult customers. Here's the point: See personal wellness as a professional responsibility with big payoffs—not just for giving you more energy, but also for handling workplace challenges. Much lip service is given to wellness, but it influences how well you focus, respond emotionally, stay patient, listen better, avoid burnout, and act professionally in tense situations. This includes not just external customers, but also coworkers and the teams you support—your internal customers. Ready to be more intentional about wellness? Focus on these five areas: mental and emotional wellness—managing stress and nurturing a positive mindset; physical wellness—getting enough sleep, ensuring hydration, and eating well; social wellness—building support and positive relationships; work-life balance—creating boundaries between energy spent on your job and personal time; and values alignment—clarifying goals and direction based on where you are now and where you want to go.

Resilience Tip: Optimize Your Energy



Being productive isn't just about goals, organization, motivation, and time management. It's also about managing the energy you have to accomplish tasks. Physical, emotional, and mental energy are your three "energy spheres." Nurture them, replenish them, and be aware of their peak periods. This is the art of energy optimization. The goal is to align tasks with the times of day when energy spheres are strongest so you can work efficiently and keep your momentum. When energy is low in one area—say, mental clarity—it's smarter to shift to a task requiring physical movement. For example, postpone a project until tomorrow morning if this is usually when your mental energy peaks. For now, with 30 minutes left in your day, straighten your desk to prepare for tomorrow when physical energy is more available. Paying attention to energy optimization can help prevent overexertion, reduce mistakes, and boost productivity. Try this: During the day, log and rate your energy using a scale ranging from 1 to 10—physical, mental, and emotional. Patterns will reveal your peaks. Once you know them, you'll likely use them to accomplish more.

The Power of Decisiveness



Being decisive means you can make a decision, but also be timely and confident about it. Decisiveness is a soft skill that can be honed, and the more decisiveness you practice, the less wavering you will experience. Effective leaders are noted for their decisiveness. Decisive employees reduce delays, take action, model positive behaviors for peers, and tend to excel at seeking clarity, which means better decisions. It's easier to be more decisive if you intervene when there are roadblocks like fear of failure, overthinking, perfectionism, and fear of not getting recognition. Self-awareness is key. Simply examining these roadblocks weakens their grip. Naming these culprits puts you in control. Remember, no decision is without risk and uncertainty—you may not know or guess what will happen. Learning to tolerate this is part of the journey, even for the greatest leaders. Need help? Talk to the EAP.

Avoid Five Missteps with Workers' Compensation

Your company's workers' compensation (WC) program is a key benefit if you're injured on the job. It can be a lifeline during recovery, but making the most of it requires following a few important steps. Conflicts or delays can arise when communication breaks down or when procedures aren't followed properly. Avoid these common mistakes:



1) Delaying reporting a work-related injury or illness. 2) Ignoring your doctor's advice, missing appointments, or not following treatment plans. 3) Withholding details about the injury or failing to respond to necessary questions. 4) Resisting return-to-work efforts or not cooperating with those helping you transition back. 5) Overlooking emotional support if overwhelmed, depressed, or dealing with family tension during time off. Disruption is common after a workplace injury. Bottom line: Staying proactive, informed, and responsive helps ensure a smoother recovery and better outcome—exactly what you want.



ASAP

ARMY SUBSTANCE ABUSE PROGRAM

UPCOMING ASAP EVENTS

EAP Training for Supervisors @ 12:00

August 27th

Unit Deterrence Leader Training

August 19th - 21st

Prime for Life (ADAPT)

August 5th & 6th

October 7th & 8th

ACE-SI Tier I Training or Engage Suicide Prevention Training

On Request

Grief Support Group @ 17:00 – 18:30 Patch – BLDG 2332 (Next to Thrift Store)

August 12th & 26th

September 9th & 23rd

Most Events located in Building 2948 on Panzer Kaserne.

Registration Required

For more information, please call DSN: 314-596 2530 or COMM: 09647 70 596 2530

*Dates and Locations are subject to change



New Booking System for EAP

No need to call or email

**Scan the QR Code to find available times to
meet with the EAP.**

Appointments on Panzer, Kelley & Patch.

Eligibility for services include:

Department of the Army Civilians (GS/NAF)

Military Retirees

& Family Members of the above and Active Duty





USAG Stuttgart

Military Housing Office

Newsletter

Summer 2025

Updates, Notices, and Information

The housing office regularly provides information, notices, and updates concerning housing events, projects, and maintenance. If you are not receiving these updates please contact the housing office at usarmy.stuttgart.id-europe.mbx.dpw-hso@army.mil To update the notification information system with your current email and phone numbers. Having both you and your spouse receiving current information, ensures that you stay up to date with what is going on around you.

Do not leave food out or feed wild animals!!

Unsecured food will attract mice and snakes.

CAUTION!!

The Pine Processionary Moth/caterpillar may cause serious allergic reactions or rashes. For more information visit: <https://www.forestresearch.gov.uk/tools-and-resources/fthr/pest-and-disease-resources/pine-processionary-moth-thaumetopoea-pityocampa/>



Fire Pits in Family Housing

IAW USAG Stuttgart Fire Prevention Program-24 April 2024, fire pits are not authorized in on-base housing.

- No open fires will be permitted on the Installation at any time without the expressed approval and permission of the USAG Stuttgart Fire Chief. Grilling is authorized only in permitted areas as described in USAG policies to include the resident handbook. For questions, reach out to the housing building program manager.
- Use of open flame devices to remove paint from any structure is prohibited.
- Fireworks on the Installation are prohibited for personal use. Only authorized fireworks for demonstrations and events will be allowed when authorized by the Fire Chief.

Statistics on Grilling Fires

- July (15%) was the peak month for grill fires, followed by June (14%), May (13%) and August (12%).
- Grills had not been cleaned in roughly one-fifth (20%) of the fires.
- More than 25% of grill structure fires started on an exterior balcony or open porch. 8% began when an outside wall caught fire; 3% began with some type of structural member or framing.
- According to data from the Consumer Product Safety Commission, in 2020-2024, an average of 21,682 patients per year went to emergency rooms because of injuries involving grills.

Water Safety

If you have been gone for a few days, please run your water for 1-2 minutes to ensure any stagnant water has been flushed from the system.



Clearing Housing?

Tips For Final Termination

- Ensure all personal items have been removed (i.e. furniture, food, trash, etc.)
- Ensure loaner furniture is turned in (if off-post)
- Ensure all surfaces are wiped down or swept up.
- Open every door and drawer to be sure nothing has been forgotten.

Construction Contractor Parking

Construction work can be inconvenient, but it is necessary to maintain a quality living environment. When construction

contractors are working in housing, please refrain from parking in spots that are temporarily allotted to them. Housing has the contractor mark the spaces using signage like the one in the picture (left).

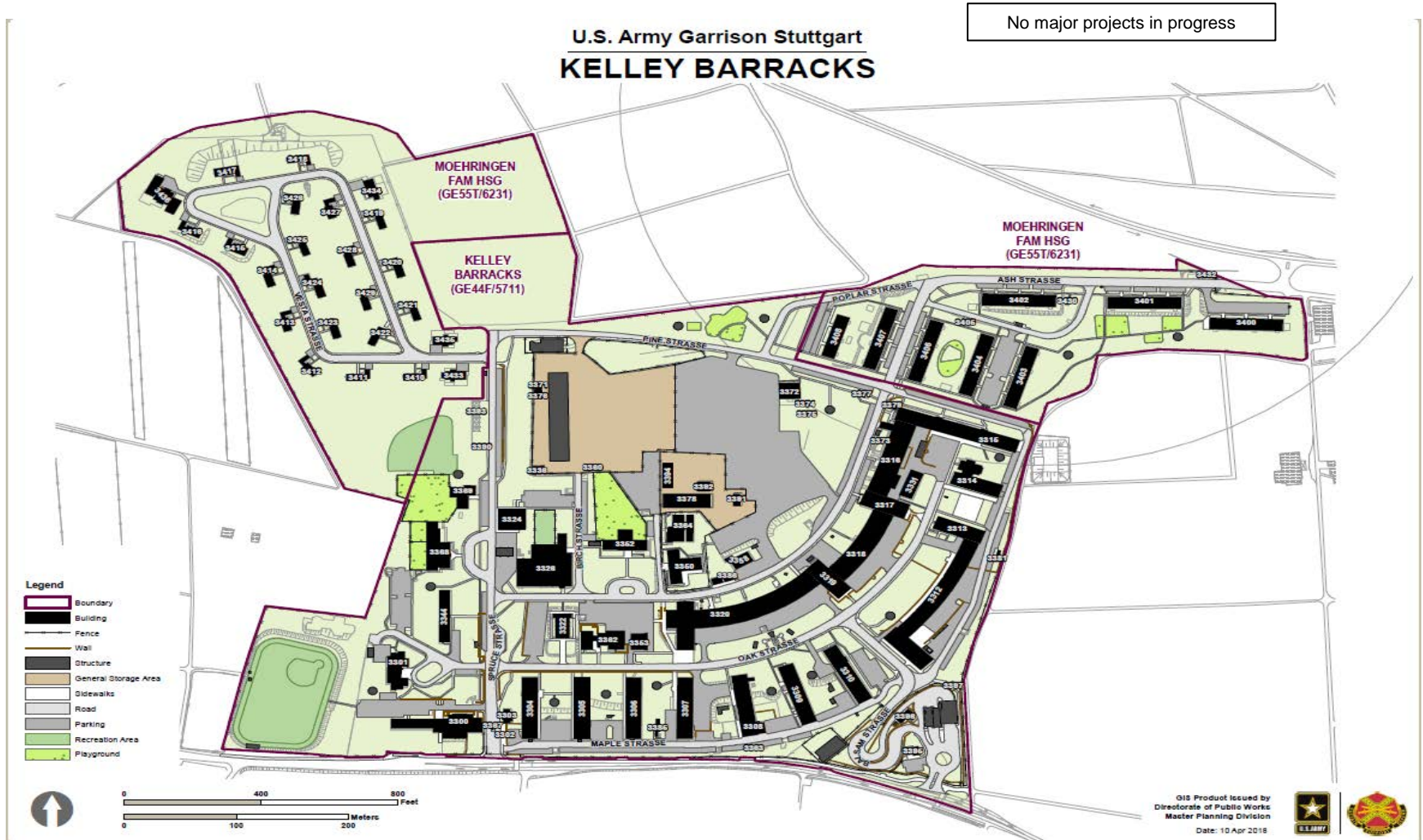


GRILLING SAFETY

Safety Tips

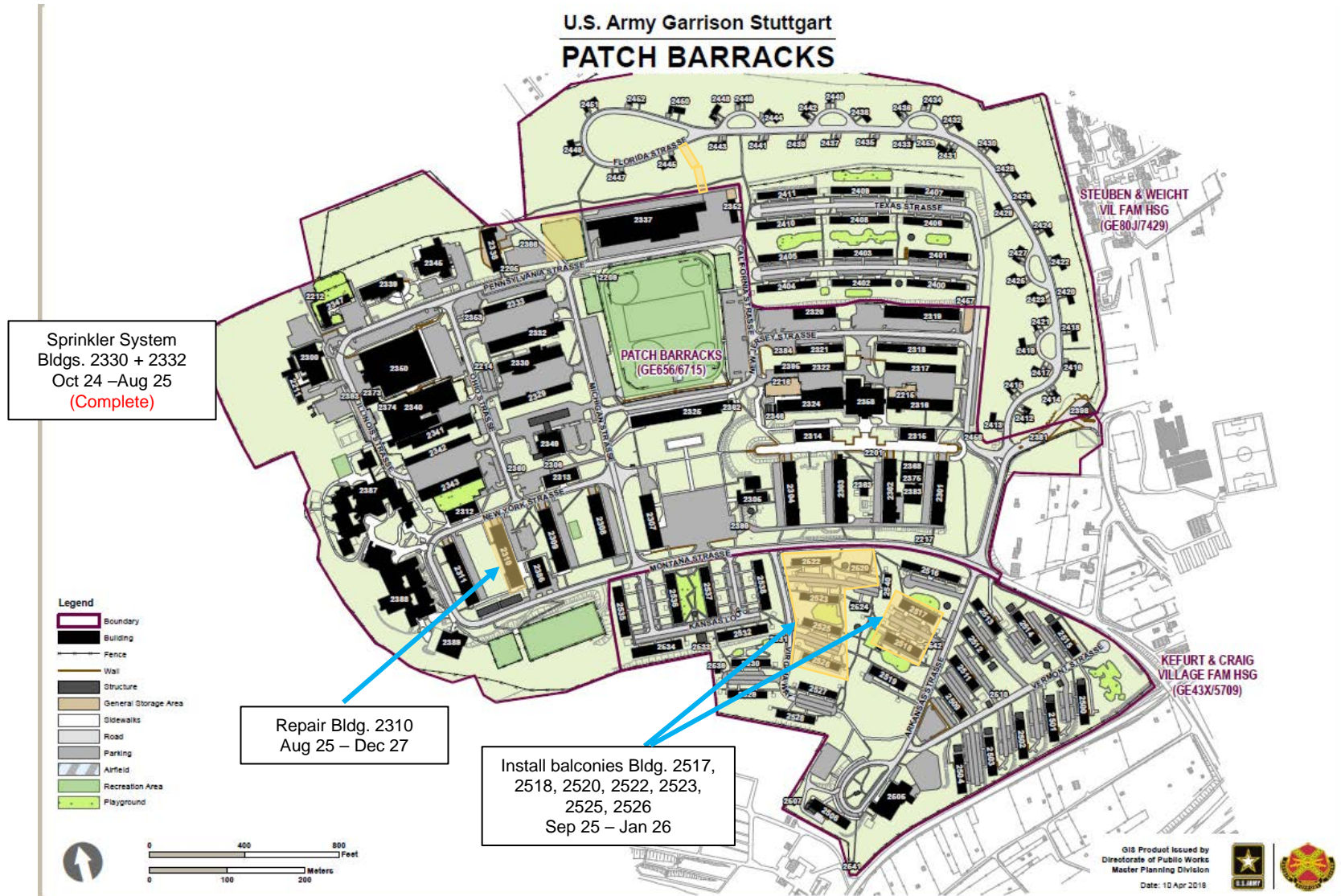
- For propane grills, check the gas tank for leaks before use.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Place grills well away from structures/buildings, deck railings, and out from under eaves and overhanging branches/trees.
- Always make sure your gas grill lid is open before lighting it.
- Keep children and pets at least three feet away from the grilling area.
- If you use starter fluid when charcoal grilling, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. When you have finished grilling, let the coals cool completely before disposing in a metal container.
- Never leave your grill unattended when in use.
- Keep grills 15ft (4.5m) away from any openings in the buildings (windows, doors, etc.).

Kelley Barracks Construction & Parking Impacts – August 2025



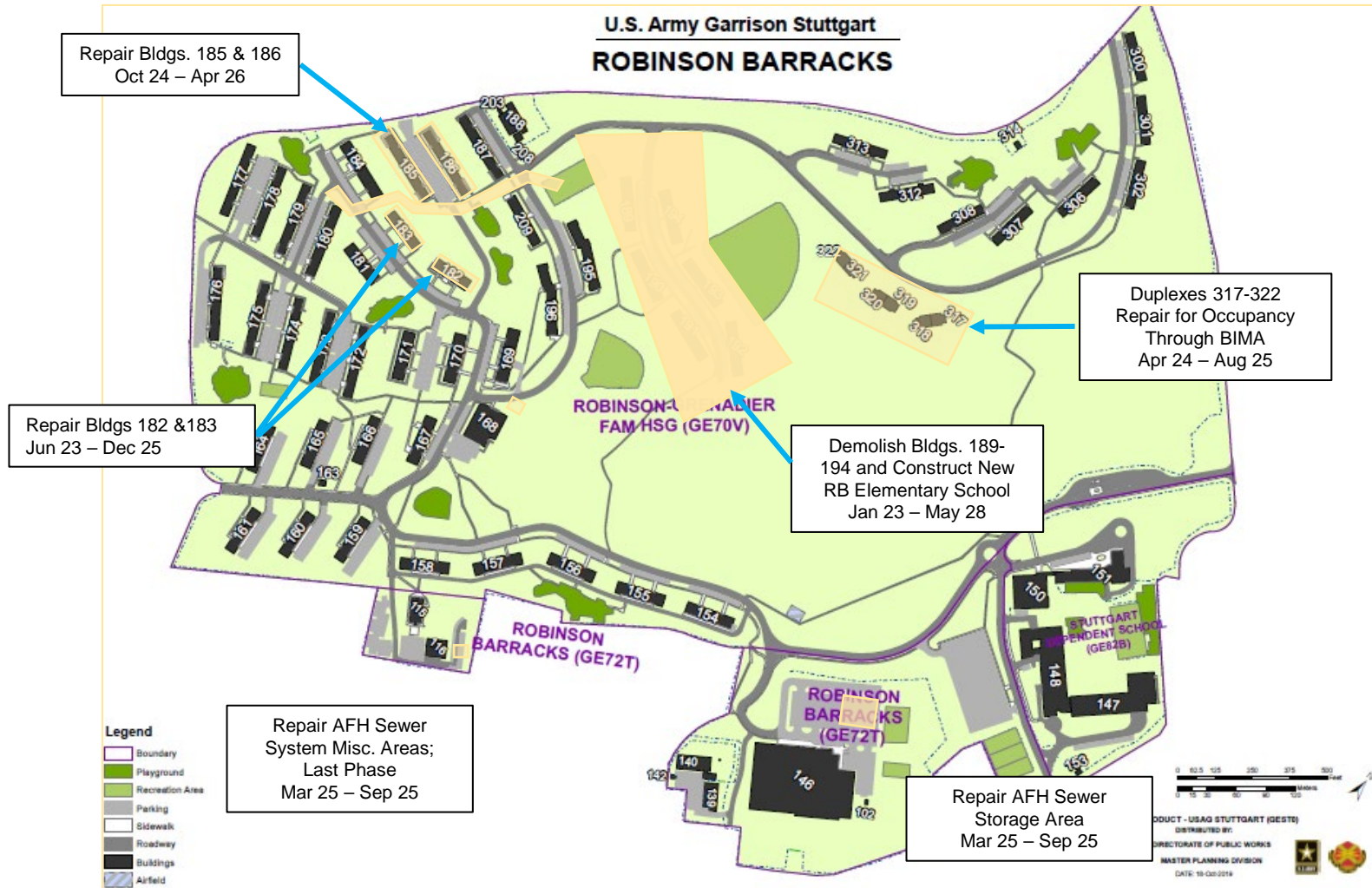
Construction Update : DPW

Patch Barracks Construction & Parking Impacts – August 2025

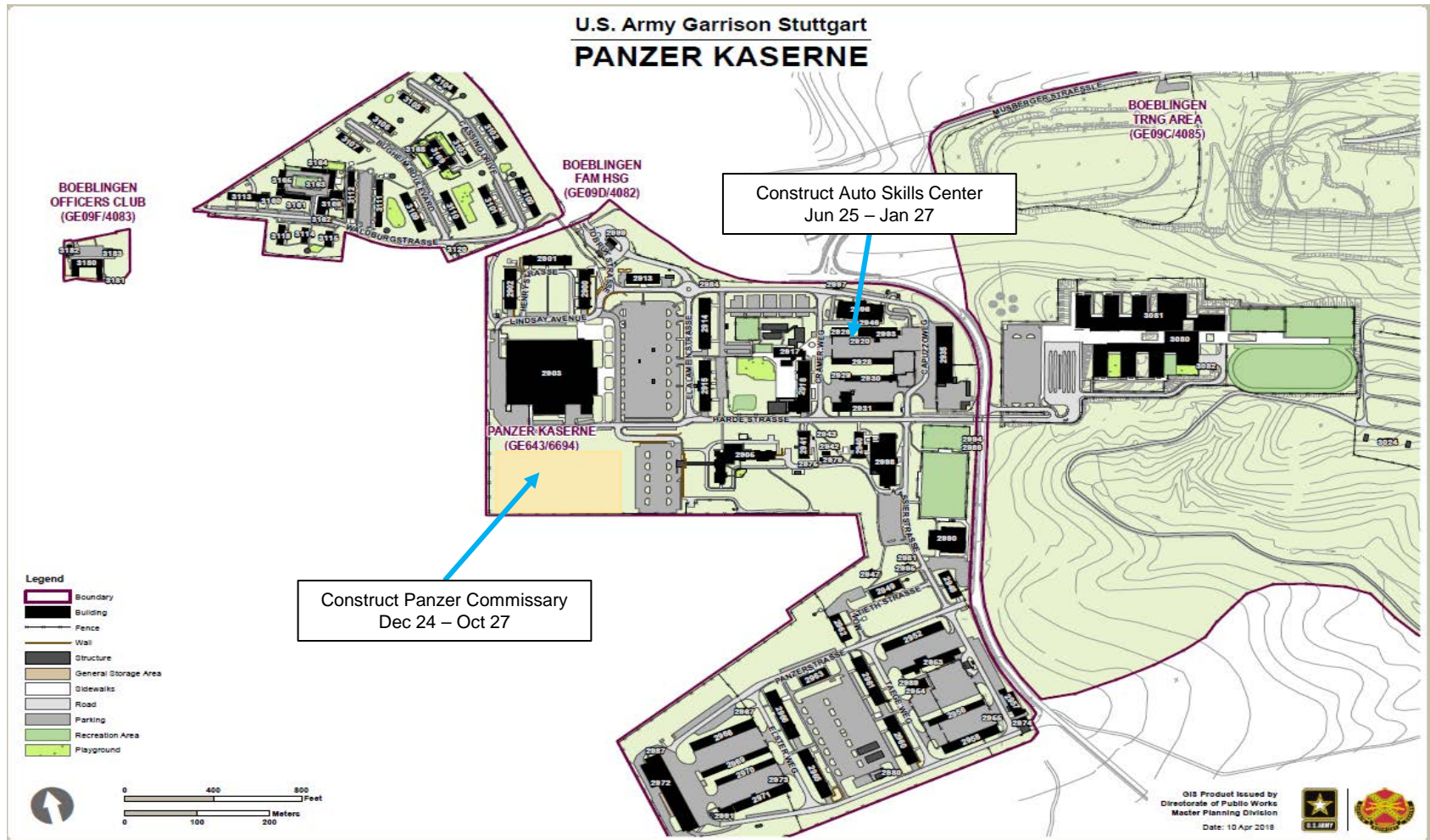


Construction Update : DPW

Robinson Barracks Construction & Parking Impacts – August 2025



Panzer Kaserne Construction & Parking Impacts – August 2025





American
Red Cross

Stuttgart Station



MINDFUL MOVEMENT

With Coach: Steve Dunlap

Thursday, September 25, 2025 at 10am

Panzer Firehouse

Ages 18+



What You'll Experience:

- Learn techniques to reduce stress levels
- 45 minutes of relaxation
- Includes 10 minutes of walking/jogging

What to Bring:

- Water Bottle
- Comfortable Clothing
- Yoga Mat (if you have one)



Class Schedule

Adult & Pediatric CPR/AED/1st Aid

- Wednesday, August 13; 1000-1300
Robinson Barracks
- Wednesday, August 27; 0900-1200
- Thursday, September 25; 1600-1900
- Saturday, October 18; 0900-1200

Basic Life Support CPR*

- Thursday, August 7; 1600-1900
- Tuesday, September 16; 1600-1900
- Tuesday, October 21; 1600-1900

CPR/AED for Professional Rescuers (CPRO)

- Saturday, September 20; 0900-1600

First Aid for Severe Trauma

- Friday, October 10; 1400-1600

Babysitter Course

- Friday, October 24; 0900-1430

*BLS is CPR training for healthcare professionals.

Classes are held in the Red Cross training room in Building 2915, room 007 on Panzer Kaserne.

Blended Learning
Online
and
In-Person

**Register
for
Classes
here:**



<https://linktr.ee/AmericanRedCrossStuttgart>

Email:
**Stuttgart@
Redcross.org**

Phone: 09641-
70596-2812



WE ARE THE ARMY'S HOME





OCONUS Emergency Travel Assistance Grant

Grant Program for Military Members

Aligning with the American Red Cross mission of helping military members prepare for, cope with, and respond to the challenges of military service, Service to the Armed Forces (SAF) is implementing the OCONUS Emergency Travel Assistance Grant.

This program will provide financial assistance to military members, including National Guard and Reserve, actively serving Foreign Outside the Continental United States (F-OCONUS) who are currently on or about to begin emergency leave.

This limited-time program provides \$500 grants to active-duty military members (including activated National Guard/ Reserve members) who are stationed Foreign OCONUS (F-OCONUS) are currently on or about to begin emergency leave or ordinary leave under emergency conditions. (Service members must be able to provide a copy of their emergency leave orders.) We're sorry you're going through a difficult time and we're here for you. Call the American Red Cross Hero Care Center at +1-877-272-7337 to speak to a specialist who'll help you apply.

All categories of emergency leave are eligible for this grant. Service members must provide a copy of their emergency leave orders. Eligible service members will be awarded a \$500 grant.

The OCONUS Emergency Travel Assistance Grant will be available for a limited time based on the availability of funds.

To apply, please contact the Hero Care Center at 1-877-272-7337.



**American
Red Cross**

Service to the Armed Forces

DeCA- Stuttgart Commissaries

Sidewalk Sale Dates



Patch: 4 – 6 Sep 25
Panzer: 4 – 5 Sep 25
Kelley: 2 – 5 Sept 25
Robinson: 6 – 9 Sep 25

Holiday Operating Hours 1 September 2025



Patch: OPEN 10:00 – 19:00
Panzer and Kelley: OPEN 10:00 – 18:00
Robinson: CLOSED

Patch Store Operating Hours:

Sunday	1000-1900
Monday	0800-2000
Tuesday	0800-2000
Wednesday	0800-2000
Thursday	0800-2000
Friday	0800-2000
Saturday	1000-1900

Panzer Store Operating Hours:

Sunday	Closed
Monday	0930-1900
Tuesday	0930-1900
Wednesday	0930-1900
Thursday	0930-1900
Friday	0930-1900
Saturday	Closed

Kelley Store Operating Hours:

Sunday	1000 - 1700
Monday	0830 - 1900
Tuesday	0830 - 1900
Wednesday	0830 - 1900
Thursday	0830 - 1900
Friday	0830 - 1900
Saturday	CLOSED

Robinson Store Operating Hours:

Sunday	0900 - 1900
Monday	CLOSED
Tuesday	0900 - 1900
Wednesday	0900 - 1900
Thursday	1000 - 1800
Friday	0900 - 1900
Saturday	0900 - 1900

Scott Harmon, Store Director – DSN: 430-8532 scott.harmon@deca.mil



WE ARE THE ARMY'S HOME



USO STUTTGART

BACK TO SCHOOL PICNIC

SATURDAY, AUGUST 16TH

11A-3P

PANZER KASERNE



USO.org/stuttgart



- In conjunction with the C.A.R.E Fair
- Bring a blanket and your appetite for a back-to-school picnic in the park!
- Informational resources available in a relaxed one-last-day of summer celebration

Ryann Hangsleben - Center Manager / 07031 201 9014 / Rhangsleben@uso.org



WE ARE THE ARMY'S HOME

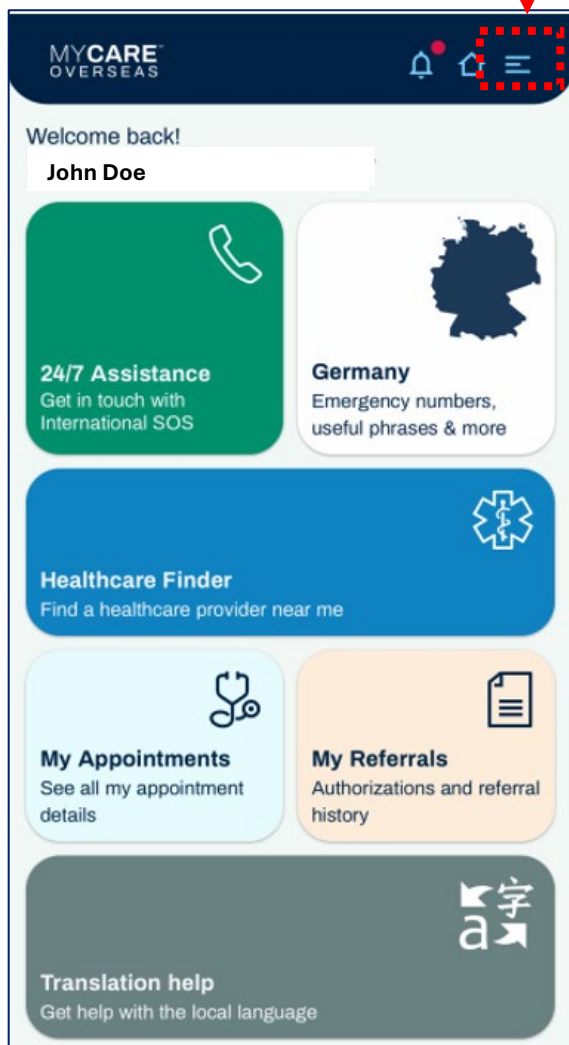


STEP 1
Open the
MyCare Overseas app

It will open to the home screen.

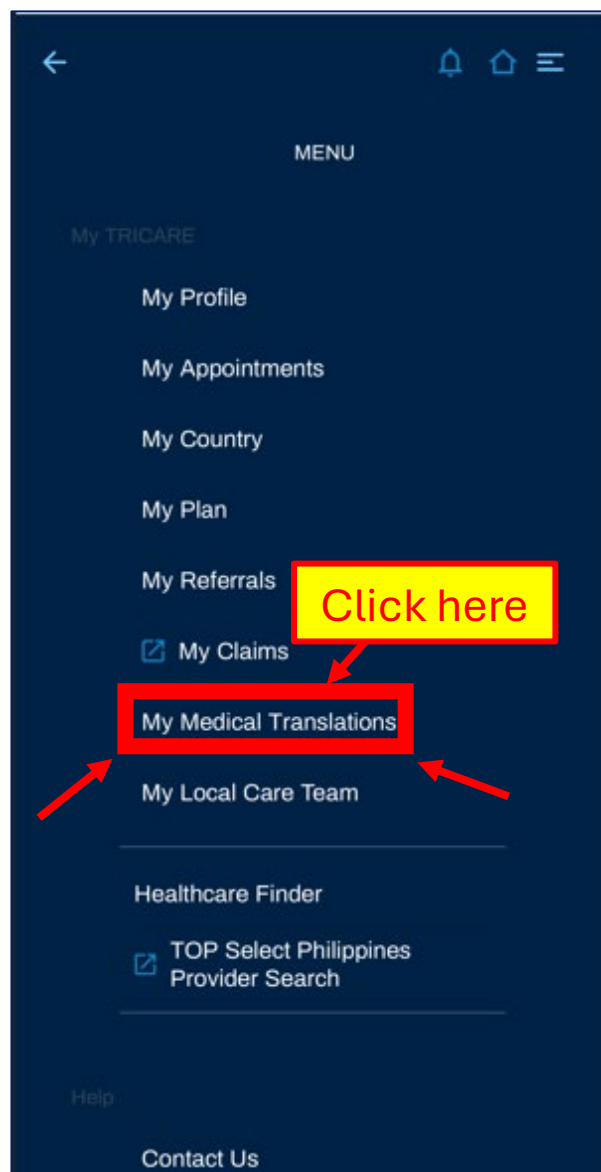
Click on the menu on the top
right corner of the home
screen.

Click here



STEP 2
Click on
“My Medical Translations”

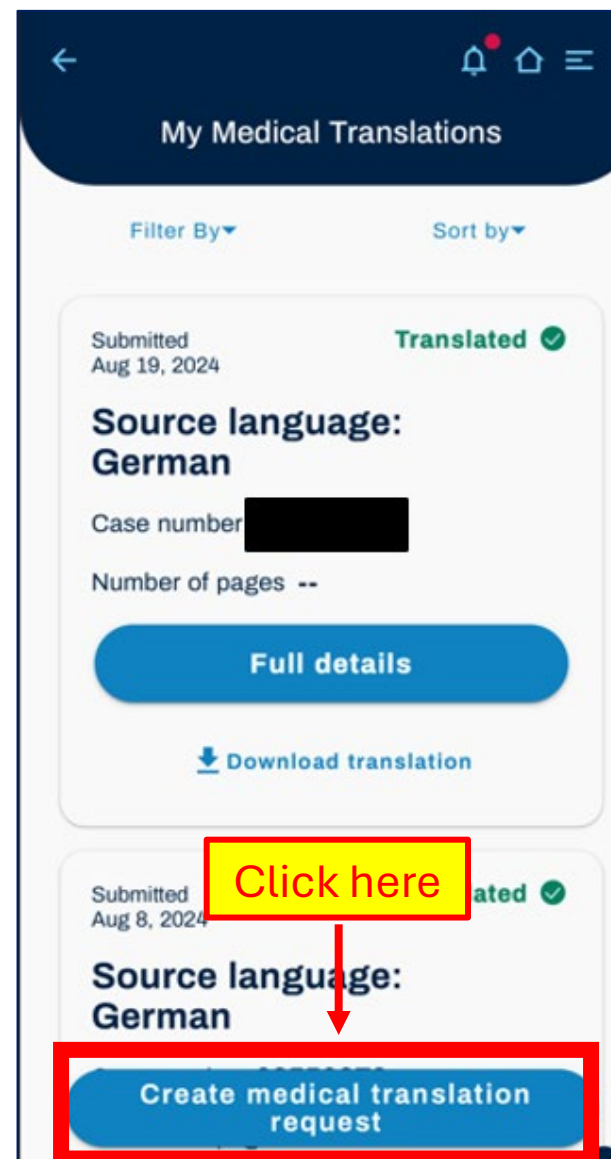
This menu will open



Click here

STEP 3
Click on
“Create Medical Translations”

This menu will open

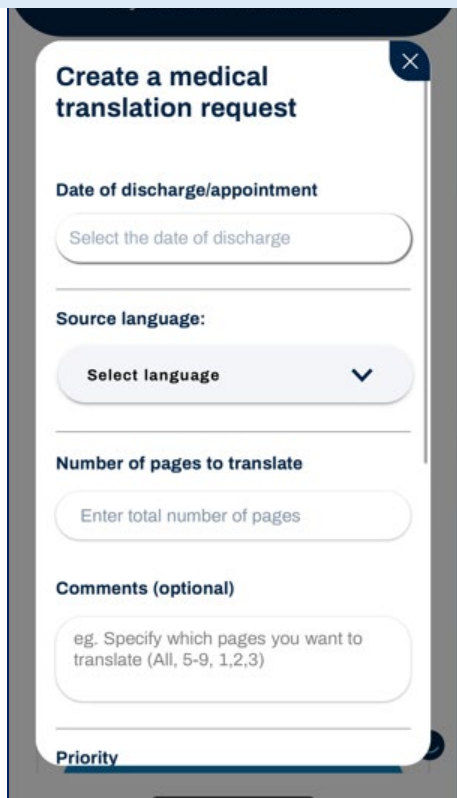


Click here

Create medical translation
request

STEP 4

Fill in the information



The screenshot shows a mobile app interface for creating a medical translation request. The form includes the following fields and options:

- Create a medical translation request** (Title)
- Date of discharge/appointment**: A text input field with the placeholder "Select the date of discharge".
- Source language:**: A dropdown menu with the placeholder "Select language".
- Number of pages to translate**: A text input field with the placeholder "Enter total number of pages".
- Comments (optional)**: A text input field with the placeholder "eg. Specify which pages you want to translate (All, 5-9, 1,2,3)".
- Priority**: A dropdown menu with the option "Routine" selected.

STEP 5

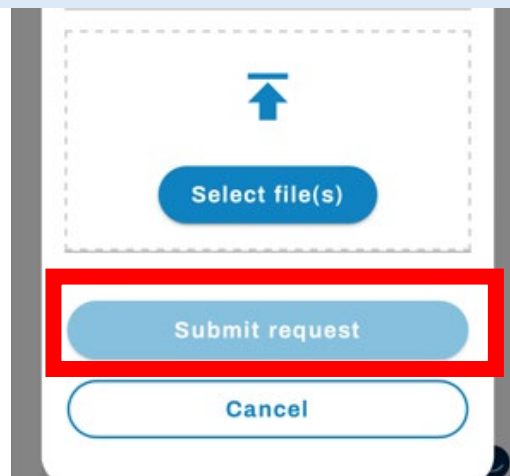
Click "Select files" to upload your docs*



The screenshot shows the bottom of the form with a dashed box containing an upward arrow and a blue button labeled "Select file(s)". The button is circled in red.

STEP 6

Scroll to the bottom and click "Submit" Request



The screenshot shows the bottom of the form with a dashed box containing an upward arrow and two buttons: "Select file(s)" and "Submit request". The "Submit request" button is highlighted with a red rectangle.

Once the translation is complete, you will receive a notification. The translation will automatically be added to your medical record.

You can view your completed translations on the app.

Translations can take up to 6 weeks.



MEDICAL TRANSLATIONS

Medical referrals to host nation providers generate documents that require an official translation, prior to being uploaded to your record.

Both can be completed in the free
MyCare Overseas app.



MHS Genesis Patient Portal

You no longer have to sit on hold or wait for the clinic to be open to address your non-urgent healthcare needs.

The MHS Genesis Patient Portal gives you greater access to your health information and health care teams.

- schedule appointments online
- securely message your care team
- refill & renew prescriptions
- view your health records

Check out all the features on the MHS Genesis Patient Portal.



<https://myaccess.dmdc.osd.mil/identitymanagement/app/login>

After Hours Options

MHS Nurse Advice Line: available 24/7
Visit <https://mhsnurseadvice.com> or
call 06371-9464-2900 (option 2)

International SOS (ISOS): 08007234214
(toll free) authorizations for emergency care. Identify the nearest host nation TRICARE provider while home or travelling.

Customer Service: +44 20 8762 8384

Option 1: Emergency Medical Advice
/Authorization/Referrals/Healthcare Finder

Option 2: Enrollments/Claims/Eligibility

Option 3: Information for Providers

Option 4: Tech Support for MyCare Overseas App

Fire Department/Ambulance: by dialing 112 from anywhere for emergencies in Germany, it will connect you to first responders

Emergency Room visits: in a medical emergency, go directly to a Host Nation Hospital. Once checked in, please call TRICARE ISOS 08007234214 to inform them. This will ensure your claim is processed efficiently.

Sexual Assault: if assaulted during duty hours, walk into the clinic to receive immediate care. After hours, contact your unit Victim Advocate, Chaplain (0711-680-110), or Military Police (112)

Sexual Assault Helpline: 06371-9464-2900
(Press *)

Services We Provide

In addition to world class primary care, we offer several support services on post or within the clinic to meet all your healthcare needs:

Audiology, Behavioral Health, Optometry, Physical Therapy, Pharmacy, Lab, Radiology, Tele-Health, Medical Readiness, Armed Forces Wellness Center, Patient Administration, Resource Management, and Patient Liaison Services.

If you require additional services, your Primary Care Provider can provide a referral with LRMC or host nation providers.

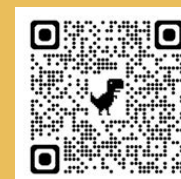
Patient Liaison

Available to help hospitalized patients during their stay, They can assist with translations, maintain direct link to clinic staff and help ease the burden of hospitalization. Liaisons are on call 24/7 for emergencies and new hospitalizations. Contact your local liaison via the MP desk at +49 7031 153 102. For non-urgent care, call 06371-9464-1606

Other Resources

Find us online for updates and announcements

<https://www.facebook.com/StuttgartHealthClinic>



Military Crisis Line: 001800 273-8255 or DSN 988

Referral Process

In Germany, many of your specialty care needs will be met by the use of a Host Nation Provider Network. Some of the specialties available include:

Surgery
OB/GYN
Cardiology
Neurology
Pediatrics
Ear/Nose/Throat
Gastroenterology
Radiology
Dermatology

Remember, TRICARE Prime patients require prior authorization from iSOS for care delivered by Host Nation providers (other than emergencies) and your TRICARE Service Center is here to assist you. The visits are cashless/claimless.

After your primary care provider enters a referral to a host nation provider, the TRICARE Service Center will work with iSOS to get your authorization. A Health Care Finder will then help you make your appointment.

Non-Prime patients do not need authorization in most cases, but may be subject to co-payments, deductibles, and claims. Non-Prime patients may use Health Care Finder services.

For assistance, please visit your TRICARE Service Center in person.

Local Emergency Rooms



Klinikum Boeblingen

Bunsenstrasse 12, 71032 Boeblingen
Tele: 07031-668-0



Klinikum Sindelfingen

Arthur-Gruber-Strasse 70
71065 Sindelfingen
Tele: 07031-980



Katharinen/Olga Hospital

Kriegsbergstrasse 60
70174 Stuttgart
Tele: 0711-2780`

How to Access Healthcare In Germany



Make an Appointment:

DSN: 590-2900

CIV: 06371-9464-2900



Bldg 2300

Pennsylvania Street
70569, Stuttgart

Emergency Numbers:

On or off post: 112

Military Crisis Line:

001-800-273-8255/DSN 988

HOW TO GET STARTED WITH SCHEDULED VIRTUAL VISITS

Do you need to schedule a virtual health appointment? Follow these five steps and get started with Scheduled Virtual Visits.

1. Schedule your video appointment:

Call your military hospital or clinic to schedule a virtual video visit or submit a request via the MHS GENESIS Patient Portal. Once the appointment is scheduled, you'll receive a confirmation email. The session link will be provided 72 hours prior the appointment.



2. Find a suitable space for your appointment:

Choose an area where you can discuss health concerns with your care team, free of noise and distractions.

3. Choose your device:

Ensure your device has audio and video capability. Please ensure this device has a strong internet connection to avoid connectivity issues.



4. Begin the check-in process:

We recommend you join your session 15 minutes prior to the appointment start time to begin the check-in process with clinical staff. Click the session link you received via text or email or join from the MHS GENESIS Patient Portal.

Join Visit

5. Start your session:

Come prepared to discuss your questions and concerns to ensure you receive the care you need.





SPEAK UP!

Patient & Family Partnership Council

Join our Patient and Family Council team and let your opinions be heard.

MEETINGS: 2ND TUESDAY OF ODD MONTHS @ 5PM IN THE CLINIC MAIN WAITING ROOM

The PFPC ensure we capture the voices of patients and families. Become a Patient and Family Advisor and help with our clinic's decision-making.



PFPC participation activities could include discussing healthcare experiences, reviewing health education materials, and sharing ideas about the best ways to communitte with patients.

For More Information: dha.bavaria.Stuttgart-AHC.mbx.patient-advocate@health.mil

ASK AT YOUR **STUTTGART**
PHARMACY
FIRST

COUGH
 COLD
 FLU
 RUNNY NOSE
 SORE THROAT

**ARE YOU COUGHING, SNEEZING, OR
 HAVE OTHER COLD SYMPTOMS?**

**Save time and stop by your Stuttgart
 Pharmacy today to pick up over the
 counter medications for your needs**

**THINK SELF CARE
 THINK STUTTGART PHARMACY**

PROGRAM IS OPEN TO ALL ELIGIBLE BENEFICIARIES. CERTAIN RESTRICTIONS AND LIMITATIONS APPLY



Army Health Clinic Stuttgart
 Patch Pharmacy
 Phone: 06371-9464-1633
 DSN: 314-590-1633
 Hours: M-F: 0730-1600
 1st and 3rd Thurs: 0730-1200

