



American Red Cross
Missouri and Arkansas Region

Si aún necesita ayuda después del
tornado reciente, llame al
1-800-RED CROSS (800-733-2767)
para saber más sobre los recursos
que pueden estar disponibles para
usted.



American Red Cross
Missouri and Arkansas Region

Service Delivery Sites:

Calvary Baptist Church
5700 Cantrell Road
Little Rock, 72207

North Little Rock Community Center
2700 Willow Street
North Little Rock, 72114

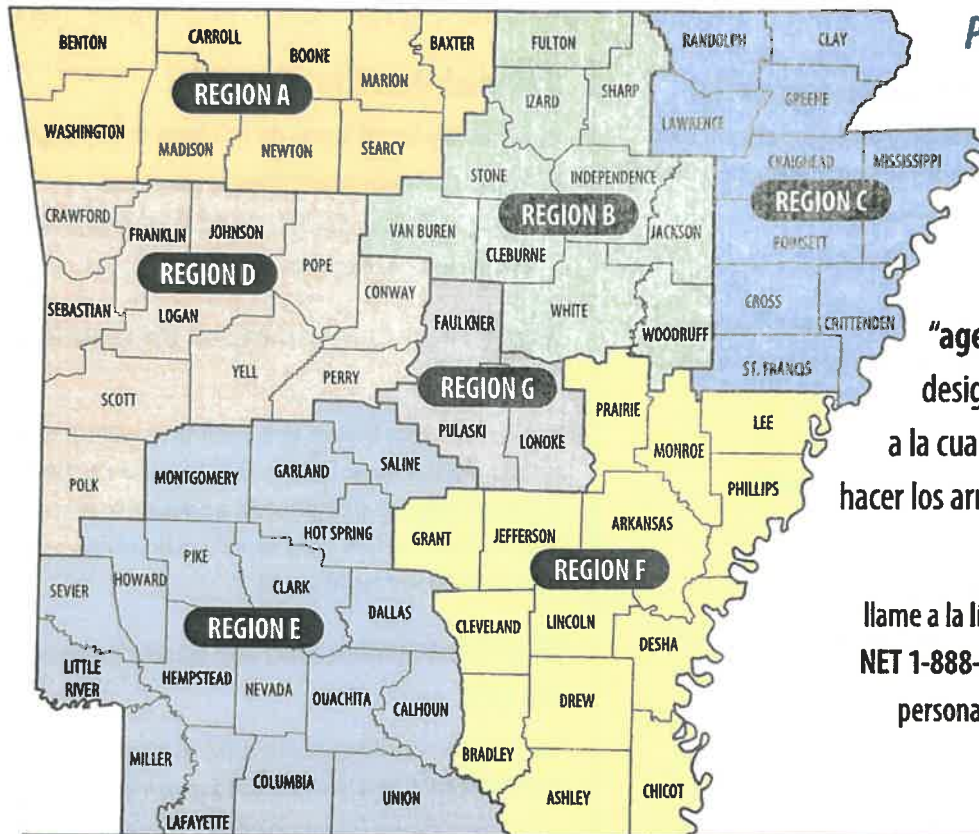
Bill Harmon Rec Center
51 Shelby Road
Sherwood, 72120

Jacksonville Community Center
5 Municipal Drive
Jacksonville, 72076

These assistance centers will provide immediate help for individuals whose home was either completely destroyed or sustained major damage. If you need additional information, please call 1-800-RED-CROSS



Encuentre en el Mapa, el Condado en el Cual usted Vive para Saber que Agente Debe Llamar para su Transportación



Por ejemplo, si usted vive en el condado Pulaski, usted vive en la región 12.

Cada región tiene un "agente de transportación" designado. Esta es la agencia a la cual usted debe llamar para hacer los arreglos de transportación.

Para más información, llame a la línea gratuita de ayuda de NET 1-888-987-1200, opción 1, o para personas con discapacidad auditiva TDD / TTY 1-800-285-1131, o visite afmc.org/NET.

REGIÓN A • Verida 1-888-833-4136	REGIÓN E • Central Arkansas Development Council 1-800-385-9992
REGIÓN B • Verida 1-888-833-4128	REGIÓN F • Area Agency on Aging of Southeast Arkansas 1-844-683-2300
REGIÓN C • Verida 1-888-833-4130	REGIÓN G • Verida 1-888-833-4135
REGIÓN D • Verida 1-888-822-6155	





Transporte No de Emergencia (NET) Preguntas Frecuentes

¿Qué es el transporte no urgente (NET)?

Transporte no de emergencia (NET) es un programa que le puede dar un traslado hacia y desde sus citas con el médico y a otros servicios cubiertos por Medicaid.

¿Quién puede utilizar NET?

Usted califica para NET si recibe Medicaid o ARKids First. Usted no debe tener ninguna otra forma de traslado para llegar a su cita.

No se puede utilizar NET si usted:

- se encuentra en un hogar de ancianos
- es un Beneficiario Calificado de Medicare (QMB)
- es un Beneficiario de ARKids First B

¿Cómo puedo programar un traslado NET?

Llame a su agente de transporte NET en su región, al menos 48 horas (dos días) antes de su cita. Los fines de semana y días festivos no cuentan. Esto significa que si su cita es un jueves, tiene que llamar el martes anterior. Cuando llame:

- Tenga a mano su identificación de Medicaid.
- Dígame al agente por qué necesita un traslado.
- Dé su nombre y la dirección y número de teléfono del proveedor de atención médica.
- Dé el día y hora de la cita.

Su agente toma reservaciones para el transporte de 8 A.M. a 5 P.M. de lunes a viernes. Para saber quién es su agente de NET transporte en su región, llame a la línea de ayuda de transporte de Medicaid sin cargo al 1-888-987-1200 opción 1. Si tiene acceso a internet, puede visitar AFMC.org/NET para ver el mapa de los agentes de NET.

Usted puede solicitar el folleto de NET llamando a la línea de ayuda de NET al 1-888-987-1200, opción 1.

¿Cuánto le cuesta a un traslado?

Si usted califica para NET, no tiene que pagar nada.

- Puede tener tantos traslados como los necesite.
- Usted puede ir a un especialista fuera de su área local si tiene una referencia de su médico para ese especialista.

¿Y si tengo citas a la misma hora cada semana?

Usted puede llamar a su agente de transporte y pedir establecer un horario regular. Algunos agentes harán esto. Si hay una semana en la que no necesita transporte, llame a su agente al menos 48 horas antes de su recogida regular y dígame que no necesita un transporte.

¿Qué pasa si tengo más de una sola cita con un médico en un mismo día?

Su agente le debe proporcionar traslados a todas sus citas. Sólo asegúrese de darle un aviso de 48 horas.

¿Qué pasa si mi transporte no llega?

Si esto ocurre, llame a su agente de transporte para informarle del problema. También puede llamar a la Línea de Ayuda NET al 1-888-987-1200, opción 2.

¿Qué es la línea de ayuda de NET?

La Línea de Ayuda NET es un número de teléfono gratuito (1-888-987-1200, opción 1) que le ayuda con sus preguntas, comentarios, quejas y sugerencias sobre el programa NET. La Línea de Ayuda NO organizará traslados para usted, pero puede ayudarle a averiguar quién es su agente.



Little Rock Area Residence Resources April 2023 Tornado Relief

FEMA

If you do not have homeowner's or renter's insurance, and are a resident of Pulaski, Lonoke, or Cross counties, you may be eligible for FEMA Individual Assistance.*

- **Call 1 (800) 621-3362**
- Or go to www.disasterassistance.gov

FEMA Disaster Recovery Centers

Little Rock Location:
315 N. Shackleford Rd.
Little Rock, AR 72211

North Little Rock Location:
~~1300 Pike Ave.~~ 2700 Willow St.
North Little Rock, AR 72114

Hours of Operation:
Mon-Sat 10:00am-7:00pm
Sunday 12:00pm-7:00pm

Hours of Operation:
Mon-Sat 7:00am-7:00pm
Sunday 12:00pm-7:00pm

Resources available at both location:

- Insurance Support
- Driver's License Replacement
- Vehicle Title Replacement
- Birth Certificate Replacement
- Immunization Record Replacement
- WIC Assistance
- Tax Assistance
- Food and Housing Assistance
- Disaster Unemployment Assistance
- Benefits Eligibility Information

Arkansas Governor's Website

Visit: <https://governor.arkansas.gov/help-Arkansas/donate/>

STATEWIDE INFORMATION

Find links to tip sheets:

- Hiring a Contractor to Repair Storm Damage
- Disaster Preparedness tips from the Health Department
- Landscaping information
- Pest Control
- Lost and Found Pets
- Info from Local Emergency Management Coordinators

Salvation Army – Disaster Assistance 1-800-621-3362

Arkansas Food Bank
aansasfoodbank.org &
Facebook page for Food Distribution Sites & Times

CITY OF LITTLE ROCK

City Facebook Page for latest information

Assistance with Clearing Debris:

Samaritan's Purse Disaster Relief
501-519-3810

Transit Services:

Little Rock:
Rock Region Metro

North Little Rock:
901 Maple St
North Little Rock, AR 72114

Laundry Services:

Tide Cleaners

16301 Chenal Pkwy
Little Rock, AR

Tide Cleaners

1211 Cantrell Rd Suite 100
Little Rock, AR

Displaced Livestock and Animals:

Arkansas Department of Agriculture Dispatch

1-501-332-2000 or 1-800-468-8834

Home Inspection:

INSpect ARKansas team INSPARK

501-319-5036

Drop off Trash and Debris:

Little Rock and North Little Rock

- Edwards Cash Drive Little Rock, AR
Savers Little Rock, AR
parking lot, 72116
- Remount & Drive Little Rock, AR
Perin intersection 72116
- Fire Station #9 Military & North Little Rock, AR
Indian Hills, MacArthur 72118
2309 Osage intersection *(must show proof of North Little Rock Residency)*

ALCON

The American Legion's Temporary Financial Assistance Program is also ready to assist American Legion eligible veterans with minor children in the home (18 or younger) who need financial help to pay for shelter, food, utilities and medical expenses.

Wynne Area Residence Resources April 2023 Tornado Relief

FEMA

If you do not have homeowner's or renter's insurance, and are a resident of Pulaski, Lonoke, or Cross counties, you may be eligible for FEMA Individual Assistance.*

- **Call 1 (800) 621-3362**
- Or go to www.disasterassistance.gov

FEMA Disaster Recovery Centers

Wynne Location:
Former Sears Building
702 U.S. Highway 64
Wynne, AR 72396

Resources available:

- | | | |
|---------------------------------|-----------------------------------|------------------------------------|
| • Insurance Support | • Immunization Record Replacement | • Disaster Unemployment Assistance |
| • Driver's License Replacement | • WIC Assistance | • Benefits Eligibility Information |
| • Vehicle Title Replacement | • Tax Assistance | |
| • Birth Certificate Replacement | • Food and Housing Assistance | |

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- Info from Local Emergency Management Coordinators

Contact Information for supporting organizations:

- The Salvation Army
- Samaritan's Purse
- Arkansas Food Bank

Wynne Area

Food

Odell McCallum Center
325 Magnolia St,
Wynne, AR 72396
11:00am-1:00pm; 5:00pm-7:00pm

Grants Snack Shack
Union Valley Missionary Baptist Church
703 F St
Wynne, AR 72396

Wynne Junior High
849 Elridge Avenue
Starts April 1
5:00pm-7:00pm
Emergency managers and volunteers will be giving out hot meals

First Assembly of God Church
1900 North Killough Road

Odell McCallum Center
325 Walnut Avenue
Food, water, general support
Operation BBQ Relief
Dixie Furniture parking lot
1512 Falls Boulevard
Food and showers

McDonald's
Monday 11am- 5pm
Tuesday and Wednesday from 10am- 5pm

Shelter

Wynne Baptist Church
1200 E Bridges Ave
Wynne, AR 72396

Harmony Health Clinic
1920 Falls Blvd
Wynne, AR 72396

Wynne Assembly of God Church
1900 North Killough Rd
Wynne, AR 72396

Medical Services

ARcare mobile unit
Boys and Girls Club
325 Magnolia St
Wynne, AR

Be Red Cross Ready

Taking Care of Your Emotional Health after a Disaster

Each positive action you take can help you feel better and more in control.

Disasters can bring about significant stress.

- This is especially true if you have experienced a previous disaster.
- The good news is that many people have experience coping with stressful life events and are naturally resilient—meaning we are designed to bounce back from difficult times.
- Here is some information on how to recognize your current feelings and tips for taking care of the emotional health of you, your family and your friends.

What you may be feeling now



When we experience a disaster or other stressful life event, we can have a variety of reactions, all of which can be common responses to difficult situations.

These reactions can include:

- Feeling physically and mentally drained.
- Having difficulty making decisions or staying focused on topics.
- Becoming easily frustrated on a frequent basis.
- Frustration occurring more quickly and more often.
- Arguing more with family and friends.
- Feeling tired, sad, numb, lonely or worried.
- Experiencing changes in appetite or sleep patterns.

Most of these reactions are temporary and will go away over time. Try to accept whatever reactions you may have. Look for ways to take one step at a time and focus on taking care of your disaster-related needs and those of your family.

Taking action



Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- Take care of your safety.** Find a safe place to stay and make sure your physical health needs and those of your family are addressed. Seek medical attention, if necessary.
- Eat healthy.** During times of stress, it is important that you maintain a balanced diet and drink plenty of water.
- Get some rest.** With so much to do, it may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- Stay connected with family and friends.** Giving and getting support is one of the most important things you can do.
- Be patient with yourself and with those around you.** Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order.
- Set priorities.** Tackle tasks in small steps.
- Gather information** about assistance and resources that will help you and your family members meet your disaster-related needs.
- Stay positive.** Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support, and help others when they need it.

If you still don't feel better ...



Many people have experience coping with stressful life events and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it influences their relationships with their family, friends and others.

If you find yourself or a loved one experiencing some of the feelings and reactions listed below for 2 weeks or longer, this may be a sign that you need to reach out for additional assistance.

- Crying spells or bursts of anger
- Difficulty eating
- Difficulty sleeping
- Losing interest in things
- Increased physical symptoms such as headaches or stomachaches
- Fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

For additional resources, contact your local Red Cross Disaster Mental Health or community mental health professional.

Please seek immediate help if you or someone you know is feeling that life isn't worth living or if you are having thoughts of harming yourself or others. You can also contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or SuicidePreventionLifeline.org.

Let Your Family Know You're Safe

If your community experiences a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.