

# Catholic Charities of Arkansas Diocese of Little Rock

## FAMILY EMERGENCY & DISASTER PLANNING GUIDE

*An Emergency & Disaster  
Preparedness, Prevention &  
Basic First Aid Manual*

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Office of the Bishop

## DIOCESE OF LITTLE ROCK

2500 North Tyler Street PO Box 7565 Little Rock, Arkansas 72217 (501) 664-0340 Fax (501) 664-6304

Dear Brothers and Sisters in Christ,

Oftentimes, there is no greater pain felt than the passing of a loved one. Every year, natural disasters claim an untold number of lives in the United States and in Arkansas. There is little Earthly comfort that can be provided to the deceased's family and friends, though through our faith in the Lord Our God, we take comfort in the knowledge that our loved ones are at peace in Heaven and that they no longer suffer the pains of this world.

As our communities come together to recover from disasters and repair our material world, we see how God truly intended for us to live as loving human beings who lend a hand to our neighbor and extend love to a stranger. In doing so, we also rebuild our spiritual world and restore our faith in the truth that God created us in His Image.

*For, when the Son of Man comes in his glory, and all the angels with him, he will sit upon his glorious throne, and all the nations will be assembled before him. And he will separate them one from another, as a shepherd separates the sheep from the goats. He will place the sheep on his right and the goats on his left. Then the king will say to those on his right, 'Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.' Then the righteous will answer him and say: 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?' And the king will say to them in reply, 'Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.' (Mt. 25:31-40)*

We must remember that every day of our lives is a gift from God. We are to cherish each day, and live to serve him. Many times He gives us signs of things to come - clouds form overhead to alert us of pending downpours, birds alter their migration patterns as the seasons change, and flowers bloom as the weather warms. Before a disaster, we are often warned of the impending change in our weather; our choice to heed or ignore those warnings often directly impacts our personal survival. God causes these things to happen so that we can be prepared for the change in our environment.

This book is written with the intention of helping individuals and families prepare for and cope with disasters ranging from insect bites, which can be deadly for some, to nuclear war, which, hopefully, will never occur. The following pages include contact information for organizations which may prove to be helpful following a disaster. Also included are prayers specific to disasters, with the intent of providing hope and comfort as we seek guidance from our Lord.

Sincerely in Christ,

+Anthony B. Taylor  
Bishop of Little Rock

*"The mission of Catholic Charities of Arkansas is rooted in the challenge of the Gospel: to serve persons who are poor or marginalized; to advocate on behalf of the most vulnerable; and to actively promote charity, justice, and the sanctity of life in the Church and the community."*

## **Peace during Severe Storms, Tornados, Hurricanes & Floods**

Oh Gracious Father, we come to You in this time of fear, uncertainty and stormy weather. The wind is howling, the rain is bearing down and the waters are rising; and surely we do not know Your master plan, but through faith, we know in You, we have refuge. Bring back the sun and dry the earth; we pray for gentle breezes and blue skies again. Guide the hands of those who have come to restore and repair; and mend the lives of those devastated by storms. Your love is our greatest source strength and comfort and through Your grace we are saved. **Amen.**

- By Jamie Deere,  
*Catholic Charities Parish Social Ministry & Disaster Response*

## **Ice Storm Prayer**

Lord, as we huddle in the cold, we pray not only for ourselves, but also for our friends, neighbors and for the stranger across town. We pray that the warmth of Your love radiates through all our souls; and that Your presence comforts us during our time of need. We pray that You send the sunshine to warm our homes and melt the ice. You alone are our salvation from the cold; as Your faithful followers, we know that, through Your unending mercy, the ice will soon melt. As we await relief from the storm, Your everlasting love warms our hearths and hearts. **Amen.**

- By Bridget Barcnas,  
*Catholic Charities Disaster Response*

## **Prayer in Time of Disaster**

Dear Heavenly Father, Please watch over us and our loved ones during this time of disaster. Help those who may have lost the way of the light to return to Your grace. Be with those that suffer and guide them back to a life of peace, comfort, and understanding. Lead those who are serving in the emergency relief; give them the strength to search for those who have been lost. In Your name, we pray. **Amen.**

- By Jennifer Corbin,  
*Catholic Charities Immigration Services, Little Rock*

## A Prayer for Children

**L**ord, Our Father, protect the innocent eyes of Youth from the visage of hardship and loss that they may not understand. Help them find peace and security amid the harsh realities that may surround them. Let Your love and peace act as a shield that protects and nurtures them as they move through uncertain time to a new future full of Your hope and guidance. Share Your wisdom with them so that their hearts may rest in the divine knowledge of Your plan for them, and so they may travel through the storms of life with unshakable faith in Your unwavering care. **Amen.**

- By Rebecca Jones,  
*Catholic Charities Adoption Services*

## Prayer of the Injured

**O**h Merciful God, Watch over us, Your children, during this time of pain. We offer our suffering up to You, in much the same way as Your Son suffered for our salvation. Have mercy on us that we may soon be freed of the pains that afflict us. Lend us Your strength to endure these injuries, that trouble our bodies and hurt our hearts. We know that You have not

abandoned us. We remain faithful to You, and we know that while pain is fleeting, Your Love endures forever. **Amen.**

- By Bridget Barcnas,  
*Catholic Charities Disaster Response*

## Un Día a la Vez (One Day at a Time)

**D**ear God, Recent events have taken our loved ones from us. While we know that their beautiful souls are with You in the Kingdom of Heaven, we still feel lost without them by our side. Every day feels empty and we search for meaning in our loss. We long to embrace them, kiss them, and tell them how much they mean to us. Because of our faith in You, in our hearts, we know that we will one day have the chance to see them once again. As we struggle with the sufferings from recent disasters, we strive to live by Your teaching every day and to follow in the footsteps of Your Son, Jesus Christ. We pray that the memory of our loved ones and Your mercy give us the strength that we need to continue to help ourselves and our neighbors. In Your name, we pray. **Amen.**

- By Flor Lopez  
*Catholic Charities Westside Free Medical Clinic*

## Peace from Domestic Violence

Lord, We come before You with heaviness in our hearts amidst disaster and despair; not the kind that overturns cars or rips the roofs off our houses, but rather the kind that tears through a family leaving none untouched, none unharmed; only a trail of destruction. Oh Heavenly Father, domestic violence is a ticking bomb that explodes over and over and does not discriminate as to whom it affects and who is hurt: no one person is immune.

Give us Your protection, we ask You for Your guidance on how to break this cycle of violence and fear that knows no boundaries, no race, no religion, nor wealth and social standing. These victims are weak; they will need Your hand to guide them and to guide those who can help to provide them with shelter, food, clothing and most of all spiritual guidance. Help those who cannot help themselves find comfort in You and trust in themselves to know they can be free of violence and free of guilt. We put our faith in You, *Amen.*

- By Venus Valdez,  
*Catholic Charities Immigration Services (VAWA)*

## Are You Here?

Are You here, God? You promised You would be - always and in all ways -- and yet I'm finding it difficult to hear You, to sense Your presence. Do

You know my fear, my confusion, my anger? Do You feel how much I need to be wrapped in Your comforting arms? I'll wait right here in the mess and somehow I know I'll find that You have been here all along. I'll listen for Your voice when I hear my neighbor offering to be with me. I'll taste Your nourishment in the food that others provide as they search for ways to be of help. I'll recognize Your face in loving glances and quick smiles of reassurance. I'll feel Your touch in the gracious acts of kindness offered to me. Walk with me even when I feel I am alone and soon I'll know You are here. *Amen.*

- By Cackie Upchurch,  
*Director of Little Rock Scripture Study*

## The Workers' Prayer

Almighty God, help us to respect the dignity of workers. Help us to learn about and to care about the worker who does not have fair wages, just benefits and safe working conditions. Help us to raise our voices for justice.

Guide us in our own work and in the work of justice we are all called to participate in. Renew our strength and commitment each day as we face the work ahead. Remind us to keep the common good for all as our goal, as Your Son has taught us. **Amen.**

- *By Tom Navin,  
Catholic Charities Social Action*

### **Prayer for Catholic Charities of Arkansas**

**L**ord God, may Catholic Charities of Arkansas serve as Your hands and heart incarnating the challenges of the Gospel on behalf of persons who are poor or marginalized throughout Arkansas.

Help us to:

- Serve directly, respecting the dignity of each person.
- Support and assist parish and diocesan ministries in their responses to Gospel living.
- Advocate on behalf of the most vulnerable in service systems and public policy.

Allow us to remain rooted in You in our efforts to actively promote charity, justice and the sanctity of life in the Church and in the community. **Amen.**

- *By Sister Mary Lou Stubbs,  
Catholic Charities of Arkansas*

## IMPORTANT NUMBERS

\*\*\*\*\*IN CASE OF EMERGENCY DIAL 911\*\*\*\*\*

### Disaster Area Medical Clinics:

- Heber Springs: 870-362-2252
- Jonesboro: 870-972-4777
- Little Rock: 501-552-3243
- Mountain Home: 870-425-5010
- Contact your local health care center for additional clinics in your county.

### Disaster Numbers:

- Americorps Teams: 202-436-5694 (Volunteer Coordination)
- Arkansas Crisis Response Teams: 501-837-8709 (Mental Health)
- Arkansas Dept of Emergency Management: 1-800-322-4012
- Arkansas DHS, Division of Volunteerism: 1-800-482-5850
- Arkansas 211: Dial 211 for Resources in Your Area
- Catholic Charities Disaster Response: 501-664-0340 (Long-Term Recovery Assistance)
- FEMA Hotline: 1-800-621-3362 CALL TO APPLY FOR DISASTER ASSISTANCE
- Red Cross: (Individual/Family Disaster Emergency Needs)
  - o Diamond Valley Chapter: 870-246-2682 (*Servicing Clark, Dallas, Grant, Hot Spring and Pike Counties.*)
  - o Greater Little Rock Area Chapter: 501-748-1000 (*Servicing Cleburne, Conway, Faulkner, Lee, Lonoke, Monroe, Perry, Phillips, Prairie, Pulaski, Saline, St. Francis and Van Buren Counties.*)
  - o Mid South Chapter: 901-726-1690 (*Servicing Crittenden County.*)
  - o North Central Arkansas Chapter: 501-268-2691 (*Servicing Independence, White and Woodruff Counties.*)
  - o Northeast Arkansas Chapter: 870-932-3212 (*Servicing Clay, Craighead, Cross, Fulton, Greene, Izard, Jackson, Lawrence, Mississippi, Poinsett, Randolph and Sharp Counties.*)
  - o Northwest Arkansas Chapter: 479-782-1056 (*Servicing Baxter, Benton, Boone, Carroll, Crawford, Franklin, Johnson, Logan, Madison, Marion, Newton, Pope, Scott, Searcy, Sebastian, Stone, Washington and Yell Counties.*)
  - o Ouachita Area Chapter: 501-623-9321

*(Servicing Garland, Howard, Montgomery, Polk and Sevier Counties.)*

- South Arkansas Chapter: 870-863-8196 or 1-800-704-8518 *(Servicing Bradley, Calhoun, Columbia, Hempstead, Lafayette, Nevada, Ouachita and Union Counties.)*
- Southeast Arkansas Chapter: 870-534-7312 *(Servicing Arkansas, Ashley, Cleveland, Chicot, Desha, Drew, Jefferson and Lincoln Counties.)*
- Texarkana Chapter: 903-793-5602 *(Servicing Little River and Miller Counties.)*
- Salvation Army: 501-374-9296 (Individual/Family Emergency Assistance)
- Salvation Army Southern U.S. Contact Number: 404-728-1300 (Call to locate an office near you.)
- Small Business Administration: 1-800-659-2955 (Individual, Business and Non-Profit Organization Disaster Loans)
- United Way: 1-866-489-6983 (Non-Profit Agency Assistance)

### **Food Assistance:**

- AR Foodbank Network: 501-565-8121
- Foodbank of North Central Arkansas: 870-499-7565
- Foodbank of Northeast Arkansas: 870-932-3663
- Harvest Texarkana: 870-774-1398
- Ozark Foodbank: 479-872-8774
- River Valley Regional Foodbank: 479-785-0582
- AR Department of Health & Human Services (Disaster Food Stamps, SNAP, WIC, ARKids 1st, etc.): 1-800-235-0002
- AR Rice Depot: 501-565-8855

### **Legal Services:**

- Catholic Charities Immigration Services, Little Rock: 501-664-0340
- Catholic Charities Immigration Services, Springdale: 479-927-1996
- Center for Arkansas Legal Services / Legal Aid of Arkansas (civil matters):
  - Toll Free: 1-800-9 LAW AID (1-800-952-9243)
  - Pulaski County Residents call: 501-376-3423
  - Craighead County Residents call: 870-972-6411
  - Washington County Residents call: 479-442-4204

### **Abused Persons in Need:**

- Child Abuse Hotline: 1-800-482-5964 / TDD 1-800-843-6349
- National Child Abuse Hotline: 1-800-222-4453

- Adult Protective Services: 1-800-482-8049

*If you are aware of abuse or have been abused by clerics, Church volunteers or Church workers, please contact the Vicar General for the Diocese of Little Rock at (501) 664-0340 ext. 361, and the State of Arkansas Hotline for Crimes Against Children at 1-800-482-5964. For pastoral assistance, please contact the Victim Assistance Coordinator for the Diocese of Little Rock, Drs. George and Sherry Simon at (501) 766-6001.*

### **Battered Women Shelters:**

- Arkadelphia (Also Hot Springs Satellite Office): Courage House: 870-246-2587
- Batesville (Also Melbourne Satellite Office): Family Violence Prevention & Rape Crisis Center (S.A.I.L.): 870-793-8111 1-800-894-8821
- Benton: Saline County Safe Haven, Inc: 501-315-7233
- Bentonville: Benton County Women's Shelter & Rape Crisis Center: 1-800-775-9011
- Blytheville: The Haven of Northeast Arkansas: 870-532-6669 1-800-474-1064 Cabot: Lonoke County Safe Haven: 501-941-4357 501-941-0899
- Camden: Women's Crisis Center of South Arkansas & Rape Crisis Center: 870-836-0325 1-888-836-0325
- Clinton: Dove House: 501-745-5657
- Conway: Women's Shelter of Central Arkansas: 501-329-2255 1-866-358-2265
- De Queen: SW Arkansas Domestic Violence Center: 870-584-3441
- El Dorado: Union County Family Violence Center Rape Crisis Center: 870-862-0929 1-888-880-0929
- Fayetteville: Project for Victims of Family Violence: 479-442-9811 1-877-442-9811
- Ft. Smith (Also Ozark & Waldron Satellite Offices): Crisis Center for Women (DV & Sexual Assault Services): 479-782-4956 1-800-359-0056
- Harrison: Sanctuary: 870-741-2121 1-877-561-8100
- Heber Springs: Margie's Haven House: 501-362-6757
- Jonesboro (Also Sexual Assault Line): NEA Council on Family Violence: 870-933-9449 Tollfree: 1-866-982-9575
- Little Rock: The Dorcas House: 501-374-4022
- Little Rock: Women & Children First: 1-800-332-4443
- Marshall: Hope Foundation: 870-448-2273 1-877-638-HOPE
- Mena: Covenant House: 479-394-7745
- Monticello (Rape Crisis Satellite Office): Options, Inc.: 870-367-3488 1-877-977-3488
- Morrilton: The Safe Place: 1-888-554-2501

- Mountain Home: Serenity: 870-424-7233
- Mountain View: Stone County Abuse Prevention, Inc.: 870-269-4888
- Newport: White River Battered Women's Shelter: 870-523-5000
- Pine Bluff: CASA (Committee Against Spouse Abuse): 870-535-0287
- Russellville: River Valley Shelter for Battered Women & Children: 479-968-3110
- Searcy: White County Domestic Violence Prevention: 501-278-4673 Clients call collect
- Sheridan: Keeping the Faith: 870-942-6219 870-942-7373
- Stuttgart: Restoration of Hope: 870-672-4341 1-866-884-4637
- Texarkana (Also: Ashdown, Hope & Stamps): Domestic Violence Prevention & Sexual Assault Services: 1-800-876-4808
- West Helena: Angels of Grace: 870-572-9530 1-877-572-9530
- West Memphis: Families in Transition: 870-732-4077
- Wynne: New Directions: 870-238-7790

### **Other Useful Numbers:**

- AR 2-1-1: Dial 211 for Resources in Your Area
- AR Adult Education: 501-682-1970
- AR Crisis Center (24-hour hotline): 1-888-CRISIS2 (274-7472)
- AR Department of Education: 501-682-4475
- AR Department of Human Services, Division of Aging and Adult Services: 1-866-801-3435
- AR Rehabilitation Services: 1-800-330-0632
- AR Workforce Services: 501-682-8030
- AR Dept of Finance & Administration: 501-682-4663
- HUD/Housing: 501-918-5700
- IRS: Toll Free: 1-800-829-1040 (individuals) or 1-800-829-4933 (businesses)
  - Fayetteville: 479-442-3948
  - Ft. Smith: 479-649-8602
  - Jonesboro: 870-802-0219
  - Little Rock: 501-324-5111
- Social Security Administration: 1-800-772-1213 (TDD 1-800-325-0778)
- Veteran Affairs: 501-370-3820
- Local Hospital: \_\_\_\_\_
- Local Police: \_\_\_\_\_
- Local Church: \_\_\_\_\_
- Other: \_\_\_\_\_

## INFORMATION ABOUT NOAA WEATHER RADIO

**NOAA Weather Radio** broadcasts National Weather Service (NWS) warnings, watches, forecasts, and other non-weather related hazard information 24 hours a day. During an emergency, NWS sends a special tone that activates weather radios in the listening area. Weather radios equipped with a special alarm tone feature can sound an alert and give you immediate information about a life-threatening situation.

NOAA Weather Radios are found in many electronics stores and cost about \$25-\$100. Some features to consider are alarm tone, battery backup, and "Specific Area Message Encoding" (SAME) programming.

NOAA Weather Radio (NWR) broadcasts warnings and post-event information for all types of hazards - **weather** (*blizzards, thunderstorms, etc.*), **natural** (*floods, hurricanes, tornadoes and earthquakes*), **technological** (*chemical or oil spills, nuclear power plant emergencies, etc.*), and **national emergencies**. NOAA collaborates with other Federal agencies and the FCC's Emergency Alert System (EAS) to issue non-weather related emergency messages. Weather Radio also cooperates in providing notices under the Department of Homeland Security Threat Advisory System and used for issuance of "AmberAlerts".

Local NWS offices also broadcast non-weather related emergency messages on NWR *at the request of local or state government officials*. During this type of emergency, officials provide text information about the hazard and recommend protective actions for the affected areas. NWS offices have pre-arranged agreements with government to speed the process, since minutes and seconds make a difference.

### Programming Your NOAA Weather Radio

If you purchase a Weather Radio receiver with "Specific Area Message Encoding", you should program it with coding for your area. By doing so, you can limit the alerts which will trigger your weather radio to only those affecting your warning area. Follow the manufacturer's directions to program your receiver using the six-digit SAME code(s) for the warning areas of interest to you.

ST County/City SAME # NWR TRANSMITTER FREQ. CALL WATTS

For more about **NOAA Weather Radios** visit [www.weather.gov/nwr](http://www.weather.gov/nwr) (Click on "SAME Coding" to find state, county, territory & marine codes.)

# Catholic Charities of Arkansas

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(501) 664-0340

2022 W. Sunset Ave.  
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## **ADMINISTRATION**

### **ADOPTION SERVICES**

Birth Parent Services, Adoptive Parent Services, Search & Reunion

### **IMMIGRATION SERVICES, LITTLE ROCK**

Family-Based Immigration, Crime Victims' Services, Religious Visas, OSC Clinics, Education & Advocacy

### **IMMIGRATION SERVICES, SPRINGDALE**

Family-Based Immigration, Crime Victims' Services, Refugee Services, OSC Clinics, Education & Advocacy

### **PARISH SOCIAL MINISTRY**

Salt & Light, Disaster Response, Parish Disaster Teams, Parish Emergency Assistance

### **SOCIAL ACTION**

Prison Ministry, Catholic Campaign on Human Development, Legislative Advocacy, Alcohol & Drug

### **WESTSIDE CLINIC**

English Language Clinic, Spanish Language Clinic, Outreach & Community Education

### **DEVELOPMENT & FUNDRAISING**

Grants Management, Special Events, CRS Rice Bowl

***PROVIDING HELP, CREATING HOPE***