



# News Across the Table

Our Neighbors' Table, April 2022 / Edition 21

## Community Resource Spotlight



### Clothing



Below are some of the places in our area where you can find free or low-priced clothing.

**Adventist Community Service Center** – Free clothes & personal items. Next to the Amesbury Seventh Day Adventist Church, at 1 Osgood Place, Amesbury.  
Tues.: 1 - 3pm, Thurs.: 9am – 12pm. (978) 388-3352

**Belleville Congregational Church Thrift Shop** - Gently used and new clothing, household goods, & more. 300 High St., Newburyport. Wed. & Sat.: 9am – noon.

**Community Action Amesbury Center** – Children's clothing & other resources, by appointment. For residents of Amesbury, Merrimac, Salisbury, Newbury, West Newbury, & Newburyport. 44a Friend St., Amesbury. 978-388-2570

**Community Service of Newburyport** – Clothing voucher, personal care items, & other resources. For residents of Newbury, West Newbury, & Newburyport. Intake required. The Annex at St. Paul's Church, 35 Summer St., Newburyport. 978-465-7562

**Fellowship Thrift Shop** - Gently used and new clothing, small household goods, & more. First Congregational Church of Rowley, 175 Main St., Rowley. Thurs.: 3 – 6pm, Sat.: 9am – 1pm.

**Goodwill Thrift Shop** - 21 Chevy Chase Road, Seabrook, NH. Sun.: 9am-6pm, Mon.-Thurs.: 9am-8pm, Fri. – Sat.: 9am-9pm. 603-474-0980

**Leeward Light Thrift Store** – Clothing, household goods and more, 126 Bridge Road, Salisbury. Tues.-Sat.: 10am-5pm, Sun.: 10am-4pm. 978-465-1141

**Ruth's House** – Thrift shop, clothing vouchers, free suits for veterans. 111 Lafayette Sq., Haverhill. Tues.-Fri.: 9am-5pm, Sat.: 9am-3pm. 978-521-5575

**Step Up Inn Thrift Shop** – Main St. Congregational Church, 145 Main St., Amesbury (just behind parish house). Wed.: 3pm-6pm, Sat. 10am-1pm.

## SNAP Update

Due to the high increase in fuel prices that has occurred during the current winter season, DTA slightly increased the Standard Utility Allowance, which is used to calculate SNAP benefits. Some SNAP recipients may see a small increase in their benefit amount as a result. For those who are affected, DTA sent recipients a text message advising them of the change in benefit amount on their regular SNAP issuance date in March.

**P-EBT update:** DTA is working on a plan for P-EBT benefits for the 2021-2022 school year and summer 2022, so hold on to your P-EBT cards if you were previously issued one. Details of the plan are still to come. If you lost or discarded your P-EBT card, report it immediately so you can get a replacement card. You can request a new P-EBT card online at [dtacconnect.eohhs.mass.gov/pebt](http://dtacconnect.eohhs.mass.gov/pebt)

### Apply for SNAP with ONT by phone!

Our Neighbors' Table is a SNAP Outreach Partner. We can help you apply for SNAP (food stamps) by phone. Call Tress at 978-388-1907, ext. 18 to apply, help with an open SNAP case, or to answer your questions about SNAP.



Call Tress Ricker  
978-388-1907  
Ext 18

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.

**FREE Chrome Book for people who sign-up for FREE Money Matters 6 week Zoom Class! Starts Monday April 25, 2022! Register Now!**

**MONEY MATTERS** is a FREE 6-week program designed to help you reduce your financial anxiety, better manage your money, & set goals for the future! **MONEY MATTERS** covers topics such as: Checking accounts and banking basics, Savings: "Pay yourself first", Understanding & improving your credit, Creating a budget, Loans & home ownership and Protecting yourself from scams & identity theft.

Call Community Action in Amesbury to sign up for the course! (978) 388-2575



## Our Neighbors' Table Grocery Market & Community Meal Locations & Hours

**Wednesday Night Community Meal:** Main Street Congregational Church Vestry Hall, 145 Main Street, Amesbury, MA  
Wednesdays 4:00 pm—6:00 pm

**Newburyport Market:** Newburyport Senior Center,  
331 High St., Newburyport. Thursdays, 10:00am - 11:30 am

**Amesbury Market:** 194 Main St., Amesbury  
Wednesdays: 10:00am - 1:00pm and 2:00pm - 4:00pm  
Thursdays: 12:00pm - 3:00pm and 4:00pm - 6:00pm  
Fridays: 9:00am - 12:00pm and 1:00pm - 3:00pm  
Saturdays: 9:00am - 1:00pm

**Salisbury Market:** Salisbury Senior Center. 43 Lafayette Road, Salisbury. (Serving Salisbury residents only)  
Wednesdays, 1:00 pm—3:00 pm. & Fridays, 11:00 am—1:00 pm.

**Heritage Towers & Vale** Amesbury. (Serving residents of Heritage Towers & Heritage Vale only) 1st & 3rd Wednesday 9:30 am -10:30 am

**Powwow Villa:** Amesbury. (Serving residents of Powwow Villa only.)  
1st and 3rd Wednesday 10:30 am-11:30 am

Grocery orders can be placed online or by phone until 3pm the day before pick-up. Order groceries at: [ourneighborstable.org/getfood](http://ourneighborstable.org/getfood)

Our Neighbors' Table

194 Main Street, Amesbury, MA 01913

978-388-1907

[www.ourneighborstable.org](http://www.ourneighborstable.org)

Para ler esta newsletter em portugues, visite o site [www.ourneighborstable.org/guestnewsletter](http://www.ourneighborstable.org/guestnewsletter) para fazer o download do pdf com a versão traduzida.

## Market News

Our Neighbors' Table staff and volunteers would like to remind everyone to turn off your vehicles when getting groceries at curbside pickup.

The Easter Bunny is coming to Our Neighbors' Table. April 5-16 we'll have Easter baskets for babies and children available when you place an order. Gift cards will be distributed at curbside pickup, at our offsite locations, and to all delivery recipients. No sign up required!



## Heather's Recipe: CRUNCHY RANCH CHICKEN FINGERS

Kids love this! So easy & quick to make.

**PREP TIME:** 10 Minutes

**COOK TIME:** 35 Minutes

**SERVES:** 4

### INGREDIENTS:

- 1 lb. Boneless Skinless Chicken Breast cut into strips
- 1/2 bottle of Ranch Dressing
- 1 Sleeve of Ritz Crackers crushed (any brand is fine)
- Salt and Pepper

### DIRECTIONS:

1. Place the ranch dressing and the Ritz crackers in separate bowls
2. Grease a 9x13 inch pan
3. Salt and pepper the chicken
4. Dip the chicken in ranch dressing and then dip in the crackers
5. Place in the pan and bake at 350 degrees for 25-35 minutes



Heather Paterson is ONT's Meal Manager. Her delicious recipes are made into meals and available free for takeout every Wednesday from 4pm to 6pm at Main Street Congregational Church, 145 Main St., Amesbury, MA

## Safety / Emergency Community Hotline Numbers

**Domestic Violence:** Jeanne Geiger Crisis Center, 978-388-1888, 24/7

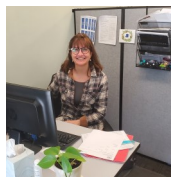
**Elder Abuse (over age 60):** Elder Protective Services, 800-792-5200, 24/7

**Suicide Prevention:** National Suicide Prevention Hotline, 800-273-8255, 24/7

**Disabled Abuse:** Disabled Person's Protection Commission, 800-426-9009, 24/7

**Child Abuse:** Child Abuse Emergency Hotline, 800-792-5200  
M-F: 5pm-9am, all day weekends & holidays

## Volunteer Profile: Veronica Carleo



Veronica Carleo has been volunteering at Our Neighbors' Table for about 4 years as a Market and Office volunteer. Her participation in various volunteer positions, Veronica says, allowed her "to see the ONT operations from different angles." She came to ONT after a friend and former ONT Board member, Eli Bailin, pointed her to ONT's mission and impact. Veronica met Eli around 7 years ago when the Newburyport track was condemned and they helped to create an organization called "Friends of Newburyport Track" to fix it. Friends of Newburyport Track is a passion project of Veronica's because her and her family love running. The organization brought together groups of coaches, running clubs, and applied for grants to create a brand new 8-lane track with facilities.

Veronica knows the effects of poverty, mental health, and food insecurity through her brother's battle with addiction. She admires "the understanding and empathy of everyone at ONT and the way they empower volunteers with information." Veronica says that, beyond the information she uses during volunteer shifts, she is able to spread awareness of food insecurity through personal networks as well. She also loves the connections she makes with Guests, "I have developed relationships with Guests through orders I take over the phone week-to-week."

Veronica was born in Nebraska but has lived all over the country. She even lived in Japan for a bit while her husband worked for Nike! Veronica worked in marketing at wildlife conservation organizations and the American Lung Association. She has lived in Newburyport for 18 years and has 3 sons: Nicholas, Jack, and TJ. In her free time, Veronica likes to hike, watch her kids run races, and snowshoe with her dogs.

Veronica, thank you for all you do for your community and ONT!

## The Amesbury Senior Center has a new COAVan

It will be used to provide rides for older adults to appointments (to supplement MVRTA and NEET rides) and will also be used for specific "Monday Fun Day Trips" Amesbury Senior Center trips. Reservations can be made up to two weeks in advance. Give your name, address, phone number, whether you use a cane, walker or wheelchair and the duration of the appointment to which you are going.

Call the COA Reception Desk at 978-388-8138 to schedule transportation at least 48 business hours in advance.

## Financial Assistance available for individuals and families experiencing hardships

Eligibility requirements: individuals and families experiencing severe economic hardships due to COVID-19 who are living below 80% AMI and households with no, or very limited, access to sources of economic relief. Eligible categories:

- Housing costs
- Technology
- Utility support
- Healthcare
- Food security
- Childcare
- Transportation
- Funeral costs (associated with COVID)



Please call Pettengill House at 978-463-8801 to make an appointment.

