



News Across the Table

Our Neighbors' Table, December 2021 / Edition 17

Market Christmas News

ONT is stocking up on treats and gift cards for Christmas. **Our holiday distribution will take place the week before Christmas (December 14th-18th) as well as December 21st.** You do not need to register. Instead, you place an order by 3pm the day before picking up your groceries. **We will also be open Wednesday, December 22nd and Thursday, December 23rd.**

ONT will close for the holiday break. Please keep this in mind when ordering this month. Stock up on groceries in the prior weeks if need be (items such as: shelf milk, canned vegetables, frozen meats, root veg., extra dozen eggs etc.). **Our office will reopen Monday, January 3rd** and programs will resume Wednesday the 5th. **Happy Holidays!**

ONT Wednesday Dec. 8th it's Dinner with Santa!

Santa & Mrs. Claus Are Coming to Town at the ONT Community Meal—146 Main St., Amesbury

Join us for a reading of *'Twas the Night before Christmas,'* complete with milk & cookies with YOU!

1st Story at 4:15pm • 2nd Story at 5:00pm

Each child will also receive two wrapped gifts!

Please make sure to wear mask for safety.



Heather's Recipe: MARSHMALLOW SNOWMAN

These are fun to make with the littles in your life!

PREP TIME: 10 Minutes

INGREDIENTS:

- 3 regular sized Marshmallows
- Pretzel Sticks
- Chocolate cookie icing
- Candy Corn

DIRECTIONS:

1. Squeeze on eyes and a mouth to one marshmallow using your chocolate icing.
 2. Cut a slit in the middle and press in a candy corn for the nose.
 3. Cut another slit in the backside and press the marshmallow on the edge of your mug.
 4. Add 2 dots of icing to another marshmallow and press 2 pretzel sticks in the sides.
 5. Add another dot of icing on your last marshmallow and press in 2 pretzel sticks to the bottom.
- Place them in your mug and watch your snowman relax in his hot cocoa bath.



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.

Letter from the Executive Director

Happy Holidays! Whether you are celebrating the winter solstice, a visit from Santa or the miracles of Hanukkah, I hope you are enjoying the warmth of someone you love. Day in and out we, at Our Neighbors' Table, see the best of humanity – smiling eyes peering over masks, neighbors taking care of neighbors, and stories of gratitude and hope. We know life gets pretty hard, especially this year, and especially around the holidays. ONT is here for YOU. Whether you're shopping for groceries, or need a referral to another agency for services, we are here to help. One way we can help is by processing your SNAP application! SNAP (aka Food Stamps) puts money in your wallet so you can buy groceries at the grocery store. Having SNAP doesn't prevent you from shopping at ONT's market, but it gives you money to buy the things we don't carry. Most of the people who shop at ONT would qualify for some money from SNAP but half of you are not enrolled! Don't leave this money on the table! Make your appointment with Tress before the year ends – ourneighborstable.org/SNAP or call our office!

May peace be with you through the New Year,
Lyndsey

SNAP Update

Getting SNAP automatically qualifies you for discount utility rates with National Grid and Merrimac Light Department. If you've provided a utility bill to DTA, you should see the discount reflected on your bill. If not, you can apply directly to the companies for the discount by completing a quick online application and sending them a copy of your EBT card or approval letter from DTA.

National Grid customers can go to <https://www.nationalgridus.com/Discount-Rate-App-MA> or call National Grid at 1-800-322-3223.

Merrimac residents can go to <https://merrimacdept.com/application-for-lifeline-discount/> or call Merrimac Light Dept. at 978-346-8311.

Don't get SNAP yet? You may still qualify for the discount if you participate in any one of a number of other programs. See the websites listed above for details.

Apply for SNAP 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.

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Energy Assistance Programs

Due to the pandemic and high natural gas prices worldwide, electricity and gas supply prices are set to be very high this winter. New and expanded assistance programs are available to help customers pay bills or manage the increase.

If you are behind on your utility bills, you should **call your utility company** immediately and ask about their payment plans. Utilities are offering several customer assistance programs, including flexible payment plans (regardless of income), and balance forgiveness plans for those eligible. You will be protected from shutoff if you make payments as scheduled under the plan. Also you may qualify for a **low-income discount rate** if you do not already get one.

Income-Eligible Assistance Programs:

LIHEAP/Fuel Assistance

Fuel Assistance has much higher income guidelines than other types of assistance programs, so even if you don't qualify for SNAP or other programs, you may qualify for fuel assistance. You can get Fuel Assistance even if you pay (unsubsidized) rent and your heat is included in your rent.

- To apply in our area in Massachusetts, contact **Community Action at 978-373-1971 ext. 218.**
- If you live in South Hampton, apply at **Rockingham Community Action at (603) 474-3507.**

Massachusetts Good Neighbor Energy Fund

If your income is too high for fuel assistance but you are still struggling with heating costs, you may qualify for assistance from the Good Neighbor Energy Fund. You apply through your local Salvation Army. In our area, contact the **Newburyport Salvation Army at (978) 465-0883.**

Free Holiday Dinners on Christmas Day on the North Shore:

Haverhill: Common Ground Cafe, 194 Winter St., Christmas morning — until mid-afternoon (most likely open until 1 pm). ❄️

Peabody: Haven from Hunger, 71 Wallis St., Christmas Dinner at 12 noon. Doors will open at 11 a.m.

Salem: Lifebridge, 56 Margin St., Christmas Dinner served from 12:30 to 1 p.m. and 6:30 to 7 p.m. ❄️

Danvers: Northshore Unitarian Universalist Church, 323 Locust St., "Christmas Dinner with Friends" will be served from 1 to 3 p.m. Transportation is available if needed. Call the church by 12 noon on Thursday, Dec. 22 to sign up.

Lynn: My Brother's Table, 98 Willow St., Christmas dinner will be served from 2:30 p.m. to 4:15 p.m. Everyone who comes will receive a small gift. ❄️

Gloucester: Gloucester American Legion, 8 Washington St., Christmas Holiday Ham Dinner will be served from 11:30 a.m. to 12:30 p.m. Homebound Cape Ann residents who are homebound and would like to have a meal delivered to them may call and leave a message by 6 p.m. Wednesday, December 21. See image below for more details. ❄️

Beverly: St. Peter's Church, 4 Ocean St., Regular Sunday supper will be served on Dec. 25 at 6 p.m. A special Sunday Night Supper Christmas Dinner will be served on Dec. 18 with doors opening at 5:30 p.m. and dinner being served at 6 p.m.

Volunteer Profile: Clarissa Taylor



Clarissa Taylor, one of ONT's 2021 Community Champions, speaks about her introduction to ONT with amusement and fondness. "My friend Murray tricked me," she starts with a smile, "Murray asked me if I wanted to be part of the Volunteer Appreciation Committee for one meeting and one event." It turned into significantly more than one meeting and one event, but after 9 years of volunteering, she wouldn't change it for the world.

Clarissa has volunteered in almost every program area of ONT. She is currently using her friendly approach to take guest orders over the phone as an Office volunteer. She loves to take the time to chat with guests before taking their orders. Clarissa recalls her most memorable moment at ONT, "A guest was so glad that I called because I am usually the only phone call she gets each week."

Clarissa has lived in Amesbury for 36 years after growing up in Lawrence. She was a speech therapist at Amesbury Public Schools before retiring. She loves to walk, read, travel, and watch her 5 grandchildren in her free time.



Our Neighbors' Table Hosted A Vaccine Bus Clinic on November 11th and 100 Arms were Vaccinated!

Pfizer, Moderna or Johnson & Johnson: dose 1, 2 and boosters were all offered at the vaccine clinic. Appointments were not necessary as it was a walk-up clinic. A combination of ONT guests, staff, volunteers and a few community partners represented the 100 arms that were vaccinated that day! ONT was proud to do its part to offer this service to our guests and the ONT community at large.

Our Neighbors' Table Locations & Hours:

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

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



978-388-1907

194 Main Street, Amesbury, MA 01913
www.ourneighborstable.org

Safety / Emergency Community Hotline Numbers

Domestic Violence: Jeannie 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 5pm-9am M-F