



# News Across the Table

Our Neighbors' Table, January 2022 / Edition 18



Please remember that it is required that you wear a face mask at all times while on ONT's campus. This mask requirement includes while you are in your car speaking to our volunteers as well as anywhere in our parking lot. Please also remember that there is a no smoking policy everywhere on the ONT grounds (again including our parking lot). From all of us at ONT— we wish you a safe and healthy New Year!

## Market News



**ONT will close if there are any major snow storms.**

Please be sure to check our social media or call 978-388-1907 for updates ahead of larger snow events. **Any ONT closings will also be broadcast on Channel 7 NEWS.** We will do our best to make any decisions to close two days before a storm so guests can avoid having an order canceled as a result of a snowstorm. Hopefully we have a mild winter and there won't be any interruptions to our weekly schedule!



### Heather's Recipe: BAKED CRISPY RANCH CHICKEN

Only 4 Ingredients...You can do this!

#### INGREDIENTS

- 5-6 boneless, skinless chicken breasts
- 1 cup ranch dressing
- 1½ cups breadcrumbs
- 1½ cups lightly crushed corn flakes

#### INSTRUCTIONS

1. Pour ranch dressing into a wide bowl.
2. In a separate bowl, combine breadcrumbs and lightly crushed corn flakes.
3. Dip chicken breasts in ranch evenly on both sides.
4. Next, dip into bowl with combined breadcrumbs and corn flakes. Evenly cover on all sides.
5. Place in a greased 9x13 pan and bake at 350 for 35-45 minutes or until chicken is done and tender.



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.

## SNAP Update

If you receive income from the Social Security Administration, you will notice that your benefits increased by 5.9% for 2022 due to the cost of living adjustment. If you are on SNAP, DTA will already know about the increase, so you do not need to worry about reporting it to DTA. If you are unsure about the rules for reporting changes in your household to DTA, refer to the rules on your approval letter from DTA or **call Tress at ONT for help at 978-388-1907, ext. 18.**

## 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.



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



**Call Tress Ricker**  
**978-388-1907**  
**Ext 18**

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The Jeanne Geiger Crisis Center provides comprehensive services to meet the complex needs of adults and children who have experienced domestic violence.

The Center supports survivors healing from the trauma of domestic abuse through advocacy, counseling and legal services. Their team of advocates, mental health counselors, and lawyers provide an integrated web of support as the needs of survivors shift from crisis intervention to long-term healing and independence. Services are provided at no cost, and are available virtually or in-person.

Domestic violence is a pattern of abusive, controlling or violent behavior toward a partner in an intimate or romantic relationship. The behavior can take many forms from verbal abuse to threats, isolation from family and friends, intimidation, financial control, sexual or physical violence, damaging property or threatening to harm the victim's family, pets or, even, themselves.

People who are abused often think they are to blame or that their situation is hopeless. If you feel this way, are being hurt or abused, it is NOT your fault, and you are not alone. The Jeanne Geiger Crisis Center can help:

- Call their 24/7 confidential hotline any time at **978-388-1888** and speak with a trained domestic violence advocate who will listen to you, ask you questions, and help connect you to the best possible services for your unique situation.
- Visit the Jeanne Geiger Crisis Center website to learn more about the confidential and free services they provide to our local communities: [www.jeannegeigercrisiscenter.org](http://www.jeannegeigercrisiscenter.org).

### **MVRTA Buses GO FARE FREE ON MARCH 1, 2022**

The Merrimack Valley Regional Transit Authority (MVRTA) board voted unanimously yesterday to go **fare-free for all local fixed route and EZ Trans paratransit services starting March 1, 2022 for at least a 2-year pilot**. However, please note that fares will still be collected on the Boston Commuter bus. The MVRTA will be using federal Coronavirus Aid, Relief, and Economic Security Act (CARES) and American Rescue Plan Act (ARPA) funds for the pilot.

Some of the many advantages of a fare free transit system include winning back riders who stopped riding during the COVID-19 pandemic, returning dollars back to the local economy, increased access for people having a hard time affording transportation, faster and more efficient trips, and reduced conflicts between drivers and passengers.



Gay Brown is known for feeding people. "I cook for everyone," she says, "I just love to keep people fed with healthy foods." When Gay got involved with ONT, she found that the organization had a similar focus on providing nourishing food to people. She is driven to volunteer because, "the world can be such a negative place, but there are so many people that step up and volunteer their time to help. It just affirms there is still good out there."

Gay Brown has been a dedicated ONT donor and volunteer for more than 4 years now, "But it feels like forever," she says with a laugh. Gay recalls one of her most memorable moments was when a man came to pick up 3 or 4 items and told her how much of a difference those few staple items would make for his family. She loves that guests are able to easily get things like fresh produce and eggs from ONT.

Gay has lived on the seacoast of New England all her life. Growing up in Rowley, she now lives in Newburyport. She is a Registered Nurse and currently volunteers her time with the Mass Medical Reserves. Through this, she is called on as a nurse to work at events like vaccine clinics. In her free time, Gay likes to read, hike, cook, and walk her dog, Lexi.

### 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](http://ourneighborstable.org/getfood)



978-388-1907  
194 Main Street, Amesbury, MA 01913  
[www.ourneighborstable.org](http://www.ourneighborstable.org)

### **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** 5pm-9am M-F  
all day weekends & holidays