



# News Across the Table

Our Neighbors' Table, May 2021 / Edition 10

## **FEMA Now Providing COVID-19 Funeral Expense Assistance**

Realizing that the COVID-19 pandemic has brought overwhelming grief to many families, FEMA is now providing financial assistance for COVID-19 related funeral expense incurred after January 20, 2020. To apply for assistance, call FEMA's Covid-19 Funeral Hotline Monday – Friday 9 a.m. — 9 p.m.

**1-844-684-6333**

For Hearing impaired TTY: **800-462-7585**

## **News from the Market**

Can you believe we've been doing curbside pickup for over a year now?! We miss having you visit the market, but are thankful to have created a process that keeps every safe.



We do our best to offer a wide variety of foods. If something isn't available when you place your order, that means we do not have it at that time. Please do not request other items when picking up your order, as our volunteers are unable to give out extra products. We work hard to keep our inventory accurate, which means many of our items have been spoken for even before they leave the building.

## **Heather's Recipe:**

### **MEXICAN CORN & TOMATO SALAD**



This dish can be served as a salad or with tortilla chips as a topping. You can also add chicken, beef or shrimp as a protein to the salad a complete meal.

**PREP TIME:** 20 min.

#### **INGREDIENTS**

- 1/3 cup diced red onion
- 1 pint grape tomatoes cut in half
- 1 ripe avocado
- 1 can of Mexican corn (Green Giant)
- 1/4 cup of fresh cilantro
- 1 teaspoon of chopped fresh garlic
- 1/2 tsp. garlic salt
- 2-3 dashes of Cholula Chili Garlic Sauce

#### **INSTRUCTIONS**

In a small bowl, whisk together the olive oil, garlic, Cholula Sauce, garlic salt and cilantro. Pour the dressing over the salad mixture and toss gently to coat. Serve immediately, garnish with additional cilantro if desired.



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

## **SNAP Update**

**Emergency allotment update**— USDA has made a change to how much of an emergency allotment the lowest income households on SNAP will receive. Starting with the allotment for April distributed on 5/4/21, SNAP households will receive a minimum of \$95 per month for an emergency allotment. Emergency allotments are the extra SNAP benefits being distributed while we are still in both a state and federal state of emergency. Details on this and other changes during the pandemic can be found at: <https://www.mass.gov/info-details/dta-covid-19-frequently-asked-questions>  
**WIC and SNAP** — If you get both WIC and SNAP, it's recommended that you use your WIC benefits first when you shop before using your EBT card. WIC benefits are only good for the assigned month you get them and will disappear from the WIC card if not used in that month, but SNAP/EBT benefits will roll over to the next month and beyond if not used. SNAP benefits do not disappear from EBT cards unless the card has not been used at all in an entire 365 days.

## **P-EBT Cards**

**Keep your P-EBT card** - If your child got a P-EBT benefit this past school year, hold onto the card, as we anticipate benefits to resume over the summer break.

## **Applying for SNAP if you are self-employed**

People who are self-employed may still qualify for SNAP and are allowed to deduct their business expenses from their gross income. Call Tress at 978-388-1907, ext. 18 for more details on eligibility and how to provide proof of income when self-employed.

## **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.



SNAP benefits are put on an electronic card that is used like an ATM card or a bank card and can be used at most supermarkets, convenience stores, and some farmers' markets. Income guidelines apply. 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.

**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.**



## Community Resources



The Partnership of Amesbury Community and Teens (PACT) is a group of youth and adults who work together to support young people and increase healthy decision making. Our mission is to decrease underage use and abuse of alcohol, marijuana and other drugs by empowering young people and providing real world experiences that help build a healthier Amesbury for all residents. PACT uses the principles of Positive Youth Development and believes in engaging youth within their communities, building on their strengths and promoting positive asset building.

**Want to learn more?** Visit us at [amesburypact.com](http://amesburypact.com)  
On Facebook: Amesbury PACT  
or Instagram: @Amesbury\_PACT.

### Amesbury Health Care Trust Commission

The Amesbury Health Care Trust Commission was established in 1998 from the endowment of the Amesbury Hospital for Amesbury residents who do not have sufficient means or insurance. Residents must have lived in Amesbury for at least one year prior to the date of application. Eligibility is determined by the commission, which meets monthly, on a case by case basis, with compassion.

All documentation must be submitted with the application at the same time. Applicants receive notification of the Commission's decision on their application by mail. Financial assistance is not guaranteed. If approved, the Commission authorizes payments directly to providers paid through the city's Finance Department.

Health care expenses that may be covered by the Commission include:

- Provider office visits
- Hospital & ancillary charges
- Diagnostic tests/procedures
- Eye exams (glasses and contacts NOT covered)
- Mental health care
- Some durable medical equipment
- ONE-TIME emergency prescription of antibiotic or anti-seizure medication

The Commission does NOT cover insurance premiums, glasses, contact lenses, hearing aids, dental services (except abscessed tooth), prescription copays, invoices less than \$25, missed appointment charges, or expenses incurred with a date of service more than 1 year old.

Printable applications are available online on the Commission's website at:

[www.amesburyma.gov/health-care-trust-commission](http://www.amesburyma.gov/health-care-trust-commission)

ONT also has applications — to request a copy call Tress at: 978-388-1907, ext. 18.

### Volunteer Profile:



Linda Kelly is a volunteer so ingrained into ONT that she often forgets how long she has been a volunteer with us! Luckily we know she has been part of the ONT family since 2017. Linda moved to Amesbury from Peabody in 2000. After retiring from a career in customer service, Linda was looking to do something in the community which brought her to ONT. She started volunteering in the Market,

but soon found her true passion: the Wednesday Meal. Linda regularly worked as the greeter, giving a welcoming smile to every guest that came in the door. When businesses would sponsor and serve a meal, she would work as a back-up server. "We put their food on real plates. With real silverware and flowers on the table," Linda said, speaking fondly of the meal before the pandemic. "It's like a restaurant. I love to serve. I love the comradery."

Even though the meal is operating as a takeout model instead of the regular sit down, Linda still feels the spirit of ONT. "There is so much dignity that ONT gives to everyone at the Meal and at the Market. We still do that," she said. Possibly Linda's favorite part about volunteering is the connections she has made. "You really get to know the people. They all had their own little tables. I know that that guy likes coffee and that guy is a vegetarian." Although interactions are limited now, Linda has been able to keep up with people through small chats when they pick up their dinners. When Linda is not up at the Meal, she is helping her niece with her kids and can be found at Lake Attitash with her family in the summer.

### Our Neighbors' Table Location and Hours Information:

**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

**Newburyport Market:** Thursdays, 10:00am - 11:30 am  
Hope Community Church, 11 Hale St., Newburyport

**Merrimac Market:** The Merrimac Mobile Market is temporarily suspended. ONT guests who live in Merrimac are invited to pick up their groceries at our locations in Amesbury or Newburyport.

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

### **EMPLOYMENT OPPORTUNITY**

Turning Point Inc, a nonprofit organization providing homes for intellectually/developmentally disabled adults in the Merrimack Valley and North Shore, is looking for staff. They have am/pm/overnight shifts including week-ends. Applications can be found on their website at:

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

**Once on the site, click on Careers/Employment Applica-**