

# THE MELTING POT NEWSLETTER



Frederick Abisi Adult Education Center  
408 Merrimack St, Lowell, MA 01854  
www.lowelladulthoodeducation.com - (978) 937-8989

Elizabeth McKiernan, Director

October 2022

## HSE Testing Program News



“Autumn is a second spring when every leaf is a flower.” – **Albert Camus**

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### Free GED® Testing is now Available!



The Commonwealth of Massachusetts is now offering residents Free Testing for the GED® exam. They will pay for a resident's first GED® test in each subject, as well as two retests per subject.

#### First Time GED Testers

If you are scheduling a GED® subject test for the first time at an official Test Center, enter promo code **MAFREEGED** during checkout.

#### GED Re-Testers

If you are scheduling a retest at an Official GED® test center, enter promo code **MARETAKE** during checkout.

### HiSET NEWS

The HiSET test has been acquired by a new company, PSI. Due to this transition, there is no HiSET testing between September 24<sup>th</sup> and October 3<sup>rd</sup>.

The website has changed to [www.hiset.org](http://www.hiset.org)

#### New myHiSET Accounts Must Be Created!



**IMPORTANT:** Test takers will need to create new usernames and passwords. Go to <https://hiset.org/how-to-create-myhiset-account/> for step by step instructions and a video.

Create your myHiSET account using *the same email address and the same last name* that you used previously. That way your new account will be automatically connected with your historical HiSET information, including test scores.

The HiSET® exam will also be paid by the Commonwealth for Massachusetts residents at a later date. It is estimated that free HiSET testing will begin in October.

***Have questions? Talk to our HSE Testing Specialist, Denise, or one of our HSE staff members.***

## STUDENT INFORMATION AND ACTIVITIES

### AAEC ANNUAL FOOD DRIVE

Abisi Adult Education will be hosting its annual food drive **October 24—28**. Students can help by donating unopened, non-perishable (food that does not need refrigeration) food items. Donations can be dropped off outside of Susan’s Room on the first floor. All food collected will be brought to **Dwelling House of Hope**



**Please, do not bring expired food!**

Salt, flour & sugar  
 Seasoning & herbs  
 Pasta, rice & noodles  
 Canned vegetables & soups  
 Coffee, tea & hot chocolate  
 Beans, gandules & chickpeas  
 Soy sauce  
 Canned tuna  
 Cereal & oatmeal  
Gluten free items

#### Personal hygiene products

Tooth paste  
 Tooth brushes  
 Deodorant  
 Body wash  
 Shampoo  
 Razors  
 Sanitary pads  
 Body moisturizers  
 Face cream  
 Shaving cream  
Ethnic food

### DOMESTIC VIOLENCE

#### October is Domestic Violence Awareness Month

If you or someone you know is a victim of domestic violence and needs help, here are some important numbers:

**Alternative House 24-Hours Hotline:**

(978) 454-1436

**Family Services Unit, Lowell Police Dept:**

50 Arcand Drive, Lowell (Spanish & Khmer)  
 (978) 970-4023

**District Attorney’s Regional Office:**

151 Warren St, Lowell  
 (781) 897-8900



### FIRE PREVENTION

Saturday Oct 9— Sunday Oct 15  
 National Fire Prevention Week



According to the National Fire Prevention Association, the winter months see an increase in home fires, deaths and injuries. These are the months when we turn on the heat to keep our homes warm. While we need to keep our homes warm, there are steps we should take to prevent a fire.

- Make sure your heating source is well maintained. Whether it’s a fireplace, wood stove, furnace or electric heat, check the equipment before using or have them serviced.
- Don’t store items near your heating source. Boxes, clothes and other fuels may ignite if they are close.
- Make sure draperies, furniture and other combustible items are kept far enough away from a heating source.

# Certified Nursing Assistant (CNA)



## Abisi Adult Education Program



This program is designed especially for **English Language Learners** seeking a career in the healthcare field and is funded by the Massachusetts Department of Elementary and Secondary Education. The program is free of cost to qualifying students

**The course includes these topics:** English for Employment in Healthcare, skills development and job readiness preparation.

**Students will participate in clinical training:** a 100-hour Certified Nursing Aide (CNA) module conducted by instructors from Middlesex Community College.

**Finally,** students will prepare for the CNA licensing exam.

Students must have **U.S. Work Authorization** in order to apply and must pass a **Basic English Language Screening** to enroll in the class.

### Module 1:

Students participate in online lessons including English for employment in healthcare and job readiness training.

November 28, 2022 – March 15, 2023  
Online theory using Zoom 5:00-9:00 pm Mon/Wed

### Module 2:

Hands-on skill lab.

March 20 – 29, 2023  
Skill lab (in-person) 4:00 – 8:00 pm Mon/Wed

### Module 3:

Clinical training.

April 3 – 12, 2023  
Clinical (in-person) 4:00 – 9:00 pm Mon/Tue/Wed

**November 28 – April 18, 2023**

**Graduation: April 19, 2023**



**Registration is limited!**

To learn more or to sign up for this program, call 978-937-8989, text 617-299-6191 or email Adriana at [agiraldo@lowell.k12.ma.us](mailto:agiraldo@lowell.k12.ma.us) .

MASSHIRE CAREER CENTER OF LOWELL



MassHire is part of the Massachusetts One-Stop Career Center System serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

The Lowell Career Center offers a variety of services for anyone looking for a new job or learning a new skill that is in demand to help stay competitive in today’s workforce. Their team can help you learn to do a successful job search, find a better job, network with area employers, connect with the right tools, find resources and more.

Margie, our Career Advisor, can answer any questions about the MassHire Lowell Career Center and also help you become a member. Her office is on the second floor in the back of Room 6 . She is here Wednesday (11am—12:30pm), Thursday (8:30am—12:30pm) and Friday (10:30am—12:30pm).

**Virtual Job Fairs**

**Diversity Job Fair**

October 3, 11am - 2pm Virtual

<https://www.eventbrite.com/e/lowell-job-fair-lowell-career-fair-tickets-263448480497?aff=erelexpmlt>

**Veterans Job Fair**

October 14, 11am - 2pm

<https://www.eventbrite.com/e/lowell-job-fair-lowell-career-fair-tickets-263480074997?aff=erelexpmlt>

This event is FREE for all Veterans & their spouses.

**Healthcare Job Fair**

October 27, 11am - 2pm

<https://www.eventbrite.com/e/lowell-job-fair-lowell-career-fair-tickets-263468891547?aff=erelexpmlt>



**HOW IT WORKS**

- 1. REGISTER FOR FREE**  
Register using the "Register" button at the top right of your screen. You will receive an email with your login credentials to access the virtual platform.
- 2. SCHEDULE INTERVIEWS**  
5 days prior to the event, you can view registered companies and available jobs. Schedule an interview to save time and skip the line to speak with a recruiter.
- 3. GET HIRED**  
Interview from your computer or mobile phone, and get hired on the spot!



Lowell Job Fair - Lowell Career Fair  
Fri, Oct 14, 11:00 AM



Lowell Job Fair - Lowell Career Fair  
Mon, Oct 3, 11:00 AM



Lowell Job Fair - Lowell Career Fair  
Thu, Oct 27, 11:00 AM

## LOWELL COMMUNITY HEALTH CENTER

Lowell Community Health Center (LCHC) provides high-quality, affordable health care to children and adults in the Greater Lowell area regardless of their ability to pay. LCHC offers many specialty services, including dental, vision and health care. Visit their website at [www.lchealth.org](http://www.lchealth.org) for more information.



LCHC has partnered with the Abisi Adult Education Center to bring services on-site to our students throughout the school year. **The first On-site clinic will be October 11th!**

161 Jackson Street Lowell, MA 01852

**Main Number:** 978.937.9700 **Pharmacy:** 978.805.1004 **Lab:** 978.942.2103

## POLLARD MEMORIAL LIBRARY



*401 Merrimack St. Lowell, MA 01852*  
978.674.4120401

### Library Hours:

Mon	9AM – 9PM
Tues	9AM – 9PM
Wed	9AM – 9PM
Thur	9AM – 9PM
Fri	9AM – 5PM
Sat	9AM – 5PM
Sun	CLOSED

### Library Services:

- Borrowing / Self Check-out
- Public Computers
- Wi-fi
- Photocopy/Scan
- Printing
- Fax
- Museum Passes

**WANT TO ACCESS THE LIBRARY FROM HOME? SIGN UP FOR AN ECARD!**

PML is now offering eCards for access to digital collections, databases and more!

## COMMUNITY TEAMWORK

### Over 50 Years of Making a Difference!

Community Teamwork offers various services and programs which **provide childcare and youth education; mentoring and career development; consumer, financial, and business education; and rental, housing, fuel, clothing, and nutrition assistance.**



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

Resource Center: 17 Kirk St, Lowell MA 01852    **Hours: Monday – Friday, 8:30am – 5pm**



Financial Education



Food & Nutrition



Housing Supports



Employment & Training



Energy & Utilities



Entrepreneurship Center/Business Assistance

## CITIZENSHIP CORNER

The Citizenship Corner will be a dedicated space to provide information about the naturalization process to become a U.S. citizen.

# Pathway to U.S. Citizenship

If you would like to become a U.S. citizen, you must go through the process of naturalization. **GENERALLY**, you must:



Form N-400: [uscis.gov/n-400](https://uscis.gov/n-400)

Learn more about specific eligibility requirements for naturalization at [www.uscis.gov](https://www.uscis.gov).

**Naturalization** is the way that a person not born in the United States voluntarily becomes a U.S. citizen.

**United States Citizenship and Immigration Services (USCIS)** is a federal agency in the Department of Homeland Security that is in charge of lawful immigration to the United States. One of the services that USCIS provides is citizenship, which includes the related naturalization process.

**Form N-400, Application for Naturalization.** Once a lawful permanent resident meets all the eligibility requirements to become a U.S. citizen, he or she will fill out and file the N-400. It is a good idea to make a copy of your completed N-400 for your records.

**Never pay for immigration forms; they are free!**

[www.uscis.gov](http://www.uscis.gov)

## What if you need help filling out USCIS forms?

There is **free** assistance available at:

### **Cambodian Mutual Assistance Association (CMAA)**

465 School Street  
Lowell, MA 01851  
Phone: 978-454-6200  
Email: [info@cmaalowell.org](mailto:info@cmaalowell.org)



### **Massachusetts Alliance of Portuguese Speakers (MAPS)**

490 Central Street Lowell, MA 01852  
Phone: 978-970-1250  
Email: [Elouise Galindo at egalindo@maps-inc.org](mailto:Elouise Galindo at egalindo@maps-inc.org)

### **Project Citizenship**

11 Beacon Street, Suite 720  
Boston, MA 02108  
Phone: 617-694-5949  
Email: [info@projectcitizenship.org](mailto:info@projectcitizenship.org)



Other helpful immigration resources:

### **International Institute of New England (IINE)**

101 Jackson Street, Suite 2 Lowell, MA 01852 Phone: 978-459-9031  
Immigration Legal Services Information Request: <https://iine.org/legal/#legalform>  
IINE Website: <https://iine.org/>

The International Institute of New England, which has an office in Lowell, offers a range of legal immigration services. As its website states, "Our Legal Immigration Service program offers professional and affordable immigration assistance to help immigrants file for green cards, secure work authorizations, reunite with their families and apply for citizenship."



## COMMUNITY INFORMATION



### Mobile Market Schedule

**Tuesdays: 10am to 12pm**

Lowell Community Health Center  
161 Jackson Street  
(May 17 - November 1)

**Wednesdays: 2pm - to 4pm**

Heritage Farm Ice Cream & Restaurant  
163 Pawtucket Boulevard  
(June 8 - November 2)

**Thursdays: 10am to 12pm**

Lowell Senior Center, 276 Broadway Street  
(April 21 - November 3)

**Fridays: 11am to 2pm**

CTI Lowell Farmers' Market  
Mack Plaza, 29 Shattuck Street  
(July 8 - October 28)



## LOWELL HAPPENINGS



### Celebrate 100 years of Jack Kerouac Lowell Celebrates Kerouac Festival

October 6 – 10, 2022

Looking for something to do in Lowell? Check out the City of Lowell events/ activities website at [www.likelowell.com](http://www.likelowell.com) where you can find information on upcoming events, things to do, and places to visit in the city. Not all the events listed are free, so check first before you go.





DWELLING HOUSE OF HOPE  
MULTICULTURAL DAY

**Saturday October 15, 2022**  
**8am—3pm**

**Come learn about and celebrate the diverse international cultures we have in our community!**

Featuring traditional artifacts, attire and food

Are you interested in participating?

Please contact Levenia at 978-8662327 or  
flfurusa@dwellinghouseofhope.org

Dwelling House of Hope Presents  
**Multicultural Day**  
Join us for a day of Embracing Diversity!  
Come Learn about and Celebrate the Diverse International Cultures we have in our community!  
Featuring Traditional Artifacts, Attire and Food

When: Saturday, October 15, 2022  
8am - 3pm

Where: Dwelling House of Hope  
Fusion Parking lot  
125 Mount Hope St, Lowell

Are you interested in participating?

Please contact Levenia at:  
978-866-2327 or  
flfurusa@dwellinghouseofhope.org



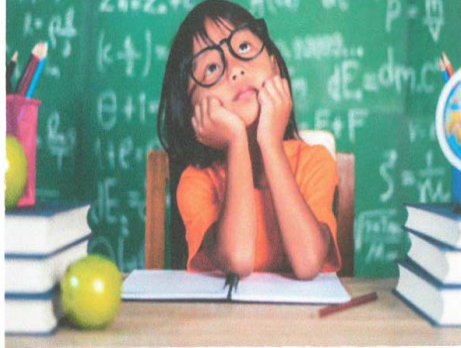
LOWELL PUBLIC SCHOOLS

**LATINO PARENT CONFERENCE 2022**

SATURDAY

OCTOBER  
**22**

**Well-being & Education**  
**Bienestar y Educación**



**Freshman Academy Theater**  
**9:30 AM to 2:00 PM**

Babysitting will be provided  
Light Breakfast will be offered  
Lunch will be served

Speakers: Dr. Damian & Mrs. Amparo Folch  
Several Workshops will be offered

**FOR MORE INFORMATION:**

Ms. Darnery Montoya (978) 937-8911 / Dr. Vejar (978) 857-2793

LOWELL CITY OF LEARNING



**The 2022 Lowell City of Learning Festival**  
**Sunday, October 9—Saturday October 15**

Lowell offers many opportunities and activities for lifelong learning, skills development and the joy of exploring new ideas and activities.

You can help build community and connections in Lowell by teaching something to others during the upcoming annual **Festival of Learning** from Oct. 9-15. If you have knowledge or a skill that you'd like to share, fill out the form at <https://lowellcityoflearning.org/2022-lowell-city-of-learning-festival/>. Sessions can be in person, on Zoom or hybrid.

All sessions are FREE!

## RECIPE OF THE MONTH

### PUMPKIN SOUP



Servings 4

Freezer Friendly 1 month

Fridge Friendly 3 - 4 days

#### Ingredients

- 2 Sugar pumpkins
- 1 Tbsp olive oil
- 2 Medium shallots, diced
- 3 Cloves of garlic, minced
- 2 Cups of vegetable broth
- 1 Cup canned light coconut milk
- 2 Tbsp maple syrup or agave nectar
- 1/4 Tsp each salt, black pepper, cinnamon and nutmeg

#### INSTRUCTIONS

1. Preheat oven to 350 degrees F (176 C) and line a baking sheet with parchment paper.
2. Using a sharp knife, cut off the tops of the sugar pumpkins and then halve them. Use a sharp spoon to scrape out the seeds and strings.
3. Brush the flesh with oil and place face down on the baking sheet. Bake for 45 - 50 minutes or until fork easily pierces the skin. Remove from the oven, let cool for 10 minutes, then peel away skin and set pumpkin aside.
4. To a large saucepan over medium heat add olive oil, shallots and garlic. Cook for 3 - 4 minutes, or until slightly browned and translucent. Turn down the heat if cooking too quickly.
5. Add remaining ingredients, including the pumpkin, and bring to a simmer.
6. Transfer soup mixture to a blender or use an immersion blender to puree the soup. If using a blender, place a towel over the top of the lid before mixing to avoid any accidents. Pour mixture back into pot.
7. Continue cooking over medium—low heat for 5—10 minutes and taste and adjust seasonings as needed.
8. Serve and enjoy!

#### Topping Optional

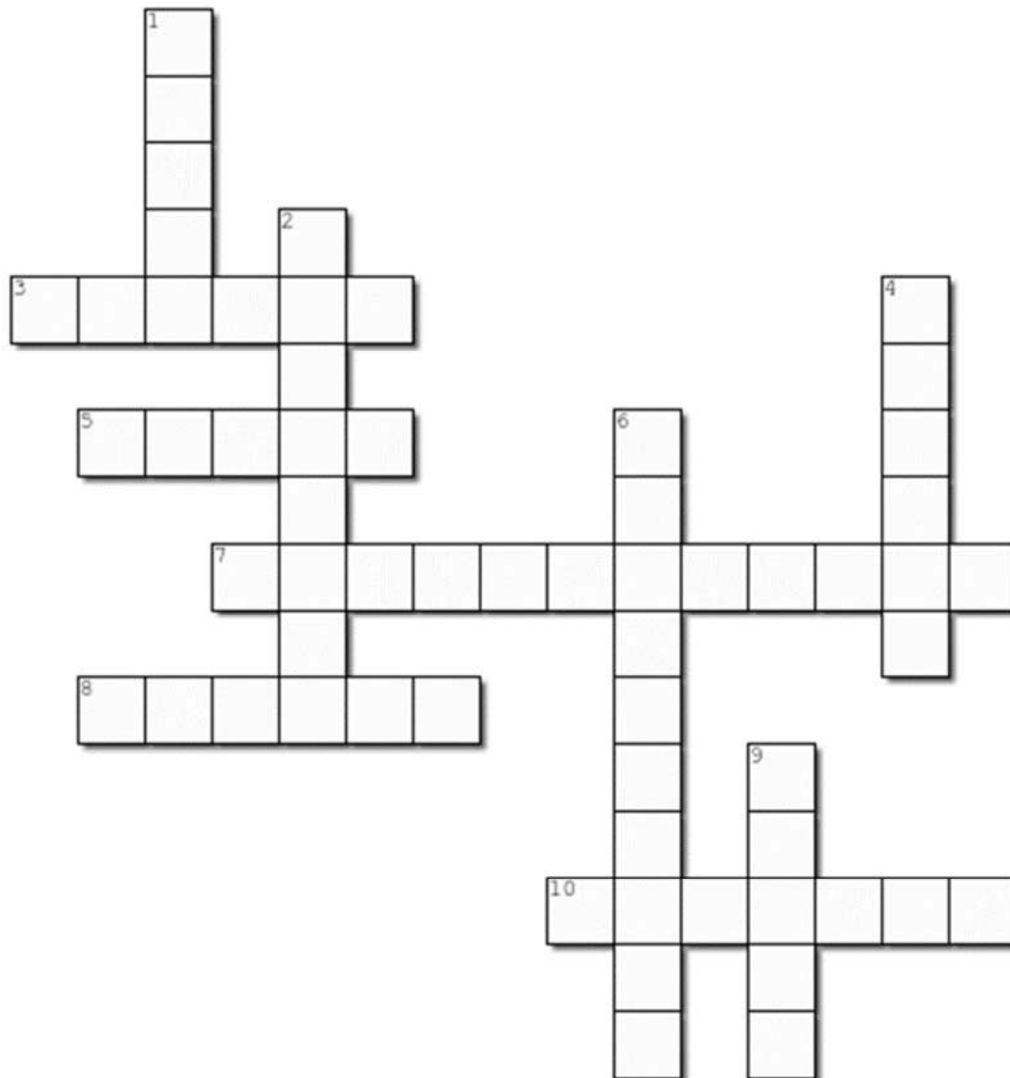
- Cup of roughly chopped kale
- 2 Tbsp raw sesame seeds
- Large clove of garlic
- 1 Tbsp of olive oil

For the kale—sesame topping: In a small skillet over medium heat, dry toast sesame seeds for 2—3 minutes, stirring frequently until slightly golden brown. Be careful as they can burn quickly. Remove from pan and set aside. To the still hot pan, add olive oil and garlic and sauté until golden brown—about 2 minutes. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup.

Name: \_\_\_\_\_

## Citizenship Puzzle

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

UnitedStates Harris states stripes white Biden governor stars Boston

Washington

### Across

3. the capital of Massachusetts
5. the U.S. President now, Joe \_\_\_\_\_
7. the country you live in now
8. the U.S. Vice President now, Kamala \_\_\_\_\_
10. the American flag has 13 \_\_\_\_\_

### Down

1. the American flag has 50 \_\_\_\_\_
2. Charlie Baker is the \_\_\_\_\_ of Massachusetts
4. the United States has 50 \_\_\_\_\_
6. the capital of the United States, \_\_\_\_\_, DC
9. the colors of the American flag are red, \_\_\_\_\_ and blue

# School Activities Calendar

## October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 ESOL Orientation 8:30am Susan's Rm	4 Outstanding Attendance Certificates	5	6 Citizenship Class 9:30—11am Rm 10  ETS HiSET CBT starting @ 12:30pm	7	8
9	10  No School	11  On-site Clinic 9:30—12:30	12	13 Citizenship Class 9:30—11am Rm 10	14  CBT starting @ 5:15pm  ETS HiSET PBT starting @ 5:00pm	15  CBT starting @ 8:15am  ETS HiSET PBT starting @ 8:00am
16	17	18	19	20 Citizenship Class 9:30—11am Rm 10  ETS HiSET CBT starting @ 12:30pm	21	22
23	24	25  Reward Center Open	26	27 Citizenship Class 9:30—11am Rm 10	28	29
AAEC FOOD DRIVE						
30	31 					