

THE MELTING POT NEWSLETTER



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

December 2019 - Issue 3

STUDENT SUCCESS CELEBRATION

Congratulations to all the AAEC students who achieved goals!

On November 20th, we held our first Student Success Celebration of the school year. Sixty-four students were recognized for achieving goals during September, October, and November. In addition, we recognized 122 students for having outstanding attendance for the month of October. Outstanding attendance awards are given to students who have less than two absences in a month.

Everybody was happily cheering and excited to share their achievements. After certificates were handed out, cake and coffee were served.

Goals students were also recognized for:

Getting a Learner's permit	3
Getting a Driver's license	2
Getting a job	5
Getting a better job	1
Meeting new job requirements	1
Increasing Earnings	2

Filing an application for attaining legal residency	1
Passing the Citizenship exam	2
Voting in the election	27
Volunteering in their community	8
Taking on a school leadership role (SAC)	18
Opening a bank account	3

Inside This Issue:

<i>Student Information and Activities</i>	<i>1-7</i>
<i>Community Information</i>	<i>8-10</i>
<i>School Activities Calendar</i>	<i>11</i>



Thank you to our student volunteers who helped set up for the celebration!

Keep working on your goals, and remember to report your achievements to your teacher!

Some student names and pictures have been removed from the newsletter, as some students have taken the option given at registration to request that their names and/or pictures not be used in any publications.

STUDENT INFORMATION AND ACTIVITIES

FRIENDSGIVING

Thanksgiving is a national holiday celebrated in the United States and is observed on the fourth Thursday in November. Thanksgiving is a time to enjoy a special meal together with family and give thanks for what we have.

Carrie's beginning ESOL classes gathered together for a "Friendsgiving Feast" on Tuesday, November 26. "Friendsgiving" is a celebration of Thanksgiving with friends often celebrated right before or after the holiday. Many brought in cultural dishes, desserts, and drinks to share with their classmates. They each shared what they were thankful for, learned about American culture, and practiced their English conversation skills.



ESOL CONVERSATION CLASS

Meg and Susan's ESOL Students

Do you want to improve your conversational skills?

Are you able to come to school one day a week before or after class?

A new session of the ESOL Conversation Class with Gail will begin in January. If you are interested in participating, see your teacher to sign up. All students must have good attendance in their regular ESOL class to participate.

When: Session starts Monday, January 6th

Mondays or Wednesdays

9:30-10:45 am or 11:00 am—12:15 pm

Where: AAEC Room 12

ESOL CONVERSATION CLUB

Carrie, Ann, and Liz's ESOL Students

The ESOL Conversation Club is held on Mondays and Wednesdays, from 10:30 -11:00 am, in Liz's Room. Students in Liz, Ann, and Carrie's classes may participate. It is a great opportunity for you to practice your English language skills by speaking and interacting with other learners. No registration is needed.

When: **Mondays & Wednesdays**

10:30—11:00 am

Where: Liz's Room—Main Level



STUDENT INFORMATION AND ACTIVITIES

HOLIDAY TREE RAFFLE

In December, we will hold our Annual Holiday Tree Raffle. Each year, Adriana decorates a small holiday tree with \$100 which is donated by the AAEC staff. Students then have a chance to purchase raffle tickets to win this tree.

Raffle tickets will be on sale from Monday, December 9th until Wednesday, December 18th, to AAEC students only. They will be sold outside the office on the main floor during break time, from 10:30-11:00 am. Tickets are 3 for \$1.00.

The lucky winner will be announced at our Holiday Celebration on Thursday, December 19th. All the money collected will be donated to a local charity.

The raffle is only for AAEC students.



ANNUAL HOLIDAY CELEBRATION

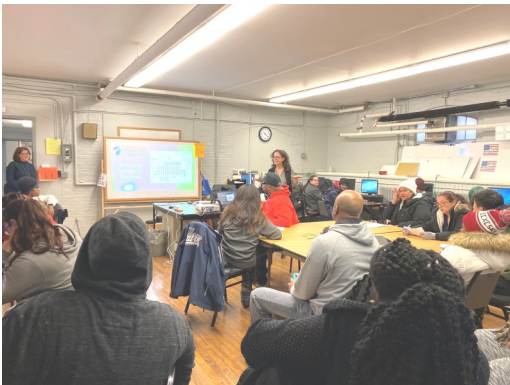
Join us for this year's Holiday Celebration on Thursday, December 19th, at 9:00 am. The celebration is for everybody in our school. We play games, sing some carols, and enjoy good company.

Enjoy some yummy treats, hot coffee, and hot chocolate while getting into the holiday spirit.

Abisi Adult Education will not have classes on December 20th. The Lowell Public Schools are open.



NORTHERN ESSEX COMMUNITY COLLEGE



On December 5, Alisa Povenmire from Northern Essex Community College (NECC) spoke with some of our HSE students about their Transitions to College program.

The Transitions to College is an evening program providing free academic preparation courses and college and career planning services to adults with a GED, HiSET, or high school diploma. The program works with students to strengthen their skills, bridge knowledge gaps, and increase confidence to succeed in college.

If you would like more information about this program or have any questions, you can contact Alisa through email at apovenmire@necc.mass.edu or by phone at (978)655-5842.

STUDENT INFORMATION AND ACTIVITIES



Thank you
for
volunteering
to help
decorate our
school for
the holidays!
It looks so
festive!



CIVICS AND CITIZENSHIP CLASS FIELDTRIP

On Thursday, December 5, students from our Civics and Citizenship class went on a field trip to visit USCIS (U.S. Citizenship and Immigration Services) Field Office in Lawrence, MA. Here they learned about the process of applying for citizenship.

The group toured the facility and learned where to go for their scheduled appointments. Students visited the waiting area, an interview room, and the biometric area where the fingerprinting and photos take place.

During the tour, Officers Ana Campos and John McCarthy explained how and why people use their services. This field trip was meant to ease the anxiety and stress that accompany the immigration process. Many students found the information useful, especially those that are currently in the process of applying for citizenship.



USCIS REMINDER: AVOID IMMIGRATION SCAMS

**THE WRONG HELP
CAN HURT**
BEWARE OF IMMIGRATION SCAMS



Don't become a victim of immigration scams! If you need legal advice on immigration matters, make sure the person helping you is authorized to give legal advice. Only an attorney or an accredited representative working for a Department of Justice (DOJ) recognized organization can give you legal advice. Visit www.uscid.gov/avoid-scams to learn more.

STUDENT INFORMATION AND ACTIVITIES

CITIZENSHIP CLASSES

Meg, Susan, and Liz's ESOL Classes



A new session of our
Citizenship Class will begin
on January 7th.

Students will learn the information necessary to prepare for the citizenship exam as well as the application process.

In order to be eligible to take this class, students should be able to answer "YES" to these questions:

- Have you been a lawful permanent resident (Green card holder) of the U.S. for at least 4 years (2 years if married to a U.S. citizen)?
- Are you interested in preparing for the citizenship application process, interview, and exam?
- Are you able to come to school **two days a week before or after** your class?

You can sign-up with your teacher. Enrolled students must have excellent attendance in their regular classes to participate.

REWARD CENTER

The Reward Program Statements will be handed out on December 10th in class. Your statement will have your accumulated points earned through November 30th.

The Reward Center will be open on December 17th, from 9:00 am-12:30 pm. It is located outside Room 3, on the first floor. You can redeem your earned points now or continue to accumulate them for a bigger reward later.

The Rewards Center will have many items for you to choose from. Your teacher will have a list of rewards and their point values. If you plan to redeem your points, please bring your updated statement with you.

If you have questions about your Reward Program Statement or the Reward Center, please see Adriana or your teacher.

Abisi Adult Education Center Reward Program	
Student Name: Pedro Perez	
Class: D-DD	
Statement Month: November	
Summary	
Previous Balance	2
Points Earned	8
Points Redeemed	0
New Balance	10
Activity	
Description	Amount
Goals	3
Attendance	5
Your points are Non-Transferable. They are valid for the current school year only! Remember redeem your points before the end of the school year or before leaving the program! You can redeem your points in the AAEC Reward Center. This statement is part of the Reward Program at Abisi Adult Education Center.	

HIGH SCHOOL EQUIVALENCY (HSE) TESTING INFORMATION

The Massachusetts High School Equivalency credential is accepted by virtually all colleges, universities, and employers in the United States as equivalent to a high school diploma. In order to earn the credential, you must take and pass either the HiSET[®] or GED[®] test. These tests are comparable in terms of cognitive complexity and rates of passing.

The Abisi Adult Education Center offers classes that prepare students to take either exam and is an approved test center. We offer HiSET[®] testing appointments for both Paper Based Testing and Computer-Based Testing and GED[®] Computer Based Testing. Testing dates are posted below and on our website at www.lowelladulthoodeducation.com.

Detailed information about the two testing options, state requirements, accommodations for testers with disabilities, eligibility requirements, and other important information can be found on the Massachusetts Department of Elementary and Secondary Education (DESE) website at www.doe.mass.edu/hse/. Denise, in the office, is also available to help you.

HSE Upcoming Testing Dates:

HiSET Computer Based Testing

(Thursday afternoons @ 12:30pm)

December 5 & 12

HiSET Paper Testing Dates

(Friday evenings 5:00pm and 7:00pm
& Saturday mornings at 8:00am,
9:30am, & 11:00am)

**December 13 & 14
January 10 & 11
February 7 & 8**

GED Weekend Computer Testing

(Friday evenings starting at 5:15pm
& Saturday mornings beginning
at 8:00am)

**December 13 & 14
January 10 & 11
February 7 & 8**

STUDENT INFORMATION AND ACTIVITIES

PARKING

Parking is often difficult in downtown Lowell, and it can be costly. Students driving to school are encouraged to park in the Ayotte Garage, 1 Post Office Sq., across from Lowell High School.

On-street, metered parking is also available. Meters have a 2-hour parking limit Monday through Saturday, from 8:00am-6:00pm. It costs \$3.00/2 hours. The kiosk accepts cash and credit/debit cards. If a pay kiosk is not working, go to another one, and enter your space number. Do not forget to pay the meter. You may get ticketed.

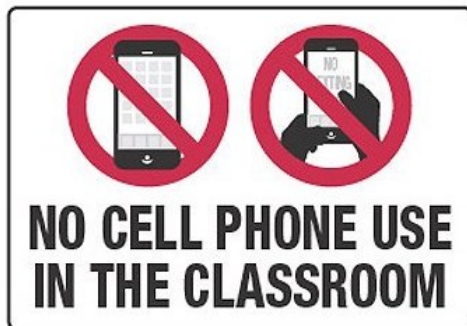
- Do not park in the school parking lot.
- Do not park in the library parking lot.
- Do not park in the Santander Bank parking lot.
- Do not park in the Olympia Restaurant parking lot.
- Do not park in the Lowell Housing Apartment parking lot.

Cars may be ticketed and towed.



CELL PHONE REMINDERS

Make sure your cell phones are turned off and put away before entering your class. Cell phones ringing and buzzing during class distracts everyone.



ATTENDANCE MATTERS



“The Road to Success Begins with Good Attendance”

You are expected to be in class and on time every day. If you miss too many days, you risk your space to someone who is on our waiting list.

If you know in advance that you will be absent, let your teacher know. You can also send an email to:

ESOL Classes—apearson@lowell.k12.ma.us
or

HSE Classes—bgoodridge@lowell.k12.ma.us

If you don't have email, you can call (978) 937-8989. Leave a detailed message stating your name, teacher, and reason for your absence.

SCHOOL CLOSINGS/DELAYS

If there is **NO SCHOOL** in the Lowell Public Schools—All Morning and Evening classes are cancelled.

If there is a **one-hour delay**, there will be no 9:00am ESOL classes. HSE classes will begin at 11:00am. Evening classes will meet at the regularly scheduled time.

If there is a **two-hour delay**, there will be no 9:00am ESOL classes. HSE classes will begin at 11:00am. Evening classes will meet at the regularly scheduled time.

School cancellation or delay information can be found by:

- Visiting our website, www.lowelladulthoodeducation.com.
- Looking on Facebook.
- Watching the local news.
- Listening to WCAP (980AM) or WBZ (1030AM).



STUDENT INFORMATION AND ACTIVITIES

LOWELL COMMUNITY HEALTH CENTER (LCHC)

Community Health Workers



Wednesday, December 11 & 18,

9:00am—12:00pm

Do you have a question about health services?

Community Health Workers from Lowell Community Health Center (LCHC) will be at AAEC each month, from 9:00 am-12:00 pm. They can help you learn about their health services, get information about health insurance, or schedule an appointment. You can find them outside the Main Office on the First Floor.

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

Mental Health Wellness

The Greater Lowell Health Alliance (GLHA) brings together healthcare providers, business leaders, educators, and civic and community leaders with a common goal to improve the overall health of our communities.

Starting in the new year, the Abisi Adult Education Center and the GLHA will bring Mental Health Awareness workshops to our ESOL students. These workshops will help immigrant students at AAEC understand what mental health is, its relationship to physical health, and its impact on life and learning. We hope to foster a supportive environment, decrease mental health stigma, and increase knowledge on accessing behavioral health services.

The Behavioral Health Services Department at the Lowell Community Health Center has experienced bilingual clinicians providing treatment for children, adolescents, and adults through individual, group, couple, and family therapy sessions.

Experienced mental health professionals and certified addiction counselors work with each individual to identify needs and develop long-term goals.

LCHC Behavioral Health Services Department telephone number is 978-221-6730.

Behavioral Health Services 161 Jackson St. Lowell	Metta Health Center 135 Jackson St. Lowell
----------------------------------------------------------------	---------------------------------------------------------



Stress Free Holidays

A FEW TIPS FOR MAINTAINING YOUR MENTAL HEALTH & WELLNESS:

1. Keep expectations manageable
2. Be realistic about what you can and cannot do
3. Leave the past behind and look forward to the future
4. Be of service to someone else
5. Enjoy outdoor activities
6. Be aware of excessive drinking
7. Spend time with supportive and caring people



Fun, not perfection!

REMEMBER TO HAVE FUN DURING THE HOLIDAYS. THEY ARE NOT MEANT TO BE PERFECT!

- Pay special attention to your self-care:
- * Stay Hydrated
 - * Eat Healthy
 - * Get Enough Sleep
 - * Schedule Downtime



COMMUNITY INFORMATION AND ACTIVITIES

CENSUS 2020

STAND UP! BE COUNTED!

The Abisi Adult Education Center is a designated partner of the U.S. Census and will be working with the U.S. Census Bureau to make sure our students are counted.



Everyone must participate in the Census. In March 2020, a Census letter and questionnaire will be mailed out. It is easy to complete and only takes a few minutes.



WINTER SAFETY REMINDERS

Heat Your Home Safely

Did You Know?

MORE HOME FIRES OCCUR during the cold winter months than at any other time of year.

32% of home fires are caused by space heaters.

Keep your gas meter, exhaust pipes, and outside vents clear of snow!

Blocked vents can cause carbon monoxide to build up in your home & cause carbon monoxide poisoning or death.

www.esfi.org

- PLACE space heaters on a flat, level surface, away from high-traffic areas.
- PLUG a space heater directly into an outlet and avoid using an extension cord.
- NEVER LEAVE space heaters unattended.
- ONLY USE space heaters with the certification label of a nationally recognized testing lab.
- DON'T USE a space heater if the plug is broken or the cord is frayed, worn or damaged.



- KEEP ANYTHING THAT CAN BURN** at least three feet away from a heating source. **3ft**
- HAVE YOUR HEATING SYSTEM** inspected annually.
- KEEP VENTS CLEAR** of dust and debris.
- INSTALL CARBON MONOXIDE (CO)** alarms to avoid the risk of CO poisoning.



COMMUNITY INFORMATION AND ACTIVITIES

COMMUNITY TEAMWORK INC.

Community Teamwork Inc. (CTI) is a local community action organization providing support for families in need, promoting economic self-sufficiency for all, and building a stronger community by partnering with others to expand economic growth.

They offer workshops and classes for people to learn how to become a first-time homebuyer; weatherize the home to reduce waste and costs; open a small business; prepare youth for the future; access affordable quality early education and care; create a budget and gain financial independence; and more.

Coats for Kids and Fuel Assistance are just two of the many programs CTI offers.

Coats for Kids

Community Teamwork partners with Anton's Cleaners to provide winter coats and other winter clothing to families throughout the Greater Lowell community.

Families and individuals can access gently used winter coats and other winter items at CTI's distribution center. The location site will be posted on their website, www.commteam.org, or you can call (978) 459-0551.

The program is seeking donations of gently used gloves and mittens, hats and winter boots of all sizes and for all ages.



- Families and individuals of varying income are eligible.
- You can donate your gently used coats and winter apparel at any Anton's Cleaners location.
- Volunteers are needed.

Fuel Assistance (LIHEAP)

CTI Fuel Assistance
45 Kirk Street, 2nd Floor
Lowell, MA 01852

For more information or to schedule an appointment, call CTI Fuel Assistance at (978) 459-6161. You can book your appointment online at www.commteam.org.

Fuel Assistance Annual Household Income Guidelines (2019-2020)

HOUSEHOLD SIZE	MAXIMUM GROSS INCOME
1	37,360
2	48,855
3	60,351
4	71,846
5	83,341
6	94,837

(Contact our office for families with more than 6 members)

Program Period: November 1, 2019 to April 30, 2020
* Last day to apply is April 30, 2020 *

CTI Fuel Assistance serves the following cities and towns:

Arlington, Bedford, Belmont, Billerica, Burlington, Carlisle, Chelmsford, Dracut, Dunstable, Groton, Lexington, Lowell, Pepperell, Tewksbury, Tyngsboro, Waltham, Watertown, Westford, and Wilmington

MERRIMACK VALLEY HOUSING PARTNERSHIP

Project Genesis is a series of training classes for first-time home buyers. It consists of 10 hours of instruction over four evening sessions. These classes are offered in English, Spanish, and Khmer.

Class registration, locations, and other information can be found on their website, www.mvhp.org, or you can call (978) 459-8490. Khmer speakers call (978)459-6200.

Home Buyer Training Sessions

<i>English</i>	<i>January 7, 8, 14, & 15 January 28, 29, February 4, 5 February 18, 19, 25. & 26</i>
<i>Spanish</i>	<i>February 1 & 8</i>
<i>Khmer</i>	<i>February 8 & 15</i>

COMMUNITY INFORMATION AND ACTIVITIES

LOWELL PUBLIC SCHOOLS FAMILY RESOURCE CENTER

Anti-Bullying Discussion
Presented by the Middlesex Partnership for Youth

Tuesday, December 10, 2019 from 6:00 pm-7:30 pm

Family Resource Center, 151 Merrimack St, Lowell



This is a free event. Childcare and light dinner will be available. Interpretation services in Spanish, Portuguese, Swahili, and Arabic will be available.

Please rsvp with the Coordinator at 978-674-2070 or rduda@lolwell.k12.ma.us

LOCAL HAPPENINGS

The String Project and Youth Orchestra Winter Concert



Tuesday, December 10
7:00 pm

Free and open to the public!

Durgin Hall Concert Hall at UMASS Lowell
35 Wilder St, Lowell

The UMass Lowell String Project presents their annual Winter Showcase. Come and experience the magic of the season at "Winter Wonder!"

This program provides music instruction to K-12 students from the Merrimack Valley. While learning to play string instruments, students discover how music can build positive relationships with their peers and within the community.



Looking for something to do in Lowell? Check out www.likelowell.com for a listing of events/activities happening in Lowell. Here you will 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.

The Pollard Memorial Library will host many activities for school-aged children over the holiday break like gingerbread house making, matinee movies, LEGO club, game day, and more. The library will be offering computer classes at the Senior Center, too. Some of these activities require pre-registration so check first before you attend. You can find all of their events and activities on their website, www.lowelllibrary.org.



CITY HALL OPEN HOUSE





















City Manager Donoghue and Mayor Samaras would like to take the opportunity to invite you to this year's Holiday Open House at City Hall.

This event will take place on Tuesday, December 10th from 4:00-6:00 PM and is open to the public. Light refreshments will be served.

Lowell Philharmonic Orchestra will be providing a small group of musicians to perform, and there will be a special appearance from Santa Claus.

SCHOOL ACTIVITIES CALENDAR

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	<p style="text-align: center;">2</p> <p style="text-align: center;">ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i></p>	3	<p style="text-align: center;">4</p> <p style="text-align: center;">ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i></p>	<p style="text-align: center;">5</p> <p style="text-align: center;"> CBT @ 12:30pm</p>	6	7	
8	<p style="text-align: center;">9</p> <p style="text-align: center;"></p> <p style="text-align: center;">ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i></p>	<p style="text-align: center;">10</p> <p style="text-align: center;"></p> <p style="text-align: center;">Civics/Citizenship 9:30 or 11:00am</p>	<p style="text-align: center;">11</p> <p style="text-align: center;"></p> <p style="text-align: center;">LCHC Outreach 9:00am -12:00pm</p> <p style="text-align: center;">ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i></p>	<p style="text-align: center;">12</p> <p style="text-align: center;"></p> <p style="text-align: center;"> CBT @ 12:30pm</p> <p style="text-align: center;">Civics/Citizenship 9:30 or 11:00am</p>	<p style="text-align: center;">13</p> <p style="text-align: center;"></p> <p style="text-align: center;"> CBT starting @ 5:15pm</p> <p style="text-align: center;"> PBT starting @ 5:00pm</p>	<p style="text-align: center;">14</p> <p style="text-align: center;"> CBT starting @ 8:00am</p> <p style="text-align: center;"> PBT starting @ 8:00am</p>	
15	<p style="text-align: center;">16</p> <p style="text-align: center;"></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 12</i></p>	<p style="text-align: center;">17</p> <p style="text-align: center;"></p> <p style="text-align: center;">REWARDS CENTER OPEN Main Floor</p> <p style="text-align: center;">Civics/Citizenship 9:30 or 11:00am</p>	<p style="text-align: center;">18</p> <p style="text-align: center;"></p> <p style="text-align: center;">LCHC Outreach 9:00am -12:00pm</p> <p style="text-align: center;">ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i></p> <p style="text-align: center;">ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i></p>	<p style="text-align: center;">19</p> <p style="text-align: center;">AAEC Holiday Celebration</p> <p style="text-align: center;"></p>	20	21	
22	<p style="text-align: center;">Holiday Vacation Break—No School</p>						28
<p style="text-align: center;">22</p> <p style="text-align: center;"> Hanukkah Begins</p>	<p style="text-align: center;">Holiday Vacation Break—No School</p>						
29	30	31	January 1	January 2	January 3		
<p style="text-align: center;">Holiday Vacation Break—No School</p>			<p style="text-align: center;"> New Year's Eve</p>	<p style="text-align: center;"></p>	<p style="text-align: center;">Classes Resume</p>		