

THE MELTING POT NEWSLETTER



Frederick Abisi Adult Education Center
408 Merrimack St, Lowell MA, 01854

April 2018—Issue 6

SAVE THE DATE

Abisi Adult Education Graduation

Friday, June 1, 2018
6:00pm

Lowell High School Auditorium

Students who received their high school credential with us or achieved a certain number of attendance hours in ESOL will be invited to attend our annual graduation event.



TeamWalk for CancerCare

Sunday, June 10, 2018.
3 mile or 6 mile walk

Tsongas Arena

Each year AAEC students and staff team up and participate in Lowell General Hospital's *TeamWalk for CancerCare*.



More details about these two events will be in next month's newsletter.

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@ Frederick Abisi Adult Education

SCHOOL CLOSINGS/DELAYS



The weather is always unpredictable in New England. In case of inclement weather, the Lowell Public Schools may cancel school or have a delayed opening. For example, on January 23, rainy weather and overnight cold temperatures caused icy roads in the morning delaying school opening two hours.

If you have children in the Lowell Public Schools, you may receive a phone call from the Office of the Superintendent of Schools informing you whether school is closed or delayed.

You can also find out if there is a cancellation or a delay by:

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

No school in the Lowell Public Schools:
No classes at AAEC!

Two-Hour delay in the Lowell Public Schools:

Morning: Doors open at 10:45am for the 11:00am classes
Evening: Regular time 6:00pm to 8:40pm

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

CONVERSATION CLUB

AAEC Conversation Club

Tuesdays & Thursdays
10:30am-11:00am

Susan's Room (Main Floor, Rm 3)

Conversation Club will be held on Tuesdays & Thursdays in Susan's Room on the main floor.



This is a student led club. It's an opportunity for you to improve your English language skills by speaking and interacting with other learners. All students are encouraged to join.

REWARD CENTER



Reward Program Statements will be handed out on April 12. Your statement will have your accumulated points earned through March 31.

The Reward Center will be open on April 26, from 9:00am-12:00pm. It is located outside of Room 3 on the first floor. You can redeem your earned points now or continue to accumulate them for a bigger reward later.

Please bring your updated statement with you when you redeem your points.

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

STUDENT ADVISORY COUNCIL MEETING

Tuesday, April 3,
from 10:30am—11:30am
HSE Center/Computer Lab



CELL PHONE REMINDERS

Cell phones should not be used during class time unless your teacher says it's all right.



Please remember to turn your cell phone off or put it on silent mode before you enter your classes. When cell phones go off in class, it distracts everyone and takes away from your learning.

If you need to take a call due to an emergency, like work or child's school, quietly leave the classroom and take it outside into the hallway. Then, quickly return to your class.

ATTENDANCE MATTERS!

“The Road to Success Begins with Good Attendance”

It is important for you to be here and be on time for your classes. Many students are waiting for the opportunity to join our classes.

Don't forget to inform your teacher if you are going to be absent, or call (978) 937-8989 and leave a detailed message, stating your name and teacher. You can also send an email to:

ESOLClasses—apearson@lowell.k12.ma.us
or

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

PARKING

Students driving to school are encouraged to park at the Ayotte Garage across from Lowell High School. AAEC students can get a letter from the Main Office to be eligible for a discounted rate.

On-street, metered parking is also available. Meters have a 2 hour parking limit. 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 feed 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 will be ticketed and towed.**



STUDENT INFORMATION AND ACTIVITIES

AAEC ANNUAL FIELD TRIP



Our annual field trip will take place in May. We will leave school at 9:00am and return by 2:00pm. Students will be responsible for the cost of the admission fee, if there is one. Buses are paid for by AAEC, and a bagged lunch is provided for everyone.

Student Advisory Council Representatives, teachers, and classmates helped brainstorm a list of potential places we could visit. Adriana is gathering information about each location including availability, cost, and physical challenges (a lot of walking, stairs, etc.).

Where would you like to go? Two destinations will be presented to your class for you to cast your vote. After the votes are tallied, we will announce the winner.

CAREER CENTER SEMINAR

Are you thinking about becoming a member of the Career Center of Lowell?

Wednesday, April 4, from 9:30am-10:30am,
Room 12 on the Lower Level

Wednesday, April 25, from 6:30-7:30pm,
Lowell High School Little Theatre

The Career Center of Lowell will be coming to AAEC to present their Career Center Seminar and help interested students become members. Current members are welcome to attend and learn about new workshops and services available. You must have a social security number to become a member.

At this seminar, you will learn about the wide variety of services and resources available to help you with your job search. Only members of the Career Center can access all of their resources, workshops, webinars and trainings.

Sign-up with your teacher, Patty (HSE), Cindy (ESOL), or Margie, our Career Center Advisor.

COMMUNITY PLANNING PARTNERSHIP MEETING

On Tuesday, April 3, AAEC will hold its annual Community Planning Partnership meeting. Many different agencies and organizations will gather together to discuss ways and opportunities to better help our students. The mission of partnership is to empower adults to become successful family and community members and productive workers.

Working with our community partners helps us continue to offer our students health clinics; job fair opportunities; workshops in financial literacy, health and wellness; workforce/career development; community college programs; housing; and more.

We also will be discussing the services local agencies provide for immigrants and how the current immigration policies are impacting our immigrant population.



DOMESTIC VIOLENCE PREVENTION TRAINING

City Manager's Domestic Violence Task Force

Domestic Violence Prevention Training at Pollard Memorial Library for
Abisi Adult Education Students

April 12, 2018 @ 9:00 AM

Welcome & Introductions
City of Lowell's City Manager

Presenters from different organizations in the community:

Alternative House, LPD Family Service Unit, and Middlesex District Attorney's Office



STUDENT INFORMATION AND ACTIVITIES

HIGH SCHOOL EQUIVALENCY TESTING INFORMATION

Residents of Massachusetts who desire to earn a High School Equivalency credential have the choice of two exams: GED and HiSET. The Abisi Adult Education Center is an official testing center for both exams.

The successful completion of either the GED or HiSET exam will earn a Massachusetts high school credential opening up doors for college and better career opportunities.

Which exam should I choose?



Total Cost:	\$125	\$100
Format:	Computer Based Only	Paper and Computer Based <ul style="list-style-type: none"> • Testers have the option to select either format for each test.
Question Types:	Variety of computer question types, plus extended response and short answer	Multiple Choice and Essay only
Calculator:	Used for 3 tests: Math, Science, and Social Studies tests	Used for Math and Science tests
Language Arts	Reading and Writing are combined into 1 test.	Reading and Writing are 2 separate tests.
Writing Requirements:	150 minutes (3 sections) <ul style="list-style-type: none"> • Part 1—Language Strand • Part 2—Timed Extended Response (45 minutes) • Break • Part 3—Reading Comprehension 	120 minutes (2 sections) <ul style="list-style-type: none"> • You are allowed to go back and forth between the Essay and 50 Multiple Choice questions.
Website:	www.ged.com	www.hiset.ets.org

Currently, there is no expiration date for test scores.

HSE Upcoming Testing Dates:

GED Computer Based Testing
(Tuesday afternoons @ 12:45pm)

April 10 & 24
May 1 & 15
June 12

GED Weekend Computer Testing:
(Friday evenings starting at 5:15pm & Saturday mornings beginning at 8:15am)

April 6 & 7 - May 11 & 12 - June 15 & 16

HiSET Computer Based Testing
(Thursday afternoons @ 12:30pm)

April 5, 12, & 26
May 3 & 17
June 14

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

April 6 & 7 - May 11 & 12 - June 15 & 16

SCHOOL INFORMATION AND ACTIVITIES

LINKS TOUR AT MCC

On Tuesday, April 3, Patty will be taking interested HSE students on a tour of the LINKS program offered at Middlesex Community College. Anyone thinking about starting college in the next year should attend.

LINKS is a program for adults who are interested in enrolling in college and have a high school diploma or high school equivalency credential (HiSET or GED) but would benefit from extra support while transitioning into the college setting. The program offers smaller class sizes, individualized guidance, and a unique opportunity for students to acclimate to the academic setting while earning free college credits.

Classes are held during the day on Tuesdays and Thursdays at MCC's Bedford and Lowell Campuses. For more information, you can ask Patty at AAEC or contact Karen Spengler by calling (781) 280-3654 or sending an email to spenglerk@middlesex.mass.edu.



ABE TRANSITIONS PROGRAM AT NECC

On April 27, Northern Essex Community College will be coming in to speak to students in the blue and purple groups about their Transitions Program. This is similar to LINKS at Middlesex except this program is available in the evenings.

If you passed your High School Equivalency Test (GED or HiSET) and want to improve your academic skills to prepare for college, this free program is for you! You can also take advantage of this program if it has been more than five years since you graduated from high school.

Transitions provides academic work in reading, writing, math and computers, time management, note taking, paper writing, and study skills.

Upon successful completion of the program, you will have earned 9 college credits – a three-credit college success course and two three-credit computer courses.



MCAE CONFERENCE

No Morning Classes

Friday, April 6, 2018



Teachers will be attending the Massachusetts Coalition for Adult Education (MCAE) Network Conference in Marlboro.

FINANCIAL LITERACY WORKSHOPS

Jeanne D'Arc Credit Union will be presenting a variety of financial workshops to our students on Thursday, April 5. Learn about basic banking, different types of credit and credit scores, budgeting, evaluating marketing and advertising techniques companies use to get you to purchase products, and more.



LOWELL COMMUNITY HEALTH CENTER OUTREACH



Starting this month, an outreach community worker from Lowell Community Health Center will be available at AAEC. Once a week, students will have an opportunity to ask questions regarding health insurance, find out about health and wellness services LCHC provides, and about their new dental care and eye care centers.

Upcoming dates and location will be announced in class. AAEC outreach hours will be from 8:30am-12:30pm.

COMMUNITY INFORMATION

LOWELL PUBLIC SCHOOL PRE-KINDERGARTEN & KINDERGARTEN

If you have a child who is a resident of Lowell and will be 4 years old by September 1, 2018 (born between September 2, 2013, and September 1, 2014), your child is eligible to start **Pre-Kindergarten** in September 2018. Children who will be 5 years old by September 1st, 2018 (born between September 2, 2012 and September 1, 2013), your child is eligible to start full-day **Kindergarten** in September 2018.

Registration Information:

Where: Family Resource Center, 151 Merrimack St,
When: March 5-April 27, 2018
Time: Monday through Friday
8:00am to 4:00pm
Thursdays until 6:00pm

What To Bring with you:

- Parent Photo ID
- Child's Birth Certificate
- Updated Immunization Record
- Proof of Address (i.e. current utility bill)
- IEP with pages signed, if applicable



Please Note: The entire registration is viewed as one day of registration. You are not required to register on the first day in order to be considered eligible. Please consider any other day to avoid long lines.

CMAA KHMER NEW YEAR CELEBRATION

Saturday, April 21, 2018, from 8:30am—5:00pm



You're invited to Lowell's Annual Khmer New Year Celebration to honor Cambodian Arts and Culture. Join the CMAA in celebrating the traditional Khmer New Year with Buddhist blessings, performances, food, and more. This event will begin at the Lowell Senior Center from 8:30-11:00am. Then proceed by a parade to continue the celebration at Roberto Clemente Park.

It is an opportunity for Cambodian residents to connect with one another over shared traditions and for Lowell residents to learn about the unique culture of Lowell's largest ethnic group.

Event details and volunteer information can be found on the CMAA of Lowell's

POLLARD MEMORIAL LIBRARY

Donations



The Pollard Memorial Library re-opened in March after a pipe burst that caused extensive water damage through the library. The Friends of the Library are looking for donations for their Annual

Book Sale Weekend Event in June and its Children's Shopping Day in November. As the warmer weather comes and we are "spring cleaning" our homes, please consider donating items gently used or new items to the library for these two events. All proceeds support the library. Drop off dates and information can be found on their website, www.pollardml.org.

Citizenship Course

A free Citizenship Preparation course will begin in June at the Pollard Memorial Library in Lowell. This course runs for 10 weeks. It will be held on Wednesdays, June 6 through August 15, from 6:00pm to 8:00pm. Registration fills quickly.



If you are interested in registering for this upcoming course, please contact Gail by calling (978) 918-3519 or by email at gcpf42@yahoo.com.

You must be a lawful permanent resident for at least 5 years (3 years if married to a US citizen), able to read, write, and speak basic English, and able to attend ALL classes.

COMMUNITY INFORMATION

MERRIMACK VALLEY HOUSING PARTNERSHIP (MVHP)

Looking to buy your first home? Project Genesis is a series of training seminars for first-time home buyers. It consists of 10 hours of instruction over four evenings. There is a fee to register for this course.

It is taught by MVHP staff as well as several volunteer real estate professionals. Instructors include lenders, attorneys, home inspectors, and real estate brokers.

Topics covered include an overview of the home-buying process, the mortgage application process, down payment assistance, home inspections, and building good credit. These classes are offered in English, Spanish, and Khmer.

Register online at www.mvhp.org, or call (978) 459-8490 for English and Spanish speakers. Khmer speakers can call (978)459-6200.



Upcoming Home Buyer Training Sessions

English *Tuesdays & Wednesdays*
 (4 sessions) 6:30-9:00pm
 April 3, 4, 10 & 11
 April 24, 25, May 1, 2

Spanish *Saturdays*
 (2 sessions) 8:00am-1:00pm
 April 7 & 14

Khmer *Saturdays*
 (2 sessions) 9:30am-2:00pm
 June 9 & 16

Classes are held at 67 Middle St, Downtown Lowell.
 Go to the 4th floor, Rm 405.

FREE TAX RETURN PREPARATION

Don't forget, Federal and State Income Taxes are due by April 17, 2018.

The Volunteer Income Tax Assistance (VITA) program is a free service offered to low-income individual, and families who qualify for the Earned Income Tax Credit. This service is available by APPOINTMENT ONLY! Appointments can be scheduled by calling Community Teamwork Inc. (CTI) at (978) 654-5676 or Mills42 Federal Credit Union (978) 328-5100.



Volunteer Income Tax Assistance Program

HEALTH & WELLNESS @ LGH

Lowell General Hospital offers a variety of health and wellness programs and support groups for FREE!

Check out all of their program offerings online at www.lowellgeneral.org, click on Health and Wellness. You can register online or call 1-877-544-9355.

Are You at Risk for Prediabetes?
 Monday, April 9, from 6:00pm-7:00pm

Anxiety Relief
 Thursday, May 3, from 6:00pm-7:30pm

COPD Seminar and Screening
 Wednesday, May 9, from 5:00pm-8:00pm

Understanding Mental Health
 Thursday, May 10, from 7:00-8:00pm

COLD AND FLU PREVENTION TIPS

Got a pulse?



GET A FLU SHOT.

Got hands?



WASH THEM.

Got a cough?



COVER IT.

Got a face?



DON'T TOUCH IT.

Got a fever?



STAY HOME.

COMMUNITY INFORMATION

CITYWIDE FAMILY RESOURCE FAIR

Wednesday, April 11, 2018, from 6:00-7:30pm

Rogers STEM Academy
43 Highland Avenue, Lowell

Challenge your child and teen this spring and summer!

Learn about the recreational programs, summer camps, reading programs, health and educational resources for parents and kids, and brain building activities.

Free food, gift certificate raffles, door prizes, games, arts and crafts, and more.



PROJECT CITIZENSHIP WORKSHOP



Project Citizenship provides free assistance to legal permanent residents who seek to become U.S. citizens.

They offer regular citizenship workshops throughout Massachusetts. At these workshops, Project Citizenship provides screening, advice, legal guidance, referrals and materials needed to successfully complete the citizenship application.

To register or for more information, call (617)694-5949.

Workshop locations, dates, eligibility information and what to bring with you, can also be found on their website, projectcitizenship.org.

UNWANTED MEDICATION DROP OFF

Prescription Medication:

When was the last time you cleaned out your medicine cabinet? Unused prescription medications are often forgotten about, stolen, and sold on the streets. Get them out of your home if they are not currently being used for a medical condition! The #1 place teens report getting drugs for the first time is in the family medicine cabinet.



Do not flush your medications down the toilet or the sink because it contaminates our water supplies. Drug residues have been found in rivers, lakes, and drinking water.

The City of Lowell has an unwanted medication drop off kiosk located at the Lowell Police Department. This kiosk is a secured, locked receptacle designed to be a collection point for unwanted medications. There is a slot on the front of the kiosk that is capable of accepting sealed zip-locked plastic bags no larger than two slices of bread. It only accepts pills, no liquids or prescription bottles.



Sharps (needles, syringes, and lancets):

A statewide ban prohibits the disposal of sharps in household trash. For Lowell residents, sharps collections will be available twice a year at the Household Hazardous Waste Day held each spring and fall at Cawley Stadium from 9:00am-1:00pm.



Below are three (3) collection sites in Lowell that offer safe disposal bins to bring your sharps.

<p>Lowell Senior Center 276 Broadway St (978) 674-1171</p> <p>Monday-Friday, 6:30am-4:00pm Saturday & Sunday, 7:00am-12:00pm</p>	<p>Lowell Regional Wastewater Utility Lowell Residents only 451 First St Blvd (RT 110) (978) 674-4248</p> <p>Last Saturday of the month 8:00am-12:00pm</p>	<p>Lowell House 555 Merrimack St (978) 459-8656</p> <p>Monday-Thursday, 9:00am-9:00pm Friday, 8:00am-4:00pm Saturday, 9:00am-2:00pm</p>
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All sharps must be in a sharps container or in a puncture proof container such as a rigid liquid detergent bottle or bleach bottle.

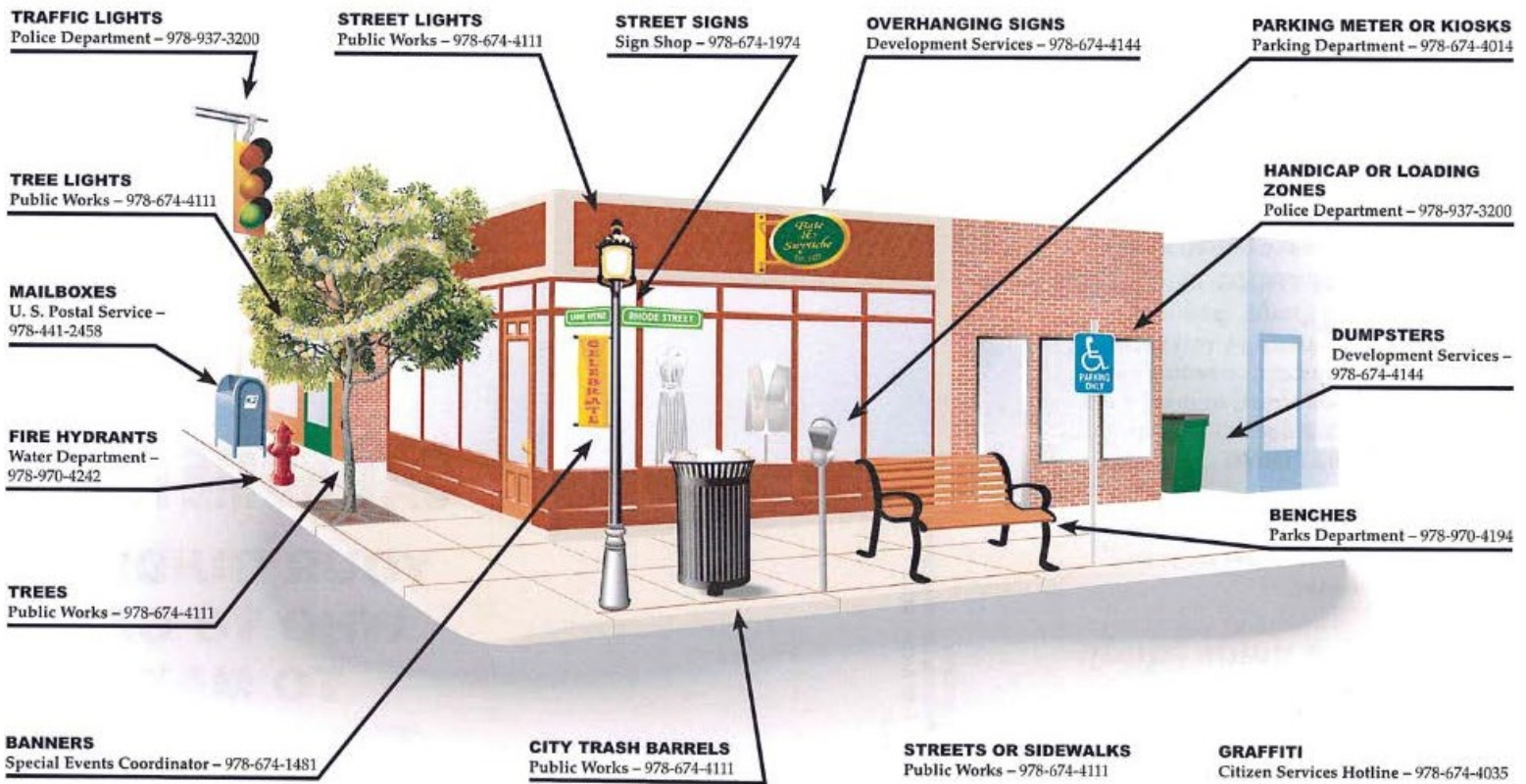
COMMUNITY INFORMATION

CITY OF LOWELL INFORMATION

Do you wonder who you need to contact in order to get something done? Please refer to this diagram for contacts with common problems and complaints from around the City.

The Office of the City Manager asks you to help make Lowell better. If you **SEE SOMETHING**, like dead street lights, graffiti, potholes, broken benches, missing street signs, overflowing dumpsters, speeding cars on a neighborhood street, or maybe it's just something that doesn't look quite right, **SAY SOMETHING**.

See Something — Say Something Who should I call in Lowell if I see a problem with...?



Truancy Reporting
Police Department
978-937-3200

MORE RESOURCES
Other City Issues
Citizen Services Hotline
978-674-4035

Damaged Bus Shelters
LRTA
978-452-6161



www.eGovLink.com/Lowell/Action.asp

Other important numbers:

Lowell Police Department: (978) 937-3200 - Non-Emergency line

Animal Control Office: (978) 674-4277 - For general animal-related issues

National Grid (800) 322-3223
Call for any type of power problems: power outage, gas leak, or power lines down.

SCHOOL ACTIVITIES CALENDAR

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>ESOL Orientation 8:30 or 10:30am in Susan's Rm.</p>	<p>3</p>  <p>LINKS Tour</p> <p>Student Advisory Council Mtg. <i>10:30am</i></p>	<p>4</p> <p>Career Center of Lowe</p>	<p>5</p>  <p>ETS HiSET CBT @ 12:30pm</p>	<p>6</p> <p>No AAEC Classes</p> <p>Teacher Conference</p> <p>ETS HiSET 5:15pm 5:30pm</p>	<p>7</p>  <p>CBT starting @ 8:15am</p> <p>ETS HiSET PBT stating @ 8:00am</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>Outstanding Attendance Certificates</p> <p>GED TESTING SERVICE CBT @ 12:45pm</p>	<p>11</p>	<p>12</p> <p>Domestic Violence Prevention Training</p> <p>Reward Program Statements</p> <p>ETS HiSET CBT @ 12:30pm</p>	<p>13</p>	<p>14</p>  <p>Khmer New Year Begins</p>
<p>15</p>	<p>16</p>  <p>Patriot's Day</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>← Spring Break—No School →</p>						
<p>22</p> 	<p>23</p> <p>ESOL Orientation 8:30 or 10:30am in Susan's Rm.</p>	<p>24</p> <p>GED TESTING SERVICE CBT @ 12:45pm</p>	<p>25</p>	<p>26</p> <p>Reward Center Open 9:00-12:30pm</p> <p>ETS HiSET CBT @ 12:30pm</p>	<p>27</p> 	<p>28</p>
<p>29</p>	<p>30</p>					