THE MELTING POT NEWSLETTER



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

November 2019 - Issue 2

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STUDENT SUCCESS CELEBRATION

On Wednesday, November 20, we will hold our first Student Success Celebration. We will recognize students who achieved goals in September, October, and the beginning of November. Outstanding Attendance Certificates for October will also be handed out.

You could receive a certificate if you have accomplished any of the following:

EMPLOYMENT

- Get a job
- Get a better job
- Increase your earnings
- Meet new job requirements

EDUCATION

- Enter Occupational training program
- Complete occupational training



CIVIC PARTICIPATION

- Get a learner's permit
- Get a driver's license
- Vote in an election
- Attain Legal Permanent Residence
- Pass the citizenship exam
- Open a bank account
- Buy a house or condo
- Start a business
- Take a school/community leadership role
- Volunteer at a community organization



@ Frederick Abisi Adult Education

We will have regular classes on November 20th, with specific times for different groups to gather to receive their certificates. After the certificates are handed out, students can enjoy some cake and coffee.

Make sure you inform your teacher of goals you have achieved since becoming a student here at AAEC and which ones you are currently working on.

NO SCHOOL DAYS IN NOVEMBER

The Lowell Public Schools and AAEC will be closed on the following days in November:

- Tuesday, November 5th—Election Day
- Monday, November 11th—Veterans Day Observance
- Wednesday, November 27th—Early dismissal at 10:45am, no 11:00am classes.
- Thursday, November 28th, and Friday, November 29th—Thanksgiving Break



ANNUAL FOOD DRIVE



Abisi Adult Education will be hosting its annual food drive, November 12-15, 2019. Students can help by donating unopened, non-expired, 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 the Merrimack Valley Food Bank.

These are some of the items that are most needed:

Thanksgiving Fixings		All the Days In-between		
baked goods	canned cranberry sauce	peanut butter & jelly	flour & sugar	
boxed potatoes	gravy	soups, stews, & chili	pasta, rice, & boxed potatoes	
canned vegetables	Jello & pudding	coffee, tea, & hot chocolate	cereal & oatmeal	
coffee & tea	seasonings	canned tuna, ham, & chicken	canned veggies & fruit	
canned pumpkin & squash		ravioli & spaghetti O's	gluten free items	

Listed below are some local food pantries or meal programs in Lowell. You can visit the Merrimack Valley Food Banks website, *www.mvfb.org*, for a complete listing of available locations in the Greater Lowell Area. Some programs may require you to call ahead for pick-up, show your Social Security Card, and/or have proof of residency. Make sure to call them before you go.

978-453-6693	Monday—Friday 9:00am-12:00pm
978-454-9946	Monday—Thursday 1:00-3:30pm
978-458-3396	Monday, Wednesday, & Fridays 9:00-11:00am
978-454-7445	Tuesdays, Wednesdays, and Thursdays 10:00am-1:00pm
978-970-4131	Open for breakfast & lunch Monday—Friday, 6:00am- 4:00pm; Saturday and Sunday, 7:00am-12:00pm
978-458-9888	Open daily for all meals: Breakfast 6:45-8:00am; Lunch 11:45am-1:00pm; Dinner 5:45-6:45pm
	Open for Dinner Monday—Friday 5:00-6:00pm
978-323-4673	Tuesdays, Thursdays, & Fridays 9:00am-1:30pm; Saturdays 9:00am-12:00pm
	978-454-9946 978-458-3396 978-454-7445 978-970-4131 978-458-9888

Project Bread Food Source Hotline 1-800-645-83333

ESOL CONVERSATION CLASS

Meg and Susan's ESOL Students

The ESOL Conversation Class with Gail started in October and is currently full. A new session will begin In January. If you are interested in participating in the next session, please see your teacher to sign-up. All students must have good attendance in their regular ESOL classes to participate.

When: Mondays & Wednesdays

9:30-10:45 am (for 11:00am students only) Or

Mondays & Wednesdays 11:00 am -12:15 pm (for 9:00am students only) English Conversation Club

ESOL CONVERSATION CLUB

Carrie, Ann, and Liz's ESOL Students

The ESOL Conversation Club will be 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 needed.

When: Mondays & Wednesdays

10:30—11:00 am

Where: Liz's Room—Main Level

Where: AAEC Room 12

The Pollard Memorial Library hosts a Literacy Conversation Class for Adults on Monday evenings, from 6:30-8:00 pm and Friday mornings, from 10:30-11:30 am. Join them for a guided conversation between native and non-native English speakers. Topics vary from week to week. It is free, and no registration is required. Every-one is welcome to attend - refugees, immigrants, and native-born residents.

LOWELL COMMUNITY HEALTH CENTER (LCHC)

Community Health Workers



Wednesday, November 13 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 AWARENESS FOR ADULT ESOL LEARNERS

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.

This year, the Abisi Adult Education Center was awarded a grant from the GLHA to help us bring Mental Health Awareness workshops to our ESOL students. Throughout the school year, we will offer workshops to 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.



STUDENT ADVISORY COUNCIL (SAC)

Our Student Advisory Council consists of student representatives from each class, our program director, and staff members. It will meet several times throughout the school year and provide students an opportunity to share ideas about our program, give feedback about their classes, and volunteer for school events and activities. Please help them by volunteering, participating, and sharing your ideas.

Being a member of the student council allows you to develop leadership skills and practice your English. Student Advisory members will also receive reward points. If you are interested in serving on this committee, let your teacher know.



<u>First Meeting:</u> Wednesday, November 6th from 10:30—11:30 am

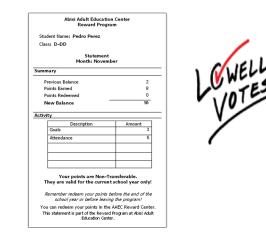
HSE Center/Computer Lab

REWARD PROGRAM

Election Day in Lowell was held on Tuesday, November 5th.

If you participated in the election by casting your vote or volunteering at a polling station, please let your teacher know.

You may be eligible for rewards points!



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.lowelladulteducation.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	HiSET Paper Testing Dates	GED Weekend Computer Testing		
(Thursday afternoons @ 12:30pm)	(Friday evenings 5:00pm and 7:00pm & Saturday mornings at 8:00am, 9:30am, & 11:00am)	(Friday evenings starting at 5:15pm & Saturday mornings beginning at 8:00am)		
November 7, 14, & 21	November 15 & 16	November 15 & 16		
December 5 & 12	December 13 & 14	December 13 & 14		

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 distract everyone.





ATTENDANCE MATTERS



"The Road to Success Begins with Good Attendance"

You are expected to be in class every day, and be on time. If you miss too many days, you risk giving 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.lowelladulteducation.com
- Looking on Facebook
- Watching the local news
- Listening to WCAP (980AM) or WBZ (1030AM)



MASSHIRE LOWELL CAREER SEMINAR



MassHire Career Center Seminar at AAEC

Thursday, November 14, 2019 - 9:15am-10:30am or 11:15am-12:15pm, in Room 12

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

On Thursday, November 14, MassHire will be coming to AAEC to present their membership seminar. At this seminar, you will learn about the services and resources available to help you with your job search and become a member. You must have a social security number to become a MassHire member.

MassHire members can access all of their resources, workshops, webinars, and training. Ask your teacher or Margie for a membership application. Sign-up for this workshop with your teacher.

LINKS **@** MCC PRESENTATION

Karen Spengler, LINKS Program Coordinator and Advisor at Middlesex Community College (MCC), came and spoke with our HSE students about their LINKS program. She provided students with information about the LINKS program, the extra academic support available, and ways to transition into the different certificates and degree programs MCC offers.

LINKS is a free 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. This program offers smaller class sizes, individualized guidance, and a unique opportunity for students to acclimate to the academic setting while earning free college credits.

These classes are on Tuesdays and Thursdays at the Bedford and Lowell campuses. You can contact Karen by email at spenglerk@middlesex.mass.edu, see Martha in Room 6 at AAEC, or go online to <u>www.middlesex.mass.edu/links/</u> for more information.



CAREER PATHWAYS @ MCC

Middlesex Community College offers more than 80 associate degree and certificate programs. In November, they will be hosting two open houses to talk about their Career Pathways programs. Come and discover your path on Tuesday, November 5, at 4:30 pm at the Bedford Campus for a career in Business, Public Service, and STEM on Wednesday, November 13, at 4:30 pm at the Lowell Campus for careers in Humanities, Social Service, and Education.



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 <u>must participate</u> 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.

Taking part in the Census is:

• **Important.** It will decide how much money the government will give our programs, community organizations, businesses, schools, Representatives in Congress, and more.



- **Safe.** Your personal information is safe, secure and protected by federal law. Your answers can only be used to produce statistics—**they cannot be used against you in any way**. By law, all responses to U.S. Census Bureau household and business surveys are kept completely confidential.
- **Easy.** The U.S. Census Bureau will send a letter inviting you to go online and complete your census form if you can. Don't worry if you don't have internet access you can respond by phone or paper, too. It takes approximately 10 minutes to complete the questionnaire. The online questionnaire will be available in 12 non-English languages (Spanish, Chinese, Vietnamese, Korean, Russian, Arabic, Tagalog, Polish, French, Haitian Creole, Portuguese and Japanese). Help will also be available by phone in some of these languages.



U.S. CENSUS RECRUITMENT

The U.S. Census Bureau is hiring thousands of people across the country to assist with the 2020 Census count. On October 24, a representative from the U.S. Census Bureau Recruitment Office came here to provide information about the employment opportunities available and to answer any questions. He also helped interested students complete the online application.

The U.S. Census Bureau will be holding additional Recruitment sessions at the Pollard Memorial Library on Tuesday, November 12, from 4:00-7:00 pm, and on Saturday, November 16, from 11:00 am to 2:00 pm.





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 to learn how to become a first-time homebuyer; weatherize your home to reduce waste and costs; open a small business; prepare the youth in your family 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.

Beginning Wednesday, December 4th, 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

Having a hard time paying for your heating bills? Don't struggle on your own! Your family may qualify* for help with heating bills this winter through CTI's Fuel Assistance Program.

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.*

(You must have a valid address to book an appointment online.)

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 *

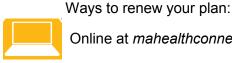
CTI Fuel Assistance serves the following cities and towns:

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

COMMUNITY INFORMATION AND ACTIVITIES

MASSACHUSETTS HEALTH INSURANCE OPEN ENROLLMENT

If you are enrolled in a Massachusetts Health Connector plan like Mass Health, Open Enrollment for 2020 is from November 1, 2019, through January 23, 2020. Open Enrollment is the time of the year when consumers can buy a new health insurance plan or change their current plan. If you have Mass Health and received your renewal letter, take action by the designated date on the letter.



Online at mahealthconnector.org

or



Call the Massachusetts Customer Service Center: (800) 841-2900

or

Mail in your customized renewal notice.





Get free, in-person help from a trained, certified enrollment assisters. They can answer your questions and help you apply. Please call ahead. You may need an appointment.

Below are locations in Lowell where enrollments assisters can help:

Cambodian Mutual Assistance Association (CMAA) 465 School St (978)454-6200

Lowell Community Health Center 161 Jackson St (978) 937-9700

Lowell General Hospital Main Campus 295 Varnum Avenue (978) 937-6000

On Wednesdays, Lowell Community Health Care workers at AAEC will also be available to help vou with the renewal process.





Saturday, November 30, 2019 Parade starts at 4:30 pm

1:00 pm: Participate in family fun activities all around downtown such as ice skating, singalongs to join, food vendors to eat at, holiday craft markets to shop in, the "Holly Jolly Trolley" and more.

4:30 pm: Grab your spot along the parade route, from Jackson St. to City Hall. After the parade, watch the official holiday lighting of City Hall, and the Wannalancit Smokestack Tree.

7:00 pm: St Anne's Church will host a holiday concert featuring Lowell Gentlemen Songsters and the St. Anne's Choir.

COALITION FOR A BETTER ACRE (CBA)

Coalition for a Better Acre Fall Community Swap

Pollard Memorial Library Meeting Room



Saturday, November 9, from 10:00am-1:00pm

Twice a year, the Coalition for a Better Acre hosts a free Community Swap. It's like a garage sale, but everything is free! Bring (still useable) items you would like to give away and go home with things you can use. It's a great excuse to clear out your closet.

www.lowellcityoflights.org

SCHOOL ACTIVITIES CALENDAR

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 ESOL Conversation Class 9:30 or 11:00am Meg & Susan's students Room 12 with Gail ESOL Conversation Club 10:30-11:00am Liz, Ann, & Carrie's Class Room 12	5 EEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEEE	6 SAC Mtg. 10:30-11:30am Computer Lab ESOL Conversation Class 9:30am & 11:00am Meg & Susan's students ESOL Conversation Club 10:30-11:00am	7 (Figure 12:30pm) CBT @ 12:30pm Civics/Citizenship 9:30 or 11:00am	8	9
ESOL Ersation Club :30-11:00am 1, & Carrie's Class Room 12	11 Veterans Day No School	12 Food Drive Civics/Citizenship 9:30 or 11:00am	Liz's Room Food Drive LCHC Outreach 9:00am -12:00pm ESOL Conversation Class 9:30 or 11:00am Meg & Susan's students Room 12 with Gail ESOL Conversation Club 10:30-11:00am Liz, Ann, & Carrie's Class	14 Food Drive Career Center Seminar In Room 12 III Room 12 III HISET CBT @ 12:30pm	Livics/Citizenship 9:30 or 11:00am CBT starting @ 5:15pm CBT starting @ 5:00pm	16 CBT starting @ 8:00am @ HISET PBT starting @ 8:00am
17	18 ESOL Conversation Class 9:30 or 11:00am Meg & Susan's students Room 12 with Gail ESOL Conversation Club 10:30-11:00am Liz, Ann, & Carrie's Class ESOL Orientation	19 Civics/Citizenship 9:30 or 11:00am	20 Student Success Celebration ESOL Conversation Class 9:30 or 11:00am Meg & Susan's students Room 12 with Gail ESOL Conversation Club 10:30-11:00am	21 (BT @ HiSET CBT @ 12:30pm Civics/Citizenship 9:30 or 11:00am	22	23
24	25 ESOL Conversation Class 9:30 or 11:00am Meg & Susar's students Room 12 with Gail ESOL Conversation Club 10:30-11:00am Liz, Ann, & Carrie's Class Room 12	26 Civics/Citizenship 9:30 or 11:00am	27 Early Dismissal No 11:00am Classes	28 Happy Thanksgiving!	29 No School	30