

THE MELTING POT NEWSLETTER

Frederick Abisi Adult Education Center

408 Merrimack St, Lowell MA, 01854



www.lowelladulthoodeducation.com

(978)937-8989



@ Frederick Abisi
Adult Education

A Message From our Director

Happy Spring Everyone!

If you have not noticed the banner on the wall outside Room 4, please take a look. In the center of the banner, you will see the words "Attendance Matters". As you have all heard many times from your teachers and me, attendance really does matter. We are rounding 3rd base in our school year. This means that we are approaching the end of our school year. We are almost to home plate! Let us root for the Boston Red Sox! I encourage each of you to do the very best you can to be in class every day. Your teachers and advisors are here to work with you. Your strong commitment to attendance will be worth it!



AEC DIRECTOR BETTY MCKIERNAN

MassSTEP CNA Program

AAEC is happy to announce that we have 10 student participants in the CNA Program. The Program will go from April 4 to August 1, 2022.

Congratulations to our accepted students!

- Marolyn Almanzar
- Kylvya Almeida
- Faustina Boateng
- Yeraldin Cadet Romero
- Seavheang Hong
- Ketcia Louis
- Angie Morales
- Vivian Ngoy
- Jessica Sanclemente
- Gaelle Arselle Tchoumang D Epse Tchanang

Certified Nursing Assistant (CNA)



Save the Date

Abisi Adult Education Graduation



When: Friday, June 10, 2022

Where: Lowell High School Auditorium

Students who receive their high school credentials through AAEC or achieve a certain number of attendance hours in ESOL will be invited to attend our annual graduation event.

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.

PROGRAM INFORMATION

AAEC Fall Registration Information

Attention current and new students:

Students must register online for the next school year 2022-2023.
Registration will begin in August. Dates will be posted on our website:
<https://www.lowell.k12.ma.us/adulted> as soon as they are available.



Remember, you must have a picture ID and proof of address with your name on it for registration. Classes start in September and end in June.

HSE & GED Testing Dates

HiSET Computer-Based Testing

(Thursday afternoons @12:30pm)

April 7 & 28

May 5, 12 & 19

June 2

HiSET Paper Testing Dates

(Friday evenings & Saturday mornings)

April 8 & 9

May 20 & 21

June 24 & 25

GED Weekend Computer Testing

(Friday evenings & Saturday mornings)

April 8 & 9

May 20 & 21

June 24 & 25

2022 Greater Lowell Community Health Needs Assessment



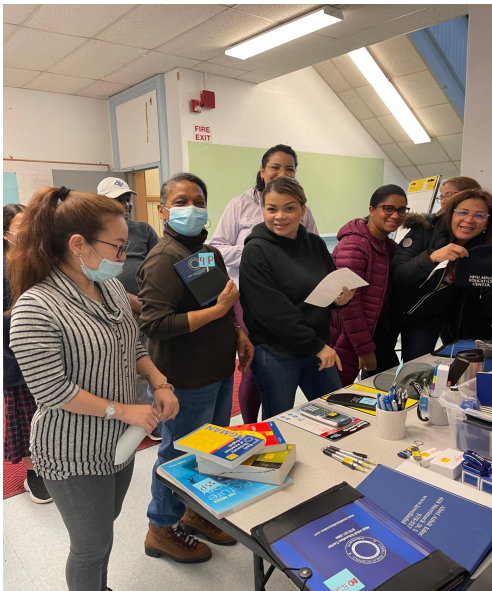
In partnership with the GLHA, Lowell General Hospital has commissioned researchers and students from the University of Massachusetts Lowell to conduct a Community Health Needs Assessment. Students at AAEC are participating in focus groups during day and night classes. Student participation will provide valuable information which will help GLHA serve our community better. Thank you for your participation in this program.



STUDENT INFORMATION AND ACTIVITIES

ESOL Lending Library and Reading Program

AAEC is recognizing students' efforts whenever they borrow and read books from our library. Each time a student completes a book report form and returns it to their teacher, they earn points. Teachers are keeping track of the points students have earned. Students can exchange these points to get various items in the Reward Program!



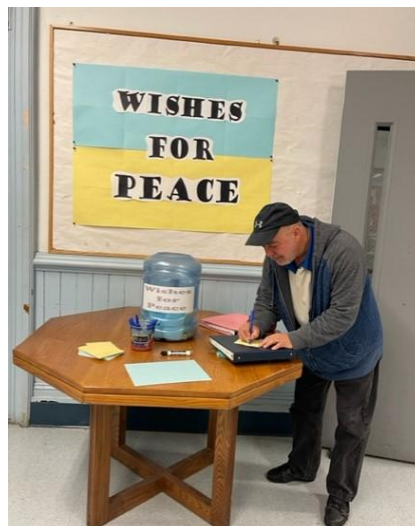
Pollard Memorial Library Tour

In March, Carrie and Ann's classes visited the Pollard Memorial Library in Lowell. Civics teacher Gail, made arrangements to bring the classes on a tour. They learned about the services and enjoyed the art and history of the building. Bridget, the Community Planning Librarian, led the tours, offered informational packages, and assisted students with library card registration. The combined total of newly issued library cards for Ann and Carrie's students, along with some of the students' children, is 39!



Wishes for Peace

AAEC would like to recognize the ongoing crisis in Ukraine. We stand in solidarity with those who suffer and live in fear. Students and staff are showing their support to all the people who are affected by this conflict, by writing wishes for peace.



STUDENT INFORMATION AND ACTIVITIES

Participatory Action Research (PAR)

Come meet with UMass Lowell professors to research how you can improve classes and services at AAEC!

If you choose to be part of the project, you will:

- ★ Meet with UMass Lowell researchers regularly and discuss your ideas about your English class.
- ★ Learn how to do research.
- ★ Do research.
- ★ Practice English.
- ★ Make recommendations to AAEC leaders.



The Town and The City Festival

A SPRING CELEBRATION OF MUSIC AND ART IN LOWELL

Originally scheduled for Friday, October 22 & 23rd, the two-day music and arts festival features more than 50 acts performing in 12 different venues around downtown Lowell. All tickets previously sold for the October scheduled festival will be honored for the new dates on **April 8th & 9th**. Tickets are still available!



For more information visit:
<https://www.thetownandthecityfestival.com>

LGH Cancer Fundraiser Returns

Since 2000, *TeamWalk for Cancer Care* has raised more than \$14 million and touched the lives of more than 36,000 cancer patients and their families. Every dollar raised goes to help patients at the Cancer Center at Lowell General Hospital and throughout the Merrimack Valley with the things insurance doesn't cover – an overdue bill, a prescription co-pay, a wig, transportation to and from treatment, or integrative therapies to aid recovery. TeamWalk is not about finding a cure; it is about finding hope, courage, and strength to continue living as a survivor. We look forward to seeing your smiling faces, those team t-shirts, and the spirit of TeamWalk again. Please join us and make a difference.

Join together on Sunday, May 22, 2022
Tsongas Arena, Lowell



Craft Fair at Shedd Park

Come support your local crafters & small businesses. There will be over 40 crafters and vendors, sweets and treats! Free admission!

Where: Shedd Park

453 Rogers Street Lowell, Ma. 01852

When: Saturday, April 16th from 10am - 4pm.

Fun for the whole family!



STUDENT INFORMATION AND ACTIVITIES

Job & Career Information



Job Fair

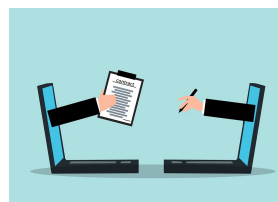
A Virtual Job Fair will be hosted by MassHire on Thursday, April 28th. Individuals may attend the virtual job fair at MassHire site at 107 Merrimack Street. Computers are available as well as MassHire staff.

For more information, see Margie at AAEC.
Her hours are:

Wednesdays: 11:00am-12:30

Thursdays: 8:30am-1:00pm

Fridays: 10:30am-12:30pm



MARGIE MILLER

RECRUITMENT

Lowell General Hospital

- Multiple open positions
- Lowell, Billerica locations
- On-the-spot interviews

TUESDAY, APRIL 5: 4:00 PM - 7:00 PM

THURSDAY, APRIL 14: 10:00 AM - 1:00 PM

MASSHIRE LOWELL CAREER CENTER
107 MERRIMACK STREET
LOWELL, MA
MASSHIRELOWELLCC.COM/LGH

MASSHIRE
LOWELL CAREER CENTER

April 5th
4pm - 7pm

Available Positions

- Unit Coordinator (Main Campus)
- Patient Care Technician (Billerica)
- Patient Care Technician (Main Campus)
- Patient Care Technician (Saints Campus)
- ER Tech (Saints Campus)
- ER Tech (Main Campus)
- Community Health Worker (Main Campus)
- Lab Support Technician (Saints Campus)
- Medical Receptionist
- Pharmacy Technician
- Rehab Aide
- Radiology Technical Aide
- Patient Service Rep
- Environmental Services Worker
- Security Officer



Students must have U.S. work authorization in order to apply and must pass a basic English language screening to enroll in the program.

SUMMER PROGRAMS FOR CHILDREN

STEM Camp

STEM stands for **Science, Technology, Engineering, and Mathematics**. But it's more than that. STEM has grown to represent a unique approach to teaching and learning, one that centers around individual students' learning styles and interests. This means STEM education has something to offer to every student.

IDEA CAMP SUMMER 2022 STEM WORKSHOPS
Grades 4-12

Workshop Fee: FREE for Lowell Public School Students
(non-Lowell Public Schools students): \$165
and (non-Lowell residents): \$300

Includes Program Supplies

Register Today: <https://bit.ly/3H40U7e>

Questions? Contact: padams@lowell.k12.ma.us



Lowell REC Summer Camp

Spring Crossword Answer Key

Do your kids need something to do this summer? The Recreation Department of Lowell runs programs Mondays through Fridays during the Summer months. We provide kids an opportunity to participate in arts and crafts, tennis, and other sports activities.

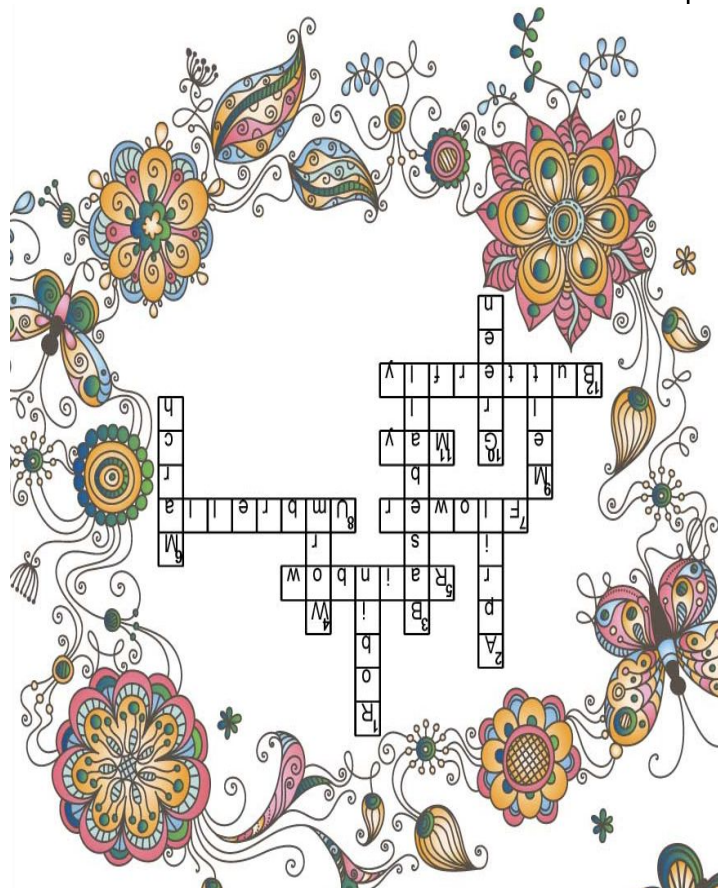
Camp options are for children ages 3-13.

*Please note that not all locations may provide the same activities and that **no program activities are scheduled for July 4th.***

Registration begins April 1st and is First Come First Served as spots are available.

Registration is done **ONLINE ONLY!**

For additional information, please contact: The Recreation Office at 978-674-4175 or email us at recreation@lowellma.gov



COMMUNITY INFORMATION

World Autism Awareness Day

Where: Lowell senior Center - 276 Broadway St, Lowell

When: Tuesday April 5th from 5pm - 7pm

World Autism Awareness Day is observed on April 2nd. The day recognizes and spreads awareness for the rights of people with autism. Autism typically starts during childhood and continues into adulthood. There is no cure, but there are treatments!

With an autism spectrum disorder, once a person is diagnosed there are many treatments available to help. By becoming aware, we can help people to get in touch with specialists and start treatments that can increase their wellness.

For more information about autism, visit these sites:

<https://www.mass.gov/service-details/resources-for-families-autism>

<https://www.autismspeaks.org>



Cambodian New Year - Year of the Tiger

The Cambodian Mutual Assistance Association of Greater Lowell (CMAA), along with community partners will host a celebration for the traditional Khmer New Year with Buddhist blessings, performances, food and more. This event will be hosted at the Lowell Senior Center on **April 16th**. This event is free and open to everyone. Family and kid friendly. Please visit the CMAA website for additional information.

<https://www.cmaalowell.org/wp/slide/cambodian-new-year-event/>



Income Tax Assistance Program (VITA) Free Tax Return Preparation



The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. **Please see our document list at:**

www.commteam.org/program/volunteer-income-tax-assistance-vita/ to make sure you have everything you need before you start your preparation. CTI will offer online and drop-off services for tax preparation.

Online Filing

Monday, January 24th, 2022
through
Friday, April 15th, 2022

1. Visit www.getyourrefund.org/cti
2. Answer a few questions
3. Upload your identification & tax documentation

**Accessible via Computer, Laptop, Tablet or
Smartphone**

Drop-Off Now / Pick Up Later

Saturday, February 5th, 2022
through
Saturday April 2nd, 2022

at 165 Merrimack St. Lowell, MA 01852

Saturdays only.

**You will need to pick up an Intake & Instruction
Packet ahead of time.**

Packets are limited to 30 clients per week.

QUESTIONS: www.commteam.org/vita; Eric Rosario 978-735-6748 or erosario@commteam.org

Recipe of the Month

Lemon Parmesan Chicken with Broccoli

4 Servings

Time: 40 minutes

Ingredients:

4 skinless, boneless chicken breast halves (about 1 $\frac{3}{4}$ pounds) pounded to $\frac{1}{4}$ inch thick

Kosher salt

freshly ground pepper

$\frac{1}{2}$ cup all-purpose flour

3 eggs

1 cup freshly grated parmesan cheese

3 tablespoons of extra virgin olive oil

2 tablespoons of fresh lemon juice

4 cups 2-inch broccoli florets



-Set a rack in the middle of the oven and preheat the oven to 425 Fahrenheit.

Season the chicken with salt and pepper.

-Place the flour in a wide, shallow dish. In another shallow dish whisk the eggs.

Place the parmesan cheese in a third shallow dish. Dredge the cutlets, one at a time in flour, shaking off any excess, then dredge in eggs, coating both sides. Finally, dip the chicken in the parmesan cheese and place on a baking sheet. Repeat with remaining cutlets.

-Line a platter with paper towels.

-In a large nonstick skillet over medium-high heat, heat the olive oil until shimmering. Add the cutlets in a single layer and cook until golden brown, 2 to 3 minutes. Flip the cutlets, and cook until golden brown on the other side, an additional 2 to 3 minutes. Transfer the chicken to the paper-towel lined platter.

-In a small saucepan over medium-high heat, melt the butter. Add the wine and lemon juice and cook for 3 to 5 minutes, until the liquid has reduced by half. Remove the pan from the heat and pour the sauce into a 9 by 13-inch baking dish. Set aside.

-Bring 2 inches of water to a boil in a large stockpot fitted with a steamer basket. Place the broccoli florets into the basket and steam for 3 minutes. Remove the broccoli and set aside.

-Lay the chicken on top of the sauce in the baking dish. Place the broccoli on and around the cutlets. Bake, uncovered for 20 minutes. Serve hot.

ENJOY!



Spring Crossword Puzzle



Across

5. A spectrum of color in the sky when it rains.
7. A colorful plant with leaves and petals.
8. A circular device that keeps the rain off your head.
11. The month in which we celebrate moms.
12. A winged insect that comes in many colors.


Down

1. One of the earliest birds to appear in spring.
2. _____ showers bring May flowers.
3. A sport played with a bat and ball.
4. The early bird gets the _____.
6. The month in which spring starts.
9. When snow and ice turn into water.
10. The color of grass once it comes back to life.



School Activities Calendar

April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No School	2 <i>Beginning of Ramadan</i>
3 <i>First day of Ramadan</i>	4 <i>Welcome New Students ESOL Orientation 8:30 and 10:30 Susan's Room</i>	5 	6	7 	8   	9  
10	11	12 Reward Center Open 9:00-12:30 pm	13 Reward Center Open 9:00-12:30 pm	14	15 Good Friday Passover No School	16
				Cambodian New Year		
17 	18 	19	20	21	22 	23
SPRING BREAK - NO SCHOOL						
24 <i>Orthodox Easter</i>	25	26	27	28 	29	30
31						