

THE MELTING POT NEWSLETTER



Abisi Adult Education Center

Frederick Abisi Adult Education Center

408 Merrimack St, Lowell, MA 01854

www.lowelladulthoodeducation.com - (978) 937-8989

Elizabeth McKiernan, Director

May 2023

AAEC ANNUAL FIELD TRIP



Wednesday, May 31st

Seacoast Science Center at
Odiorne Point State Park, Rye NH

Cost is \$10.00. Includes entry fee, transportation, bagged lunch and a tour!

The bus will leave the school at 9:00 AM
and return by 1:30 PM.



CANCER WALK

Sunday, May 21st

Sign-up with your teacher or Adriana

This will be AAEC's 19th year participating in the TeamWalk for CancerCare to help patients at the Lowell General Cancer Center.

All participants should **report to school on Sunday, May 21st, at 9:00 AM** to meet with students and staff. From there, everyone will go over to the Tsongas Arena as a group to begin the walk! Please dress comfortably! Family members and friends are welcome!



AAEC GRADUATION INFORMATION

The AAEC will be holding its annual graduation ceremony on **Friday, June 9, 2023** at the **Cyrus Irish Auditorium at Lowell High School**.

Light refreshments will be served immediately following the graduation ceremony in the Lowell High School cafeteria. We encourage all graduates to participate and to invite friends and family! City of Lowell and School Department dignitaries will also attend.

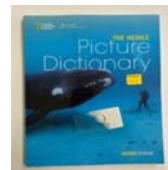
Graduates should arrive at the LHS auditorium by **6:00 pm**. Everyone dresses up; no hats, jeans, or T-shirts allowed.

You will be sitting with your classmates and other graduates, not with your guests.

Childcare is **not** provided. Children will not be allowed to sit with you. Your children must be seated with a responsible adult you invited. You must stay for the entire ceremony. Garage parking will **not** be validated that night.

Photo opportunities will be available after the graduation ceremony has finished.

REWARDS PROGRAM



The Reward Center will be open on Tuesday, May, 23rd, from 9:00 am — 12:30 pm.

The Reward Center is located outside Room 3 on the first floor. Classes will visit the center at specific times. Please wait to visit the center with your classmates.

If you plan to redeem your points, please bring your updated statement with you. You can redeem your earned points now or continue to accumulate them for a bigger reward later in June.

Reward Points are only valid for the 2022-2023 school year. Reward Points are non-transferable.

You cannot give your Reward Points to another student. Remember to redeem your points before the end of the school year or before leaving the program.

ATTENDANCE MATTERS



"The Road to Success Begins with Good Attendance"

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

Don't forget to let us know if you are going to be absent. You can:

- Email us at:
ESOL Classes—sochan@lowell.k12.ma.us
HSE Classes—bgoodridge@lowell.k12.ma.us
- Let your teacher know.

VISITOR POLICY

Lowell Public School Policy states all outside visitors must report to the Main Office and sign in and out.

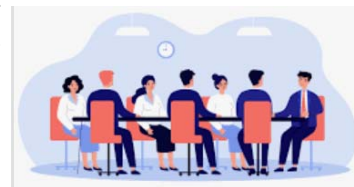
We love children, but children are not allowed in the school.



STUDENT ADVISORY COUNCIL

The **Student Advisory Council** is a group of elected or volunteer students who represent each class and meet with our Director and other staff members. Representatives help us by giving feedback on our programs and their classes and contributing ideas for student workshops and activities.

Next Meeting: May 22 at 10:00 am to 11:00 am in the Computer Lab.



SUMMER SCHOOL - 2023

HSE

Mornings: In-person or Remote

Tuesday, Wednesday, Thursday

9:30-11:30 am

Tuesday and Thursday Nights

Remote only

6:00-8:00 pm

ESOL

Mornings: In-person only

Tuesday, Wednesday, Thursday

9:30-11:30 am

Tuesday and Thursday Nights:

Remote only

6:00-8:00 pm

Summer school registration forms were emailed to all enrolled students. If you did not receive it and are interested in participating, please let your teacher know.

- * Begins on Wednesday, 7/5 and ends on Thursday, 7/27
- * You MUST be able to attend all your scheduled classes!
- * Summer school is open to currently enrolled students only.
- * Registration will close on Thursday, May 26th!

FALL REGISTRATION 2023

Fall 2023 HiSET/GED Classes Information

To enroll in HSE Classes, you must:

- Be at least 16 years old. If you are under 18 years old, you must have a formal withdrawal letter from the last school you attended.
- Have a photo ID
- Have proof of address with your name and address in the Greater Lowell area.

Online registration begins on August 1, 2023

Fall 2023 ESOL Classes Information

To enroll in ESOL Classes, you must:

- Be at least 18 years of age
- Have a photo ID
- Have proof of address with your name and address in the Greater Lowell area.

Online registration begins on June, 1, 2023

Register online at: <https://www.lowell.k12.ma.us/adulted>

*Registration is not a guarantee of enrollment.

*Classes are filled on a first come, first serve basis.

*There may be a waiting list or change in class schedule, due to circumstances beyond our control.

CINCO DE MAYO



Carrie and Daisy's ESOL classes celebrated Cinco de Mayo with a variety of Mexican foods. Teachers and students alike participated in preparing this festive event!

Cinco de Mayo, or the 5th of May, is a holiday that celebrates the date of the Mexican Army's May 5, 1862, victory over France at the Battle of Puebla during the Franco-Mexican War. Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Below is a delicious salsa recipe from one of AAEC's office staff members, Olga Casey.



Olga's Cinco de Mayo Salsa

Serves 4 - 6
Prep time 15 minutes

Ingredients:

4 ripe tomatoes
1 small red onion
2 Serrano chillies or 1 Jalapeño
The juice of one lemon or lime
1 bunch of cilantro
Salt and pepper

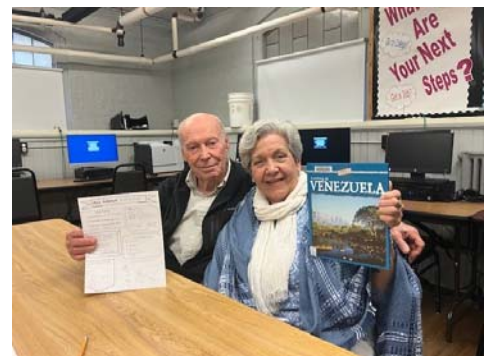
Please wash all vegetables.
Finely chop the tomatoes, onion, peppers, and cilantro.
Add the tomatoes, onion, and cilantro to a mixing bowl. Add the lemon juice, salt, and pepper to taste. Finally, add the chopped chillies to taste.

Enjoy with tortilla chips.



MULTICULTURAL WEDNESDAYS WITH CARRIE

On Wednesdays in May and June, Carrie's class will learn about the various countries that her students represent. This past Wednesday, Luisa and her husband, Esteva, designed a poster describing their native country, Venezuela! These fun facts included the history, location, climate, and culture of Venezuela. They also drew a "family tree" which shows their multi-generational family! Luisa and Esteva moved from Venezuela and settled in Billerica. They both attend ESOL classes with Carrie four mornings a week. We thank this great couple for sharing their heritage with us!!



HSE Testing Information

IMPORTANT: In order to be eligible to participate in the June Graduation Ceremony, HSE students must *successfully complete all High School Equivalency testing on, or before, the weekend of May 19th/20th.*

Registration and Scheduling Information:

Questions? See Denise, in the office, or speak with an HSE Staff member.

The Massachusetts High School Equivalency credential is issued by the Commonwealth of Massachusetts to those who have passed the HiSET® exam, the GED® exam, or a combination of all subject tests from both exams. The Commonwealth has made available voucher codes for a candidate's first exam, plus two retakes, in each subject.

HiSET: Create an account at www.hiset.org. If you previously created an account with ETS, use the same email address and last name to ensure that your test scores are transferred. Use the following Voucher Code at checkout:

MAHSET (for all tests)

GED: Create an account at www.ged.com. Use one of the following Voucher Codes at checkout:

MAFREEGED (first time taking a test in a subject area at a Test Center)

MARETAKE (retake of a test in a subject area at a Test Center)

May and June Testing Dates at AAEC

AAEC is an approved Test Center. We offer testing appointments for the HiSET on paper, HiSET on computer, and GED (computer only). All dates are posted on our website, www.lowell.k12.ma.us/adulted, under the 'Testing' tab.

HiSET Paper-Based & GED Computer Based Testing	GED Computer-Based Testing
Friday, May 19th (Beginning at 5:00 pm) Saturday, May 20th (Beginning at 8:00 am) <hr/> Friday, June 23rd (Beginning at 5:00 pm) Saturday, June 24th (Beginning at 8:00 am)	Thursday, May 18th 12:30 pm Math, Science or Social Studies may be scheduled.

LENDING LIBRARY CARTS

We hope you have been enjoying the Library Cart this year! Reading is so important for you and your family. Our next project here at the Abisi Adult Education Center is to have a picture of every student with their favorite library book displayed all around the halls of our school. If you haven't had your picture taken yet, please ask your teacher to photograph you!

The HSE library cart changes frequently as new books come in and as new themes are highlighted each month. Any HSE student can borrow a book by letting Christina or Maura know, and if they fill out a reflection form to share their personal connections to the book, they will receive reward points!

The ESOL classes look forward to Wednesday every week because that is **Library Cart Day**. Some people take a book home to read with their children. Others read the book on their own. Please take care of the library books you have borrowed so that others can use them. In the past seven months, our students have borrowed books 1,231 times. Congratulations and keep reading!



JOB FAIR AT MIDDLESEX COMMUNITY COLLEGE

Middlesex Community College hosted a job fair on May 9th and 10th. Fifteen students from the Abisi Adult Education Center attended and were accompanied by our Career and Educational Advisors: Margie Miller, Cindy Taft (ESOL), and Martha McQuaide (HSE).

Various companies from the Greater Lowell Area were present, providing students with employment opportunities and ways to gain access to available jobs. The students visited with the representatives looking for information about the job market and job opportunities.

About 30 employers participated in the career event. Among the opportunities offered were job openings in Education, Healthcare, Technology, Finance, Manufacturing, Transportation, Warehousing, and Municipal positions. The fair was a big success!



MASSHIRE CAREER CENTER LOWELL

The MassHire Career Center Lowell 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).

Below are some of the free training opportunities being offered through MassHire. Each of these programs do have eligibility requirements that need to be met prior to enrollment. Assessments will be conducted for the appropriateness of the program for each individual. If you are interested in more information, see Margie or talk with your advisor.



FREE TRAINING

WELDING

210 Hours of Training

June 20, 2023 to August 4, 2023

Monday - Friday
8:00 am to 2:00 pm

Training at
Greater Lowell
Technical High School,
Tyngsboro, MA

Training includes:

- OSHA 10 General Industry
- Employability Skills
- Blueprint Reading and Metal Fabrication
- Oxygen Fuel & Plasma Cutting
- Shielded Metal Arc Welding
- Gas Tungsten Arc Welding
- Gas Metal Arc Welding
- Flux Core Arc Welding
- Alloys and Filler Rods
- JIGS

Eligibility:

- High School or GED/HISET
- Authorized to work in the U.S.
- Unemployed or underemployed
- MA Resident

Call: Caitlyn at 978-805-4731 | Visit: masshirelowellcc.com/welding



FREE TRAINING OPPORTUNITY

PHARMACY TECHNICIAN

The course will prepare the student to take the National Certification Exam to become PTCB certified.

This is a fast-paced class that requires students to have a basic understanding of fractions, formulas, and conversions

- June 13, 2023 to August 3, 2023
- Tuesdays, Wednesdays & Thursdays
- 5:30 pm - 8:30 pm

Training at: Middlesex Community College in Lowell

Are you interested?

Call Caitlyn at 978-805-4731 or go to: masshirelowellcc.com/pharmacy

Eligibility:

- High school/ GED/ HISET
- Authorized to work in the U.S.
- Unemployed/Underemployed
- Massachusetts resident

Course:

- 60-hour instructor-led online class
- 80-hour externship in an actual pharmacy setting

MassHire Lowell Career Center

MassHire Programs & Services are funded in full by US Department of Labor (USDOL) Employment and Training Administration grants. Additional details furnished upon request.



MASSHIRE LOWELL CAREER CENTER

FREE TRAINING

PLUMBING

- 200-hour program
- Project-based Training
- OSHA-10 Construction Safety
- Plumbing code/theory associated with Tier-1 (110-hrs)
- Taught by Master Plumbers.

Participants will be connected with prospective residential and commercial plumbing employers and plumbing union (Local 12) for employment opportunities as apprentice plumbers.

For more info, contact:
Caitlyn at 978-805-4731 or go to: masshirelowellcc.com/plumber

Training Dates: June 5 to August 16

Weeks of June 5 & June 12 (Evenings):

- Mondays thru Thursdays (4:00 pm to 8:00 pm - onsite)
- Fridays (4 pm to 8 pm - virtual)

Weeks of June 19 thru August 14 (Days):

- Mondays & Tuesdays (7:00 am to 3:00 pm - onsite)
- Wednesdays (9:00 am - 12:00 pm - virtual)

ELIGIBILITY

- High School/ GED/ HISET
- Authorized to work in the U.S.
- Unemployed/Underemployed
- Massachusetts resident

NCTI COMMONWEALTH CORPORATION



FREE TRAINING

CNC MACHINE OPERATOR

ADVANCED MANUFACTURING: CNC/MACHINE OPERATOR CTI 200-HOUR COURSE

Course:

General topics covered: Machine tool safety, Blueprint reading, precision measurement, Bandaws, Manual Lathe operations, Manual Mill operations, Prototek Mill operations, CNC machining center set, program and operation, CNC Turning center setup, programming and operation.

Certifications:

MACWIC Level 1 and Level 2; OSHA-10

Schedule:

June 5, 2023 to August 17, 2023
Monday - Thursday, 4:00 pm - 9:00 pm (all onsite)
Nashoba Valley Tech High School, Westford, MA

Eligibility:

- High School Diploma/GED/HISET
- Authorized to work in the U.S.
- Unemployed/Underemployed
- Massachusetts Resident

Are you Interested?

Please contact us at masshirelowellcc.com/cnc or call Caitlyn at 978-805-4731



EQUIPMENT TECHNICIAN TRAINING WITH INTRO TO ROBOTICS

Free Training

This program is designed to provide the concepts and skills necessary to become an Equipment Technician employed by manufacturing companies running automated equipment. The content areas include online modules as well as hands-on activities using training equipment, including FANUC Robots.

- 8 Weeks (160 hours)
- May 31 to July 27, 2023
- Mondays to Thursdays
- 9:00 am to 2:30 pm
- Middlesex Community College in Bedford
- Hybrid Program (Requires remote learning and online homework)

Eligibility:

- High school diploma or equivalent
- Unemployed or Underemployed
- Authorized to work in the U.S.

Certifications: OSHA-10, Certified Manufacturing Associate Credential

Shop Math

- Safety
- Standard Operating Procedures
- Blueprint Reading
- Measurements
- Industrial Electricity

Excel Applications

- Quality
- Lean Manufacturing
- Mechanics/Mechatronics
- Sensors
- Robotics

To learn more about this opportunity:

- Go to masshirelowellcc.com/equiptech
- Call Caitlyn at 978-805-4731



LOWELL PUBLIC SCHOOLS SUMMER PROGRAMS

Parents who want to take advantage of their summer vacation to participate in programs specially designed for their children can enroll in the Lowell Public School Summer Program. Opportunities are available for students from kindergarten students through grade 8. Students must attend the program at the school where they are currently enrolled. Students entering 5th grade in the fall will stay at the school where they went to 4th grade. Students who were in 8th grade this school year should remain at their current middle school.

Summer Learning Programs available:

- Half-Days (Morning)
- Transportation will be provided (if eligible) for most programs
- Free breakfast and lunch daily
- Option to sign up for Lowell Recreation Busy Bee program (ages 5-12) for the afternoon hours
- Offered at all schools to currently registered LPS students in grades K-12
- Free

Busy Bee's Lowell Recreation Info:

Parents can sign up at the same time as they register for LPS Summer Programs. Students will either be walked or transported to the following locations:

- **Shedd Park** - Pyne Arts, Moody, Butler, Shaughnessy, Reilly, Sullivan (pick-up time is 3 pm)
- **Morey Elementary** - Morey, Lincoln, STEM/Rogers, Bartlett, Stoklosa (pick-up time is 2:30 pm)
- **Daley Middle School** - Daley, Bailey, Washington, Murkland (pick-up time is 2:30 pm)
- **Gage Park** - Robinson, McAuliffe, Greenhalge (pick-up time is 2:30 pm)
- **Wang Middle School** - Wang, Pawtucketville Memorial, McAvinnue (pick-up time is 2:30)
- **There is NO late afternoon transportation provided by Lowell Rec programs! Parents must arrange to pick up their children from the site.**

After LPS summer school ends, all students can attend the Lowell Rec programs from 9:00 am to 2:30 pm (3:00 pm for Shedd Park) through August 11th.



LPS COMMUNITY RESOURCE GUIDE

The LPS Student Support Department's Community Resource Guide is designed to assist students, parents, and school personnel in easily locating and accessing resources that are available in and around Lowell.

You can find a list of these resources on the LPS website: www.lowell.k12ma.us. Click on "Parents and Students" - then scroll down to the bottom and click on "Community Resource Guide".

Examples of resources available:

- Families in Need / Homeless Education Assistance (McKinney-Vento-Education Assistance)
- Family Violence and Abuse
- Food Resources
- Housing / Home Goods
- Medical and Mental Health Resources
- Substance Abuse Services



COMMUNITY EVENTS



DIABETES SELF-MANAGEMENT WORKSHOP

Hosted by **REACH Lowell & CMAA**



SATURDAYS
9:00AM TO 11:30AM

MAY 6, 2023	WORKSHOP 1
MAY 13, 2023	WORKSHOP 2
MAY 20, 2023	WORKSHOP 3
MAY 27, 2023	WORKSHOP 4
JUNE 3, 2023	WORKSHOP 5
JUNE 10, 2023	WORKSHOP 6

6

WEEK WORKSHOP



FREE SEMINAR KIT & CERTIFICATE*



SURPRISE GIVEAWAYS

*Must attend all workshops to receive a certificate.



CMAA គម្រោងសម្រាប់

465 SCHOOL ST

LOWELL, MA 01851

Do you have Type II diabetes or Pre-diabetes? Are you a care taker of anyone who has pre-diabetes or Type II Diabetes? Or do you want to learn more how to manage diabetes?

Join us for a 6-week workshop that introduces you to tools that will help manage diabetes.

SCAN QR CODE TO LEARN MORE AND REGISTER



Register Now

Call 978-735-3098



MOBILE Market

2023 MARKET SCHEDULE

MillCityGrows.org || 978-455-2620



Health Incentives Program

Fresh. Correct. Direct. Proven. It's HELP to be healthy!

All Markets take place in Lowell, MA. We accept SNAP/HIP, cash, debit, credit, Senior and WIC Coupons!

TUESDAYS
10am - 12pm
Lowell Community Health Center
161 Jackson Street
May 9 - October 31

THURSDAYS
9am - 12pm
Lowell Senior Center Parking Lot
276 Broadway Street
April 20 - November 2

WEDNESDAYS Morning Market
10am - 12pm
Central Food Ministry, Inc.
370 W. 6th Street
May 17 - November 1

FRIDAYS
2pm - 4pm
Fortune and Flame Sweet Bar
500 Pawtucket Street
May 5 - November 3

WEDNESDAYS Afternoon Market
2pm - 4pm
Lowell General Hospital
Main Campus
295 Varnum Avenue
May 24 - November 1

Thank you to our Mobile Market supporters!












*If you are not feeling well, please do not attend the Mobile Market. Masks are always welcomed. Thank you!



CITIZENSHIP CORNER

What does USCIS stand for? United States Citizenship and Immigration Services

Do You Know About the USCIS Fee Waiver and the Reduced Fee Request?

When lawful permanent resident, or Green Card holders are ready to file for citizenship, they must file Form N-400, the Application for Naturalization, with the U.S. Citizenship and Immigration Services. The fee is \$640. The biometrics fee is \$85. That is a total payment of \$725.

If an applicant cannot afford to pay the naturalization fee, he or she may apply for a fee waiver or a reduced fee with USCIS.

- If USCIS approves your fee waiver request, then you would pay \$0.
- If USCIS approves your reduced fee request, then you would pay a total of \$405 (the reduced \$320 N-400 filing fee plus the \$85 biometrics fee).

Applicants must show proof that they are eligible for either a fee waiver or a reduced fee. Please see the USCIS links below for additional information on the eligibility requirements for each type of waiver request.

Fee Waiver (Form I-912): <https://www.uscis.gov/forms/filing-fees/additional-information-on-filing-a-fee-waiver> ·

Reduced Fee Request (Form I-942): <https://www.uscis.gov/forms/filing-fees/additional-information-on-filing-a-reduced-fee-request>

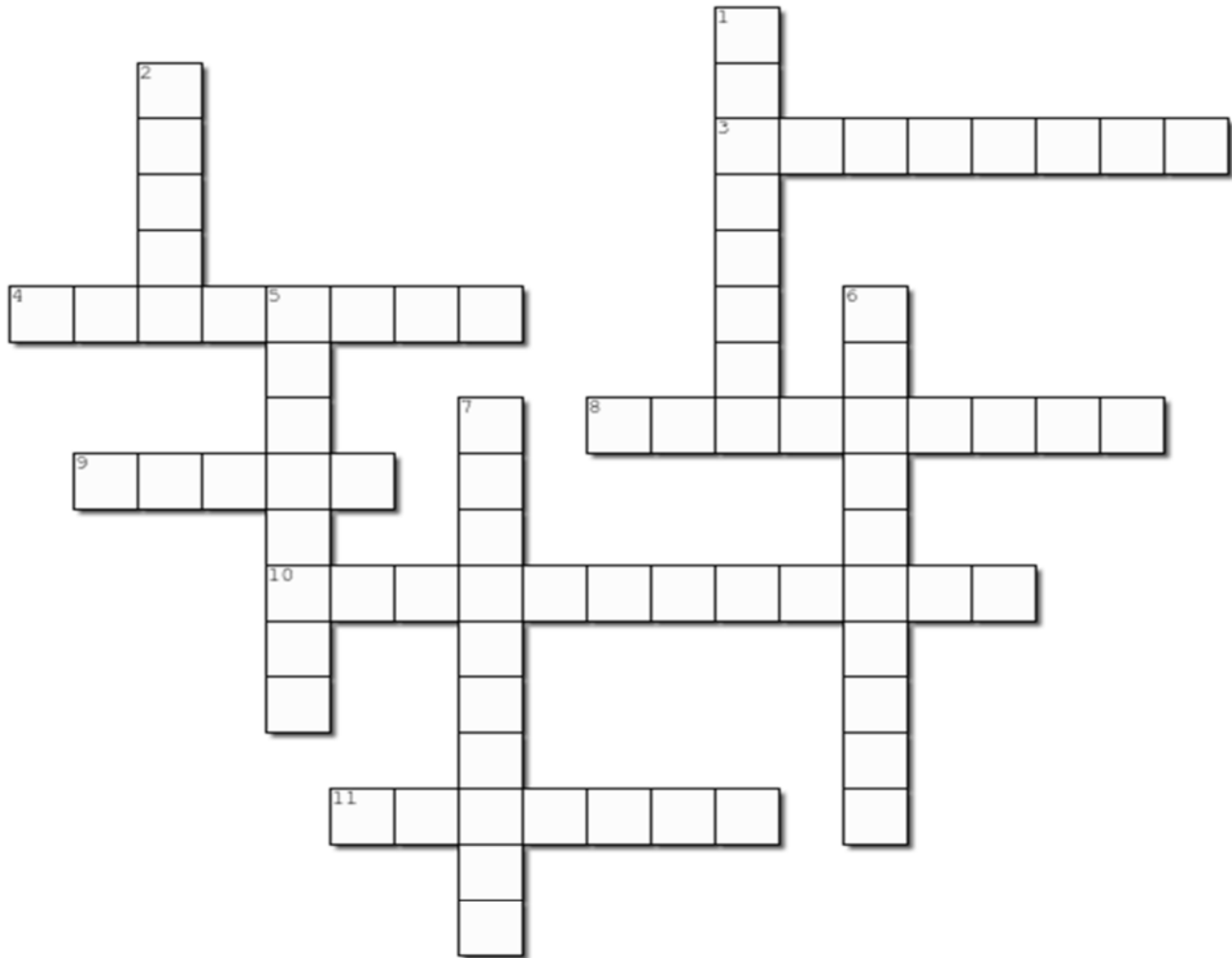
If you have any questions, please ask Gail or Adriana. They can provide you with a list of local organizations that can help you with filing the Form N-400 and the fee waiver or the reduced fee request applications. These services are free of charge.



Name: _____

National (Federal) Holidays

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

civil January Columbus Independence Memorial Christmas Juneteenth Veterans
Washington November Labor

Across

3. in November, we honor all the men and women who served in the U.S. military, ____ Day
 4. this holiday celebrates the landing of Christopher _____ in the Americas in October 1492
 8. this holiday is on December 25
 9. the September holiday that celebrates all the workers of the U.S., ____ Day
 10. this holiday on July 4 celebrates the day that the American colonies declared their independence from Great Britain, ____ Day
 11. New Year's Day is on the first day of this month

Down

1. Thanksgiving Day is on the fourth Thursday in _____
 2. Martin Luther King, Jr. Day in January remembers the man who fought for ____ rights
 5. in May, we honor the men and women who gave their lives during service in the U.S. military, ____ Day
 6. in February, Presidents' Day celebrates the birthdays of George ____ and Abraham Lincoln
 7. a new holiday commemorating the end of slavery in the U.S., observed annually on June 19

May 2023

AAEC Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4  CBT starting @ 12:30pm	5 Conversation Class 9:30 - 11:30 	6
7	8	9 	10	11	12  Conversation Class 9:30 - 11:30	13
14	15	16  Financial Workshop	17	18  CBT starting @ 12:30pm	19 Conversation Class 9:30 - 11:30  PBT starting @ 5:00pm  CBT starting @ 5:00pm	20  PBT starting @ 8:00am  CBT starting @ 8:00am
21 	22	23  Reward Center Open	24	25	26  Conversation Class 9:30 - 11:30	27
28	29 	30	31 			