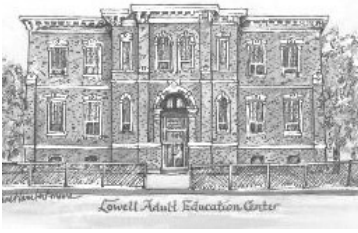
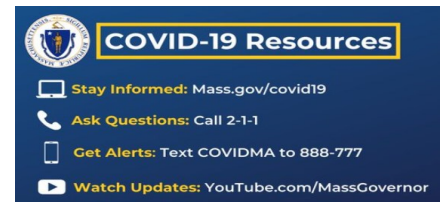
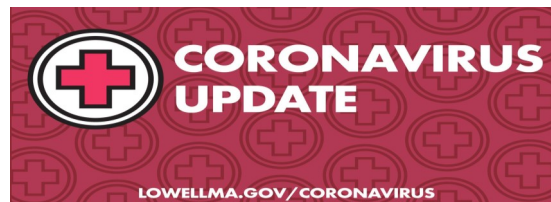


THE MELTING POT NEWSLETTER



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

Spring Special Edition - 2020



Dear Students,

We know how difficult these times are for you and your families, so please know we are thinking of you. We intend to stay in touch with you as much as possible. If there is something we can help you with, please call the office at (978) 937-8989. We can access your voice messages and return your calls.

If you have been in touch with your teachers, please continue to do that. This pandemic has disrupted our learning and created a lot of fear and anxiety for all of us. I do hope you and your families are staying healthy!

Stay safe,
Betty

US 2020 CENSUS

STAND UP AND BE COUNTED!

As of April 30, just over 50% of Lowell households have responded to the US Census. Let's make it 100%. Complete your families US Census questionnaire today!

- It's quick and easy. The 2020 Census questionnaire will take about 10 minutes to complete. You can submit your questionnaire online, by mail or by phone and it is available in 12 different languages.
- Everyone in your home must be counted. This includes temporary workers, international students, and workers on assignment from overseas. No citizenship questions are asked.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, health clinics, police and fire departments, community organizations, and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.



AAEC INFORMATION

The building may be closed, but the learning doesn't stop.

- Visit lowelladulthoodeducation.com for important school updates and community links.
- HSE and ESOL educational links, our community resource guide and information to help you with your next steps is available under the 'Student Resources' tab on our website.
- Fall 2020 class registration information will be posted on our Facebook page and website, as soon as it becomes available.
- HiSET and GED testing dates have been cancelled until further notice. Dates will be posted on our website as soon as they become available.

Please continue to check-in with your teachers and stay connected. Email is the best way to reach your teachers. You may also call the main office at (978) 937-8989, between 8:00 am-2:00 pm, Monday—Friday. If no one is available to take your call, leave a message and we will get back to you as soon as we can. In your voice mail, please state your first name and spell your last name, whom you are trying to contact, the reason for calling, and a number to call/text you back.

AAEC Teachers:

Maura (HSE)	mmccabe@lowell.k12.ma.us	Eileen (HSE/ESOL)	emontbleau@lowell.k12.ma.us
Christina(HSE)	christinacronin@lowell.k12.ma.us	Meg (ESOL)	margarethase@lowell.k12.ma.us
Martha(HSE)	mmangan@lowell.k12.ma.us	Susan (ESOL)	ssilk@lowell.k12.ma.us
Barbara (HSE)	bgoodridge@lowell.k12.ma.us	Liz (ESOL)	enutile@lowell.k12.ma.us
Robin (HSE)	rhdownling@lowell.k12.am.us	Ann (ESOL)	adonovan@lowell.k12.ma.us
Nancy (HSE)	nbernard@lowell.k12.ma.us	Carrie (ESOL)	ccarolan@lowell.k12.ma.us
Donna (HSE)	drogers@lowell.k12.ma.us	Debbie (ESOL)	dfrancoeur@lowell.k12.ma.us
Esther (HSE)	emcadonald@lowell.k12.ma.us	Mary Gail (ESOL)	mjaggers@lowell.k12.ma.us
Martha (Career/College)	mmcquaide@lowell.k12.ma.us	Martha McGuane	mmcguane@lowell.k12.ma.us
Sarah (HSE)	swaterhouse@lowell.k12.ma.us	Cindy (College/Career)	ctaft@lowell.k12.ma.us
Denise (HSE Testing)	dbeal@lowell.k12.ma.us	Amanda (ESOL)	apearson@lowell.k12.ma.us
Lesley (CTI HSE)	lbryne@lowell.k12.a.us	Margie (MassHire Adv.)	mmiller@lowell.k12.ma.us
Jim (HSE PM)	jbrunelle@lowell.k12.ma.us	Adriana (Student Services Coordinator) agiraldo@lowell.k12.ma.us	
Dounagmany (HSE PM)	dwarren@lowell.k12.ma.us		

FOR HSE STUDENTS

- Currently enrolled HSE students can access an online program called Aztec Software at home until the end of the school year for free. Aztec helps prepare students for the HiSET/GED test. It can be used on any device (phones, tablets, computers, and laptops). Your teachers sent out an email containing program instructions, the website link, your username, and password. If you did not receive this information, are not able to log-on or need assistance with Aztec, please email Sarah.
- ***Khanacademy.org*** is another great online site providing courses, lessons and practice in Science, Math and History.

FOR ESOL STUDENTS

- Kathy's Technology Class website:
Eglishtech.weebly.com
- ***USAlearns.com*** has video lessons and activities to help you learn English and/or to prepare you to take the citizenship exam.
- The Boston Public Library has a free online intermediate ESL class every Wednesday from 1 – 2 p.m. This class will provide time to practice speaking and listening in an online environment. Each week we will meet together to talk about a topic. The teacher will provide instructions on the reading, vocabulary, and writing parts of the lesson to do at home. Register by calling (617)-849-2446 or emailing literacyservices@bpl.org.

LOWELL PUBLIC SCHOOLS (LPS) PRE K-12



Grab and Go Meals

Available for Lowell Public Schools Students on Weekdays While School is Closed

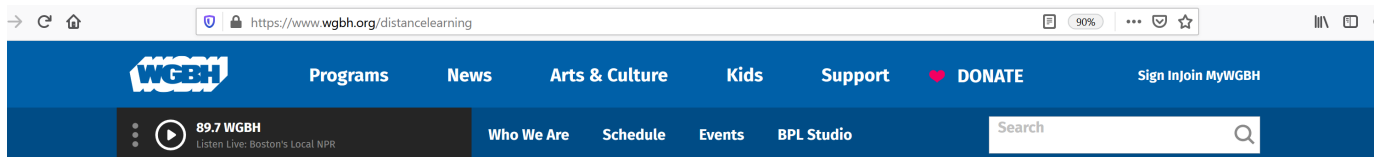
Butler (12:45 - 1:30pm) 1140 Gorham St.	Murkland (12:45 - 1:15pm) 350 Adams St.
Greenhalge (10:30 - 11:15am) 149 Ennell St.	Pawtucketville (12 - 12:30pm) 425 West Meadow Rd.
Lincoln (1:30 - 2pm) 300 Chelmsford St.	Robinson (11:30 - 11:45am) 110 June St.
Moody (12 - 12:30pm) 158 Rogers St.	STEM Academy (10:30am - 1pm) 43 Highland St. <i>Meal service at South St. entrance</i>
NEW: Morey (12 - 12:30pm) 130 Pine St.	NEW: Stoklosa (11 - 11:30am) 560 Broadway St.
NEW: Westminster Village Apartments (12.45 - 1:15pm) 1307 Pawtucket Blvd.	

When you pick up that day's lunch, you can also pick up breakfast for the next morning.

- Lowell Public School FREE Grab and Go meals are available for all students 18 and younger. Meals are served Monday through Friday.
- At-Home learning packets (grades Pre-K to 8) are also available at meal sites on Fridays and Mondays. The packets include activities that support the remote learning plan. You can also find these packets online along with other enrichment learning activities on the LPS website, lowell.k12.ma.us/homelearning
- Online registration for PreK and Kindergarten will start May 26. You can find more details on the Resource Center's website, lowell.k12.ma.us/frc.
- If you need help with a LPS issued device call (978)674-2024 or email the helpdesk at helpdesk@lowell.k12.ma.us.
- Find stories read by Lowell Public Schools teachers on YouTube. Search for Lowell Public Schools Read Aloud and subscribe for free.
- Free audiobooks for all grades are available through Audible at stories.audible.com until the end of the school year. These are available on any device.

MASSACHUSETTS DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION PARTNERSHIP

The Massachusetts Department of Elementary and Secondary Education has partnered with WGBH (Channel 2/PBS) to provide families with children in grades PreK through 12 free, trusted digital resources from PBS Learning Media and educational preschool programming that includes, videos, comprehension lessons, and other activities at www.wgbh.org/distancelearning.



WGBH Distance Learning Center

Resources By Grade Level

Family
Activities

K-2

3-5

6-8

9-12

COVID-19 SCAMS

Avoid COVID-19 Online Scams

There has been a significant rise in online scams related to COVID-19. We're providing these tips to help you spot and avoid these scams, so you can stay safer online.



Websites selling fraudulent products

Sites might offer hand sanitizer, face masks or other in-demand products that never arrive.



Falsely representing health organizations

Scammers posing as health authorities, such as the WHO or CDC, may offer cures, tests or other COVID-19 information.



Posing as government sources

Some scams claim to issue updates and payments on behalf of the IRS or local government tax authority.

MENTAL HEALTH TIPS

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

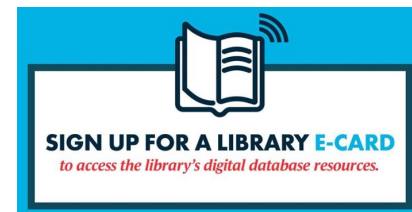
Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Visit the [Disaster Distress Helpline](#), call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224

www.cdc.gov

LOWELL LIBRARY



New eCards are available through the Lowell Library.

What's an eCard and how do I get one?

An eCard is a Lowell library card that you can sign up for online . It gives you access their Digital Collections for free.

- eCards are available for any resident of Lowell.
- eCards will be valid for 90 days, but can be converted to a physical card once the Library has reopened.
- Must be at least 14 years of age.

Register at lowelllibrary.org/services/ecard/

Do I need an eCard if I already have a library card?

No, your physical library card provides all the benefits of an eCard, plus access to the physical collection, museum passes, etc. once the library reopens.

If you are unsure of your library card # and/or pin, please contact the Library at (978)674-4120 to speak with a staff member about gaining access.

COVID-19 PREVENTION



AVOID



KEEP CLEAN



DISINFECTANT



SYMPTOMS AWARE

LOWELL COMMUNITY RESOURCES AVAILABLE

The City of Lowell has listed resources available to residents of Lowell during COVID-19 pandemic. You can find information on where to find food, health, education, housing, unemployment, volunteer, and older adult resources at lowellma.gov/1439/Resources. If you have any questions about this resource guide, please contact the Pollard Memorial Library Reference Department for more information at (978)674-4121 or email adultref@lowelllibrary.org.

Food Resources

Greater Lowell Family YMCA

<https://greaterlowellymca.org/index.php/mobile-market-food-pantry/>

The YMCA in cooperation with the Boston Food Bank, is having a Mobile Food Pantry on four different dates from 10:30 am – 12:00 pm.

Friday, May 8 - Wednesday, May 13

Tuesday, May 19 - Thursday, May 28

The YMCA is also offering Emergency Child Care for essential workers. If you know any in need of this type of service they can contact Brittany LaFerriere @ 978 551-7920 or email her at blafferriere@lowellymca.org.

Merrimack Valley Food Bank

<https://mvfb.org> - (978)454-7272

The Merrimack Valley Food Bank is a clearinghouse of food assistance information. Go to "Find Food" on their website to find out about pantries and meals around the city. Some places ask for IDs, social security cards or proof of residence, so check before going. They also have a Mobile Pantry for income-eligible seniors.

Boys & Girls Club of Greater Lowell

<https://lbgc.org> - (978)458-4526

Grab & Go Meals,

Monday-Friday, 11:00 a.m. to 1:00 p.m.

657 Middlesex Street

Catholic Charities Food Pantry

<https://www.ccab.org/location-merrimack>
(978)452-9946

Monday – Thursday 1:00 p.m. - 3:30 p.m.

70 Lawrence Street

Central Food Ministry (also offers clothes, other supplies)

<http://cfministry.org/>

(978)454-7445 for food pick-up.

Tuesday, Wednesday and Thursday 10 a.m. - 1:00 p.m. and

Thursday evening 7:00 p.m. - 8:00 p.m.

Lowell Senior Center

<http://lowellma.gov/373/Senior-Center>

(978)674-1172 or (978)674-4131

Brown bag breakfast and lunch for people age 60+

276 Broadway Street

Open Pantry of Greater Lowell

<http://theopenpantry.org/> - (978) 453-6693

Monday – Thursday 9:00 a.m. 12:00 p.m.

13 Hurd Street

Housing Resources

Community Teamwork, Inc.

<https://www.commteam.org/how-we-help/housing-utilities/>
(978)459-0551

COVID-19 Assistance: (978)654-5607 or

email: CovidResponseCTI@commteam.org

House of Hope

<http://houseofhopelowell.org/>

(978)458-2870

Lowell Housing Authority

<https://www.lhma.org/>

(978)364-5311

Lowell Transitional Living Center

<http://ltlc.org/>

193 Middlesex Street

(978)458-9888

Merrimack Valley Housing Partnership

<https://www.mvhp.org/>

(978)459-8490

Rental Assistance Programs

<https://www.mass.gov/rental-assistance-programs>

(617)-573-1150

Legal Assistance on Housing Matters

Attorney General's Office Consumer Hotline

<https://www.mass.gov/get-consumer-support>

(617)727-8400

Consumer Advocacy and Response Division

<https://www.mass.gov/service-details/consumer-services-at-the-attorney-generals-office>

(617)573-5333

Office of Consumer Affairs and Business Regulation Consumer Hotline

<https://www.mass.gov/orgs/office-of-consumer-affairs-and-business-regulation>

(617)973-8787

Utilities Assistance

National Grid Payment/Bill Assistance Programs

<https://www.nationalgridus.com/MA-Home/Bill-Help/>

Massachusetts Good Neighbor Energy Fund

<http://www.magoodneighbor.org/>

Lowell Corps: (978) 458-3396

UNEMPLOYMENT INFORMATION

MASSHIRE Lowell Career Center—www.masshirelowellcc.com

Due to the COVID-19 concerns, the Mass Hire Lowell Career Center is closed to the public. The Career Center staff will be communicating with customers via telephone, email, and their online services.

Available Services:

- Job search webinars will be conducted Monday through Friday and customers are free to join any session. Please register at <https://masshirelowellcc.com/events-calendar/>.
- Career counseling by telephone with your Career Advisor.
- Job Search through Mass JobQuest.

If you have any questions or need further assistance, call the MassHire Lowell Career Center at (978) 458-2503 or visit their website, masshirelowellcc.com.

Mass.gov

Unemployment Services:

To apply for Unemployment Assistance:

- Go to: <https://www.mass.gov/orgs/department-of-unemployment-assistance>
- Call: 877-626-6800 (*Open 8:30 a.m.–4:30 p.m., Monday–Friday, 8 a.m.–12 p.m. Saturday. Multilingual call agents are available.*)

If you have any questions or need further assistance, call the MassHire Lowell Career Center at (978) 458-2503 or visit their website, masshirelowellcc.com.

Verifying your legal authorization to work

If you're a non-U.S. citizen filing for unemployment benefits, the DUA (Department of Unemployment Assistance) must verify that you are legally authorized to work in the United States. Your legal authorization to work will be verified through a computer match with the U.S. Citizenship and Immigration Services (USCIS). The information received from the USCIS may affect your eligibility for unemployment benefits.

Massachusetts Immigrant and Refugee Advocacy (MIRA) Coalition—www.miracoalition.org

I lost my job - now what?

- If you are working legally, and have earned at least \$ 5,100 with an employer in the last year, you can probably receive unemployment insurance (UI). See this detailed guide from Mass. Legal Services . The state's website, including the claim form, is available in Spanish .
- The fastest way to claim UI is online , from 6am to 10pm. You can do it on your computer or on your mobile phone. Lawyers for Civil Rights has a video guide and a brochure in Spanish
- The UI benefit is about half your average weekly wage, or a maximum of \$ 823 per week, plus \$ 25 for each dependent child, for 26 weeks. The new federal CARES law allows you to receive an additional 13 weeks (a total of 39), and adds \$ 600 per week to your check during the period of March 27 to July 31.
- **If you are undocumented, you cannot claim UI, even if you have been paying taxes under an ITIN or an incorrect Social Security (SSN) number. You can only claim UI with a valid, verified SSN.**
- If you work informally, without documentation, you also cannot claim UI.
- If you are an independent contractor or work in the “gig economy” (for example, as an Uber driver), federal CARES law will allow you to receive UI if you have a valid SSN number. Massachusetts is still adjusting its system to comply with the new law.

IMPORTANT INFORMATION

Stimulus payments

- Who qualify for a stimulus check? U.S. citizens and U.S. resident aliens will receive the Economic Impact Payment of \$1,200 for individual or head of household filers, and \$2,400 for married filing jointly if they are not a dependent of another taxpayer and have a work eligible Social Security number with adjusted gross income up to: \$75,000 for individuals if their filing status was single or married filing separately \$112,500 for head of household filers and \$150,000 for married couples filing joint returns
- You do need a social security number. The IRS makes it clear that you are not eligible for a stimulus check if do not have a valid social security number or are a nonresident alien. Immigrants with green cards and certain work visas will get the checks.
- Checks are based on 2018 or 2019 tax returns.
- If your dependent is 17 or 18 (or a full-time student through age 24) they do not qualify for the \$500 stimulus payment. This prevents many high school juniors and seniors from receiving any stimulus money. Older children over the age of 24 no longer qualify as dependents.
- The IRS has set up a “Get My Payment” website that allows you to check on the status of your payment. The website (www.irs.gov/coronavirus/get-my-payment) has been prone to technical glitches, so be prepared to troubleshoot for some issues that may come up.

Pandemic—Electronic Benefits Transfer Card (P-EBT)

- **What is P-EBT?** P-EBT, or Pandemic EBT, is a federal program. The Department of Transitional Assistance (DTA), in collaboration with the Department of Elementary and Secondary Education (DESE), received approval to operate this program in response to the COVID-19 related school closures. P-EBT provides food supports to help families with children who were receiving free and reduced-price school meals pay for food.
- **Who is eligible for P-EBT benefits?** All Massachusetts families with school aged children who qualify for free or reduced price school meals under the National School Lunch Program. This includes any student in a school that provided free meals to all students.
- **If eligible, how much money will I get?** Households will receive \$5.70 per eligible student per day, or \$28.50 a week. If receiving DTA benefits, your P-EBT benefits will be added to your existing EBT card. If not actively receiving DTA benefits, you will receive a P-EBT card in the mail for each eligible student in your household. These benefits will be provided in two installments.
 - The first installment will be for the closed school days in March and April 2020.
 - The second installment will be for the closed school days, May 1 – June 12th, 2020.
- **My family need food now. When will I get this?** Families will begin to receive funds in May. Once you get your P-EBT card, **do not throw it away**. Additional funds may be added at a later date. For more information on food assistance contact Project Bread’s Food Source Hotline at (800) 645-8333 (TTY 800-377-1292).
- **Will getting P-EBT impact my family’s ‘public charge’ status?** No. Using P-EBT benefits does not impact your or your child’s immigration status. The Public Charge rule does not apply to P-EBT benefits.

# of Children Eligible for Free or Reduced Lunch	1st Allotment (34 Days)	2nd Allotment (31 Days)
1 child	\$194	\$177
2 children	\$388	\$353
3 children	\$581	\$530
4 children	\$775	\$707
5 children	\$969	\$884
6 children	\$1,163	\$1,060

Learn more at mass.gov.