

THE MELTING POT NEWSLETTER



Frederick Abisi Adult Education Center

408 Merrimack St, Lowell MA, 01854

www.lowelladulthoodeducation.com - 978-937-8989

January/February 2020 - Issue 4

ELIZABETH K. TSAPATSARIS SCHOLARSHIP

Every year at our graduation ceremony, the Elizabeth K. Tsapatsaris Scholarship Foundation awards three generous scholarships to our students to help with their future educational costs. These scholarships are in honor of Elizabeth Tsapatsaris, a dedicated and passionate teacher who taught at the Abisi Adult Education Center for many years.

During our holiday celebration on December 19, the Elizabeth Tsapatsaris Scholarship Foundation awarded 30 AAEC students with \$25 Market Basket gift cards. Charlie Tsapatsaris, benefactor of the foundation, presented the gift cards to the students. All of the recipients were very appreciative.

We are grateful for the continued support and generosity of the Tsapatsaris and Curtis Families.

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STUDENT ADVISORY COUNCIL MEETING

Next Meeting

Tuesday, February 4, 2020

10:30—11:30am

Computer Lab, Lower Level



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

ANNUAL HOLIDAY CELEBRATION

Silver bells were ringing and voices were singing during our Annual Holiday Celebration at the Abisi Adult Education Center. We had great attendance with more than 150 students participating.

Everyone had a good time participating in fun activities and singing Christmas Carols. Afterwards, we all enjoyed some sweet treats and cultural dishes.

A special thank you to Scott McGrath for leading our Christmas Caroling with his guitar and all the students who brought in food to share.

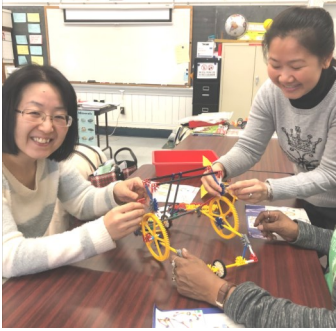


STUDENT INFORMATION AND ACTIVITIES

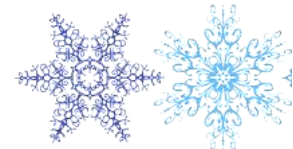
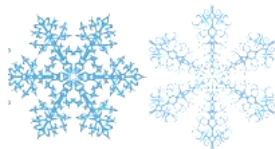
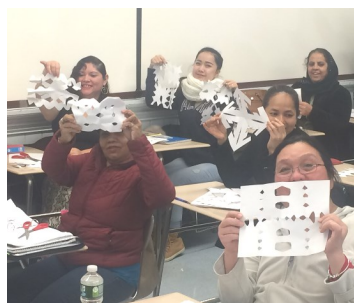
CLASSROOM SPOTLIGHT

In December, HSE students in the Gold Group learned about Renewable Energy by building K'Nex models of wind turbines and solar powered vehicles.

Students in Carrie and Ann's ESOL classes had some holiday fun making ornaments together and sharing a special treat.



Although the weather has been mild this January, students in Liz's ESOL class are thinking about snow! Students learned how to create paper snowflakes. They were introduced to new vocabulary, practiced their listening skills, and learned about symmetry.



You can find more pictures and event happenings at AAEC on our Facebook Page @ Frederick Abisi Adult Education Center.

STUDENT INFORMATION AND ACTIVITIES

HOLIDAY TREE RAFFLE



Our annual Holiday Tree Raffle was a great success! We raised \$696!

Thanks to all the volunteers for helping to sell raffle tickets and to everyone who bought them. All the money collected will be donated to *It's All About the Kids*. It is a non-profit organization helping families in Greater Lowell with food, clothing, and gifts during the holiday season.

Throughout the year, *It's All About the Kids* teams up with Lowell Public Schools, local firefighters, and other local agencies to provide emergency assistance.

A special thank you to Hang Nguyen, Asha Vats, and Rosalba Garcia for helping sell tickets.

STUDENT SUCCESS CELEBRATION

On Wednesday, February 12th, we will hold our second Student Success Celebration. We will recognize students who achieved goals in November, December, and January. Outstanding Attendance Certificates for January 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
- Create a resume, apply for a job, or go on an interview
- Become a member of the MassHire Career Center

EDUCATION

- Enter an 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
- Participate in extra curricular activities at school (Conversation Club, Conversation Class, or Civics and Citizenship)

We will have regular classes on February 12th, with specific times for different groups to gather to receive their certificates. After the certificates are awarded, students can enjoy some cake and coffee.

STUDENT INFORMATION AND ACTIVITIES

CITIZENSHIP CLASSES

Meg, Susan, and Liz's ESOL Classes



A new session of our
Citizenship Class began on
January 7th.

Students will learn the information necessary to prepare for the citizenship exam and about the application process.

In order to be eligible to take this class, students should be able to answer "YES" to these questions:

- Have you been a lawful permanent resident (Green card holder) of the U.S. for at least 4 years (2 years if married to a U.S. citizen)?
- Are you interested in preparing for the citizenship application process, interview, and exam?
- Are you able to come to school **two days a week before or after** your class?

You can sign-up with your teacher. Enrolled students must have excellent attendance in their regular classes to participate.

ESOL CONVERSATION CLASS

Meg and Susan's ESOL Students

A new session of the ESOL Conversation Class with Gail began on January 8th. If you are interested in participating, sign up with your teacher. Space is limited and a waiting list will be created once the class is full.

All students must have good attendance in their regular ESOL class to participate and be able to attend either before or after their class.

When: Wednesdays starting January 8th

9:30-10:45 am or 11:00 am—12:15 pm

Where: AAEC Room 12

ESOL CONVERSATION CLUB

Carrie, Ann, and Liz's ESOL Students

Mondays and Wednesdays

10:30-11:00am in Liz's Room

This is a great opportunity for you to practice your English language skills by speaking and interacting with other learners. No registration is needed.

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.lowelladulthoodeducation.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

(Thursday afternoons @ 12:30pm)

**January 16 & 30
February 6, 13, & 27
March 5, 12, & 19
April 2, 16, & 30**

HiSET Paper Testing Dates

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

**February 7 & 8
March 6 & 7
April 3 & 4**

GED Weekend Computer Testing

(Friday evenings starting at 5:15pm
& Saturday mornings beginning
at 8:00am)

**February 7 & 8
March 6 & 7
April 3 & 4**

STUDENT INFORMATION AND ACTIVITIES

LOWELL COMMUNITY HEALTH CENTER (LCHC)

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.



Community Health Workers

Wednesday, January 15 & 29
Wednesday, February 5

Do you have a question about health services?

Community Health Workers from Lowell Community Health Center (LCHC) will be at AAEC twice 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.

MENTAL HEALTH WELLNESS

Here you will find information related to mental health as part of our Greater Lowell Health Alliance Grant.

Here are some helpful tips for managing your mental health this month:

Five-Minute Activities to Balance Your Mental Health:

- Meditation
- Walking breaks
- Breathing exercises
- Unplug from everything

Tips for practicing Mental Wellness: Learning and practicing mental wellness skills over time can create healthy habits. Here are some things you can practice:

- *Self-appreciation* — recognizing strengths and weaknesses
- *Resilience* — coping with and recovering from negative events
- *Negotiation* — an attitude that it is okay to not to have all the answers, because no one ever does.
- *Eating well*
- *Exercising and self-awareness activities* — yoga and meditation can also help reduce stress.

Lowell General Hospital Health & Wellness

www.lowellgeneral.org/health-and-wellness/

Register online or call 1-877-LGH-Well

Let's Meditate: Going Within to Your Peaceful Space

Thursday, March 5, @ 6:00pm

We will explore meditation through the means of sound and vibration, as well as other styles of meditation that enhance peace and relaxation. All levels of meditators from beginners to advanced are welcome.

Anxiety Relief

Tuesday, April 7, @ 6:00 pm

We all experience stress and anxiety in life, but we don't have to view them as bad things. In this workshop, you will discover the critical steps needed to face your fears head-on, learn how to get comfortable stepping outside of your comfort zone, as well as learn how to make stress and anxiety your most powerful allies.




STUDENT INFORMATION AND ACTIVITIES

PARKING

If you are driving to school, parking can be difficult and costly. Students 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 8:00 am-6:00 pm. It costs \$3.00/2 hours. The kiosk accepts cash and credit or 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 lot.

ATTENDANCE MATTERS



“The Road to Success Begins with Good Attendance”

You are expected to be in class and on time every day. If you miss too many days, you risk losing 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. It is also helpful if you S-P-E-L-L your last name.

REWARD PROGRAM

In December, 48 students cashed in their reward points for stainless steel travel mugs, gas gift cards, binders, T-shirts, and more.

February Reward Program Statements will be given out on February 25th in class. Your statement will have your accumulated points earned through January 31st.

The Reward Center will be open on February 27th, from 9:00 am to 12:30 pm. It is located outside Room 3 on the first floor. You can redeem your earned points now or continue to accumulate them for a bigger reward later.

The Rewards Center will have many items for you to choose from. Your teacher will have a list of rewards and their point values. If you plan to redeem your points, please bring your updated statement with you.

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

Abini Adult Education Center Reward Program	
Student Name:	Padro Perez
Class:	D-DD
Statement Month: November	
Summary	
Previous Balance	2
Points Earned	8
Points Redeemed	0
New Balance	10
Activity	
Description	Amount
Cash	3
Attendance	5

Your points are Non-Transferable. They are valid for the current school year only!
Remember redeem your points before the end of the school year or before leaving the program!
You can redeem your points in the AACC Reward Center. This statement is part of the Reward Program at Abini Adult Education Center.

CELL PHONE REMINDERS



Make sure your cell phone is turned off and put away before entering your class.

Cell phones ringing and buzzing during class distracts everyone.

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.lowelladulthoodeducation.com.
- Looking on Facebook.
- Watching the local news.
- Listening to WCAP (980AM) or WBZ (1030AM).



COMMUNITY INFORMATION AND ACTIVITIES

LOWELL PUBLIC SCHOOLS - KINDERGARTEN INFORMATION

If you have a child who is a resident of Lowell and will be 5 years old by September 1, 2020 (born between September 2, 2014 and September 1, 2015), your child is eligible to start Kindergarten in September 2020. Parents should plan to attend one of the **Family Information Sessions** to hear more about the placement process, registration guidelines and dates, and ask questions.

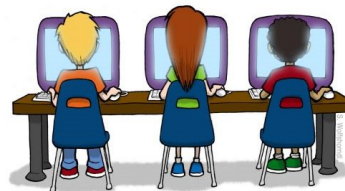
Wednesday, February 26 Shaughnessy School @ 1158 Gorham St 6:30-8:00pm	Monday, March 2 McAuliffe School—570 Beacon St 6:30-8:00pm
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LIBRARY COMPUTER CLASSES

TUESDAY	WEDNESDAY	THURSDAY
February Library Computer Workshops		
4 10:00—11:00 AM Digital Photos - Computer Workshop at Senior Center REGISTER	5	6 2:00—3:00 PM Intro to PCs- Computer Workshop at Senior Center REGISTER
11 10:00—11:00 AM Internet & Browsers- Computer Workshop at Senior Center REGISTER	12	13 2:00—3:00 PM Email - Computer Workshop at Senior Center REGISTER
18 10:00—11:00 AM Cell Phones - Computer Workshop at Senior Center REGISTER	19	20 2:00—3:00 PM Microsoft Word - Computer Workshop at Senior Center REGISTER

The Pollard Library offers a monthly rotating schedule of single-session computer workshops for beginners. These workshops are offered on Tuesday mornings and Thursday afternoons and held in the computer lab on the Second Floor of the Lowell Senior Center. These single-session workshops are not sequential but repeat monthly.

Classes are limited to 8 students. You may sign up over the phone at (978) 674-4121 or in person at the Second Floor Information Desk of the Main Library. You may also register yourself by going to the Events Calendar section on the Library's website, lowelllibrary.org.



CENSUS 2020



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 help make sure our students are counted.

Everyone must participate 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.

NATIONAL WEAR RED DAY

Friday, February 7, 2020

National Wear Red Day raises awareness in the fight against Heart Disease and Stroke in Women.

Know your numbers! Five numbers that all women should know to take control of their heart health are:

- | |
|---|
| * Total Cholesterol & HDL (good) Cholesterol |
| * Blood Pressure, Blood Sugar & Body Mass Index (BMI) |

Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.

For more information go to: www.goredforwomen.org/

COMMUNITY INFORMATION AND ACTIVITIES

COLD AND FLU PREVENTION TIPS

Seasonal flu is caused by a virus that infects your lungs, nose, and throat and makes you sick. Flu season starts in early winter, and continues through early spring every year. The flu comes on very quickly and makes you feel very sick. Most people will feel better within a week.

Flu is spread *easily* from person to person. When people with the flu cough or sneeze, the flu virus is in the wet spray that comes out of their nose and mouth. If you are near them, you can breathe in the virus and get sick.

The virus can also live for a short time on things you touch like doorknobs, phones, and toys. After you touch these objects, you can catch the virus when you touch your mouth, nose, or eyes. Adults with flu can spread it for about one day before symptoms appear to about one week after. Children can spread the flu even long after they get sick.

Tips to help prevent the spread of the Flu Virus:

- Get the flu vaccine every year as soon as it is available.
- Wash your hands often with soap and water, or use an alcohol-based hand gel.
- Cough or sneeze into a tissue or into the inside of your elbow if you don't have a tissue. Throw tissues away and wash your hands.
- Always wash your hands before touching your eyes, nose, or mouth.
- Use household cleaners to clean things that are touched often, like door knobs, toys, and phones.
- Avoid close physical contact with people who are sick. Try to stay at least 3-6 feet from someone who is sick with the flu.

Find out more information about the flu virus on the Lowell General Hospital website, www.lowellgeneral.org, and typing the word "flu" in the search bar.



PREPARE YOUR CAR FOR WINTER

WINTER EMERGENCY CAR KIT

<p>70% of winter deaths related to snow and ice occur in cars. Assemble an emergency car kit to stay safe during the winter season.</p>	<p>Windshield Scraper</p> 	<p>Shovel</p> 	<p>Phone Charger</p> 	<p>Flashlight & Batteries</p> 
<p>Jumper Cables</p> 	<p>Non-perishable Food</p> 	<p>First-aid Kit</p> 	<p>Grit for Traction</p> 	<p>Blankets & Clothes</p> 



Visit www.mass.gov/mema for a complete winter emergency car kit checklist
Massachusetts Emergency Management Agency (MEMA)



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 for people to learn how to become a first-time homebuyer; weatherize the home to reduce waste and costs; open a small business; prepare youth for the future; access affordable quality early education and care; create a budget and gain financial independence; and more.

Here are just a few of the important programs they offer:

Free Tax Return Preparation

Community Teamwork Inc. will be offering a Volunteer Income Tax Assistance (VITA) program at their Financial Education Center. This program offers free tax help to people who generally make \$56,000 or less, persons with disabilities, and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

This service is available by APPOINTMENT ONLY! Appointments can be scheduled through Community Teamwork Inc. website or by calling (978) 654-5673 beginning January 13th.

Check out CTI's website, www.comteam.org/how-we-help/finance-business/vita/, for detailed information about this free tax return preparation service.

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.

Families and individuals can access gently used winter coats and other winter items at CTI's distribution center. You can call (978) 459-0551 to find out more.

Fuel Assistance (LIHEAP)

CTI Fuel Assistance
45 Kirk Street, 2nd Floor
Lowell, MA 01852

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.

LOCAL HAPPENINGS



Friday, February 21 & Saturday, February 22, 2020

Lowell Winterfest is an annual weekend long event held in Downtown Lowell offering family-friendly activities by day with amazing light shows, delicious food, and entertainment by night.

Check out the www.lowellwinterfest.com link for event information.



Join the Lowell Parks and Conservation Trust and the Lowell Film Collaborative for their free showing of the their 2020 Eco-Film Series.

These environmentally themed films range from mountains to music and wildlife to climate change and are shown the last Tuesday of the month from January through June at the Lowell National Historical Park Visitor Center on Market St. in downtown Lowell. Free parking for the film series is available at the Visitor Center parking lot located at 304 Dutton Street, Lowell.

Lowell Kids Week

February 17-22, 2020

FUN & FREE
FAMILY ACTIVITIES IN LOWELL

Lowell Kids Week is presented by
Lowell National Historical Park &
Community Partners.

www.LowellKidsWeek.org

SCHOOL ACTIVITIES CALENDAR

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 Welcome Back! <hr/> Civics/Citizenship 9:30 or 11:00am	3	4
5	6 ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i>	7 <hr/> Civics/Citizenship 9:30 or 11:00am	8 ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	9  CBT @ 12:30pm Outstanding Attendance Certificates <hr/> Civics/Citizenship 9:30 or 11:00am	10  TESTING SERVICE! CBT starting @ 5:15pm <hr/>  PBT starting @ 5:00pm	11  TESTING SERVICE! CBT starting @ 8:00am <hr/>  PBT starting @ 8:00am
12	13 ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i>	14 <hr/> Civics/Citizenship 9:30 or 11:00am	15 LCHC Outreach 9:00am -12:00pm ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	16  CBT @ 12:30pm <hr/> Civics/Citizenship 9:30 or 11:00am	17	18
19	20  Martin Luther King Jr. Day No School	21 <hr/> Civics/Citizenship 9:30 or 11:00am	22 Reward Statements ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	23 <hr/> Civics/Citizenship 9:30 or 11:00am	24	25
26	27 ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i>	28 <hr/> Civics/Citizenship 9:30 or 11:00am	29 LCHC Outreach 9:00am -12:00pm ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	30  CBT @ 12:30pm <hr/> Civics/Citizenship 9:30 or 11:00am	31	

SCHOOL ACTIVITIES CALENDAR

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  Groundhog Day	3 ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i>	4 Student Advisory Meeting 10:30-11:15am Computer Lab Lower Level <hr/> Civics/Citizenship 9:30 or 11:00am	5 ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	6  CBT @ 12:30pm <hr/> Civics/Citizenship 9:30 or 11:00am	7   CBT starting @ 5:15pm <hr/>  PBT starting @ 5:00pm	8  CBT starting @ 8:00am <hr/>  PBT starting @ 8:00am
9	10 ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 12</i>	11 <hr/> Civics/Citizenship 9:30 or 11:00am	12 Student Success Celebration ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	13  CBT @ 12:30pm <hr/> Civics/Citizenship 9:30 or 11:00am	14  Valentines Day	15
16	17	18	19	20	21	22
						
23	24 Classes Resume ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class Room 2</i>	25 Reward Statements <hr/> Civics/Citizenship 9:30 or 11:00am	26 LCHC Outreach 9:00am -12:00pm ESOL Conversation Class 9:30 or 11:00am <i>Meg & Susan's students Room 12 with Gail</i> ESOL Conversation Club 10:30-11:00am <i>Liz, Ann, & Carrie's Class</i>	27 Reward Center Open 9:00am-12:30pm  <hr/> Civics/Citizenship 9:30 or 11:00am	28	29 