

THE MELTING POT NEWSLETTER



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

Elizabeth McKiernan, Director

October 2023



"Autumn is a second spring when every leaf is a flower." – **Albert Camus**

Frederick Abisi Adult Education Center: A Melting Pot of Culture and Education

Greetings to all!

The Abisi Adult Education Center is once again filled with the sounds of learning activities and multi-cultural interactions. This September, we welcomed nearly 1000 students to our program! Our students hail from an astonishing 65 countries, and speak 31 unique languages. The rich tapestry of cultures, backgrounds and experiences truly makes our institution a global learning center.

Our day program is hosted at our Center located at 408 Merrimack Street, while our evening program convenes at Lowell High School. In our continuous quest to make educational accessible to all Greater Lowell residents, we have created partnerships with other organizations across the City. We are thrilled to announce our brand new satellite program at the Massachusetts Alliance of Portuguese Speakers (MAPS)! Additionally, this year we pioneered an evening program at the Moody School. We will continue our long standing relationships with Cambodian Mutual Assistance Association (CMAA) and Community Team-work (CTI).



The Abisi Adult Education Center stands as a testament to the power of education, the beauty of cultural diversity and the spirit of life-long learning. We look forward to another year of growth and learning and remain committed to servicing our community.

Inside this Issue:	
Student Information and Activities	2
Classroom Highlights	4
HSE Testing Information	5
Citizenship Corner	6
Community Information and Events	7
Crossword Puzzle	11
October Calendar	12

STUDENT INFORMATION AND ACTIVITIES

AAEC Annual Food Drive — October 23rd-27th

Abisi Adult Education will be hosting its annual food drive **October 23—27**. Students can help by donating unopened, non-perishable (food that does not need refrigeration) food items.

Donations can be dropped off outside of Room 3 on the first floor. All food collected will be brought to a local food pantry.



Please, do not donate expired food!

Suggested Wish List Items:

Salt, flour & sugar
Seasoning & herbs
Pasta, rice & noodles
Canned vegetables & soups
Coffee, tea & hot chocolate
Beans, gandules & chickpeas
Soy sauce
Canned tuna
Cereal & oatmeal
Gluten free items

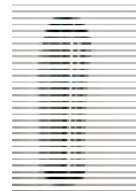
Personal hygiene products
Tooth paste
Tooth brushes
Deodorant
Body wash
Shampoo
Razors
Sanitary pads
Body moisturizers
Face cream
Shaving cream
Ethnic food

Rewards Program

Our Student Reward Program is an incentive based-program that awards students with points for outstanding monthly attendance, participating in activities, and/or completing one of their goals. Each goal has a pre-assigned point value. Students should notify their teacher when they achieve a goal.

Once a month, students receive a statement with the amount of points they have earned. Their points can be redeemed for rewards (prizes/gifts) at the AAEC Reward Center when it is open. Dates will be posted in the Melting Pot Newsletter. Each class will have a specific time to visit the center.

Students can save and accumulate their points to get bigger rewards or cash in their points each month. The Reward Center is located outside of ROOM 3 on the first floor. Giovanna, our Student and Staff Support person, is responsible for the Reward Program.



Reward Points are only valid for the 2023-2024 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 Policy

You are expected to be in class everyday and be on time. If you miss too many classes, you risk giving your space to someone who is on our wait list.

If you know in advance you will be out, let your teacher(s) know. You can also email:

- sochan@lowell.k12.ma.us (ESOL students)
- swaterhouse@lowell.k12.ma.us (HSE students).

Make sure you include your full name and teacher or group.



Student Advisory Council (SAC)

On October 10th, eighteen students participated in our first Student Advisory Council Meeting of the school year. Representatives will share the meeting notes with their class.

The Student Advisory Council (SAC) consists of AAEC students from each class, the Program Director, and several staff members. Students who serve on the SAC volunteer to represent their classmates.

They meet several times during the school year to discuss any concerns of students and communicate their ideas on important aspects of our program. They also work together with Adriana and staff members to bring different activities to AAEC. Please help them by sharing your ideas, participating in and volunteering for school activities.

Being a student council member is a good opportunity to develop leadership skills and practice English. Representatives will also be awarded Reward points for attending the meetings.

This is a great opportunity to have students' voices included in the program planning and the day to day business.

Next SAC Meeting
Wednesday, November 8
from 10:00—11:00 am
Computer Lab—Basement Level



Lowell Community Health Center

Lowell Community Health Center (LCHC) provides high-quality, affordable health care to children and adults in the Greater Lowell area regardless of their ability to pay. They offer many specialty services, including dental, vision and health care. Visit their website at www.lchealth.org for more information.

LCHC has partnered with the Abisi Adult Education Center to bring services on-site to our students throughout the school year. Starting October 10th, a Lowell Community Health worker will be available every Tuesday at our 408 Merrimack St. site from 10:30 am to 12:00 pm to answer any questions related to health services.



161 Jackson Street Lowell, MA 01852

Main Number: 978.937.9700 **Pharmacy:** 978.805.1004 **Lab:** 978.942.2103

CLASSROOM HIGHLIGHTS

ESOL classes at Mass. Alliance for Portuguese Speakers (MAPS)



At MAPS, everything is progressing smoothly. Engaging in English conversations with fellow students is a daily activity. Each day, before the commencement of classes and during breaks, students from both classes convene for "sharing time." During this period, they discuss their previous day's activities, plans for after class or the upcoming weekend, and exchange stories about their native countries and cultures. This interaction fosters learning and camaraderie among them.

Our ESOL instructors, Kathy K. and Kathy M., love the facility and are pleased to observe the strong and supportive community that the students are building.

Cambodian Mutual Assistance Association (CMAA)

Much English learning is happening at the CMAA with students attending from many different countries including Cambodia, Brazil, Haiti, Dominican Republic, Afghanistan, Tanzania, Ivory Coast, and more. This year we have two classes. Kathy Byrne is working with beginner level students, and Martha McGuane is working with the intermediate group. Classes are filled with lots of conversation, grammar, group discussions, and laughter. Our students have shown great enthusiasm and we are looking forward to many more who will join our classes throughout the school year!

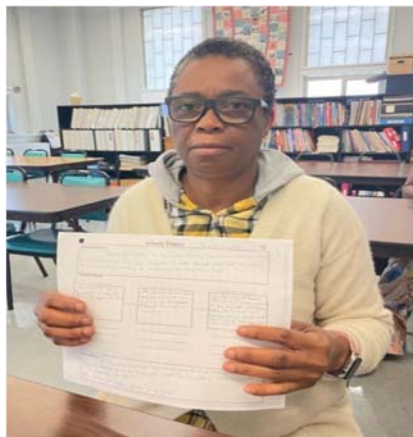


Kathy's class is working on short and long vowels.



In Martha's class, the students are working on questions from the novel, The Secret Garden.

High School Equivalency (HSE) - AM In person



As the holiday season approaches, it's a wonderful time to reflect and learn about each other's cultures, especially our family traditions.

The HSE Gold Group will be developing and strengthening our writing skills as we write about our unique family traditions. Students will plan, revise, and publish writing pieces about their chosen tradition. Students will then create slideshows using Google Slides. As they create their slideshows, they are encouraged to get creative with fonts, designs, and pictures. At the end of the unit students are given the opportunity

to share their slideshow with the class.

We love learning about each other's cultures and traditions!



HIGH SCHOOL EQUIVALENCY (HSE) TESTING INFORMATION

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. Visit www.doe.mass.edu/hse for more information on testing, or see Denise, our Testing Specialist in the office.

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:

MAFREEGED1 (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)

Upcoming Testing Dates at AAEC

HiSET on Paper & GED on Computer	HiSET on Computer	GED on Computer
Friday, November 17th (Beginning at 5:00 pm) Saturday, November 18th (Beginning at 8:00 am)	Thursday, October 26th & Thursday, November 30th @ 12:30 pm One subject test may be scheduled.	Thursday, November 16th @ 12:30 pm Math, Science or Social Studies may be scheduled.

CITIZENSHIP CORNER

Citizenship Vocabulary Words to Know:

Naturalization is the way that a person not born in the United States voluntarily becomes a U.S. citizen.

United States Citizenship and Immigration Services (USCIS) is the government agency that administers lawful immigration to the United States. It also manages U.S. citizenship and naturalization.

Many lawful permanent residents, or Green Card holders, are interested in becoming U.S. citizens. Why? According to USCIS, citizenship status offers many benefits.

Here are some important reasons to consider U.S. citizenship:



Vote.

Only citizens can vote in federal elections. Most states also restrict the right to vote, in most elections, to U.S. citizens.

Serve on a jury.

Only U.S. citizens can serve on a federal jury. Most states also restrict jury service to U.S. citizens. Serving on a jury is an important responsibility for U.S. citizens.

Travel with a U.S. passport.

A U.S. passport enables you to get assistance from the U.S. government when overseas, if necessary.

Bring family members to the U.S.

U.S. citizens generally get priority when petitioning to bring family members permanently to this country.

Obtain citizenship for children under 18 years of age.

In most cases, a child born abroad to a U.S. citizen is automatically a U.S. citizen.

Apply for federal jobs.

Certain jobs with government agencies require U.S. citizenship.

Become an elected official.

Only citizens can run for federal office (U.S. Senate or House of Representatives) and for most state and local offices.

Keep your residency.

A U.S. citizen's right to remain in the United States cannot be taken away.

Become eligible for federal grants and scholarships.

Many financial aid grants, including college scholarships and funds given by the government for specific purposes, are available only to U.S. citizens.

Obtain government benefits.

Some government benefits are available only to U.S. citizens.

For more information about citizenship, please go to the USCIS Citizenship Resource Center at <https://www.uscis.gov/citizenship>. You may also contact Gail at gforman@lowell.k12.ma.us or Adriana at agiraldo@lowell.k12.ma.us

COMMUNITY INFORMATION AND EVENTS

MassHire Lowell Career Center

MassHire is part of the Massachusetts One-Stop Career Center System serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro and Westford.

MassHire Career Center offers a variety of services for anyone looking for a new job or wanting to learn a new skill that is in demand to help stay competitive in today's workforce. Their team can help you learn how to do a successful job search, find a better job, network with area employers, connect with the right tools, find resources and more.

Here are some of the exciting training event opportunities available. If you are not a member of the MassHire Career Center, we can help you become one for free.



Hiring Event

American Healthcare Staffing
Staffing | Recruiting | Consulting | Interim Leadership

Certified Nursing Assistants: \$28 to \$30/hr
Registered Nurses: \$50 to \$55/hr
Licensed Practical Nurses: \$48 to \$50/hr
RN Instructor (CNA Program): \$40/hr

Tuesday, October 17
10:00 a.m. to 12:00 p.m.

107 Merrimack Street
Lowell, MA 01852

Register at:
masshirelowellcc.com/americanhealth

MASSHIRE
LOWELL CAREER CENTER

Interested in this event?

Register at:

masshirelowellcc.com/americanhealth

Contact our Career and Educational Advisors for more information on upcoming events, job fairs, and trainings available or if you are interested in becoming a MassHire member.

Margie Miller Career Center Connection	Cindy Taft ESOL	Martha McQuaide HSE
Wednesday, Thursday, & Friday 8:30 am to 12:30 pm mmiller@lowell.k12.ma.us Her office is the back of Room 5	Monday, Wednesday, & Friday 8:00 am to 1:00 pm ctaft@lowell.k12.ma.us Her office is the back of Room 6	Tuesday, Wednesday, & Thursday 9:00 am to 1:00 pm mmcquaide@lowell.k12.ma.us Her office is the back of Room 6

Domestic Violence Month

October is Domestic Violence Awareness Month

If you or someone you know is a victim of domestic violence and needs help, here are some important numbers:

Alternative House 24-Hours Hotline:

(978) 454-1436

Family Services Unit, Lowell Police Dept:

50 Arcand Drive, Lowell (Spanish & Khmer)
(978) 970-4023

District Attorney's Regional Office:

151 Warren St, Lowell
(781) 897-8900



Domestic Violence Presentations
at AAEC
October 16, 17, & 18

Fire Prevention Month

National Fire Prevention Month helps bring awareness about the importance of fire safety to protect homes and families.



Tips for Preventing a Kitchen Fire:

- Always remain in the kitchen when cooking. Unattended cooking is the number one cause of home fires according to the National Fire Protection Association (NFPA).
- Unplug any countertop appliances when they are not in use, like toasters and coffee machines.
- Install smoke detectors on every level of your home, as well as in each bedroom, and residential fire extinguishers.
- Smother a grease fire—Never use WATER!
- Keep electrical appliances away from water.

Free COVID–19 Tests



Get four free at-home COVID –19 tests this fall on [COVIDTests.gov](https://www.covidtests.gov).

As of September 25, 2023, residential households in the U.S. can order one set of 4 free at-home tests from USPS.com again.

- Limit of one order per residential address.
- One order includes #4 individual rapid antigen COVID-19 tests ([COVIDTests.gov](https://www.covidtests.gov) has more details about at-home tests), including extended shelf life and updated expiration dates).

Mill City Grows Mobile Market



TUESDAYS **NEW TIME!**
10am - 1pm
Lowell Community Health Center
161 Jackson Street
through October 31

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

WEDNESDAYS
10am - 12pm
Central Food Ministry, Inc.
370 W. 6th Street
through November 1

&
2pm - 4pm
Lowell General Hospital
Main Campus
295 Varnum Avenue
through November 1

FRIDAYS
11am - 2pm
Lowell Farmers Market
350A Dutton Street
(Bi-weekly)
July 7 & 21 • August 4 & 18
September 1, 15, & 29
October 13 & 27

& **NEW TIME!**
3pm - 5pm
Fortune and Flame Sweet Bar
500 Pawtucket Street
through November 3

We accept SNAP/EBT, HIP,
WIC and Senior Farmers
Market Coupons, cash, credit,
debit, and Apple Pay!



Thank you to our
Mobile Market supporters!



TuftsMedicine
Lowell General Hospital

Pollard Memorial Library



Main Branch

401 Merrimack St., Lowell

Monday-Thursday 9 AM to 9PM

Friday & Saturday 9 AM to 5 PM

Senior Center Branch

275 Broadway St., Lowell

(limited hours)

www.lowelllibrary.org

(978) 674-4120

Library Services:

• Borrow materials such as books, DVD's & CD's	• Photocopy/Scan, Printing, Fax
• Public Computers & Wi-Fi	• Museum Passes
• Technology Classes	• Research tools

Community Teamwork

Over 50 Years of Making a Difference!

Community Teamwork offers various services and programs which provide childcare and youth education; mentoring and career development; consumer, financial, and business education; and rental, housing, fuel, clothing, and nutrition assistance.

www.commteam.org

Resource Center: 17 Kirk St, Lowell MA 01852



Employment & Training



Energy & Utilities



Entrepreneurship
Center/Business Assistance



Financial Education



Food & Nutrition



Housing Supports

Hours: Monday – Friday, 8:30am – 5pm

Like Lowell Event

Looking for something to do in Lowell? Check out the City of Lowell events and activities website at www.likelowell.com where you can find information on upcoming events, things to do and places to visit in the city. Not all the events listed are free, so check first before you go.



Common Housing Application for Massachusetts Programs (CHAMP)

CHAMP (Common Housing Application for Massachusetts Program) is the website where you can apply for the Massachusetts state-aided Public Housing program, the Massachusetts Rental Voucher Program (MRVP), and the Alternative Housing Voucher Program (AHVP). Through the online system, this website lets you submit your application to one or more housing agencies, instead of having to mail or hand deliver an application to each housing agency separately. You can also keep your application information up-to-date on this website as it changes. This will help you to make sure that housing agencies know how to contact you.

If you have an active application at one or more local housing agencies, you can find it on this website and manage it on this website. Do not file a new application. Once you find your existing application on the website, you can make changes such as updating contact information and adding or removing your applications to housing agencies. It is important to only apply to those housing agencies where you are willing to live.

Other voucher programs and federally subsidized public housing units are not available through this site. However, if you are interested in applying for those programs, please contact a [local housing agency](#) directly.

CHAMP website: <https://publichousingapplication.ocd.state.ma.us/>

Other housing resources:

Massachusetts Rental Voucher Program (MRVP)

Phone: (617) 573-1100.

MRVP link: <https://www.mass.gov/info-details/massachusetts-rental-voucher-program-mrvp>

Lowell Housing Authority (LHA)

350 Moody St Lowell, MA (978) 364-5311

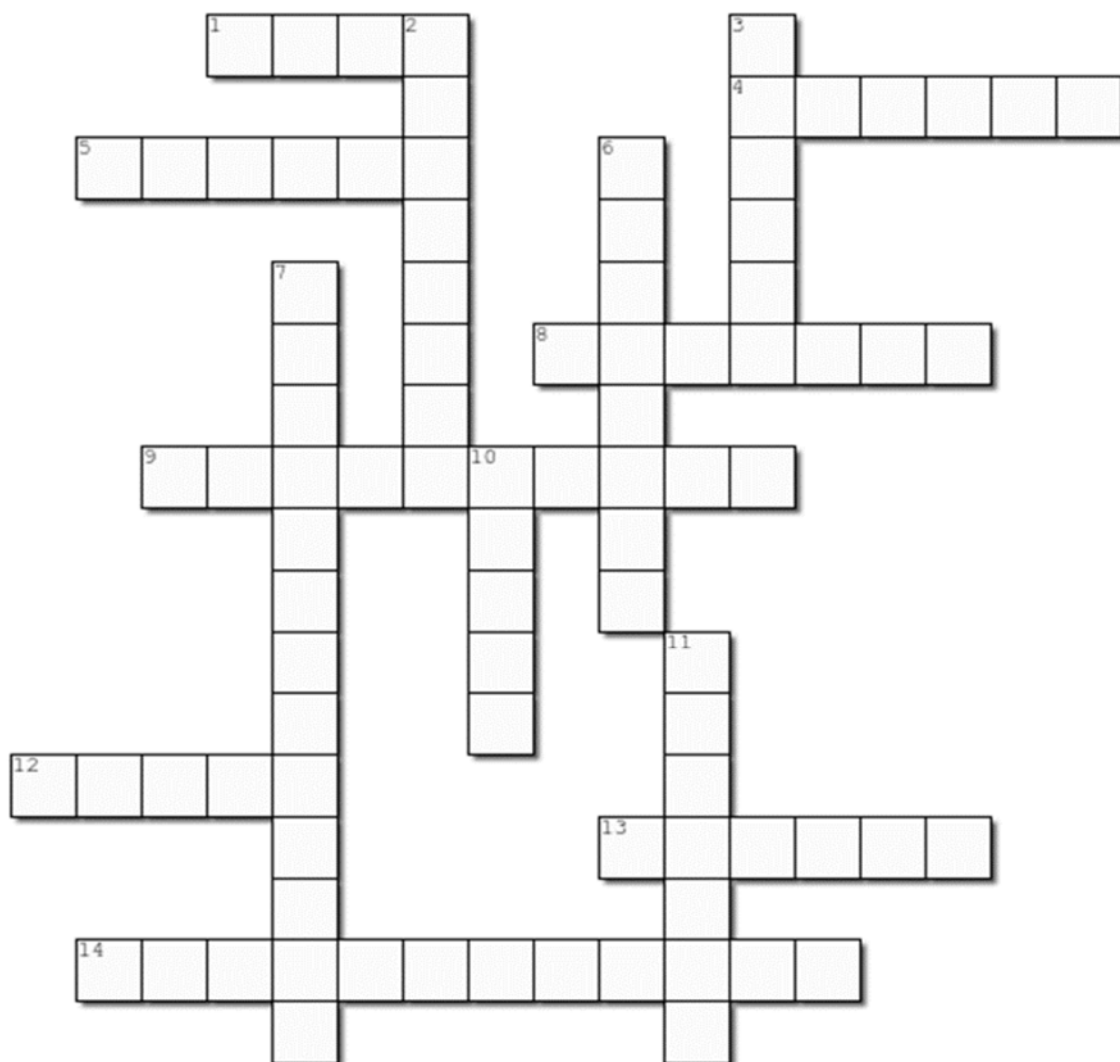
LHA link: <https://www.lhma.org/>



Name: _____

U.S. Geography

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Texas Washington Guam north Missouri Atlantic Hawaii Pacific Alaska
Mexico Liberty Massachusetts UnitedStates states

Across

1. one of the five U.S. territories
4. one state that borders Canada
5. the U.S. has 50 _____
8. the ocean on the West Coast of the U.S.
9. the capital of the United States, ____, D.C.
12. one state that borders Mexico
13. the country of ____ is south of the U.S.
14. the country that you live in now

Down

2. one of the two longest rivers in the U.S., _____ River
3. the only U.S. state that is made up entirely of islands
6. the ocean on the East Coast of the U.S.
7. Boston is the capital of this state
10. the country of Canada is ____ of the U.S.
11. the Statue of ____ is located in New York (Harbor)

School Activities Calendar

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Citizenship Class 9:30—11am Rm 12	6 Conversation Class 9:30—11:30 am Rm 10	7
8	9  No School	10 Student Advisory 10—11am Computer Lab  On-site Clinic 10:30—12:30	11 Outstanding Attendance Certificates	12 Citizenship Class 9:30—11am Rm 12  CBT starting @ 12:30pm	13 Conversation Class 9:30—11:30 am Rm 10  PBT starting @ 5:00pm  CBT starting @ 5:00pm	14  PBT starting @ 8:00am  CBT starting @ 8:00am
15	16  DV Presentation	17  DV  On-site Clinic 10:30—12:30	18  DV Presentation	19 Citizenship Class 9:30—11am Rm 12	20 Conversation Class 9:30—11:30 am Rm 10	21
22	23	24  On-site Clinic 10:30—12:30	25	26 Citizenship Class 9:30—11am Rm 12  CBT starting @ 12:30pm	27 Conversation Class 9:30—11:30 am Rm 10	28
AAEC FOOD DRIVE						
29	30 Welcome! New Students	31 				