Dear Readers,

The Next Steps classes are proud to serve as the editors for this student newsletter with the theme of Community Service. We believe education changes the world and positive change begins with you. If you want to change the world, you first have to change the man. By putting the knowledge that we have learned at The ILC into practice, we teach our family and friends. Following our example, our network carries our message out to the community and, step by step, we change the world.

At The ILC, we have learned many important lessons. Now, we can help our friends and family. We have learned about community helpers and organizations such as the library, food pantry, fire department, hospitals and clinics, litter and recycling, and English schools and career centers. A community is a group of people who live in the same area and care for the space, environment, and each other. We are proud to be members of a community that helps others so much.

The ILC has not only helped us with the English language, but has also taught us American culture, values, laws, and regulations. We are all in the same boat. The ILC serves as our compass and leads us in the right direction. It provides us the confidence, skills, and information we need to open our eyes to the education and employment opportunities that are available to us. We will use what we learn here to teach others. We have started with ourselves, and we are ready to change the community and the world. Please enjoy our newsletter.

Sincerely,
The Next Steps Editors

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Our Interview with Diane Portnoy
By The Next Steps Editors

Diane recently joined us in our classroom for an interview, dressed in a beautiful suit and painted with a welcoming smile. She told us her story of coming to the U.S., building her life here, and starting this school. When asked to describe Diane Portnoy, we agreed that she is “strong”, “smart”, “kind”, and “professional”.

Diane came to the United States, at three years old, with her parents from Poland following the end of WWII. The United States had added 400,000 additional visas through the Displaced Persons Act and Diane’s family applied and received these visas. They came as refugees, through Ellis Island in New York, and Diane spent her first ten days in the hospital because she was too sick to enter the country. When she was well, she and her mother left the hospital to meet her father and begin their life.

Diane and her family built their life in Malden. When her family arrived here, no one in the neighborhood spoke English. There was no school for her parents. Her parents worked, became members of the community, and when Diane was 8 ½ years old, became citizens. Six months later, at 9 years old, Diane became a citizen too. So, Diane has always been a part of this community and she contributes to it in many ways.

Diane believed that there should be a school that allowed immigrants and refugees to study English in an intensive (many hours) and immersion (completely in English) program. To create this school, Diane had to type letter after letter and post many flyers.

She also had to speak to groups in the community to tell them about her school. Public speaking was not her favorite thing to do. Through hard work, she did it. When the school opened, there were 3 teachers, 3 classes, 60 students, and a waiting list of 80 more. Now, there are 465 students, a waiting list of 864, 26 classes, a Public Education Institute, and a partnership with George Mason University’s Institute for Immigrant Research.

The ILC continues to educate immigrants and refugees in Malden. The Public Education Institute also educates people about the positive impact that immigrants have on the community and our country. She has currently had 10,100 students from 118 countries pass through her doors.

She shared with us some of the best advice she has been given. “Don’t be afraid. If you really believe in something, do it.” During our interview, Diane recalled her family’s journey and said, “I sometimes wonder what would have happened if we hadn’t been sent to Malden.” We, personally, are grateful that she did land in Malden and for the work she has done to improve our lives and our community.
Visiting the Malden Mayor’s Office
By Morning Literacy B – Teacher Fatima

On Monday, October 22, 2018, our class visited the Mayor of Malden. His name is Gary Christenson. We were very happy to meet with him. We asked him many questions. You can read and learn more about him.

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<th>Diepy</th>
<th>Robinson</th>
<th>Francoise</th>
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<td>I took pictures with the mayor. I liked visiting the mayor. I’m very happy. In my country, Haiti, the mayor is very difficult to see.</td>
<td>I never thought that one day I would meet the mayor. I was very happy because the mayor talked about Malden and what he wants for the city which were good ideas.</td>
<td>I was pleased to see the mayor for the first time. He talked to us about what he likes and what he doesn’t like to do. He was talking about being at some Haitian events. We were received by him.</td>
<td>Monday, October 22, 2018, I visited the mayor with my classmates. I was happy. I took pictures of the mayor and me. He was a very good person.</td>
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Dieumene
Monday, October 22, 2018, was the first time to see and meet the mayor. I asked him a question. “After this term do you want to run again for the office?” I took pictures and videos. I was very happy. I liked when the mayor said, “I love Haitian time.” He’s funny. My friends were impressed and said WOW!!! The pictures were so nice.

Meirong
We visited the mayor’s office on Monday morning. The mayor was really nice to us. I have a picture with the mayor. I showed it to my family. In the future if I see him again I’d like to ask him some questions.

How would you deal with the lead problem?
How could you improve our lives?
What are the city jobs?
Why so many rules?
Who should I turn to in time of need?
What is a Food Pantry?
By Morning and Afternoon Remedial Writing Classes – Teacher Andrea

A food pantry is a place where people can get free food and personal items. Some food pantries also serve free meals once a week or once a month. Many people and organizations donate food and personal items to food pantries. Some people volunteer at food pantries. There are many food pantries in our cities and local churches.

We started with one box. We checked the expiration dates.

We put the donations in the boxes. We finished with many boxes and bags. We searched online for food pantries in our cities.

We donated the boxes of food to a local food pantry.
In every community, there is a pharmacy somewhere around the corner. We go there all the time for snacks, shampoo, toothbrushes, and more importantly, medicine. Our students paid a visit to a CVS near the school and learned how to read medicine labels and how to ask the staff and pharmacists questions.
English Classes in Public Schools
By Morning and Afternoon Level 2 – Teacher Andrew

Public schools often have children from other countries who need to learn English. They are called English language learners (ELLs). Many schools have classes and teachers to help these students.

We went to Malden High School to meet Dr. Yvonne Endara. She is the director of ELL education for the Malden Public Schools. The morning students also met Jessica Haralson, an ELL teacher at Malden High School.

Dr. Endara is from Puerto Rico. Her first language is Spanish, so she understands how it feels to learn another language. Her experience learning English made her want to become an ELL teacher. She was a teacher for 11 years before she became a director. She studied at Hunter College in New York.

This is Dr. Endara’s first year in Malden, which has many ELL students – about 1,300! She loves being an ELL director. She said it is “a wonderful, brilliant, and amazing job.”

We asked many questions.
Some of the questions were:
• How do you feel about your job?
• Why did you become an ELL teacher?
• Where did you study?
• What languages do you speak?
• How many ELL students are in the Malden schools?
Primary Care Doctor: Your primary care doctor, or primary care provider (PCP), is your main doctor. He or she knows your medical history and the conditions you suffered from. You should go to your primary care doctor for physical exams and preventative care. We need to take care of our health, so we should go to our PCP at least once a year.

Walk-In Clinics (Retail Clinics): Walk-in clinics are usually inside of big stores, for example Walmart, CVS, or Walgreens. They are usually cheap, and you don’t need an appointment. You can go to a walk-in clinic for an earache, the flu, a sore throat, a rash (but no fever), or another sickness that is not serious. Nurses help you with your needs, and you can get medicine too.

Urgent Care Centers: Urgent care centers are for an appointment with a doctor, if you don’t need to go to an emergency room you can’t wait for a doctor’s appointment. You should go to an urgent care center if you are sick or injured, for example: abdominal pain, a fever (but no rash), and vomiting or diarrhea. Urgent care centers are cheaper than emergency rooms.

Emergency Rooms: Emergency rooms are ready for any critical situation, and they are open 24 hours a day, but they are expensive. You should go to the emergency room if you have life-threatening or serious conditions that require highly trained staff, for example: chest pain and difficulty breathing, a broken leg or arm, or very bad flu symptoms.

Ambulances & Calling 9-1-1: You should call 9-1-1 for an ambulance if you have a life-threatening accident or serious problem, for example a heart attack or chest pain. An ambulance gives first aid and then takes you to the emergency room. But ambulances and emergency rooms are expensive, so only call 9-1-1 in an emergency. Don’t call 9-1-1 for an earache or sore throat!

It Hurts! Telling the Doctor About Your Health Problems

Write the parts of the body, and find the words in the word search.

Check your answers on page 11
Right across the street at the Malden Public Library, you will find a lot of information, entertainment, and resources. Your library card is your ticket to join this community organization.

**Location:** 36 Salem Street, Malden, MA 02148  
**Hours:** Monday – Thursday 9 am – 9 pm  
**Friday and Saturday** 9 am – 6 pm  
**Sunday** CLOSED

### Children’s Services and Materials
- Children’s books, DVDs, movies, and CDs  
- Computers for children and teens  
- A place to study after school, summer reading, story time, and theater programs for children

### Services for Adults
- Books, CDs, audiobooks, movies  
- Book groups and monthly Art Talks/Tours  
- Computers, free Wi-Fi, printing ($0.15 per page), and photocopying  
- Quiet work space  
- Free and discounted museum passes for children and adults  
- If the library does not have a book you are interested in, they can have it shipped to your local library.  
- Parking validation  
- 21 day loan period for books

### Foreign Language Materials
- Books, CDs, movies, newspapers, and magazines in many languages

### ESL Materials and Services
- ESL books, audio CDs, DVDs, magazines and newspapers  
- Free Conversation Class every Wednesday from 1pm -2:30pm  
- Mango App for language learning

**We think** that it is a good idea to bring the kids to the library because they can read books and can spend time with other kids. If you live in the area you can go to The Malden public library.

**We think** the library staff is very helpful. We really like the library services. It is very convenient. You can use a computer for up to two hours and you can also print documents which is 15 cents for one page.

**We think** that the ESL classes are very good, because they help us to learn and to improve our English. The library is always clean and organized. The staff also teaches us to use the computers and printer.
Our class talked about the most important priorities for people who build their lives in the U.S. Everyone has different priorities (things that are important to them). We agree that these things are most important when you first arrive here.

- Security and Safety
- Housing
- Job/Work
- Food
- Clothing
- Learning English

We learned about different community resources and services that assist immigrants at the local level. We will highlight two of these organizations:

<table>
<thead>
<tr>
<th>ABCD Mystic Valley Opportunity Center</th>
<th>Refugee Immigration Ministry (RIM)</th>
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<tbody>
<tr>
<td><strong>11 Dartmouth Street, Suite 104</strong></td>
<td><strong>6 Pleasant Street, Suite 612</strong></td>
</tr>
<tr>
<td><strong>Malden, MA 02148 (781) 321-2501</strong></td>
<td><strong>Malden, MA 02148 (781) 322-1011</strong></td>
</tr>
<tr>
<td><strong><a href="http://www.abcd.org">www.abcd.org</a></strong></td>
<td><strong><a href="http://www.r-i-m.net">www.r-i-m.net</a></strong></td>
</tr>
</tbody>
</table>

This organization’s outreach to new immigrants, and immigrants in general, includes:

- Civics classes
- ESOL classes
- Immigration and Citizenship Services
- Children’s Clothing Assistance
- Food Stamps/SNAP Application Assistance
- Mass Health Application Assistance
- Holiday Assistance
- Computer Skills Programs

RIM was founded in 1986 as an Interfaith Ministry whose purpose was to tend to the spiritual needs of individuals in detention centers. Services are offered to provide support to uprooted and displaced individuals (immigrants, refugees and asylum seekers). The program offers English classes, as well as job placement assistance and help in adapting to a new culture. Clients are equipped with skills to prepare them for work and self-sufficiency. We believe that immigrants must help other immigrants, regardless of how many generations they have been in the United States.

Level 3B’s Best Advice
And Words of Encouragement to New Americans

- Have goals.
- Have a plan.
- Have a vision.
- Persist and persevere.
- Never give up.
- It’s never too late to start.
- Forget about the past and plan for your future.
Fire Safety Advice to Everyone
By Morning and Afternoon Level 4 – Teacher Linda

Morning and Afternoon Level 4 visit to the Malden Fire Department

Prepare > Practice > Prevent
What You Need to Know to Keep Your Family Safe.
✓ Make your family escape plan.
✓ Test your smoke alarm.
✓ Don’t smoke in the house.
✓ Don’t charge your phone on the bed.

• 43 fatal fires killed 56 civilians – 32 men, 19 women and five people under age 18.
• 2 firefighters died in fire-related incidents.
• 41% of fatal fire victims were older adults over 65.
• 80% of the civilian fire victims died in their homes.
• In 2017, smoking fires were the leading cause of residential fire deaths, smoking fires caused 15, or 31% of home fire deaths.

All level 4 students made a fire escape plan and tested our smoke alarms.
There is so much to think about when you are looking for a job.

How can I find a job? Friends? Newspaper? Internet?

How will I get to work? Commute? Transportation?

What schedule will I work? Time management?

Do I have the right skills and experience? Can you tell from my resume?

Wage?

Benefits?

English is important!

There is so much to think about when you are looking for a job.

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Answers for Word Search from page 7

1. finger
2. nose
3. leg
4. eye
5. ice
6. arm
7. back
8. stomach
9. ear
10. ankle
11. tooth
12. head
We met with Mayor of Malden, Gary Christenson and Mr. Bob Knox, Director of the Department of Public Works in Malden. They talked to us about our city’s litter and recycling program. Both men decided as students of Malden High School that their goal was to work for the people of Malden. When asked what his biggest accomplishment has been as mayor, Christensen said that it was making Knox DPW Director. He also joked that the people on the street often call Knox “Mayor.” They are quite a team.

Since 2008, the City of Malden has reduced the yearly trash from 26,000 tons to 11,000 tons and raised the recycling 4,000 tons. When we asked what they considered their most important responsibility, the mayor answered, “you.” Knox agreed, saying, “We are here to serve you and make you proud of where you live and where you call home.”

When we asked the Mayor about picking up our city’s trash, he said, “My desire is to do as much as I can for Malden. I walk to work a lot and I thought ‘why not pick up as I walk?’ I want to give you a city you can be proud of.” When asked how we can help with recycling in Malden, Knox explained, “the most important is the education piece. If everyone recycled to their maximum potential, there would be very little trash and a lot of recycling. People need to be aware of how it works and how to do it.”

Knox explained that the City of Malden is a “Pay as you throw” city. We can buy City of Malden trash bags ($2 for 30 gallons, $1 for 15 gallons, and $.50 for 8 gallons). We also offer dual stream recycling which means cans, plastic, and bottles go in one container and paper and newspaper go in another. The Mayor estimates that our city saves ¾ of a million dollars per year through recycling.

The City of Malden and its mayor have mottos they live by. We believe these mottos are not only good for our city but also for us. “What you put into something is what you get out.” “Lead by example.” “Treat people the way you want to be treated.” Follow the example of these community leaders. Do not litter. When you see litter, pick it up and throw it away properly. Recycle at home and at school. Teach others to follow your example. Together we can make small changes to improve our community. Let’s show our city we care as much as they do and follow their lead.