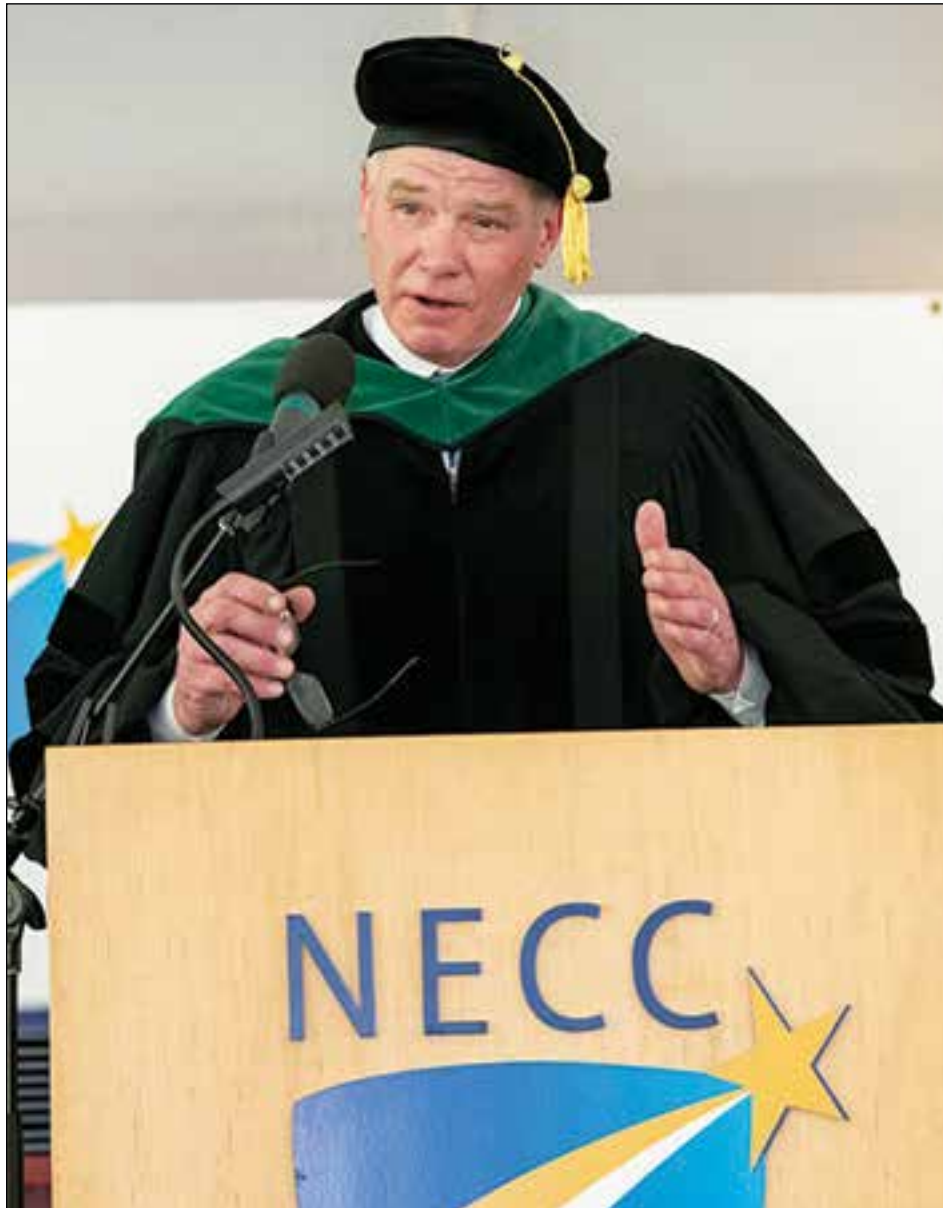




Mayo/May 22, 2022

EDICIÓN NO. 816
The BILINGUAL Newspaper of the Merrimack Valley

NECC Celebrates the Class of 2022 at Its 60th Commencement Ceremony



The featured speaker, Eric Dickson, MD, a 1988 graduate of Northern Essex's Respiratory Care Program, who is now CEO and president of Mass Memorial Health, talked about the importance of having a "mighty purpose" in life, sharing a poem by George Bernard Shaw titled "A Splendid Torch".

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Celebrando la reapertura de El Centro

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Celebrating the reopening of The Center

The Psychological Center, Inc. Still Creating Paths Forward for Those in Need After Over 50 Years



Victor Otero, of Lawrence, helps out with cooking at the Daybreak Shelter, where he has been staying and connecting with services as he experiences homelessness despite having a full-time job. (Photo Courtesy the Psychological Center, Inc.)

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GLCF awards record \$300K in community grants to local nonprofits



Girls Inc. of Greater Lowell girls. Girls Inc. of Greater Lowell received a recent grant to fund a social emotional learning (SEL) program. SEL elements are woven into program content, facilitation, practices and nurtured through positive relationships with peers and mentors.

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Por/By Dalia Diaz
rumbonews.com/blogs

Desde Mi Esquina



Aumento de salario para empleados de las cafeterías escolares

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Por/By Dalia Diaz
rumbonews.com/blogs

From My Corner



Salary increases for school cafeteria workers

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Recordatorio de clima cálido: conecte los acondicionadores de aire directamente a los tomacorrientes de pared

Conectar electrodomésticos a cables de extensión o regletas es un peligro de incendio

A medida que se acerca un fin de semana caluroso en medio del Mes Nacional de la Seguridad Eléctrica, el Jefe de Bomberos del Estado, Peter J. Ostroskey, recordó a los residentes que los acondicionadores de aire y otros electrodomésticos importantes deben enchufarse directamente a los tomacorrientes de pared, no a los cables de extensión ni a las regletas.

“Estamos viendo un fin de semana caluroso y húmedo, y muchas personas sacarán sus acondicionadores de aire o se dirigirán a la tienda para comprarlos”, dijo el Jefe de Bomberos del Estado Ostroskey. “Como todos los electrodomésticos grandes, estos dispositivos deben enchufarse directamente a un tomacorriente de pared. Pueden sobrecargar una regleta o un cable de extensión y provocar un incendio”.

Los incendios eléctricos son la segunda causa principal de muertes por incendios y el tercer tipo principal de incendios residenciales en general en Massachusetts, dijo Marshal. Protégete a ti y a tu familia siguiendo estos consejos de seguridad en casa:

- Evite sobrecargar los tomacorrientes
- Use solo un dispositivo conectado a una regleta de enchufes a la vez

- Recuerde que los cables de extensión son para uso temporal
- Revise los cables eléctricos para ver si están dañados y manténgalos alejados de alfombras y muebles.
- Cargue computadoras portátiles, teléfonos, cigarrillos electrónicos y otros dispositivos recargables en superficies duras y estables, no en camas ni sofás.
- Llame a un electricista matriculado si experimenta luces parpadeantes, fusibles que se queman con frecuencia o disyuntores disparados, o enchufes, cables o interruptores inusualmente calientes
- Llame a su departamento de bomberos local si ve arcos o chispas, escucha un zumbido o chisporroteo, o huele el olor de algo quemándose en el hogar.
- Haga que un electricista con licencia revise el sistema eléctrico de su hogar cada diez años

“No importa el clima, todos los hogares deben tener detectores de humo que funcionen en cada piso y un plan de escape del hogar practicado que tenga dos salidas”, dijo el Jefe de Bomberos del Estado Ostroskey. “Un incendio en el hogar puede volverse mortal en menos de tres minutos”.

Hot Weather Reminder: Plug Air Conditioners Directly into Wall Outlets

Plugging Appliances into Extension Cords or Power Strips Is a Fire Hazard

With a hot weather weekend approaching in the midst of National Electrical Safety Month, State Fire Marshal Peter J. Ostroskey reminded residents that air conditioners and other major appliances should be plugged directly into wall outlets, not extension cords or power strips.

“We’re looking at a hot, humid weekend, and many folks will be bringing out their air conditioners or heading to the store to buy them,” State Fire Marshal Ostroskey said. “Like all major appliances, these devices should be plugged directly into a wall outlet. They can overload a power strip or extension cord and cause a fire.”

Electrical fires are the second-leading cause of fire deaths and the third-leading type of residential fires overall in Massachusetts, the Marshal said. Protect yourself and your family by following these safety tips at home:

- Avoid overloading outlets
- Use only one device plugged into a power strip at a time
- Remember that extension cords are for

- temporary use
- Check electrical cords for damage and keep them out from under rugs and furniture
- Charge laptops, phones, e-cigarettes, and other rechargeable devices on hard, stable surfaces, not beds or couches
- Call a licensed electrician if you experience flickering lights, frequently blown fuses or tripped circuit breakers, or unusually warm plugs, cords, or switches
- Call your local fire department if you see arcs or sparks, hear a sizzling or buzzing sound, or smell the odor of something burning in the home
- Have a licensed electrician review your home’s electrical system every ten years

“No matter the weather, every household should have working smoke alarms on every floor and a practiced home escape plan that accounts for two ways out,” State Fire Marshal Ostroskey said. “A fire at home can become deadly in less than three minutes.”

¿Dónde quiere vivir cuando sea anciano?

¿Desea tener la independencia económica para decidir, o quiere andar de casa en casa siendo una carga adicional para sus hijos o terminar en un asilo de ancianos?

Llámemme, yo puedo ayudarlo a tener el control en su vejez.

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MAY 29 - Deportes / Sports O'Neill Park. 9:30 A.M. - 178 Chesnut Street, Lawrence.
JUNE 10 - Cena VIP / VIP Dinner Elk's Lodge. 7 P.M. - 652 Andover Street Lawrence MA
JUNE 11 - NOCHES LATINAS Cuba. 3-5:30 P.M. - 272 Broadway Street Lawrence MA
JUNE 13-NOCHES LATINAS - HAITI. Attika Club, 1 Mill Street Lawrence MA, 6-8 P.M.
JUNE 14-NOCHES LATINAS - MEXICO 6:00 P.M. TBD
JUNE 15-NOCHES LATINAS - GUATEMALA 6:00 P.M. TBD.
JUNE 16-NOCHES LATINAS - REPUBLICA DOMINICANA. 6-9:30 P.M. 272 Broadway Street Lawrence MA
JUNE 17-NOCHE LATINAS - PUERTO RICO. 6:30-9:30 P.M. YWCA Lawrence, 38 Lawrence Street Lawrence MA
JUNE 18 -FESTIVAL APERTURA / OPENING CEREMONY Campagnone Park, 12 P.M. - 200 Common Street Lawrence
JUNE 19 - FESTIVAL PARADA DE LA HISPANIDAD 1:00 P.M. CENTRAL CATHOLIC FESTIVAL CONTINUA HASTA 11:00 P.M. at Campagnone Park.

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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315 Mt. Vernon Street Lawrence, MA 01843-3206
Tel: (978) 794-5360 | www.rumbonews.com

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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR

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Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Los trabajadores de cafeterías escolares y la ley

Tenga en cuenta que nunca estudié derecho, pero siempre me refiero a la Internet como mi fuente fiel de conocimiento porque puedo encontrar orientación en prácticamente cualquier cosa.

No hace falta decir que he creado una nueva némesis con el sindicato porque su presidenta me envió un correo electrónico con sus excusas por no asistir a la última reunión de Lawrence Alliance for Education (LAE) mencionada en la columna de la semana pasada, pero este es un problema que ha estado presente durante varios años.

En su correo electrónico, declaró: “El Sindicato ha estado haciendo todo lo que legalmente podemos por los trabajadores del Café. Nuestros abogados han estado en todas las negociaciones durante los últimos 10 años, pero debido a la administración judicial, no podemos hacer mucho. La ley ata de manos al sindicato y hace muy difícil avanzar con LPS”.

Luego pasó a culpar a los miembros. “Los trabajadores del café no están luchando solos, de hecho, durante años los miembros se negaron a ponerse en pie y luchar cuando hemos tratado de organizar mítines y piquetes en el pasado, temerosos de las administraciones anteriores”, agregó Ireson.

En otro mensaje, la Sra. Ireson dijo: “Sí, explicamos muy claramente que la ley de salario mínimo NO se aplica a los empleados de las escuelas públicas en Massachusetts. El Sindicato tampoco está contento con eso y, a pesar de que no se aplica, hemos seguido intentando que el LPS al menos alcance o supere los \$14.25 por hora”.

SEIU Local 3 ha dicho que el salario mínimo no se aplica a los trabajadores de las cafeterías, así que me dispuse a buscar una copia del contrato sindical y al departamento escolar para ver si hay una cláusula o acuerdo entre ellos que indique eso. Mi agradecimiento va para el Concejal de la Ciudad del Distrito C, Gregory Del Rosario, quien está igualmente preocupado por resolver este asunto y me encontró una copia.

Incapaz de encontrar una razón para el salario bajo, busqué en el sitio web del Departamento de Trabajo de Massachusetts que me iluminó un poco.

Por ejemplo, según 455 C.M.R. 2.05(1) (d), el Departamento de Normas Laborales puede otorgar a cualquier establecimiento al que se le haya otorgado el estatus de organización sin fines de lucro conforme al Código de Rentas Internas una licencia que permita el empleo de menores. Pueden ser empleados al 80% del salario mínimo básico (\$14.25 por hora x 80% = \$11.40 por hora) para ciertos trabajos en hospitales, universidades, etc. pero esa fue la única mención de reducción del salario mínimo.

Su sitio web ha publicado este gráfico:

SALARIO MÍNIMO BÁSICO:

1 de enero de 2019 \$12.00 por hora
1 de enero de 2020 \$12.75 por hora
1 de enero de 2021 \$13.50 por hora
1 de enero de 2022 \$14.25 por hora
1 de enero de 2023 \$15.00 por hora;

A partir del 1 de enero de 2022, el salario mínimo de Massachusetts es de \$14.25 por hora.

El contrato lee bajo el programa de salarios un acuerdo en el que “LPS acuerda una reapertura de salarios (previa solicitud por escrito del sindicato a partir del 1 de enero de 2022) para el tercer año del Acuerdo 2 (1 de julio de 2022 a junio 30 de enero de 2023.) Ante una clara evidencia de una mejora significativa en la financiación del Capítulo 70 durante el segundo año del acuerdo, el sindicato puede solicitar la reapertura del contrato sobre salarios durante el año 2 del Acuerdo 2, aunque las partes reconocen que una reapertura no está necesariamente garantizada.

La División de Trabajo Justo de la Procuraduría General protege a los trabajadores de la explotación y establece un campo de juego nivelado para los empleadores que hacen cumplir las leyes de salarios y horas laborales. Creo que nunca se haya hecho algo para llamar su atención sobre la situación de Lawrence.

El sindicato sabe que están tratando con una comunidad de la que se pueden aprovechar fácilmente, en su mayoría latinos sin conocimiento del idioma inglés para defenderse. Dependen de sus sindicatos para hacer ese trabajo.

Recuerde, no soy abogada y nunca tuve que lidiar con tal dilema. Mis amigos abogados se negaron a tomar una posición sobre esto por miedo al Elefante Blanco en la habitación. Tenían miedo de ser citados y terminar siendo demandados, pero yo no. Si es verdad lo que dice el sindicato y los trabajadores no merecen ser puestos al día, verán una gran disculpa mía en estas

páginas.

Eche un vistazo a los brazos de estas empleadas que se quemaron cargando cacerolas grandes mientras hacían puré de papa después de que la máquina se rompiera y no fuera reemplazada. Si eso no le rompe el corazón, no sé qué lo hará, por lo que la Administración de Salud y Seguridad Ocupacional (OSHA) fue otro sitio web para verificar.

Según la regulación de mantenimiento de registros de OSHA (29 CFR 1904), los empleadores cubiertos deben preparar y mantener registros de lesiones y enfermedades ocupacionales graves, utilizando el Registro OSHA 300. Esta información es importante para los empleadores, los trabajadores y OSHA para evaluar la seguridad de un lugar de trabajo, comprender los peligros de la industria e implementar protecciones para los trabajadores para reducir y eliminar los peligros.

Estoy dispuesta a apostar que OSHA nunca se enteró de esos incidentes de quemaduras en las cafeterías escolares.

Su sitio web dice lo siguiente: “En los Estados Unidos, el Departamento de Trabajo regula la seguridad en el lugar de trabajo y tiene agencias para hacer cumplir estos estándares. La más grande y conocida de estas agencias es la Administración de Salud y Seguridad Ocupacional (OSHA). La Ley OSH de 1970 regula la seguridad de la mayoría de los empleados del sector privado, y OSHA es la agencia gubernamental que hace cumplir la ley. Además, OSHA aprueba los programas estatales de seguridad y salud que cubren efectivamente a los trabajadores del gobierno estatal y local además de los

	Step	Jan 1, 2020
Café Worker	1	\$13.13
Café Worker	2	\$13.39
Café +3	3	\$13.66
Café +5	4	\$13.93
Café +7	5	\$14.21
Utility Worker		\$17.98

	Step	<u>July 1, 2020 – June 30, 2023</u> <u>*no across-the- board wage increases</u>
Café Worker	1	\$13.13
Café Worker	2	\$13.39
Café +3	3	\$13.66
Café +5	4	\$13.93
Café +7	5	\$14.21
Utility Worker		\$17.98

Esto fue tomado del contrato entre SEIU y Lawrence School Department con los incrementos de salario el cual fue firmado el 22 de junio del 2020.

empleados del sector privado”.

Si alguien está interesado en notificarles lo que está sucediendo en Lawrence, tenga en cuenta que estas oficinas federales de OSHA cubren a los empleadores y trabajadores del sector privado en Massachusetts, pero es un buen lugar para comenzar y decirle a dónde ir a continuación. Debe comenzar a quejarse en alguna parte sobre las horribles condiciones de trabajo en Lawrence.

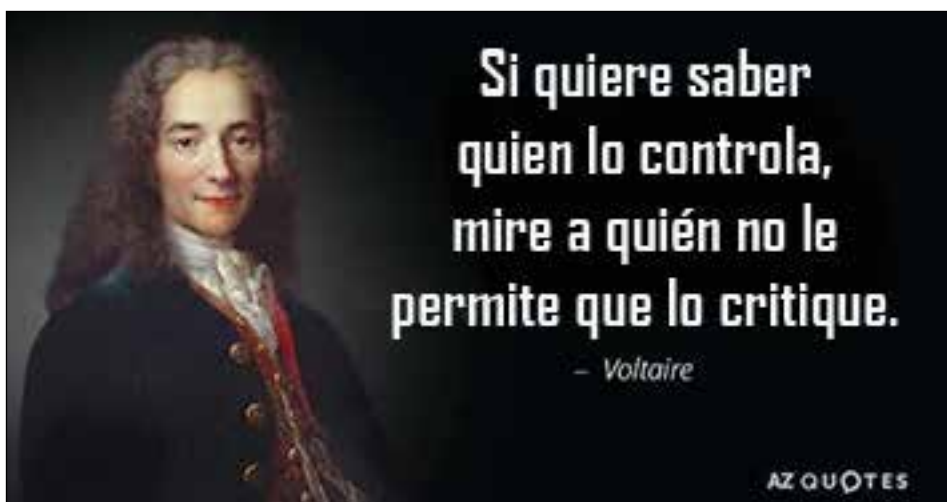
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—Helen Thomas



UMass Lowell Honors PRIDESTar EMS Executive, Wife for Commitment to University, Community

PRIDESTar EMS is proud to share that John Chemaly, senior vice president of corporate strategies, and his wife Linda Chemaly have been honored by the University of Massachusetts Lowell for their commitment to the university's excellence.

The Chemalys received the Chancellor's Award for Public Service and Community Engagement during UMass Lowell Commencement on Friday, May 13, at the Tsongas Center.

The Chemalys served as members of the Commencement Host Committee from 2009 to 2012 and in 2014. They are also proud members of the True Blue Society, which celebrates UMass Lowell's most loyal donors who support the continuing growth of the university.

John Chemaly also served as a member of the university's Local Leaders group in 2011.

"UMass Lowell is honored to recognize John and Linda Chemaly with a 2022 Chancellor's Medal for Public Service and Civic Engagement. John and Linda's ongoing support of the university, as well as their longstanding personal and professional commitments to improving the quality of life in the Merrimack Valley, makes the entire university proud of their service," said UMass Lowell Chancellor Jacquie Moloney, who is retiring.

The Chemalys have given their time,

energy, and support to a wide array of non-profits and charitable causes. John is the current chairman of the board at Jeanne D'Arc Credit Union, past president of the Massachusetts Ambulance Association, and serves on the board of directors of the Greater Lowell Community Foundation, Haverhill Chamber of Commerce and Lowell Plan.

John Chemaly co-founded Trinity EMS Inc. and served as its president until Trinity merged with PRIDESTar EMS last fall.

"It's all very humbling. Linda and I are honored to help represent all the wonderful people who do good things in the City of Lowell, and throughout the Greater Merrimack Valley," John Chemaly said. "We will miss Jacquie in her role as Chancellor, but we know she will continue to have a positive impact for the City of Lowell."

The Chemalys live in Chelmsford. They are proud parents of three children, Craig, Alexa and Lauren, and have four grandchildren.

"John and Linda have long embraced the idea of giving back to their community, and their efforts have made the Merrimack Valley a better place to live," PRIDESTar Founder and CEO David Daly said. "I congratulate them on this honor, and am proud to call them my friends."



UMass Lowell Chancellor Jacquie Moloney, left, presented Linda and John Chemaly with Chancellor's Medals for Public Service and Civic Engagement during UMass Lowell commencement exercises for master's and doctoral candidates on Friday, May 13 at the Tsongas Center at UMass Lowell. (Photo by Tory Wesnofske for UMass Lowell via PRIDESTar EMS)

Two cities helping each other Dos ciudades por ayuda mutua



Scott J. McNamara, el jefe de policía de Methuen visitó al Alcalde Brian De Peña, para hablar sobre la ayuda mutua y otros temas que actualmente afectan la seguridad pública como las motocicletas y los ruidos.

Scott J. McNamara, el jefe de policía de Methuen visitó al Alcalde Brian De Peña, para hablar sobre la ayuda mutua y otros temas que actualmente se encuentran en la seguridad pública como las motocicletas y los ruidos.



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Amilkar Gonnell está en el Guinness World of Records



Amilkar Gonnell, de Flavor Fusion Fest, muestra el pergamino que ganó de Guinness World Records al Alcalde Brian A. DePeña, por la participación de los chefs María Marte, Pamela Gonnell y Amilkar Gonnell, en la Ciudad de New York, el pasado 1 de octubre de 2021. Ellos conquistaron el tan preciado galardón del nuevo Mangú más grande servido del mundo, el cual contó con unas 1000lbs del rubro. Estos chefs, quienes tienen su actividad económica en la Ciudad de Lawrence,

también realizaron en el 2021 en aquí el Mangú Challenge, contando también con el apoyo de varios empresarios y restaurantes de la ciudad. Este 2022, Flavor Fusion Fest, trae su festival a la Ciudad de Lawrence, el día 17 de septiembre, con el tema principal Fusiones de Iberoamérica, el cual contará con 7 países invitados. En este evento se establecerá un récord inexistente con el sancocho más grande servido del mundo.

Cronología Andrés Julio García

El Alcalde Brian A. De Peña, agradece profundamente los mensajes de pésame enviados a su oficina y a través de las redes sociales, por el fallecimiento de nuestro amigo y compañero de tantos años, JULIO GARCÍA. Debido a este inesperado momento ha ordenado colocar la bandera de la ciudad a media asta. Descanse en paz. Con profunda tristeza y pesar en el corazón les informamos sobre el fallecimiento de nuestro buen amigo Andrés Julio García. Julio falleció junto a familiares y amigos en República Dominicana, de una insuficiencia cardíaca. Julio trabajó en la ciudad de Lawrence desde noviembre de 2021. Andrés (Julio para todos los que lo conocieron) desempeñó un papel importante en la oficina del alcalde, primero como voluntario y luego como asistente administrativo del Alcalde De Peña. Más tarde, fue designado para el cargo de coordinador de la Ley de Discapacidad Americana para el Departamento de Obras Públicas de la Ciudad de Lawrence. Julio deja una hija y dos nietos. Nuestros corazones están con la familia García en este momento difícil. Por



favor, manténgalos en sus pensamientos y oraciones. Los servicios fúnebres de Julio se llevaron a cabo en su pueblo natal de Miches (pueblo ubicado en la provincia de El Seibo). Tendremos más información la semana proxima. Paz a su alma.

Trenzado con Maniqués



El programa comercial del Boys and Girls Club de Lawrence ha atraído a un grupo diverso de profesionales talentosos y trabajadores para enseñar a nuestros miembros en escuelas intermedias sobre sus opciones además de la universidad después de la escuela secundaria. El último evento introdujo a los niños al mundo de la peluquería y la cosmetología. Dos maestros de Greater Lawrence Technical School realizaron una presentación y una actividad práctica. Entregaron información crítica sobre la escuela y las admisiones y les enseñaron a los niños cómo trenzar el cabello en maniqués. El Sr. Samuel Pierre, ex alumno de BGCL, y la Sra. Jennifer Lasonde trabajan en el Departamento de Cosmetología y Barbería, donde enseñan de todo, desde cortar y peinar el cabello hasta manicuras, tratamientos faciales y cómo aplicar maquillaje. Los dos maestros fueron fascinantes e inspiradores. Nuestros miembros

estaban muy emocionados de conocer las oportunidades que vienen con tener una licencia en cosmetología, como trabajar en Hollywood en escenarios de películas o con celebridades. David, de 12 años, dijo: “No sabía sobre los trabajos que podrías conseguir en cosmetología. Pensé que la gente solo trabajaba en peluquerías. Este evento me dio algo en lo que pensar para mi futuro”. Greater Lawrence Technical School permite a los estudiantes estudiar academia mientras se sumergen en la carrera que eligen. Una vez que cumplen 15 años, pueden acumular hasta 30 horas de trabajo a la semana en un programa cooperativo. Esto permite a los estudiantes averiguar si este es el camino correcto. Muchos estudiantes de GLTS van a la universidad después de graduarse, con conocimientos de oficios y académicos. Varios de nuestros miembros han solicitado y han sido aceptados o en lista de espera. Esperamos que más niños aprovechen esta fantástica oportunidad.

Braiding with Mannequins

The Club’s trade program has brought in a diverse group of talented and hardworking professionals to teach our middle school-aged members about their options other than college after high school. The latest event introduced the kids to the world of Barbering and Cosmetology. Two teachers from the Greater Lawrence Technical School held a presentation and hands-on activity. They delivered critical information about the school and admissions and taught the kids how to braid hair on mannequins. Mr. Samuel Pierre, a BGCL alum, and Ms. Jennifer Lasonde work in the Cosmetology and Barbering Department, where they teach everything from cutting and styling hair to manicures, facials, and how to apply makeup. The two teachers were fascinating and inspiring. Our members were very excited to learn about the opportunities that come with having a

license in cosmetology, such as working in Hollywood on movie sets or with celebrities. David, age 12, said, “I didn’t know about the jobs you could get with cosmetology. I thought people only worked in hair salons. This event gave me something to think about for my future.” Greater Lawrence Technical School allows students to study academia while immersing themselves in their choice of career. Once they turn 15, they can accumulate up to 30 hours of work a week in a co-op program. This allows the students to figure out if this is the right path. Many students from GLTS pursue college after graduating, with knowledge of trades and academics. Several of our members have applied and have been accepted or waitlisted. We hope more kids will take a chance on this fantastic opportunity.



Sueño de Maravilla es un programa interactivo para el público en español por la 1110 AM, además de Facebook y próximamente por YouTube.

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Celebrando la reapertura de El Centro



El Centro siempre ha sido un refugio para los ancianos y la comunidad, por lo que nos sentimos igualmente devastados cuando no pudimos permitir que los ancianos se congregaran en el Centro para actividades recreativas durante la pandemia.

“Aunque estuvimos cerrados para albergar actividades, eventos, programas y clases durante la pandemia, nunca estuvimos cerrados para los ancianos y el público en general, quienes buscaron asistencia para servicios y recursos como vivienda y asistencia para la solicitud de beneficios y conectarlos con otros recursos de la comunidad”, expresó el alcalde Brian A. De Peña a los medios de comunicación durante la reapertura del Centro de Adultos Mayores.

Su mayor preocupación, debido a la vulnerabilidad de los ancianos, era no poder volver a abrir sus puertas a actividades/programas en persona, el personal se volvió diligente en sus esfuerzos para educar a la comunidad y difundir la conciencia sobre las pautas de los CDC, el distanciamiento

social, y mandatos de mascarillas, además de convertirse en la ubicación del sitio para las clínicas de vacunación y pruebas de COVID.

Además de ofrecer educación sobre el COVID y asistencia individual en persona según sea necesario, se transformaron rápidamente de un programa/centro de actividades centrado en los ancianos a uno concentrado en la comunidad en su conjunto. Enfocándose en abordar el aumento del número de residentes que enfrentan inseguridades alimentarias, The Center se convirtió en una instalación de distribución de alimentos, entregando 3.7 millones de libras y entregando 1.2 millones de libras de alimentos a ancianos y residentes confinados en sus hogares por COVID +, como parte del programa "Meals on Wheels" , entregó una comida caliente todos los días a más de 350 ancianos.

Además, para combatir el aumento del aislamiento y la depresión que enfrentaban los ancianos, el personal trabajó arduamente para asegurar y mantener las relaciones, las conexiones y la comunicación con nuestros ancianos haciendo llamadas de bienestar a los ancianos, ofreciendo de forma remota clases de ejercicios, clubes de lectura, actividades artísticas y artesanales. y talleres de salud y bienestar.

Por último, sirvieron las necesidades extremas de toda la comunidad. “¡Estamos muy orgullosos de que, a pesar de todo, nuestra pasión, amor y dedicación que tenemos para servir a nuestra comunidad de adultos mayores nunca flaquearon!” dijo la directora del Centro, Martha Vélez.

¡Después de algunas renovaciones, actualizaciones y una nueva capa de pintura, pudieron "reabrir" con éxito el 10 de mayo



de 2022! Después de dos años muy largos, finalmente pudieron disfrutar de tener a los ancianos en persona en The Center. En este día, ¡estaban celebrando con éxito con más de 200 ancianos emocionados!

Todo esto fue posible gracias al gran esfuerzo de la Directora del Centro, Martha Vélez, y todo su personal, quienes siempre han brindado un servicio humano y profesional a nuestros mayores.

Celebrating the reopening of The Center

The Center has always been a haven for elders and the community, so we were equally devastated when we were unable to allow elders to congregate at The Center for recreational activities during the pandemic.

“Although we were closed to hosting activities, events, programs, and classes during the pandemic, we were never closed to the elders and general public, who sought out assistance for services and resources such as housing and benefit application assistance and connecting them to additional community resources,” Mayor Brian A. De Peña, expressed to the media during the reopening of the Senior Center.

Their major concern, due to the vulnerability of elders, was never being able to open their doors again to in-person activities/programs, the staff became diligent in their efforts to educate the community and spread awareness on the CDC guidelines, social distancing, and mask mandates, as well as, becoming the site location for COVID testing and vaccination clinics.

In addition to offering COVID education and individual in-person assistance as needed, they quickly transformed from an elder-focused program/activity center to one concentrating on the community as a whole. Focusing to address the increased number of residents facing food insecurities, The Center became a food

distribution facility, dispensing 3.7 million pounds, and delivering 1.2 million pounds of food to COVID + homebound elders and residents, as part of the “Meals on Wheels” program, delivered a hot meal daily to over 350 elders.

Also, to combat the increased isolation and depression that elders were facing, the staff worked hard to ensure and maintain relationships, connections, and communication with our elders by making wellness calls to elders, remotely offering exercise classes, book clubs, arts and crafts activities, and health and wellness workshops.

Lastly, they served the dire needs of the entire community. “We are very proud that through it all our passion, love, and dedication we have to serve our elder community never wavered!” said The Center’s director, Martha Vélez.

After some renovations, updates, and a fresh coat of paint, they were successfully able to ‘re-open’ on May 10, 2022! After two very long years, they were finally able to enjoy having the elders in-person at The Center. On this day, they were successfully celebrating with over 200 excited elders!

All this was possible thanks to the great effort of The Center’s Director, Martha Vélez, and all her staff, who have always provided humane and professional services to our elders.



AspergerWorks, Inc. da la bienvenida a Kim Boudrot como coordinadora de divulgación de contratos comerciales

Asperger Works, Inc. (AWorks) se complace en anunciar la contratación de Kim Boudrot como coordinadora de divulgación de contratos comerciales. En este nuevo puesto, Boudrot es responsable de liderar los esfuerzos de AWorks para establecer contactos con empresas de la región, con énfasis en Merrimack Valley. El propósito de estos contactos es que AWorks realice presentaciones gratuitas que aboguen por la contratación y el tratamiento adecuado de las personas con síndrome de Asperger (AS).

Boudrot obtuvo su licenciatura en trabajo social y sociología de Gordon College (Wareham, MA). Aporta años de experiencia trabajando con adultos con discapacidades del desarrollo y ventas. De su trabajo con AWorks, Kim dice: “Estoy muy agradecida por la oportunidad de unirme a Asperger Works como Coordinadora de Alcance de la Comunidad Empresarial. Recibí una cálida bienvenida por parte de la junta y comparto su misión de ayudar a las empresas a ver el verdadero valor de contratar a un adulto con Asperger. Espero conocer a todos y trabajaré arduamente para ayudar a crear algunas conexiones comerciales para los clientes que se comuniquen con esta increíble organización”.

Actualmente, Boudrot ocupa el puesto de vendedor/agente de referencias en Caldwell Banker en Beverly, de donde aporta su experiencia en ventas. Fue coordinadora asistente del programa de los martes de la Primera Iglesia Congregacional en Hamilton, donde fue responsable de la contratación de personal de cuidado infantil que involucra entrevistas, reclutamiento, supervisión y verificación de referencias. En su papel como trabajadora social en Walnut Service Center en Somerville, MA,

actuó como defensora de los adultos con discapacidades del desarrollo al programar reuniones y brindar administración de casos.

El presidente de la junta de AWorks, Josiah Morrow, dijo: “Estamos muy emocionados de tener a Boudrot a bordo. Su profunda experiencia y conocimiento trabajando para personas discapacitadas la convierte en un activo para AWorks y el trabajo que realizamos para ayudar a las personas con autismo”.

Cualquier empresa interesada en que AWorks haga una presentación puede comunicarse con la Sra. Boudrot al 978-468-6130 o por correo electrónico a kboudrot@aspergerworks.org.

La estadística desafortunada en todo el mundo es que solo 1 de cada 5 adultos aspergianos (personas con AS) tienen un empleo remunerado, lo que deja a los otros 4 desempleados o subempleados. Esto es lo que AWorks está tratando de cambiar.

AWorks fue fundada en 2012 por el director ejecutivo y expresidente Daniel Rajczyk como parte de un proyecto de maestría en el que estaba trabajando en Endicott College. Es una organización benéfica sin fines de lucro cuya misión es doble: (1) educar a los empleadores sobre el lado positivo de contratar personas con AS y (2) ayudar a los adultos con AS a llevar una vida productiva a través de un empleo remunerado.

Puede encontrar más información sobre Asperger Works, incluida información sobre el síndrome de Asperger y los servicios que brindamos, en nuestro sitio web, <https://aspergerworks.org>. También puede visitarnos en Facebook (<https://www.facebook.com/aspergerworks.org>), Instagram (<https://www.instagram.com/officialaworks/>) y Twitter (<https://twitter.com/AspergerWorks>).



AspergerWorks, Inc. welcomes Kim Boudrot as Business Contract Outreach Coordinator

Asperger Works, Inc. (AWorks) is pleased to announce the hiring of Kim Boudrot as Business Contract Outreach Coordinator. In this new position, Boudrot is responsible for leading AWorks’ efforts in making contacts with businesses in the region, with emphasis on the Merrimack Valley. The purpose of these contacts is to have AWorks make free presentations advocating the hiring and appropriate treatment of individuals with Asperger’s Syndrome (AS).

Boudrot earned her bachelor’s in social work and sociology from Gordon College (Wareham, MA). She brings years of experience working with developmentally disabled adults and sales. Of her work with AWorks, Kim says, “I am so grateful for the opportunity to join Asperger Works as Business Community Outreach Coordinator. I received a warm welcome from the board and I share their mission of helping businesses see the true value of hiring an adult with Asperger’s. I look forward to meeting everyone and will work hard to help build some business connections for the clients that contact this amazing organization.”

Presently Boudrot holds the position of Salesperson/Referral Agent with Caldwell Banker in Beverly from which she brings her sales experience. She was an Assistant Coordinator with the First Congregational Church’s Tuesday Program in Hamilton where she was responsible for the hiring of childcare staff involving interviewing, recruiting, supervising, and checking references. In her role as a social worker with the Walnut Service Center in Somerville, MA, she acted as an advocate

for developmentally disabled adults by scheduling meetings and providing case management.

AWorks Board President Josiah Morrow said, “We’re very excited to have Boudrot on board. Her depth of experience and knowledge working for disabled individuals makes her an asset to AWorks and the work we do servicing individuals on the autism spectrum.”

Any companies interested in having AWorks make a presentation may contact Ms. Boudrot at 978-468-6130 or via email at kboudrot@aspergerworks.org.

The unfortunate statistic worldwide is that only 1 in 5 adult Aspergians (people with AS) are gainfully employed, which leaves the other 4 either unemployed or underemployed! This is what AWorks is trying to change.

AWorks was founded in 2012 by Executive Director and former President Daniel Rajczyk as part of a Master’s Degree project he was working on at Endicott College. It is a charitable not-for-profit organization whose mission is twofold: (1) to educate employers about the positive side of hiring people with AS and (2) to help adults with AS lead productive lives through gainful employment.

Further information about Asperger Works including information about Asperger’s Syndrome and the services we provide can be found on our website, <https://aspergerworks.org>. You can also visit us on Facebook (<https://www.facebook.com/aspergerworks.org>), Instagram (<https://www.instagram.com/officialaworks/>), and Twitter (<https://twitter.com/AspergerWorks>).



CELEBRANDO FATHERHOOD

Un evento de reconocimiento para los hombres de nuestra comunidad que brindan amor, guía, y apoyo.

¡Acompañe a Family Services en este evento **GRATUITO** lleno de comida, juegos, premios, y más! Para registrarse o obtener más información, puede escanear el código QR o visite: FSMV.ORG/FATHERHOOD-EVENT

SABADO, JUNIO 11
12:00 - 4:00 P.M.
Estacionamiento de Family Services'
430 N Canal St
Lawrence, MA 01840

CELEBRATING FATHERHOOD

A recognition event for the men in our community who provide love, guidance, and support.

Join Family Services for this **FREE** community event filled with food, games, prizes, and more! To register or for more information, scan QR code or visit: FSMV.ORG/FATHERHOOD-EVENT

SATURDAY, JUNE 11
12:00 - 4:00 P.M.
Family Services' Parking Lot
430 N Canal St
Lawrence, MA 01840

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Lawrence General Hospital reconocido a nivel nacional con un grado 'A' de seguridad hospitalaria de Leapfrog

La prestigiosa distinción Leapfrog reconoce los logros de Lawrence General en la protección de los pacientes contra daños y errores prevenibles en el hospital.

Lawrence General Hospital recibió una calificación de seguridad hospitalaria Leapfrog "A" para la primavera de 2022. Esta distinción nacional reconoce los logros de Lawrence General en la protección de los pacientes contra daños y errores prevenibles en el hospital.

"Este prestigioso Leapfrog 'A' refleja el destacado compromiso del equipo de Lawrence General con las mejoras de salud, seguridad y calidad para nuestros pacientes", dijo Deborah J. Wilson, presidenta y directora ejecutiva de Lawrence General. "La pandemia ciertamente nos puso a prueba a todos y este Leapfrog 'A' es un testimonio del hecho de que, independientemente de los desafíos, nuestro equipo de Lawrence General permanece firmemente dedicado a brindar una atención excepcional a las personas a las que servimos en todo el Valle de Merrimack y más allá".

El Grupo Leapfrog, una organización de vigilancia nacional independiente, asigna una calificación de "A", "B", "C", "D" o "F" a los hospitales de todo el país en función de más de 30 medidas nacionales de desempeño que reflejan errores, accidentes, lesiones e infecciones, así como los sistemas que tienen los hospitales para prevenir daños.

El grado de seguridad hospitalaria de Leapfrog es el único programa de clasificación de hospitales basado exclusivamente en la prevención de errores médicos y daños a los pacientes. El sistema de calificación es revisado por pares, totalmente transparente y gratuito para el público. Las calificaciones se actualizan dos veces al año en otoño y primavera.

"A medida que nuestro sistema de atención médica continúa sintiendo la presión de la pandemia, agradezco a la fuerza laboral y al liderazgo de Lawrence General Hospital por su compromiso sostenido con la seguridad del paciente, día tras día", dijo Leah Binder, presidenta y directora ejecutiva de The Leapfrog Group. "Una calificación de seguridad 'A' es un logro sobresaliente y no es posible sin un esfuerzo las 24 horas del día, los 7 días de la semana por parte de todo el personal de atención médica para proteger a los pacientes de cualquier daño. Esta comunidad debería estar orgullosa".

Para ver los detalles completos de las calificaciones del Lawrence General Hospital y acceder a consejos para

pacientes sobre cómo mantenerse seguro en el hospital, visite HospitalSafetyGrade.org.

Como hospital independiente sin fines de lucro que presta servicios en EL Valle de Merrimack y el sur de New Hampshire, Lawrence General Hospital brinda acceso a atención de alta calidad, las últimas tecnologías y una red creciente de proveedores locales, que incluyen atención primaria y muchas especialidades. Como Centro de Trauma de Nivel III designado, Lawrence General tiene uno de los Departamentos de Emergencia más ocupados de Massachusetts. Lawrence General ofrece una amplia gama de servicios y cirugías especializadas en su Centro de Cirugía Santagati y lidera la región en atención cardíaca con el centro cardiovascular más acreditado de Massachusetts. Con más de 12,000 altas de pacientes hospitalizados por año, 1,400 nacimientos y un equipo dedicado de más de 2,000 empleados, Lawrence General ha servido con orgullo a la región desde 1875 y es un importante proveedor de atención aguda de emergencia, quirúrgica, médica, de maternidad y neonatal. para el Valle de Merrimack y el sur de New Hampshire. Para obtener más información, visite www.LawrenceGeneral.org.

Acerca del Grupo Leapfrog

Fundado en el año 2000 por grandes empleadores y otros compradores, The Leapfrog Group es una organización nacional sin fines de lucro que impulsa un movimiento para dar grandes pasos hacia la seguridad del paciente. La Encuesta emblemática de hospitales de Leapfrog y la nueva Encuesta de centros de cirugía ambulatoria (ASC) de Leapfrog recopilan e informan de manera transparente sobre el desempeño del hospital y del ASC, lo que permite a los compradores encontrar la atención de mayor valor y brinda a los consumidores la información vital que necesitan para tomar decisiones informadas. La calificación de seguridad hospitalaria de Leapfrog, la otra iniciativa principal de Leapfrog, asigna calificaciones con letras a los hospitales en función de su historial de seguridad del paciente, lo que ayuda a los consumidores a protegerse a sí mismos y a sus familias de errores, lesiones, accidentes e infecciones. Para obtener más información, síganos en Twitter y Facebook, y suscríbase a nuestro boletín.



Lawrence General Hospital Nationally Recognized with an 'A' Leapfrog Hospital Safety Grade

Prestigious Leapfrog distinction recognizes Lawrence General's achievements in protecting patients from preventable harm and error in the hospital.

Lawrence General Hospital received an "A" Leapfrog Hospital Safety Grade for spring 2022. This national distinction recognizes Lawrence General's achievements in protecting patients from preventable harm and error in the hospital.

"This prestigious Leapfrog 'A' reflects the Lawrence General team's outstanding commitment to health, safety, and quality improvements for our patients," Deborah J. Wilson, Lawrence General's president and CEO said. "The pandemic certainly tested all of us and this Leapfrog 'A' is a testament to the fact that no matter the challenges, our Lawrence General team remains steadfastly dedicated to providing outstanding care to the people we serve from across the Merrimack Valley and beyond."

The Leapfrog Group, an independent national watchdog organization, assigns an "A," "B," "C," "D," or "F" grade to hospitals across the country based on over 30 national performance measures reflecting errors, accidents, injuries, and infections, as well as systems hospitals have in place to prevent harm.

The Leapfrog Hospital Safety Grade is the only hospital rating program based exclusively on the prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent, and free to the public. Grades are updated biannually in the fall and spring.

"As our health care system continues to feel the strain of the pandemic, I thank the workforce and leadership of Lawrence General Hospital for sustained commitment to patient safety, day in and day out," said Leah Binder, president and CEO of The Leapfrog Group. "An 'A' Safety Grade is an outstanding achievement and one that is not possible without a 24/7 effort by the entire health care workforce to protect patients from harm. This community should be proud."

To see Lawrence General Hospital's full grade details and to access patient tips for staying safe in the hospital, visit

HospitalSafetyGrade.org.

As an independent, not-for-profit hospital serving the Merrimack Valley and Southern New Hampshire, Lawrence General Hospital provides access to high-quality care, the latest technologies, and a growing network of local providers, including primary care and many specialties. A designated Level III Trauma Center, Lawrence General has one of the busiest Emergency Departments in Massachusetts. Lawrence General offers a broad range of services and specialty surgeries in its Santagati Center for surgery and leads the region in cardiac care with Massachusetts' most highly accredited cardiovascular center. With more than 12,000 inpatient discharges per year, 1,400 births, and a dedicated team of more than 2,000 employees, Lawrence General has proudly served the region since 1875 and is a major acute care provider of emergency, surgical, medical, maternity and newborn care for the Merrimack Valley and Southern New Hampshire. For more information, visit www.LawrenceGeneral.org.

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward for patient safety. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. For more, follow us on Twitter and Facebook, and sign up for our newsletter.



La prediabetes está relacionada con un mayor riesgo de sufrir un ataque cardíaco en adultos jóvenes



Los adultos jóvenes con niveles de azúcar en la sangre más altos de lo normal que indican prediabetes fueron más propensos a ser hospitalizados por un ataque cardíaco que sus pares con niveles normales de azúcar en la sangre, de acuerdo con la investigación preliminar que se presentará en American Heart Association's Quality of Care and Outcomes Research Scientific Sessions 2022. La reunión se llevará a cabo el viernes 13 y el sábado 14 de mayo del 2022, en Reston, Virginia, y en ella se presentará la investigación más reciente centrada en la calidad de la atención médica cardiovascular y los resultados de los pacientes en el tratamiento y la prevención de enfermedades cardíacas y ataques o derrames cerebrales.

Tener prediabetes significa que los niveles de azúcar en la sangre de una persona son más altos de lo normal, con un nivel de azúcar en la sangre en ayunas de entre 100 y 125 mg/dL, aunque no es lo suficientemente alto como para ser diagnosticado con diabetes tipo 2. La prediabetes es común y aumenta el riesgo de desarrollar diabetes tipo 2. Según los National Institutes of Health, aproximadamente 88 millones de adultos en los EE. UU., de 18 años de edad o mayores, tienen prediabetes, lo que corresponde a más de un tercio de los adultos estadounidenses. Casi 29 millones de adultos con prediabetes tienen entre 18 y 44 años de edad.

“Si no se trata, la prediabetes puede afectar significativamente la salud y puede avanzar a diabetes tipo 2, que se sabe que aumenta el riesgo de una persona de padecer enfermedades cardiovasculares”, afirmó el autor del estudio Akhil Jain, M.D., médico residente del Mercy Catholic Medical

Center en Darby, PA. “Debido a que los ataques cardíacos ocurren cada vez más en adultos jóvenes, nuestro estudio se centró en definir los factores de riesgo pertinentes a esta población joven, de modo que las directrices científicas y políticas de salud futuras tengan más capacidad de abordar tales enfermedades cardiovasculares en relación con la prediabetes”.

Los investigadores revisaron las historias clínicas de los pacientes en la muestra nacional de pacientes hospitalizados, que es la base de datos de hospitalizaciones disponible para el público más grande en los EE. UU. Específicamente, se examinaron los registros del año 2018 de hospitalizaciones relacionadas con ataques cardíacos entre adultos jóvenes de 18 a 44 años de edad. El análisis reveló lo siguiente:

- De los más de 7.8 millones de adultos jóvenes * hospitalizados en el 2018, más de 31,000, o el 0.4%, tenían niveles de azúcar en la sangre correlacionados con la prediabetes.
- Entre aquellos con prediabetes, la incidencia de ataques cardíacos fue del 2.15% en comparación con el 0.3% en adultos jóvenes con niveles normales de azúcar en la sangre.
- Los adultos con prediabetes eran más propensos que sus pares sin prediabetes a tener colesterol alto (un 68.1% frente a un 47.3%, respectivamente) y obesidad (un 48.9% frente a un 25.7%, respectivamente).
- Los adultos con prediabetes que fueron hospitalizados por un ataque cardíaco eran más propensos a ser hombres negros, hispanos o nativos de las islas de Asia/Pacífico.
- Los adultos con prediabetes que fueron hospitalizados por ataque cardíaco eran más propensos a tener mayores ingresos en el hogar, a ser hospitalizados en hospitales universitarios urbanos y a ser hospitalizados en las regiones del Medio Oeste y Oeste de EE. UU., en comparación con los adultos con ataques cardíacos que no tenían prediabetes.

“Después de considerar diversos factores que influyen y generan modificaciones, descubrimos que los adultos jóvenes con prediabetes tenían 1.7 veces más probabilidades de ser hospitalizados por un ataque cardíaco en

comparación con sus pares sin prediabetes”, afirmó Jain. “A pesar de tener mayores posibilidades de sufrir un ataque cardíaco, los adultos jóvenes con prediabetes no tuvieron una mayor incidencia de otros eventos adversos cardiovasculares importantes, como paro cardíaco o ataque o derrame cerebral”.

Si bien la prediabetes es un precursor de la diabetes tipo 2 y otras complicaciones graves de salud, se puede revertir. Muchos de los pasos que se deben seguir para prevenir la prediabetes son los mismos que se deben seguir para prevenir las enfermedades cardíacas.

“Cuando los niveles de azúcar en sangre cumplen con los criterios para la prediabetes, esta es una llamada para actuar. Es importante que las personas prediabéticas sepan que los cambios en el estilo de vida son clave para mejorar sus niveles de glucosa y su salud general, y posiblemente para revertir la prediabetes y prevenir la diabetes tipo 2”, afirmó Eduardo Sánchez, M.D., M.P.H., FAHA, FAAFP, director médico de la American Heart Association para la prevención y el director de la iniciativa Know Diabetes by Heart™ de la American Heart Association. “Tener una dieta saludable,

ser físicamente activo y bajar de peso, si es necesario, son formas significativas de revertir un diagnóstico de prediabetes. Para los fumadores, la participación en un programa para dejar de fumar también es extremadamente importante. Otros cambios en el estilo de vida y el comportamiento, como reducir el estrés, pueden parecer pequeños, pero pueden tener un gran impacto en muchas áreas diferentes de la vida y también marcar la diferencia”.

Según Jain, faltan estudios en profundidad sobre los ataques cardíacos en adultos jóvenes con prediabetes y es necesario realizar más.

“Nuestro estudio se debe considerar como una base para futuras investigaciones a fin de establecer claramente la carga de enfermedades cardíacas en adultos jóvenes con prediabetes, dada la prevalencia de prediabetes en casi 1/3 de los adultos en los EE. UU. Es esencial generar conciencia entre los adultos jóvenes sobre la importancia de los controles médicos rutinarios, incluida la detección de prediabetes, y tomar medidas para prevenir o retrasar el desarrollo de diabetes tipo 2 y eventos cardiovasculares asociados, como un ataque cardíaco”, afirmó.



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Lawrence Heritage State Park

Department of Conservation and Recreation

MAY 2022 PROGRAMS

All programs **begin May 17th** and are free and open to the public. An adult must accompany children. Reasonable accommodations are available upon request. For more information, call 978-794-1655, email lawrence.heritage@mass.gov or visit <https://www.mass.gov/locations/lawrence-heritage-state-park>.

Sundays 10:00-11:30 am	GUIDED MUSEUM TOUR Explore our permanent exhibit about the planned city of Lawrence and its role in American industrialization, and labor history, with emphasis on waterpower and the textile industry.
Mondays & Thursdays 10:00-11:30 am	GATEWAY TO LAWRENCE WALKING TOUR Join us for a walking tour of the Gateway District on Canal and Island streets and discover the makeover of the city's entryway. Meet in the lobby of the Visitors Center at 1 Jackson Street. Weather permitting.
Tuesdays 10:00-11:00 am, 2:00-3:00 pm	MONUMENTS AND MARTYRS WALKING TOUR Join us and discover the variety of monuments and markers dedicated to Lawrencians who fought for their country in various wars. Meet in the lobby of the Visitors Center at 1 Jackson Street. Weather permitting.
Wednesdays 10:30-11:30 am	KIDEISCOPE A fun kid's program for the pre-K set! Be like the mill workers and come learn the basics of "warp and weft" weaving with simple strips of colored paper.
Fridays 10:00-11:30 am	UP CLOSE AND PERSONAL Join us as we examine the historical background of a selected item from at the Visitor Center followed by discussion.
Saturdays 10:00-11:30 am	GUIDED MUSEUM TOUR Explore our permanent exhibit about the planned city of Lawrence and its role in American industrialization, and labor history, with emphasis on waterpower and the textile industry. NOTE: The walking tours are 1/2 to 1 mile round-trip and last approximately 90 minutes. Walking tours and indoor guided tours of the exhibits in the Visitors Center are all free and available at other times with advance reservation. For more information, please contact the Visitor Center staff at 978-794-1655.

Lawrence Heritage State Park Visitors Center
1 Jackson Street at Canal, Lawrence, MA 01840. Tel (978) 794-1655

GLCF awards record \$300K in community grants to local nonprofits

The Greater Lowell Community Foundation (GLCF) awarded \$300,000 in grants to 34 local nonprofits within a framework of Children’s Services, Elder Services, Racial Equity and Inclusion, as well as Nashoba Valley Healthcare initiatives. The focus areas collectively work toward creating a better quality of life for Greater Lowell residents and supporting local nonprofits.

These grant awards are part of a competitive grant process in which nonprofit organizations apply for funds, and an independent committee reviews the proposals and selects awardees. The GLCF Discretionary Grants and Nashoba Valley Healthcare Fund are two of several competitive grant programs offered through GLCF each year.

“As we honor our 25 years of improving the quality of life in the Greater Lowell region, GLCF awarded a record amount of grants to support the important work of our local nonprofits,” said GLCF President and CEO Jay Linnehan. “These grants were made possible by the generous contributions from our community. Through these donations and strategic investments, GLCF can provide the critical support for our community.”

Girls Inc. of Greater Lowell received a Children’s Services Grant to support their Strong, Smart, Bold Girls program.

“Developing girls’ social and emotional skills is an integral part of the Girls Inc. experience,” shared Ashley Filipp, Executive Director, Girls Inc. of Greater Lowell. “The ‘Strong, Smart, Bold Girls’ is helping prepare girls to navigate challenges and opportunities they are facing through adverse societal influences.”

Mission of Deeds received a grant to purchase beds for kids in need. “When Mission of Deeds was founded in 1993, one of the major objectives of our founder, Tony Triglione, was to give beds, without charge, for children in need,” said Bruce Murison, executive director, Mission of Deeds. “Many of our first client families were in Lowell. It is heartwarming that this generous GLCF grant allows us to continue the same work in our thirtieth year as we did in our first. Mission of Deeds, and our clients, are grateful to the Foundation and its supporters.”

“With the help of the GLCF’s Discretionary Grant, Mill City Grows is thrilled to spearhead Lowell’s first Food Policy Council, a community-led group that will help shape and advocate for equitable food access for all,” said Jessica Wilson, Executive Director, Mill City Grows. “These funds will help us provide stipends for participants, support for childcare, transportation, and technology - items that are integral to ensuring equitable access to participation in the Council.”



Mission of Deeds, a 2022 Discretionary Grant recipient, to support their Greater Lowell Beds for Kids program. Mission of Deeds executive director Bruce Murison and Sharon Petersen, director of grants; David Berube, logistics coordinator; and Brian Quinn, client service manager, get twin beds ready for children.

For more information on the Greater Lowell Community Foundation and a complete list of the organizations receiving grants, visit www.glcfoundation.org.



S.A.L.S.A. Festival • Festival S.A.L.S.A.

Saturday, June 4, 2022 / Sábado 4 de junio del 2022
11:00 AM—3:00 PM
O’Connell South Common, Lawrence
MARKET STREET/CALLE MARKET





GAMES
JUEGOS

KITE FLYING
COMETAS

LPD ICE CREAM TRUCK
LPD CAMION DE HELADOS

TROLLEY TOURS
PASEOS EN TRENCITO

FREE, fun, family event with lots of activities for the ENTIRE family! Kite making, games, yoga, face painting, trolley rides, music, free food, ice-cream, and much more...

El Festival SALSA es un evento familiar, GRATIS, y divertido con varias actividades incluyendo paseos en trencito, construcción de cometas, juegos, pintura de la cara, comida, helados, y mucho más.

For more information please contact / Para más información comuníquese con:

Eddie Rosa, Groundwork Lawrence
(978) 974-0770 x7016
erosa@groundworklawrence.org

Minerva Grullon, Mayor’s Health Task Force
(978) 620-3524
minervagrullon@cityoflawrence.com



Mass Cultural Council









Hosted by: Mayor’s Health Task Force Healthy Active Living Working Group, Groundwork Lawrence’s Kite Festival, Department of Conservation and Recreations (DCR), Friends of the Lawrence Heritage State Park, and Lawrence Public Schools Summer Meals Program

PRIDESTar EMS Paramedics Receive 'EMS Stewards of the Community Award' for life-Saving Response in Haverhill



PRIDESTar EMS Paramedics Robert DeFlumeri and Matt Fleming received the 'EMS Stewards of the Community Award' for their life-saving response to a call in Haverhill. From left, Lesley Grillo, patient Pietro Grillo, Paramedic Robert DeFlumeri, Paramedic Matt Fleming, and Christine Basil, Chief Nursing Officer, Holy Family Hospital. (Photo Courtesy PRIDESTar EMS)

PRIDESTar EMS proudly shares that two of its paramedics have been honored by Steward Health Care for their actions that saved the life of a Haverhill man in February.

Robert DeFlumeri and Matt Fleming, Paramedics and Operations Supervisor, responded to a medical call in the early morning of Tuesday, Feb. 1, at a home on Edward Court in Haverhill, along with Haverhill Police and Fire first responders.

When Paramedics DeFlumeri and Fleming arrived, they discovered Pietro Grillo unconscious, with his wife Lesley and their sons performing cardiopulmonary resuscitation (CPR) on him. Paramedics DeFlumeri and Fleming took over life-saving efforts, and using their training and skills, were able to stabilize Grillo for transport by ambulance to Holy Family Hospital in Haverhill. He later was transported by medical helicopter to a Boston-area hospital.

Following a lengthy recovery in the hospital, Grillo has entered a physical rehabilitation hospital, where he receiving physical and occupational therapy. He has made significant progress, including regaining the ability can walk unassisted.

Lesley Grillo nominated DeFlumeri

and Fleming for the “EMS Stewards of the Community,” held annually by Holy Family’s parent company Steward. The awards recognize first responders who show expertise, professionalism, and compassion, and have demonstrated an “above and beyond” interaction with a patient.

Lesley Grillo wrote in her nomination: “My children got to see their father again. He got to hug them again. He got to tell them he loves them. He calls them every day from rehab ... Without the professionalism and care he received this would not be possible.”

Paramedics DeFlumeri and Fleming received their awards at a “Stewards of Excellence” ceremony on Monday, May 16, at the Norwood Sheraton. The event coincided with National EMS Week, held this year from May 15-21.

“A fast response and highly-trained paramedics raise the chance for a better outcome on any call,” PRIDESTar Founder and CEO David Daly said. “Our entire company is proud of Bob and Matt for receiving this well-deserved honor, and that their professionalism and dedication have been recognized.”

Mayor Pitches Record Spending Plan to Bolster Schools, Public Safety

Increases Sidewalk Funding By 23%, Adds Grant Writer, Tech Position

Mayor James J. Fiorentini will formally present Tuesday his Fiscal Year 2023 budget for city governments and schools – a \$231.1 million proposal that increases the school budget by \$7.6 million and overall spending by \$14 million or 6.5 percent.

The plan, which would go into effect July 1, prioritizes education and public safety by increasing the police budget by 8.4 percent, including new social workers and drug counselors to combat the opioid epidemic. It also guarantees at least four new firefighter positions, either through a federal grant or the regular budget if the grant should prove unsuccessful.

The mayor’s plan does not require a tax-increasing Proposition 2-1/2 override, funds cash reserve accounts within recommended ranges, increases services to the public, and adds new resources to city departments.

Mayor Fiorentini will present his new city budget to City Council at its meeting tomorrow night at 7 at City Hall. The Council and the School Committee have scheduled budget meetings over the coming weeks to review the mayor’s proposal, culminating with a final council review and preliminary voting June 8. The final council vote usually takes place at the next regular Tuesday night meeting following the final review.

The mayor’s full budget and supporting documentation can be found on the city website at: <https://files4.revize.com/haverhillma/Final%20Budget%20Book%20All%20Pages%205.10.22.pdf>

Notable additions in the mayor’s spending plan:

- Increases Police budget by 8.4 percent for overtime, training, and supplies
- Three new unmarked police cruisers
- New drug counselor and additional crisis intervention specialist
- Full-time Information Technology position
- Grant-writer and part-time assistant city solicitor
- \$50,000 for city beautification and \$20,000 for trees and shrubs
- Four highway positions
- Library archivist

- Four Fire Department Civilian Dispatchers
- Fire Dept. salary reserve to fund multiple new positions if grant is denied
- Increases sidewalk funding by 23 percent

Mayor Fiorentini’s increased school spending by \$7.6 million or 7.7 percent to \$106.3 million. The plan provides the local school district with the full amount of the state’s Chapter 70 increase of \$8.9 million minus the \$1.3 million increase in city-funded health costs that resulted from the school administration’s hiring of 56 additional school staff and a 6.2 percent health insurance rate increase by the city’s GIC health care provider. The mayor noted, however, that he is not required to give any of the additional Chapter 70 money to the schools because the Haverhill school budget next year will be \$9.4 million above the minimum amount required by the state. This year’s school budget is up \$23 million since 2018 and \$44 million since 2011. Mayor Fiorentini has increased local education spending every year he has been in office.

“I am pleased to propose another very large school budget increase because our schools and our kids are and always have been my top budget priority, along with public safety,” the mayor said.

While the school budget has increased by 32 percent since 2018, the rest of the city budget is up 13 percent over the same period.

“For many years in a row, we have been making big annual increases to the school budget to try to make up for too many years of the state underfunding our schools,” the mayor said. “Now that the state is finally making up for historically underfunding our schools with a \$9 million increase next year, we can start focusing on some of our other departments that have fallen behind.”

Mayor Fiorentini also plans to unveil later this month an historic program to utilize American Rescue Plan Act (ARPA) funds to pay for a massive investment in local road and sidewalk improvements.

"Whatever a patron desires to get published is advertising; whatever he wants to keep out of the paper is news."

L. E. Edwardson, Day City Editor, Chicago Herald & Examiner (1918)

Fire victims / Víctimas de incendios

When a fire occurs in Lawrence, usually many families are left homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of items and things that are needed as well as victims’ names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

Cuando un incendio ocurre en Lawrence, por lo regular muchas familias se quedan sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que necesitan así como nombres, edades, tallas, etc. de las víctimas pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.

<http://heallawrence.org/> heallawrence@aol.com
<https://www.facebook.com/heallawrence.mass>

1st Annual Elevated Thought Arts Festival

"Building Beyond Ourselves" is a week-long hybrid event comprising workshops, panels, open-mics, and performances. From Monday to Friday, programming will be hosted by Elevated Thought both virtually and at our space. The week's events will culminate in an outdoor festival at the Lawrence History Center on Saturday, June 4th 2022. Scheduled live performances by Massachusetts based artists will occur throughout the day, ending in a final showcase.

With curating an experience around the

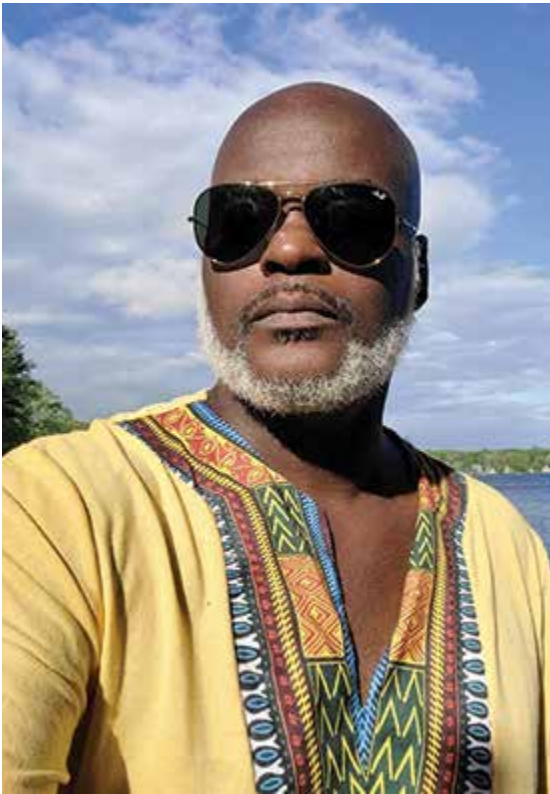
theme "Building Beyond Ourselves," this free, community arts festival is designed to allow the Lawrence community an opportunity to engage in and understand art's liberating power. By bringing together a diverse group of artists from a variety of disciplines, Elevated Thought aim to cultivate a space of learning and celebration through centering art and creation. By making this event free and open to the public, Elevated Thought strives to enable access to art and creativity regardless of one's socioeconomic status.

Creative Haverhill Poetry Night on June 3rd

The Friday, June 3rd poetry night from 7:00-8:30 pm is featuring an incredibly talented local poet and spoken word artist, Dario Preston! He is a frequent River Bards open mic presenter and has recently published his first novel – Book of Poetik Thought. He is currently a resident of Haverhill who grew up in Lawrence and credits the city for his artistic abilities. He writes every day whether it is a journal entry, music, poetry, skits, or short stories.

Join us in listening to and celebrating poetry and spoken word by Dario Preston and then share some of your own poetry during the open mic portion of the evening. See you there!

This is a free program that will be held in person at HC Media (2 Merrimack St, Haverhill). Registration is not necessary and masks are not required, but strongly recommended.



FESTIVAL ATTRACTIONS

- Live Performances – A great line-up of live musicians, bands and poets. The event will also feature local DJs including Armani, Axel and IcyFevur.
- Youth Gallery @ Elevated Thought – A collection of work created by the youth apprentices from our 2021-2022 program. Youth will exhibit over 20x pieces of art that range from small and large canvas work, to intimate poetry and intricate photography work.
- Live Art Demos – Amazing art, created live and in-person, featuring Pintora, Ella Inspires, and more!
- Local Vendors – Shop from a great range of handmade, homemade, and homegrown vendors! Stock up on personalized gifts for yourself and others from a range of artisans selling books, jewelry, art prints, skin and hair care, clothing and accessories, resin and clay art, paintings, wellness products and more!
- Health & Wellness Space – Health, wellness, and relaxation are essential parts of community building and care. We want our guests to feel comfortable and supported; the health & wellness space at the event is for folks to unwind, relax and reflect. We will be featuring Colectiva Wellness and Healing along with other community resources. There will be a EMT present for the duration of the event; water will be available to all of our guests free of charge and food trucks will be located nearby with refreshments available for purchase.
- Custom Merch Bar – Custom vinyls and imagery created on the spot to commemorate the event. Guests can layout and design their own custom t-shirt in any way they want and collab on a one-of-a-kind piece of

merchandise with Elevated Thought for this day only.

- Kids' Corner – Create your own mural and paint right on the walls like a real mural artist! Take home your own work of art on a canvas at the Kids Corner.
- Vaccination Clinic – All doses and brands will be available whether you need your first shot or a booster!

PROGRAMMING IN THE WEEK LEADING UP TO THE EVENT

This year's theme aims to create dialogue surrounding experiences of Merrimack Valley residents' dealing with gentrification, displacement, and on-going oppression. Throughout this week-long celebration we seek to hold and create workshop spaces where folks are able to reflect on their experiences, engage in conversations, and create meaningful art that challenges & pushes beyond our barriers.

Elevated Thought® is an art and social justice 501(c)(3) organization based in Lawrence, MA. Officially founded in 2010, Elevated Thought was born in 2008; an idea that stemmed from a poem and a mural addressing social issues and demanding solutions. The mission quickly followed. Running our first art and social justice based workshop in 2010, our first official mural in 2011, and our first scholarship award in 2012, we have continued to strengthen our mission each year since; serving, inspiring, and building through art.

**To ensure community safety is prioritized, we encourage everyone to wear a mask unless eating or drinking.*



elevated thought.

ARTS FESTIVAL

BUILDING BEYOND OURSELVES

SATURDAY, JUNE 4TH / 2-8PM

LAWRENCE HISTORY CENTER, 6 ESSEX ST.

OPEN TO ALL

DJ's, Live Art, Local Vendors, Galleries, Food Trucks, Health & Wellness Space, Live Performances, Customization Merch Bar, Week of Workshops!

For more information visit:

ELEVATEDTHOUGHT.ORG

Masks are encouraged at this event



elevated thought.

ARTS FESTIVAL

FESTIVAL DE ARTE

CONSTRUYENDO MÁS ALLÁ DE NOSOTROS MISMOS

SÁBADO 4 DE JUNIO / 2-8PM

LAWRENCE HISTORY CENTER, 6 ESSEX ST.

ABIERTO A TODOS

DJ's, Arte en Vivo, Artesanos Locales, Galerías, Comida, Espacio de Salud y Bienestar, Presentaciones en Vivo, Personalización de Mercancías, Semana de Talleres

Para más información puedes visitar:

ELEVATEDTHOUGHT.ORG

Se recomienda el uso de máscaras en este evento

NECC Celebrates the Class of 2022 at Its 60th Commencement Ceremony

Northern Essex Community College's 60th Commencement Ceremony, held on Saturday, May 14 under a 2700-person tent on the Haverhill Campus, was close to perfect, thanks to sunny weather (the thermometer hit 90 degrees), inspiring remarks, and the uncontained joy of the 800-plus graduates and their families.

This was the first time the college had celebrated with a traditional ceremony since 2019, and, if the broad smiles were any indication, everyone was glad to be back.

President Lane Glenn opened the ceremony, calling the class of 2022 "one of the most resilient in the college's 60-year history." "You have shown that crisis is nothing to fear and even sometimes an opportunity. Likely, you are stronger, more confident, and more determined as a result of the last two years."

The featured speaker, Eric Dickson, MD, a 1988 graduate of Northern Essex's Respiratory Care Program, who is now CEO and president of Mass Memorial Health, talked about the importance of having a "mighty purpose" in life, sharing a poem by George Bernard Shaw titled "A Splendid Torch".

"For me, I think the true joy in life is fighting for something you believe in. Staying attached to your mighty purpose doesn't use you up. It gives you the fuel you need to keep going."

Dickson, who was inspired to pursue medical school when his professor, Dr. Dan Coleman, medical director of the college's Respiratory Care Program, suggested he had the potential, shared that in his current role "I have been given the opportunity to fight for several mighty purposes that fuel me, including fighting for health equity, caring for people living in poverty and removing the stigma of mental illness and addiction disorders."

Here's his speech.

Iseline Mendoza of Lawrence, who graduated with high honors and associate degrees in accounting and business transfer, had two messages for graduates: "be specific when addressing your goals, hopes and dreams" and "always vocalize your needs."

To illustrate, Mendoza shared her own story. She decided to come back to school when she was pregnant with her now three-year old son, who joined her at the podium in the middle of her speech.

She thanked her parents for supporting her and her son during her educational journey and the college for providing the opportunity for her to develop leadership skills—she was president of the Student Government Association—which allowed her to grow and address issues such as student mental health and transportation to campus.

Iseline has a full-time job in her field with Anstiss Certified Public Accountants of Chelmsford and she will be continuing her education in accounting at UMass Lowell.

There were several awards presented at commencement.

Community Partner Award: Lawrence General Hospital

President Lane Glenn presented the Community Partner Award, which was created in 2019 to recognize the people and organizations throughout the Merrimack

Valley that are positively impacting the community and helping the college and its students, to Lawrence General Hospital.

One of every three Northern Essex students is enrolled in health programs and Lawrence General Hospital is the college's biggest health care partner, providing clinical placements for all 22 of the college's health programs, hiring graduates, and providing adjunct health instructors.

"As a community college, we are imbedded in our local community and, we count on our community partners to help us achieve our goals. I'm proud to say that Lawrence General Hospital is one of those valued partners."

Glenn credited LGH and other local health organizations, with their response to the pandemic. "They were quick to set up testing centers and, when the vaccine was available, the hospital created vaccine clinics that were open night and day through the city. Hospital staff worked under extraordinarily difficult conditions and at the risk of their own health, to care for the residents of Greater Lawrence and prevent the spread of COVID 19."

Mike Mancuso, chairman of the LGH board of trustees, accepted the award on behalf of LGH.

Social Justice Award: English Language Learners Task Force

The Social Justice Award, which recognizes individuals, groups, departments, and initiatives that promote values such as a commitment to equity and diversity of the advancement of human rights and social justice, was presented by Glenn to the English Language Learners Task Force, which was created in 2021 to focus on engaging the entire college community in meeting the needs of English language learners.

After surveying students, speaking with faculty and staff, researching best practices at other community colleges, and analyzing what the college is currently doing, the task force is implementing sustainable changes that will make all aspects of the English language learners experience at the college more successful.

Members, including faculty, staff, and an ESL coach, are Amy Cameron, Vanessa Desani, Sandra DeVita, Analuz Garcia, Arlen Gargagliano, Tom Greene, Rick Lizotte, Heather Mores, Marsha Parinussa Flynn, Colleen Pelczar, Janice Rogers, and Susan Wilcox.

Emeritus Recipients

Four long-time members of the college's faculty and staff received emeritus status, Rick Lizotte, who taught English as a Second Language for 36 years and was a curriculum designer in the college's Center for Instructional Technology, professor emeritus of English as a Second Language; Stephen Mathis, a beloved teacher at the college who retired early due to health issues, professor emeritus of English; Wendy Shaffer, the college's longtime grant writer who raised millions of dollars for the college and its students, dean emerita of development and Dr. Jorge Santiago, who taught sociology and social welfare and served as director of the Institute for Community Workforce Development at NECC, professor emeritus of sociology.

At Northern Essex, the rank of emeritus is an honor that recognizes sustained excellence in performance, character, and meritorious service to the college.

Outstanding Alumni Award: Dr. Eric Dickson '88

Richard Padova, who teaches history and government at Northern Essex and is a member of the NECC Alumni Aboard, presented the Outstanding Alumni Award to Dr. Eric Dickson '88, the commencement speaker.

"Throughout the Covid-19 pandemic, he served as a leading voice in the effort to resolve and mitigate difficult challenges

in the healthcare industry, working through hospital bed and staff shortages while promoting safe practices. He has been frequently quoted in publications across Massachusetts and beyond for his expertise and his work to help the Commonwealth find viable solutions for a better tomorrow. And today... he served as our esteemed commencement speaker."

Also, last February, Dr. Dickson created the Dr. Dan Coleman Respiratory Care Scholarship in honor of his former Northern Essex professor. He made an initial contribution of \$10,000 and the endowed scholarship now has over \$70,000.



Student Speaker Iseline Mendoza was joined by her son Jahdai



Commencement bagpipers

¡La Fundación Big Brother Big Sister necesita tu ayuda!



Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!

The Psychological Center, Inc. Still Creating Paths Forward for Those in Need After Over 50 Years

Chief Executive Officer Carina Pappalardo is pleased to share that The Psychological Center has been providing life-changing programming for the homeless, mentally ill and those with substance misuse disorders for more than 50 years.

And as the non-profit that operates the Daybreak Shelter, Pegasus House, and Women's View programs recognizes the passing of its 50th anniversary, the need for such services is at an all-time high.

The Eagle-Tribune reported earlier this year that approximately 750 patients were awaiting beds in psychiatric facilities across the state, a high number even amid a years-long shortage of such beds.

The need remains despite The Psychological Center's work to support thousands of individuals over 50 years, including those like Nicole Roberge, who will graduate from the Women's View program in July, and those like Victor Otero, a 39-year-old Lawrence man who lost his housing in December despite having a full-time job that he continues to work at today.

Staff at Daybreak Shelter have helped Otero get Mass Health, food stamps, and an ID and birth certificate, and connected him with other programs to help him rebuild his life, while also helping him open up. Otero now occasionally helps cook meals for others at Daybreak Shelter as a way of giving back to those who have helped him.

"I was very much in a shell when I became homeless, but they've opened me up a little bit and made me feel comfortable," Otero said. "I've met so many nice people there, both residents and staff. Most of them are just people who need a little bit of help."

"We on the staff at Pegasus House, Women's View, and the Daybreak Shelter are all so grateful to the supporters who have enabled us to do this critical and life-saving work over the years," said Pappalardo. "Outcomes for those who face substance misuse disorder, mental illness and homelessness are more effective when the entire community works to provide support, and I want extend our sincere thanks to those who support our work."

Earlier this year, the Psychological Center was generously supported by Pentucket Bank, which provided a \$5,000 donation; Enterprise Bank, which provided a \$5,000 donation; and Merrimack Valley Federal Credit Union, which provided a \$2,500 donation.

Pegasus House

Pegasus House is a Residential Treatment and Recovery Services program for young women ages 18 to 25. It was established in 1985 to provide comprehensive treatment for substance misuse disorder. The length of stay is based on individual need.

The Pegasus House focuses on providing a structured environment that supports residents and encourages development of healthy living habits, mastery of daily living skills, employment skills, social skills, and maintaining healthy relationships with friends and family.

Pegasus House is committed to using trauma-informed care to assist individuals with co-occurring mental health disorders, while providing individual and group counseling that touches on topics such as

relapse prevention, recovery maintenance, effective communication and boundaries, anger management, positive coping skills, mindfulness and self-esteem, nutrition, and other topics related to wellness.

"There was a lot of stability, structure and support, and that's what I needed at the beginning of my journey," said Caitlin, who graduated from Pegasus House in February 2022. "As time went on, I worked on getting relationships back with my family. I have a job now even though I wasn't employable when I first got there. Pegasus House just helped me with a lot of basic life skills and things I needed to be successful."

"I really can't say enough about that house," Caitlin said. "It really saved my life."

"I was hopeless, powerless and my life was unmanageable," said Mary, who graduated from Pegasus House in February 2021. "There is no way I'd have a life today without Pegasus House."

Mary said Program Director Donna Kivlin, as well as other women who were part of the program, were a key to convincing her that recovery was worth the effort, and worth sticking with. She said the program also meticulously prepared her for the day when she left the program, providing connections to resources outside, and keeping in touch even today, when she has been out of the program for more than a year.

"I needed a solution, and that's what they gave me," Mary said.

Women's View

Women's View is a residential program for females 25 and older who suffer from substance misuse disorders. The program provides a stable, nurturing structure for women to learn how to balance life issues with the added stressors of maintaining sobriety.

The program at Women's View is structured to prepare clients for the next phase of their lives and re-integrating themselves into the community. Residents learn life skills, coping skills, develop a sober network, and connect with medical professionals. Staff are on hand 24/7 to provide support, individual case-management, therapy and psychiatric referrals among other services. The program encourages self-sufficiency and accountability, helping with health and education issues as well as the simple teaching of cooking and food prep.

Nicole Roberge, who is expected to graduate from Women's View in July, said the program has been challenging, but exactly what she needed to save her life.

"This is the longest I've been in sobriety for years and years," she said. "The structure that they have here and the things that they work with you on are life-changing, and it really makes you work hard for your recovery."

Daybreak Shelter

The primary program components of Daybreak Shelter are triage, engagement, substance misuse stabilization services, outreach and assessment, referral, educational services, and emergency shelter services. All program components are delivered with competencies in culture, language, gender, disabilities, sexual orientation, and age.



From left, Program Director Donna Kivlin, Chief Executive Officer Carina Pappalardo, and Nicole Roberge, who is expected to graduate from the Women's View program in July. 'This is the longest I've been in sobriety for years and years,' Nicole said. 'The structure that they have here and the things that they work with you on are life-changing, and it really makes you work hard for your recovery.' (Photo Courtesy the Psychological Center, Inc.)

One resident, Victor, a 37-year-old from Lawrence, has been staying at the shelter for over a month, but said that thanks to the assistance of shelter staff he has connected with housing programs, and is now waiting on word about an application that could help him obtain housing again.

"I was staying with my brother, but his house burned down, and the Daybreak Shelter was kind enough to take me in and help me out with a lot of things, from shelter and food, to programming as well," Victor said. "It was a very scary process, and I honestly couldn't even tell you where I'd be without them."

Janique James became homeless shortly after moving to Massachusetts about eight years ago, and spent about three weeks staying at the shelter. James said workers at Daybreak Shelter were incredibly kind to her, and helped her to get back on her feet, offering her clothing, and even help with job applications.

Now that James is employed and able to fully support herself, she occasionally returns to the shelter to visit and makes contributions to help staff assist others who are where she was once was.

"They gave me food, a place to bathe and a place to stay," James said. "I'm very thankful for the help they gave me."

Get help to quit.

mass.gov/vaping @GetTheVapeFacts

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



LETTERS TO THE EDITOR
RUMBO

315 Mt. Vernon St.
Lawrence MA 01843
Email: Rumbo@rumbonews.com

Letters must be less than 300 words in length. Please send a telephone number or email address by which we may confirm the sender.

From My Corner

School cafeteria workers and the law

Keep in mind that I never study law but I always refer to the internet as my faithful fountain of knowledge because you can find guidance in practically anything.

Needless to say that I have created a new nemesis with the union because their president emailed me her excuses for not attending the latest meeting of the Lawrence Alliance for Education (LAE) stated in last week's column but this is a problem that has been ongoing for several years.

In her email, she stated: "The Union has been doing everything we legally can for the Café workers. Our attorneys have been at every negotiation for the last 10 years, but due to receivership, we can only do so much. The law ties the union's hands and makes it very difficult to make any headway with the LPS."

Then she went on to blame the members. "Café workers are not fighting alone, in fact, for years the members refused to stand up and fight when we have tried to organize rallies and pickets in the past, fearful of the previous administrations," Ireson added.

In another message, Ms. Ireson said, "Yes, we very clearly explained that the minimum wage law does NOT apply to public school employees in Massachusetts. The Union is also not happy about it and despite it not apply, we have continued to try and get the LPS to at least meet or rise above the \$14.25 per hour."

SEIU Local 3 has said that the minimum wage doesn't apply to cafeteria workers so I set out to find a copy of the Union contract and the school department to see if there's a clause or agreement between them that indicates that. My appreciation goes to District C City Councilor Gregory Del Rosario who is equally concerned in solving this matter and found me a copy.

Unable to find a reason for the low pay, I searched the Massachusetts Department of Labor website which enlightened me a bit. For example, according to 455 C.M.R. 2.05(1)(d), the Department of Labor Standards may issue to any establishment which has been granted non-profit status under the Internal Revenue Code a license permitting employment of minors. They can be employed at 80% of the basic minimum wage rate (\$14.25 per hour x 80% = \$11.40 per hour) for certain jobs in hospitals, universities, etc. but that was the

only mention of reduction of the minimum wage.

Their website has posted this chart:

BASIC MINIMUM WAGE:
January 1, 2019 \$12.00 per hour
January 1, 2020 \$12.75 per hour
January 1, 2021 \$13.50 per hour
January 1, 2022 \$14.25 per hour
January 1, 2023 \$15.00 per hour;

Effective January 1, 2022, the Massachusetts minimum wage was \$14.25 per hour.

The contract reads under the salary schedule an agreement in which the "LPS agrees to a reopener on wages (upon written request by the union on or after January 1, 2022) for the third year of the Agreement 2 (July 1, 2022 to June 30, 2023.) Upon clear evidence of a significant improvement in Chapter 70 funding during the year two of the agreement, the union may request to reopen the contract on wages during year 2 of Agreement 2, although the parties acknowledge that a reopener is not guaranteed.

The Attorney General's Fair Labor Division protects workers from exploitation and sets a level playing field for employers enforcing wage and hour labor laws. I don't think there ever was anything done to bring to their attention the Lawrence situation.

The union knows that they are dealing with a community that can be easily taken advantage of, mostly Latinos with no knowledge of the English language to defend themselves. They depend on their unions to do that work

Remember, I am not an attorney and never had to deal with such a dilemma. My lawyer friends refused to take a stand on this afraid of the White Elephant in the room. They were afraid to be quoted and end up being sued – but I'm not. If there's truth in what the union is saying and the workers don't deserve to be brought up to date, you will see a big apology from me on these pages.

Take a look at the arms of these employees that were burned carrying big pans while making mashed potato after the machine broke and was not replaced. If that doesn't break your heart, I don't what will so the Occupational Safety and Health Administration (OSHA) was another website to check.

Under the OSHA Recordkeeping regulation (29 CFR 1904), covered employers are required to prepare and maintain records of serious occupational

injuries and illnesses, using the OSHA 300 Log. This information is important for employers, workers, and OSHA in evaluating the safety of a workplace, understanding industry hazards, and implementing worker protections to reduce and eliminate hazards.

I am willing to bet that OSHA never found out about those incidents of burns in the school cafeterias.

Their website reads as follows: "In the United States, the Department of Labor regulates workplace safety and has agencies to enforce these standards. The largest and most well-known of these agencies is the Occupational Safety and Health Administration (OSHA). The OSH Act of 1970 regulates safety for the majority of private sector employees, and OSHA is the government agency that enforces the act. In addition, OSHA approves state-run safety and health programs that effectively cover state and local government workers in addition to private-sector employees."

If anyone is interested in notifying them of what is going on in Lawrence, be aware that these federal OSHA offices cover private sector employers and workers in Massachusetts but it's a good place to start and tell you where to go next.

	Step	Jan 1, 2020
Café Worker	1	\$13.13
Café Worker	2	\$13.39
Café +3	3	\$13.66
Café +5	4	\$13.93
Café +7	5	\$14.21
Utility Worker		\$17.98

	Step	July 1, 2020 – June 30, 2023 *no across-the-board wage increases
Café Worker	1	\$13.13
Café Worker	2	\$13.39
Café +3	3	\$13.66
Café +5	4	\$13.93
Café +7	5	\$14.21
Utility Worker		\$17.98

This is the schedule for salary increases on the contract between SEIU and the Lawrence School Department signed on June 22, 2020.

You must begin complaining somewhere about the horrendous working conditions in Lawrence.

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Community Teamwork

Board of Directors Meeting

Wednesday, 5/25/22, 6:30pm

PUBLIC WELCOME

To participate virtually, contact:

headquarters@commteam.org



New Hampshire Fisher Cats Ballpark Business Series

Tuesday, June 14, 2022

Tickets are complimentary for Merrimack Valley Chamber of Commerce members and up to three (3) guests making it a great opportunity to host colleagues, friends or family at a game! Enjoy free hot dogs, raffles, tours, and drink specials in the Samuel Adams Brewhouse starting at 5:00 p.m. The game's first pitch is at 6:35.

The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.

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LEGAL NOTICE

NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicles on or after May 23, 2022 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

- 2013 Volkswagen Jetta VIN 3VW637AJ0DM224399
- 2005 Honda CRV VIN SHSRD788X5U328073
- 2015 BMW X4 VIN 5UXXW3C51F0M88081
- 2007 Ford F-250 VIN 1FTSW21507EB41757

Vehicles are being stored at Coady's Towing Service and may be viewed by appointment only.

Signed
Frank Coady
Coady's Towing Service
5/8, 5/15, 5/22

Mi abuelo me dijo una vez que hay dos tipos de personas: los que hacen todo el trabajo y los que se llevan el mérito. También me dijo que debo estar en el primer grupo; hay menos competencia.

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

— Indira Gandhi



Neighbors In Need ? For Nurses

"America's nurses are the beating heart of our medical system." —Barack Obama

Nurses have always been invaluable, but we would not have survived the past two years without them. Give a hug, a shout out, a song, or a bouquet to the nurse in your life this month-
May is Nurses Month!





Celebrate nurses or graduates with a Stop & Shop Bloomin' 4 Good Bouquet.

For the month of May 2022, NIN will receive a **\$1 donation** for every **\$10.99 Bloomin' 4 Good Bouquet** with the red circle sticker sold at the store located at:
209 North Main Street Andover, MA

We rely on over 50 volunteers each week to help our Neighbors.

Can you Volunteer in May or June?

Want to volunteer but don't see a convenient shift? Email Alisa at volunteer@needfood.org for options.

Donate in May in honor of Teachers, Moms, Nurses, Graduation, or Just Because!

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!

Please, help your City – fill it out!