

The Beacon



The Mt. Carmel Team

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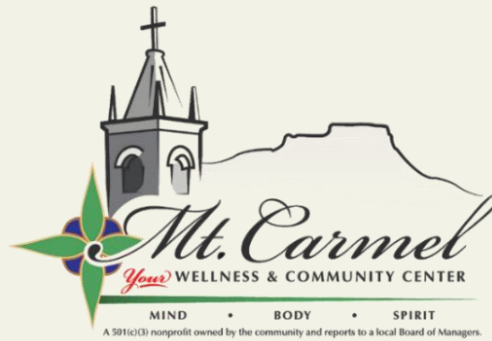
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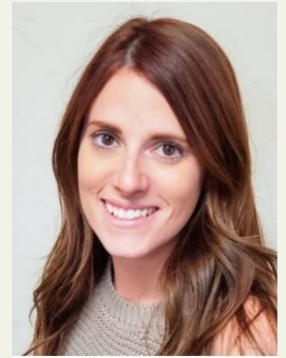


Back on Track!

As the nation gets a handle on the COVID crisis and people are allowed to gather in small groups again, we are getting back on track at Mt. Carmel. Although there are still some restrictions, we are excited to be able to schedule some of your favorite summer events!

BINGO returns on May 19th! Space is limited, so call 719-875-4877 to reserve your spot.

Bring the whole family to Family Craft Night, in-person, on May 21st from 5:00 – 7:00 pm. Enjoy some hands-on fun making tie dye t-shirts!



Ashley DiPaola, Manager

Mt. Carmel Markets are scheduled as outdoor events on May 22nd and June 19th from 9:00 am – 1:00 pm. Shop the wares of local artists and crafters while enjoying the fresh air and sunshine. Current COVID guidelines at the time will apply, so be prepared to be screened upon entry. We are also in the process of planning Octoberfest, which is slated for September 18th & 19th! We can't wait to see you all at these fun events!

Our calendar is filling up with weddings, graduation parties, family reunions and much more. Call Noreen Perri at 719-845-4875 to save your date. Did you know we have tent rental available too?

Sister Blandina Gardens is scheduled to open on July 18th. Stay tuned for more information about this beautiful, new downtown park.

Many of our wellness programs are now offered as hybrid classes, meaning you may attend in-person or virtually. We realize there are a number of people who enjoy joining from the comfort of their homes. Kid's Karate is offered virtually on Wednesdays and in-person on Saturdays. Tai Chi is offered twice a week virtually and once a month in-person. We also have Yoga classes for every skill level, including a new in-person class, Gentle Yoga, scheduled to premiere in June.

We are grateful for all the support from our sponsors, donors and the community as we all muddled through the pandemic together. Because we care about you and you care about Mt. Carmel, we have survived the storm. We are so happy to bring our community together in mind, body and spirit once again at Mt. Carmel Wellness & Community Center!

Keep reading for more information about upcoming programs and events. **Visit mtcarmelcenter.org to view our entire event calendar and register for your favorite activities!**

*By Ashley DiPaola
Community Center Manager*

Trinidad Team

Ashley DiPaola
Community Center
Manager

Felix M. Lopez
Brand Manager

Laura Jordan
Admin Asst &
Wellness Coord

Noreen Perri
Event Coordinator

Ivory Raye
Naturopathic Doctor

Priscilla Trujillo
Custodian

Joshua Trujillo
Custodian

Kurt Traskos
Facilities Manager

Salud Family Health Center Personnel

Laura Veltri
Clinic Administrator

**Charla Chenoweth-
Swift**
LCSW

Jenny Miller
PA

Mike DiPoala
Lead Nurse

Angel Daugherty
Registered Nurse

**Gwyndolyn Snyder,
N.P.**

Rose Carrion
Medical Assistant

Virginia Rivera
Enrollment Specialist

Chasity Olmstead
Receptionists

B-I-N-G-O is Back!

Space is limited



BINGO

11 35 4 48 10

**WEDNESDAY
MAY 19th**

39 19 33

5

Mount Carmel
Your WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE
GARDEN ROOM/MT CARMEL
CALL 719-845-4877
TO HOLD YOUR SPOT
DOORS OPEN
at 5:30 PM
GAME STARTS
at 6:00 PM
CURRENT COVID GUIDELINES APPLY
MUST WEAR FACIAL COVERINGS AND
BE SCREENED UPON ENTRY

**Pre-packaged
snacks, sodas &
candy available**



FAMILY CRAFT NIGHT

Tie Dye T-Shirts

FRIDAY - MAY 21st

5:00 - 7:00 PM

Bring the family to Mt. Carmel to
design and create **Tie Dye T-Shirts** for the entire family!

IN-PERSON

**CURRENT COVID
GUIDELINES MUST
BE FOLLOWED**

1. TABLES WILL BE SPACED 6 FEET APART. EACH FAMILY WILL HAVE THEIR OWN TABLE.
2. FACIAL COVERINGS ARE REQUIRED.
3. TEMPERATURE SCREENING AT THE DOOR

\$5.00
per shirt
Includes:
all supplies

Mount Carmel
Your WELLNESS & COMMUNITY CENTER
MIND • BODY • SPIRIT
A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.

Call 719-845-4894 for more information!

Salud Dental Personnel

Kyle Larsen, DDS
Dentist

Jean Velasquez, RDH
Hygienist

Jayne Maes
Receptionist

Colorado Springs Team

Marcia Mitchell
Controller

Angie Pickett
Corp Dir of Operations

Angela Ann Cesario
Special Projects Coord.

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our many
volunteers!

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

M A R K E T

May 22nd & June 19th
9 am - 1 pm

SHOP MT. CARMEL'S OUTDOOR MARKET
HAND-MADE ITEMS BY
LOCAL ARTISTS & CRAFTERS

JEWELRY • ARTISAN BROOMS • WIND ORNAMENTS
EMBROIDERED / CROCHETED / KNITTED / SEWN ITEMS
HERBAL SALVES • CUSTOM CUT STONES • WOODCRAFT

911 Robinson Ave, Trinidad, CO 81082
719-845-4894

Salud Family Health Centers
at **Mt Carmel**
Your WELLNESS & COMMUNITY CENTER

MIND • BODY • SPIRIT

A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.

HOURS OF OPERATION

Medical: 7:30 am - 5:00 pm Monday - Friday [\(719\) 422-8800](tel:7194228800)

Dental: 8:00 am - 5:00 pm Monday - Friday [\(719\) 422-8810](tel:7194228810)

This clinic opens at 9am on the 1st and 3rd Wednesday of each month.



Free Food Boxes!

The well-being of our community is our main focus at
Mt. Carmel Wellness & Community Center

If you are struggling to provide for your family and would like to
receive a **FREE FOOD BOX** call:

Noreen Perri at 719-845-4875



**PICK-UP ARRANGEMENTS WILL BE MADE WHEN
YOU REQUEST YOUR FOOD BOX.**
Stay well in mind, body and spirit!

*This food box program is supported by the
generosity of Franklin D. Azar & Associates*



Golfers, Get Ready!



Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

FRIDAY - JULY 23rd

2021

**STARTS @ 10 AM
+ SHOTGUN +
4-MAN SCRAMBLE**

1st Annual
18-HOLE GOLF TOURNAMENT

FUNDRAISING EVENT - NET PROCEEDS TO BENEFIT MT. CARMEL ADULT & YOUTH PROGRAMS

Trinidad Municipal Golf Course • 1417 Franklin Azar Drive • Trinidad, CO 81082

Call Renee Valentine for more information 719-641-3320

We Are So Grateful for our Generous Sponsors & Donors

As a 501(c)(3) nonprofit organization, it is through donations and sponsorships that we are able to offer wellness programs, kids programs, festivals and other great events to our community. Won't you consider donating or sponsoring a program to help us continue these valuable services that improve lives?

Please donate at mtcarmelcenter.org under the "support tab."



Ways to support our community

Mt. Carmel programs are designed to improve and enrich the lives of people in our community.

Programs like Tai Chi, Yoga and Stress Management bring people together and promote good health. Events for children offer education, fitness and a little fun to encourage a healthy lifestyle.

Our goal is to offer these programs to the community at little to no cost whenever possible. Through generous donations from individuals and businesses, we are able to accomplish our goal. Learn more about "Ways to Support" on our website www.mtcarmelcenter.org.



Ways to Protect Your Skin



Your skin is not just an external covering; it's a large organ responsible for protecting your body from germs, balancing body temperature, making vitamin D and helping to regulate body fluids. It's also a reflection of your health and lifestyle. Protecting your skin from sun damage, infection, dehydration, allergic rashes and premature aging is important for looking good and staying healthy.

Practice these good skin care habits:

1. Limit sun exposure whenever possible and avoid sunburns. Sunburns can lead to cancer later in life.
2. Wear hats while outdoors to shade your face from the sun. The less sun you receive on your face, the fewer wrinkles you will develop as you age.
3. Use sunscreen every day, especially when you are outdoors for extended periods of time. Experts recommend products with at least 30 SPF.
4. Keep your skin moisturized. Apply moisturizers while your skin is damp. This will help lock in the moisture.
5. Stay hydrated. Hydrated skin can better protect you from sunburn and help regulate body temperature more efficiently.
6. Eat nutritious foods.
7. Check your skin regularly for irregularities. Moles that have grown in size or have rough edges should be inspected by your healthcare professional.

Programs & Events



Visit mtcarmelcenter.org/event-calendar
to view all of our current events

Follow Us on Facebook

