

# The Beacon



## The Mt. Carmel Team

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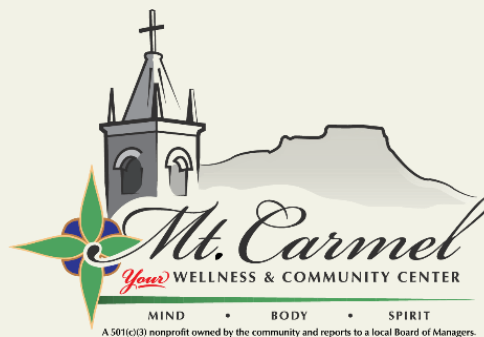
Cy Michaels

Joanne Montero

Linda Perry

William D. Phillips

Renee Valentine



## Spring has Sprung

Now that the days are warming up, it's a great time to:

- Get outside and get your vitamin D!
- Open your windows and move some fresh air into your home!
- Start preparing your garden and flower beds so that when you're ready to plant, your beds will be ready.

Remember that we have activities for the young and the young at heart! If you don't feel like walking alone, just join our walking club. We would love to have you! Tai Chi, Gentle Stretching, Gentle Yoga and other programs will soon be starting for the summer. As always, we will have a variety of youth programs also such as Kids Karate and Youth Choir.



We offer many wellness programs at the Wellness & Community Center at 911 Robinson Avenue and at the downtown Champions Center and Sister Blandina Wellness Gardens that should fit in with anyone's schedule. Our ultimate goal here at Mt. Carmel is to nurture your mind, body and spirit.

All of our beautiful venues are also available for special events. Imagine booking your next family gathering at the beautiful Sister Blandina Wellness Gardens or in the Garden Room at Mt. Carmel Wellness & Community Center overlooking our gorgeous terraced gardens.

In any case, as much as you are able, just get out and enjoy nature and all of God's creation!

*Ashley DiPaola*

*Director of Operations*

## From the Desk of Dr. Ivory Raye



### ***Struggling with allergies?***

Drink Nettle Tea daily and add local honey. Nettle leaf is a natural antihistamine, and ingesting honey containing local pollen may help you become less sensitive to it. Also, consider adding cooked onions to your food. Cooked onions release quercetin, which helps reduce histamine response.

*Dr. Ivory*

# Sister Blandina Wellness Gardens & Champions Center Update

## Trinidad Team

**Ashley DiPaola**  
Director of Operations

**Mary Zamora**  
Admin Asst/  
Wellness Coord.

**Noreen Perri**  
Event Coordinator

**Ivory Raye**  
Wellness Prog. Mgr.

**Priscilla Trujillo**  
Custodian

**Kurt Traskos**  
Facilities



*Noreen Perri, Event Coordinator*

Have you heard about the new discount card in town? It's part of the new Mt. Carmel and Sister Blandina Wellness Gardens Membership Program! With five levels to choose from, there's sure to be something that suits your needs. For example, just \$15 per month for the Friend level gives you daily access to the Gardens for yourself and one guest, full access to the Community Perks program, discounts on venue rental, exclusive invitations to partner-only events, and more! Or, if you're looking for a package that caters to the needs of your small business or your family has a special event coming up, check out the Champion or Pioneer level to receive a FREE catered lunch and venue rental!

The Community Perks Program is a member-only discount program created with local businesses and consumers in mind that offers discounts with a current value totaling over \$400! Here at Mt. Carmel Wellness & Community Center and Sister Blandina Wellness Gardens, we want to help support local businesses and give back to the community in a way that benefits everyone.

It's a pleasure to work for Mt. Carmel and Sister Blandina Wellness Gardens, and I'm happy to be a part of this new and exciting venture. I know that the Gardens will be an amazing venue for any celebration. I look forward to meeting new people, showing them this beautiful and peaceful site, and signing everyone up for membership. Please visit us at [mtcarmelcenter.org](http://mtcarmelcenter.org) or call me at (719) 845-4875.

## Local Businesses Currently Participating in the Community Perks Program

### Join to access these great discounts!

Art Cottage	10% Off Purchases Over \$75 (Before Tax) - Excluding Sale Items
Club 14	10% Off All Food Items
Collie's	\$5 Off Purchases of \$20 or More (Before Tax) - Excluding Sale Items
Curly's Beads	10% Off Total Purchase
Face Forward Esthetics, LLC	10% Off All Product & 10% Off All Services Over \$125
Hops & Vines	10% Off Total Purchase - Excluding Sale Items
La Quinta	10% Off Regularly Priced Room (Member Booking Only)
M&M Towing & Repair	One Free Tow per Year (Within City Limits-Light Duty Only)
Main St. Liquors	10% Off Purchases Over \$15 (Before Tax) - Excluding Sale Items
Phil Long Toyota Dealership	\$350 Cash Discount on Any New or Used Vehicle
Phil Long Toyota Services	10% Off Service Bills Over \$150
Purgatoire River Trading	10% Off Any Purchase of \$25 or More
Raye Naturopathic	10% Off All Services
SRG Landscaping Supply	10% Off Total Purchase - Two Time Use Only
Tequila's	Free Churros with Purchase of 2 Entrees
The Wing Pit	10% of Total Purchase
TJ's Refrigeration	15% Off Residential Preventative Maintenance
Trinidad Golf Course	Free Cart Rental with Purchase of 9 or 18 Holes
Trinidad Greenhouse	Free Delivery with Purchase of \$35 or More
Trinidad Smokehouse	10% Off Total Purchase
Tutti Scoops Ice Cream	\$0.50 Off Any Purchase of \$5.00 or More

## Salud Family Health Center Team

**Laura Veltri**  
Clinic Administrator

**Charla Chenoweth-Swift**  
LCSW

**Jenny Miller**  
PA

**Mike DiPaola**  
Lead Nurse

**Angel Daugherty**  
Registered Nurse

**Gwyndolyn Snyder, N.P.**

**Rose Carrion**  
Medical Assistant

**Virginia Rivera**  
Enrollment Specialist

**Chasity Olmstead**  
Receptionist

### Salud Dental Team

**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!



## OUR MISSION: TO PROVIDE A QUALITY, INTEGRATED HEALTH CARE HOME TO THE COMMUNITIES WE SERVE.

Salud is a Federally Qualified Health Center (FQHC), 501(c)3 nonprofit, operating 13 clinic locations, 11 school sites and a mobile unit. We provide medical, dental, pharmacy and behavioral health care services to keep you and your family healthy.

We focus on low-income, medically underserved populations as well as the migrant and seasonal farmworker population. Salud accepts Medicaid, Medicare, CHP+, and most private insurance plans. We offer a sliding fee scale based on family size and income. Insurance enrollment assistance is available.

Since 1970, Salud remains committed to providing care to all community members regardless of finances, insurance coverage, or ability to pay.

### 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)

Telehealth Services available until 7:00pm Monday-Friday.  
This clinic at Mt. Carmel opens at 9am on the 1st and 3rd Wednesday of each month.

## Did You Know We Have a Podcast?



Live from the Garden is a community-oriented podcast produced by the non-profit organization Mt. Carmel Wellness & Community Center for Trinidad, Colorado, and surrounding areas. Join Dakotah, a recently settled Trinidadian, as he gets you up-to-date with what's going on in town, interviews locals who are doing extraordinary things, brings you stories about historical events from the town, and much more.

Visit <https://soundcloud.com/livefromthegarden> to listen. We think you'll be impressed!

# A Sampling of Our Current & Upcoming Programs

Visit our event calendar at [mtcarmelcenter.org](http://mtcarmelcenter.org) to see all of our current and upcoming programs and to register for these programs and more.



**Mt. Carmel**  
*Your* WELLNESS & COMMUNITY CENTER

## Market in May

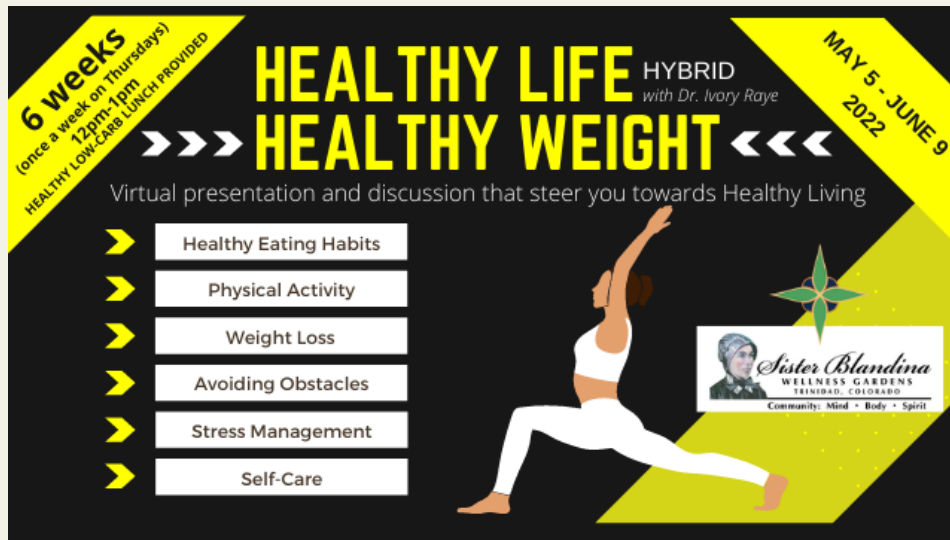
ARTS & CRAFTS • FOOD • FUN

MAY 7, 2022 • 12:00 - 6:00 PM

*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO

225 N. Commercial Street  
Trinidad CO, 81082  
Call 719-845-4894 for more info!

Community: Mind • Body • Spirit



**6 weeks**  
(once a week on Thursdays)  
12pm-1pm  
HEALTHY LOW-CALORIE LUNCH PROVIDED

## HEALTHY LIFE HYBRID

with Dr. Ivory Raye

## HEALTHY WEIGHT

MAY 5 - JUNE 9 2022

Virtual presentation and discussion that steer you towards Healthy Living

- Healthy Eating Habits
- Physical Activity
- Weight Loss
- Avoiding Obstacles
- Stress Management
- Self-Care

*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO

Community: Mind • Body • Spirit



# NUTRITION

**Tuesdays**  
**4:30-5:30pm**

**MAY 3RD - 24TH**

**CHAMPIONS CENTER**  
127 N. COMMERCIAL ST.  
TRINIDAD, CO

*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO

Community: Mind • Body • Spirit

(healthy snacks and drinks provided)

*Youth*  
**GARDENING CLUB**  
Grades 4-8

May 27 - August 19, 2022  
9:30 - 11:30 am  
Call 719-845-4894 to sign-up!

*Mt. Carmel*  
Youth WELLNESS & COMMUNITY CENTER  
911 Robinson Ave, Trinidad, CO

*Yoga - Mindfulness - Craft & Create*

# TEEN WELLNESS SERIES

*With Dr. Ivory Raye and AmeriCorps*

*Wednesdays | 1:30 - 5:00 pm | June 1st - July 20th*

**MT. CARMEL YOUTH CHOIR MUSIC CAMP**

**July 11 - August 5**  
9:00 - 11:30 am

Ages 8-12 | With Vinnie Gumlich  
Call 719-845-4894 to register

# MINDFULNESS MORNINGS

## BREATH WORK & YOGA

MONDAY, WEDNESDAY  
AND FRIDAY MORNINGS  
8:00 AM

BY IVORY RAYE, ND  
WELLNESS SUPERVISOR  
& FACILITATOR

**Gentle Yoga** - with Dr. Ivory Raye -

TUESDAYS & THURSDAYS  
9:30 AM - 10:30 AM

# COFFEE @ CHAMPIONS

A PLACE FOR VETERANS TO ENJOY A CUP  
OF COFFEE AND MAKE CONNECTIONS  
WITHIN THE COMMUNITY

Every Wednesday | 10:00 am

PLUS! Don't miss the informative presentations  
the 4th Wednesday of each month

127 N. Commercial St, Trinidad, CO  
719-845-4894

# 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?



**Your support  
is greatly  
appreciated!**

**[Please donate at mtcarmelcenter.org](http://mtcarmelcenter.org)  
under the "support tab."**

## Programs & Events



Visit [mtcarmelcenter.org/event-calendar](http://mtcarmelcenter.org/event-calendar)  
to view all of our current events

Follow Us on Facebook



Mt. Carmel Wellness & Community Center | 911 Robinson Avenue, Trinidad, CO 81082 | (719) 845-4894