

The Beacon



The Mt. Carmel Team

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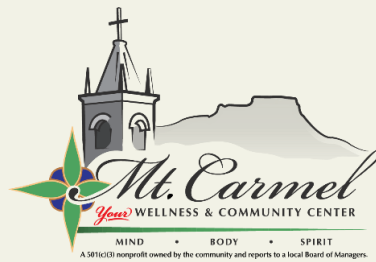
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We Do It All for YOU!

Spring is the time for renewal and rejuvenation. The weather is getting warmer and it's enjoyable to get out and about again. We are here to help you achieve your activity and wellness goals with the various indoor and outdoor activities we have planned for spring and summer!

Mt. Carmel's fiscal year ended March 31st, so spring is also a time of reflection for our team. We review what went well over the last year and what we would like to add or change. In order to make our wellness programs even more accessible to our community members, our goal for this year is to increase our collaboration with other organizations.



We are excited to partner with the Senior Citizen Center this summer by offering the Senior Technology Class to those 65 to 90 years old. We have other exciting collaborations we will announce as they are confirmed.

We recently said goodbye to Dr. Ivory Raye, who worked on wellness programs with Mt. Carmel for the past seven years. Ivory is focusing on her private naturopathic practice and other projects. We wish her the best in all her endeavors and greatly appreciate her contribution to Mt. Carmel!

We are excited to announce that Dr. Scott Uhalt, Ph.D., Health and Wellness Manager for the Phil Long Enterprise, will be returning to conduct a selection of wellness classes with Mt. Carmel. Some of his planned classes are:

- **Cooking for Wellness** – a six-class series; basic nutrition concepts and cooking classes for anti-inflammation, diabetes, celiac disease, heart health, etc.
- **BACK BY POPULAR DEMAND – Dr. Scott Uhalt, Ph. D.'s Body Wellness** – a 10-week program with the goal to improve body composition (reduce body fat and increase lean muscle), which will also include how to manage stress, the importance of sleep, time management tactics, preventative care for men and women, and more!



J. Scott Uhalt, Ph.D., Corporate Health and Wellness Manager for the Phil Long Enterprise, has been deeply involved with Phil Long's health and wellness programs for over 20 years and has over 30 years of experience in professional environments for health and wellness. After graduating high school and then the USAFA Prep School in 1984, Dr. Scott continued his education at Colorado State University, earning a B.S. degree in Exercise and Sport Science. He earned his M.S. degree in Health Education at Baylor University and his Ph.D. in Health Promotion/Disease Prevention at Texas A&M. Additionally, he has a personal training fitness certification from the American College of Sports Medicine and has been a Certified Health Education Specialist since 1992. In 2020, Scott became a Master Certified Wellness Coach through the Catalyst Coaching Institute.

We hope you will join us soon for Scott's new programs, and please join us in kicking off our new Mt. Carmel Summer Concert Series on June 24th at Sister Blandina Wellness Gardens! Sit back and relax or dance the night away to the musical talents of Jeff and Samantha Montoya. We look forward to seeing you there!

Ashley DiPaola
Director of Operations

Register Now to Get Your Game On!

Register now for a fun day of golf while supporting Mt. Carmel's wellness programs for all ages, most of which are free, with the goal of nurturing the mind, body and spirit of everyone in our community. SPACE IS LIMITED! Register at mtcarmelcenter.org/golf or call 719-845-4877 for more information.

Trinidad Team

Ashley DiPaola
Director of Operations

Mary Zamora
Admin Asst/
Wellness Coord.

Noreen Perri
Event Coordinator

Carla Segotta
Downtown Admin Asst/
Wellness Coord.

Priscilla Trujillo
Custodian

Salud Family Health Center Team

Mike DiPaola
Operations Director

Dr. Karen Fredde, MD

Jenny Miller
PA

Angel Daugherty
Registered Nurse

Rose Carrion
Medical Assistant

Virginia Rivera
Enrollment Specialist

Karie Bennette Pena
Receptionist

Carmen Jaramillo
Customer Service Assoc.

Salud Dental Team

Kyle Larsen, DDS
Dentist

Jean Velasquez, RDH
Hygienist

Shonnel Smith
DCC

Shanntell Gerardo
RDA

Libby Sanchez
RDA Lead

Sarah Valdez
DA

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

FRIDAY - JULY 21st

2023

3rd Annual

GOLF TOURNAMENT

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

CHECK-IN @ 8:30 AM
STARTS @ 10 AM
+ SHOTGUN +
4-MAN SCRAMBLE

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

1st | 2nd | 3rd
\$400 | \$200 | \$100
PLACE PRIZES

CONTEST PACKAGE WITH PRIZES
\$30 each or \$100 for all five

- Closest to the Pin • Longest Drive
- Marshmallow Drive • Hole-in-One • Chip It

ALL TEAMS WILL PLAY WEDGIE CONTEST ON HOLE #6
MULLIGAN TICKET **\$20 ea** (only 1 ticket per player)

- SPONSORSHIPS AVAILABLE -

EAGLE SPONSOR \$1500 - Includes: Entry Fees (4), Custom Mt. Carmel Golf Balls (Sleeve), Sponsorship Tee Box Sign

BIRDIE SPONSOR \$1000 - Includes: Entry Fees (4), Custom Mt. Carmel Golf Balls (Sleeve), Putting Green Sign

FOURSOME TEAM \$575 - Includes: Entry Fees (4), Custom Mt. Carmel Golf Ball (1) & Tees

INDIVIDUAL ENTRY FEE \$130 - Per person, Without Sponsorship (Four-Man team required), Mt. Carmel Custom Golf Ball (1) & Tees

Golf Carts provided as needed to all teams

ALL SPONSORSHIPS INCLUDE: Promotional advertisement on Mt. Carmel's Website and Sponsorship Banner.

**1ST HOLE-IN-ONE
WINS \$500!**
(Ticket Required)

**TOURNAMENT
INCLUDES:**

- +18-Hole Golf Game
- +Breakfast Burrito
- +Lunch Box
- +Appetizer Social
- +Complimentary Gift Bag

Register online at: mtcarmelcenter.org/golf **DEADLINE TO REGISTER: JULY 5, 2021**
For more information call Ashley DiPaola: 719-845-4877 or Renee Valentine: 719-641-3320

B – I – N – G – O is Back!

Colorado Springs Team

Marcia Mitchell
Controller

Angie Benjamin
Corp. Dir. of Operations

Angela Ann Cesario
Grant Research Coord.

Amanda Hamilton
Executive Assistant



A flyer for a Bingo Night event. The background is dark with colorful stars. The text 'BINGO NIGHT' is written in large, glowing blue and red letters. Below it, 'WEDNESDAY' is written in blue, and the dates 'MAY 17 • JUNE 21 • JULY 19' and 'AUGUST 16 • OCTOBER 18' are listed in yellow. On the right, it says 'DOORS OPEN @ 5:30 PM' and 'GAME STARTS @ 6:00 PM'. The Mt. Carmel logo is in the top right. Two photos are included: an elderly woman on the left with her arms raised, and a young woman on the right with her arms raised and a joyful expression.

BINGO NIGHT

WEDNESDAY

MAY 17 • JUNE 21 • JULY 19
AUGUST 16 • OCTOBER 18

DOORS OPEN @ 5:30 PM
GAME STARTS @ 6:00 PM

MT. Carmel
Your WELLNESS & COMMUNITY CENTER

GARDEN ROOM @ MT. CARMEL WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE, TRINIDAD, CO | 719-845-4894

Volunteers
Thank you
to our many volunteers!



The logo for Salud Family Health Centers at Mt. Carmel. It features a stylized 'S' icon on the left. The text 'Salud' is in large blue letters, followed by 'Family Health Centers' in a smaller, brown serif font. Below that, 'at' is in a small blue font, and 'Mt. Carmel' is in a large, blue cursive font. Underneath 'Mt. Carmel' is the tagline 'Your WELLNESS & COMMUNITY CENTER' in a smaller blue font. At the bottom, it says 'MIND • BODY • SPIRIT' and 'A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.'

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.

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

Dental: 8:00 am - 5:00 pm Monday - Friday (719) 422-8810

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.

Mark Your Calendars!

Don't Miss Mt. Carmel's Summer Concert Series!

Under The Stars

24
June

Jeff & Sam Montoya

\$5 Cover Charge

Sister Blandina Wellness Gardens 7:00pm - 11:00pm

8
July

Grupo Vive

\$5 Cover Charge

Mt. Carmel Wellness & Community Center 7:00pm - 11:00pm

16
July

Jeff & Sam Montoya at Annual Pasta Dinner

Honoring Our Lady of Mt. Carmel \$13 Adults, \$10 Kids, 5 and Under FREE

Mt. Carmel Wellness & Community Center 11:00am - 2:00pm

19
Aug

Whiskey Creek Band

\$10 Cover Charge

Sister Blandina Wellness Gardens 7:00pm - 10:00pm

8
Sept

Dynamix

\$5 Cover Charge

Mt. Carmel Wellness & Community Center 7:00pm - 11:00pm

23
Sept

The Cappellucci's at Fall Fest

FREE

Mt. Carmel Wellness & Community Center 5:00pm - 10:30pm

Join us for our incredible summer concert series!

Visit mtcarmelcenter.org to learn more

Enjoy Food Trucks Onsite During Events and Beer & Wine Available For Purchase!



It's That Time of Year Again



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.

Be Kind to Yourself

Check out all of our wellness programs and events at
mtcarmelcenter.org/eventcalendar or
facebook.com/MtCarmelCenter



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, most of which are FREE. 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](https://mtcarmelcenter.org)
under the “support tab.”**

Follow Us on Facebook & Instagram



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