

The Beacon



The Mt. Carmel Team

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We Reap What We Sow

August is typically the month that we reap what we sow, so make sure you sow good seeds! If you always sow seeds of love, thankfulness and joy, you will reap the benefits of those seeds throughout your life.



We had a very busy summer at Mt. Carmel! We just finished most of our youth summer programs and are getting ready to start our late summer/early fall wellness programs. We thoroughly enjoyed the time that we spent with all of the youth who came through our doors for the various summer camps. We are now looking forward to our upcoming wellness programs and classes, hoping to see some new faces and familiar faces as well.

We take pride in providing our community with various fun events to attend in the summer. In addition to the Mt. Carmel Festival held last month, we are excited about **Fall Fest coming up on September 17th from 5-10pm, featuring music by Whiskey Creek**. We are expecting a huge turnout for this event, not only because this band is a fan favorite, but also because we will have a vendor on-site roasting green chiles! Plus, **Bingo begins at 5:30pm**, so bring your daubers (or purchase at the event)!

We are very excited to announce that our office in the downtown Champions Center is now open. Please stop by for a look when you're in the neighborhood. Our Diabetes Self-management, Yoga, and Stretching classes will be held in this beautiful new space.

We are proud to continue providing boxes of food to families in need in our community. **We are grateful for a generous donation recently received from Evergreen Natural Resources**. If you would like to donate to our food insecurity program or any of our Wellness Programs, please click [here](#). All of our programs are currently provided at no cost to participants because our mission is to help improve the health and wellbeing of our community!

Ashley DiPaola
Director of Operations



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

**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

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

FRIDAY - JULY 22nd

2022 **THANK YOU!**

2nd Annual
18-HOLE GOLF TOURNAMENT

Mt. Carmel Wellness & Community Center expresses our sincere gratitude to ALL LEVELS of sponsorship and participation in the 2nd Annual Mt. Carmel Golf Tournament!

SPECIAL THANKS & RECOGNITION TO OUR EAGLE SPONSORS

Colorado Drives
PHIL LONG
PhilLong.com *Since 1945*

Salud Family Health
EXCELLENCE. EVERY PATIENT. EVERY TIME.

EL POMAR FOUNDATION

LA QUINTA
INNS & SUITES

GRIEGO INSURANCE
AGENCY INCORPORATED



Congratulations to Evergreen Natural Resources for winning first place in the tournament!

From the Desk of Dr. Ivory Raye

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
Grant Research Coord.

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our many volunteers!

Time to Give Your Immune System a Boost!

It still feels like summer, but fall is around the corner. With kids heading back to school and weather changes on the horizon, it's a good time to support your immune system. Include in your diet fruits and veggies that are high in vitamin C, like colorful bell peppers (orange and yellow), citrus fruits, and even acerola cherries or powder. Onions and garlic kill bacteria and viruses and support immune health. Consider making your favorite healthy soup recipe and include the mentioned vegetables, as well as immune-boosting mushrooms like Reishi, Lion's Mane, Chaga and Shitake. Don't forget your Vitamin D - get 15-20 minutes outside daily. Stay Healthy and Happy!



Dr. Ivory

Events & Catering



Noreen Perri, Event Coordinator

We have been honored to host a number of weddings this year, and we appreciate the couples trusting us with their special day. We do our best to make your dream a reality. Some people simply want a small, intimate ceremony, while others desire a larger wedding with a festive reception after. Our most recent event had a "Great Gatsby" theme with fun outfits and decorations.

We are happy to host other events such as birthday parties, baby showers and business meetings, and we respectfully handle difficult events like memorials and funerals also. In addition to the beautiful venues at Mt. Carmel Wellness & Community Center, Sister Blandina Wellness Gardens downtown is also available for special events.

I look forward to all of the events that we are fortunate enough to host. Call me at (719) 845-4875 to discuss whether we can help with your next special event.

Noreen



Children are Our Future



We had many kids come through our doors this summer for our various youth programs. The week-long Youth Explorers Camp was a huge success with our area youth, as was the Youth Gardening Club, where the last class harvested and cooked with herbs. The Youth Choir Music Camp was held for three weeks, culminating in a performance for their families in our chapel on the last day. The Teen Wellness Series was a big hit with our local and visiting teens with eight weeks spent bonding, doing yoga and creating fun craft projects. The Youth Orchestra and Kids Karate are on-going programs at Mt. Carmel. As you can see, youth programming is a priority for us!

Mary Zamora
Admin Asst./Wellness Coord.

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.



Support Mt. Carmel and try your luck at winning two nights at the Crawford Hotel in Denver, \$500 cash, or an auto detail package!

Click [here](#) to provide your name and phone number or call (719) 845-4894 to buy tickets, which are sold by Mt. Carmel board members. The drawing will be held at the Fall Fest on September 17th at 5pm. You do not need to be present to win.



Grand Prize: 2-NIGHT STAY



Includes room rate, service charge & taxes.



Tickets \$20 each or 6 for \$100

2nd Prize: \$500 CASH



3rd Prize: Auto Detail Package



Call 719-845-4894 for more information and to purchase tickets!

DRAWING TO BE HELD SEPTEMBER 17, 2022

A Sampling of Our Current & Upcoming Programs

Visit our event calendar at mtcarmelcenter.org to see all of our current and upcoming programs and to register for these programs and more.

Call (719) 845-4894 to register for the following programs.



TUESDAYS
3:30 PM – 5:00 PM

5 WEEKS

Diabetes Self-Management Education
with Dr. Ivory Raye

CHAMPIONS CENTER
127 N. COMMERCIAL ST.
TRINIDAD, CO
719-201-5589

Starts August 23, 2022

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 Family Health Centers

MT. SAN RAFAEL HOSPITAL



TAKE HOME GROCERIES TO RECREATE DIABETES FRIENDLY MEALS AT HOME

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

COOKING WITH DIABETES

THURSDAYS | SEPTEMBER 1+8+22+29 | 4 PM

EMILY'S KITCHEN @ MT. CARMEL WELLNESS & COMMUNITY CENTER



Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

FAMILY COOKING Class

Take home groceries to recreate healthy recipes for your family!

THURSDAYS
October 6-27 | 5pm
Emily's Kitchen | 911 Robinson Ave

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."**

Follow Us on Facebook



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