

# The Beacon



## The Mt. Carmel Team

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## What an End to a Great Year!

Well, our year is at an end, but what a year it was! We sure know how to have fun! We held concerts, indoor markets, Bingo games, a golf tournament, painting classes, and that's not even counting any of our 21 wellness programs for kids and adults of all ages. This year, we also provided over 5,000 meals through our Food Insecurity Program and served 140 Thanksgiving meals to veterans and their families.



We made a lot of new friends this year and, sadly, we said goodbye to a dear friend, Angela Ann Cesario, who was a champion of Mt. Carmel Wellness & Community Center from the beginning. Angela Ann's passion and wit will be greatly missed.



We are so grateful for all of the grants and donations received this calendar year. One of the most recent was \$25,000 from NextFifty Initiative, which is a Colorado-based private foundation that seeks to fund game-changing efforts to improve and sustain the quality of life for people in their second 50 years. As we plan our programs for 2024, we would love to hear from community members 50 years and older about

what programs you would like to see continue or your suggestions for potential new programs. Please let us know by taking the survey below by December 31<sup>st</sup>.

When we count our blessings this year, let's remember that the most precious gifts aren't the ones under the tree. They are the people who gather around it and the memory of those in our hearts. I wish you all a blessed and happy holiday season. Merry Christmas!

**Ashley DiPaola**  
*Director of Operations*



## **Seniors** (50 and older)

### **WE WANT TO HEAR FROM YOU!**

We at Mt. Carmel are working on the Wellness Calendar for 2024 and are focusing on Senior Programs. Have you taken any of our programs that you enjoyed or do you have suggestions for new programming?

[PLEASE CLICK HERE TO TAKE THE SURVEY](#)

**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

**Clare Johnson**  
SWC

**Rose Carrion**  
Lead Medical Assistant

**Virginia Rivera**  
Enrollment Specialist

**Karie Bennett-Pena**  
Front Desk Coord.

**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

# 2023 IN REVIEW



*Beyond grateful!*



**For All of Your  
Medical, Dental &  
Behavioral Health  
Needs**

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 5:00pm Monday-Friday.

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

## From the Desk of Dr. Scott Uhalt

### Colorado Springs Team

**Marcia Mitchell**  
Controller

**Angie Benjamin**  
Corp. Dir. of Operations

**Amanda Hamilton**  
Executive Assistant



### Can the seasons influence your wellbeing?

There is a possibility that a lack of sunshine in the winter, especially right after Daylight Savings Time ends, may cause emotional and mental stress on your health and wellbeing. Due to a lack of sunlight, especially the farther north or south you are from the equator, excessive darkness may reduce the levels of serotonin in the body causing depression and emotional distress. It's a diagnosis called

Seasonal Affective Disorder (SAD) and symptoms include:

- Persistent, sad, anxious or "empty" feelings that last more than two weeks.
- Feelings of hopelessness, pessimism, frustration and irritability.
- Loss of interest in hobbies, activities, and pleasurable things normally practiced.
- Decreased energy, fatigue and overall disinterest in life's activities.
- Difficulty with mental sharpness, brain fog, remembering or making decisions.
- Problems with sleep, especially insomnia.

There are more symptoms but these are the most significant. And SAD is more common in females and those with prior mental health concerns. These symptoms can become very debilitating, to the point an individual's quality of life is in peril. Behavioral health changes as well as professional support may be warranted when a diagnosis is made. If symptoms come and go over a two-year span (or more) and are seasonal in their occurrence, further investigation into SAD is suggested with a medical clinician. The following are some lifestyle activities people can practice to reduce the likelihood of developing SAD:

- Get outside and get as much "sun-time" as you can in a given day. Take long walks or do some gardening. Do things outside that take time and do them often.
- Be physically fit. Focus on aerobic conditioning. Being fit enhances serotonin in the body and helps with the release of melatonin while sleeping.
- Supplement with Vitamin D and Vitamin K.
- Try light therapy, which involves being exposed to artificial lighting.
- Learn techniques to help manage stress.

If SAD is diagnosed and lifestyle treatments are not effective, anti-depressants and psychotherapies are available through most medical plans to use as an adjunct to lifestyle management. SAD is real, and if the winter months make you blue, make sure it is not SAD driving the unhappiness. Check with a professional so that your quality of life does not suffer as a result of the winter months.

*Good Day and Be Well,*  
*Dr. Scott*

**Volunteers**  
Thank you  
to our volunteers!

### Sign up for Dr. Scott's Wellness Cooking Series

**Mt. Carmel**  
WELLNESS & COMMUNITY CENTER  
MIND • BODY • SPIRIT  
A STRONG network owned by the community and reports to a local Board of Managers.  
**Salud** Family Health Centers

**next 50**  
INITIATIVE

**WELLNESS** with Scott Uhalt, Ph.D.  
*Cooking Series*

**DATES:**

- APRIL 11
- MAY 9
- JUNE 13
- JULY 11
- AUGUST 8
- SEPTEMBER 12

**TIME:** 5:00pM - 6:30PM

(IN-PERSON)  
MT. CARMEL WELLNESS &  
COMMUNITY CENTER  
911 ROBINSON AVE., TRINIDAD, CO  
**REGISTRATION REQUIRED** | CALL 719-845-4894

**CHRONIC KIDNEY DISEASE**  
**DIABETES**  
**INFLAMMATION**

**GLUTEN FREE**

**nutrition**

NUTRITION | CARDIO-VASCULAR HEALTH | CELIAC DISEASE | KIDNEY/RENAL DISEASE | DIABETES | INFLAMMATION

# Senior's Paint & Social



**January 10th**

5:00 pm

Champions Center  
127 N. Commercial  
**Registration required!**  
Call 719-845-4838



## Be Kind to Yourself

Check out all of our wellness programs and events at

[mtcarmelcenter.org/eventcalendar](http://mtcarmelcenter.org/eventcalendar)

OR

[facebook.com/MtCarmelCenter](https://facebook.com/MtCarmelCenter)

**Mt. Carmel**  
Wellness & Community Center

## Spring ARTS & CRAFTS MARKET

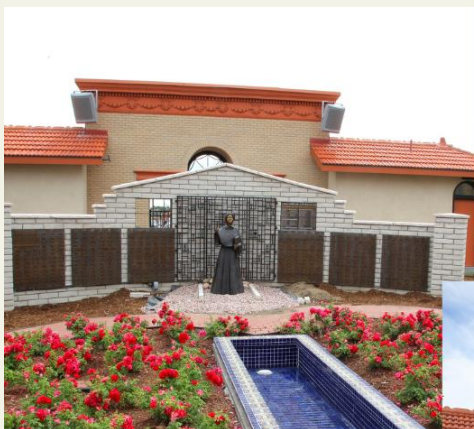
April 20th | 9am-2pm

911 ROBINSON AVE | TRINIDAD, CO  
**719-845-4894**

- HANDMADE CRAFTS
- UNIQUE ITEMS
- HERBAL PRODUCTS

EMILY'S KITCHEN  
OPEN FOR EATS!

VENDORS CALL  
NOREEN  
719-845-4875  
FOR BOOTH INFO!



## Open to the Public

*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO

Community: Mind • Body • Spirit  
225 N. Commercial Street



## We care for the Gardens so that they are nice to visit in winter also!

Free admission | Open as weather allows during winter months

## We Are So Grateful for Our Generous Sponsors & Donors

**Mt. Carmel is a nonprofit 501(c)(3) public charity.** The campus is overseen by our local Board of Managers who selflessly supports the community and people of Trinidad. Contributions and sponsorships are necessary for our low-to-no-cost wellness programs to exist. **If you are in a position to contribute, please click [here](#) or visit our website at [mtcarmelcenter.org](http://mtcarmelcenter.org).**

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Follow Us on Facebook & Instagram



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