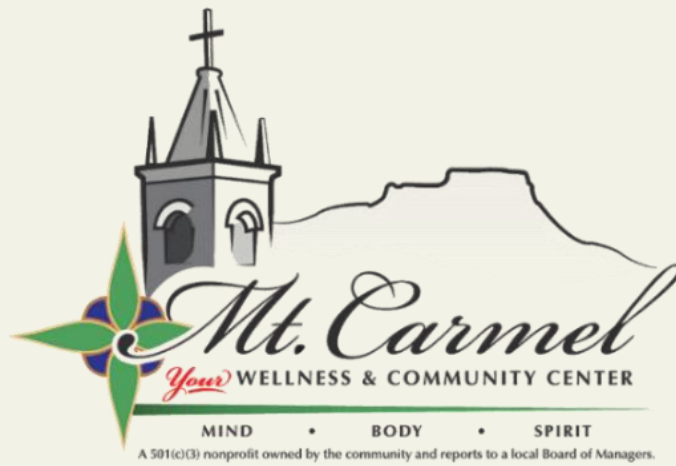


The Beacon



The Mt. Carmel Team

Board of Trustees

Jay Cimino

Founder & Chairman of
the Board

Gina Cimino

Vice-Chair

Angela Ann Cesario,
Secretary

Greg Garcia

Lou Mellini

Dave Palenchar

Lou Simpleman

Board of Managers

Cy Michaels, Chairman

Ed Griego, Vice-chair

Amanda Hamilton, Secretary

Marcia Mitchell, Treasurer

Lucille Mattie

Linda Perry

William D. Phillips

Renee Valentine

Caring for You Always

It's hard to believe the COVID-19 pandemic began around this time last year, and what a year it has been. The unexpected circumstances required us all to find different ways to care for ourselves in mind, body and spirit. Community-care became even more important. Mt. Carmel Wellness & Community Center was already doing both but quickly adapted and lived up to its name by providing wellness programs virtually and by distributing thousands of boxes of healthy food to the community. Your good health is our top priority and we are doing our best to keep you active and connected.



Ashley DiPaola, Manager

Many people had never heard of Zoom until they were confined to their homes for extended periods of time. Now, we are all experts at joining and participating in Zoom meetings. Many of Mt. Carmel's wellness programs will likely remain virtual, as this provides a platform that works well for many. Hybrid classes are also in the works, providing a choice for participants to join in-person or via Zoom.

With COVID restrictions lifting and vaccinations becoming available, we are hopeful that Mt. Carmel events can return soon. We are organizing Octoberfest for the fall, and our board members and staff are hard at work planning our first annual golf tournament! Our goal is to provide opportunities for the community to gather as soon as possible! **Keep an eye out for updates and subscribe to our weekly schedule/newsletter to stay abreast of all the activities and events Mt. Carmel has planned.**

*By Ashley DiPaola
Community Center Manager*

Special Thanks to Franklin D. Azar & Associates

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

The law firm of [Franklin D. Azar & Associates](#) recently made a donation to Mt. Carmel Wellness and Community Center to support our food box program, which allows us to provide over 28,000 meals to Trinidad and Las Animas County residents who are struggling with food insecurity due to job losses or reduced hours. This generous contribution is the latest in a longstanding commitment to southern Colorado by Frank Azar, a Trinidad native.



While many people may recognize Azar as “the Strong Arm” from his firm’s advertising, they may not realize how deep his roots go in the local community. Long before he founded what has become the largest personal-injury law firm in Colorado, he was the son of Trinidad’s district attorney; he and his two siblings went on to earn law degrees as well, and Frank served as an assistant district attorney here in the 1980s, the youngest attorney ever appointed to the position, before launching his own firm.

Over the years, Azar has continued to take a passionate interest in the welfare of his home town, endowing scholarships at Trinidad State Junior College, supporting local recreational opportunities and charities, and encouraging young people in pursuit of legal careers. Helping those in need seems to be a favorite pastime. Like the food boxes he’s helping the Center to distribute, his efforts have ripple effects that have the potential to improve many lives.



Current & Upcoming Wellness Programs

Salud Dental Personnel

Kyle Larsen, DDS
Dentist

Jean Velasquez, RDH
Hygienist

Jayne Maes
Receptionist

Register for any of our programs by visiting mtcarmelcenter.org and clicking on "event calendar" or call 719-845-4894.



Virtual Spring Holiday Cooking Class

You don't have to wait until Thanksgiving to make a delicious turkey dinner for the family. Join Mt. Carmel for a Spring Holiday Cooking Class. Groceries provided so you can recreate the same meal for your family.

Thursday, April 1st
4pm - 5pm

Mt. Carmel
Your Wellness & Community Center

AMERICORPS
A

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!



VIRTUAL

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

Intro to Yoga - with Dr. Ivory Raye - **Tuesdays & Thursdays @ 10 am**

JANUARY 26th - MARCH 11th

Health Talk

Join us for presentation
and discussion weekly!



Tuesdays @ 5:30 - 6:30 pm



MIND • BODY • SPIRIT

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

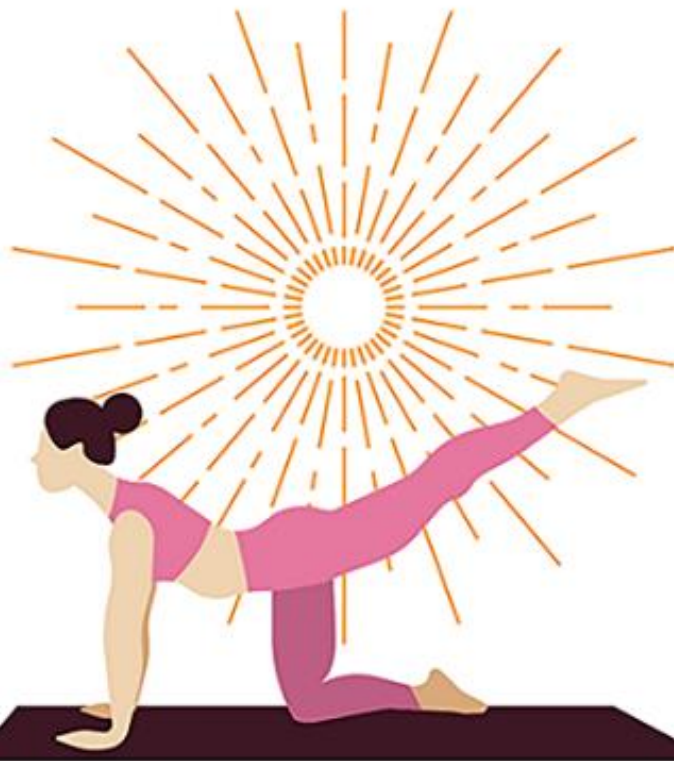


Learn ways to
optimize

your health



WITH DR. IVORY RAYE,
WELLNESS SUPERVISOR
& FACILITATOR



Gentle Stretching

Tuesdays with Sophia Butler
Thursdays with Hazen Roe
at 8:00 am
30 Minute Stretch & Flow



MIND • BODY • SPIRIT

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



GRIEF SUPPORT GROUP

February 18, 2021

March 11, 2021

1:00 pm

**Mt Carmel Wellness &
Community Center**

In-Person: Ziccardi Hall

(enter through the Alto St. door)

Virtual: On Zoom

(register at the link in the text of this post)

*Please register on Zoom whether you
will join in person or virtually.*

Call: **719-845-4894**

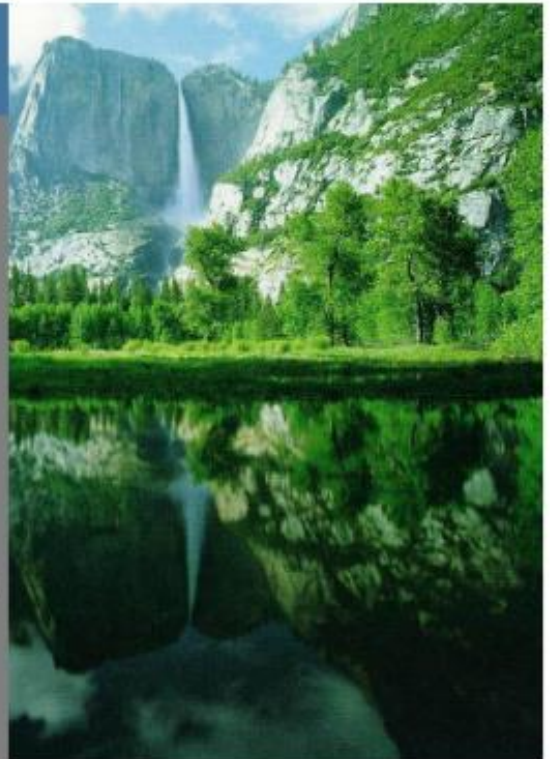
For more information



Mt. Rose Health Center Palliative Care and Hospice and Mt. Carmel Wellness Center are partnering to bring much needed services to our communities. In these unprecedented times, so many in our area have suffered profound losses.

Grief Support Circle, starting with two scheduled dates, is being offered to address these needs. The programs are open to anyone in the community that has suffered a loss and feels they could be supported through a grief and bereavement support circle.

In-Person or Virtual



YOUTH ORCHESTRA

Mt. Carmel's Youth Orchestra is open to kids ages 10-18.

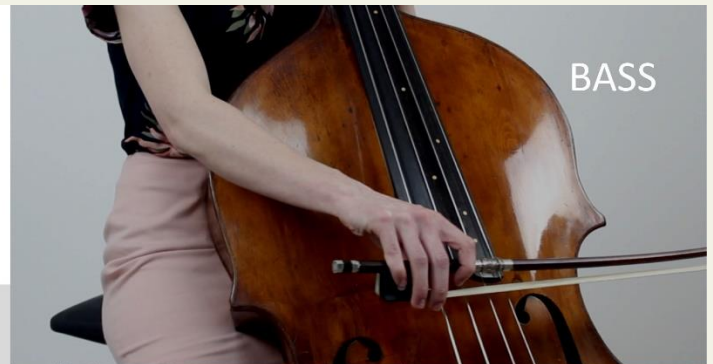
Have you ever wanted to play an instrument?

The youth in our community are invited to play one of four stringed instruments - **violin, viola, cello** or **bass** - in the Mt. Carmel Youth Orchestra. Not only will you learn to play an instrument, but you will also learn how to read music. **No experience required!**

We currently have openings for **VIOLA & BASS**.

Mt. Carmel and generous sponsors will pay for your first 3 month session. You won't find this opportunity anywhere else.

Register at the link provided and join today!



BASS



VIOLA

HOURS OF OPERATION

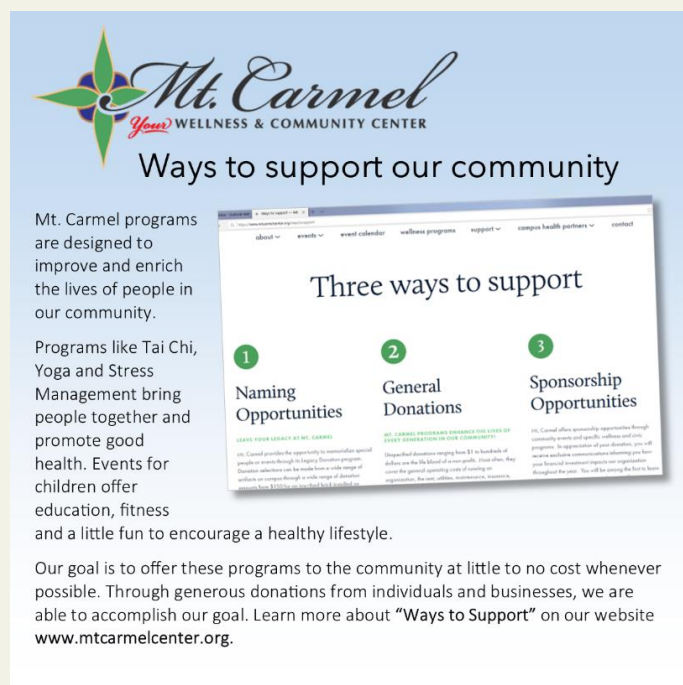
Medical: 7:30 am - 5:00 pm Monday - Friday
[\(719\) 422-8800](tel:(719)422-8800)

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

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

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.

Quarantine 15?

"Quarantine 15" refers to the weight gain some people have experienced during the pandemic. Here are some tips to help you shed those extra pounds.

1. For long-term weight loss, a steady weight loss of 1-2 pounds per week is recommended.
2. Avoid FAD diets. Instead, think of weight loss as a lifestyle change. Eating healthy has more benefits than just weight loss.
3. Avoid "empty calorie" foods. Many of us do not consume enough vitamins and nutrients in our daily meals. Try to eat foods that are nutrient dense to get the most benefit from what you eat.
4. Get plenty of exercise. If you are not accustomed to exercise, start slow and build up your exercise routine. Choose activities you enjoy. You are more likely to continue your exercise program if you enjoy the activity. Spring will be here soon, so you can get outside!
5. Try a low-carb diet. Cut back on refined carbs. They offer little to no nutritional value. Your body will be forced to burn stored fat instead of recently ingested carbs.
6. Some find that eating smaller, healthy meals more often throughout the day allows them to not feel hungry, making it a little easier to stick to a diet plan.
7. Drink plenty of water. Try to drink two liters of water per day (that's eight 8 oz. glasses). Water helps to flush out impurities, allowing your body to function better. Be conscious of the environment by using reusable water bottles.
8. When dining out, order a la carte, half portions, or take home half of your dinner for lunch the next day.
9. Prepare smaller portions and try not to help yourself to "seconds." Check out www.myplate.gov for more information about portion sizes.
10. **Learn how to create delicious, healthy meals. Register for virtual cooking classes at Mt. Carmel that are designed with your health in mind. Visit the "Event" page on Facebook @mtcarmelcenter to register, or call (719) 845-4894 for more information.**



No need to delay your wedding.
Exchange your vows before family and friends in a
Mt. Carmel Virtual Wedding accommodating up to 100 guests.



Call
719-845-4877
for details

Virtual Weddings

Already love
Amazon?

How about using

smile.amazon.com



Simply choose Mount Carmel Health Wellness and
Community Center as your charity of choice.
Amazon will donate 0.5% of the price of
your eligible AmazonSmile purchases .

AmazonSmile is the same Amazon you know. Same
products, same prices, same service.

Programs & Events



Visit 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