

# The Beacon



## The Mt. Carmel Team

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## You Are Our Mission

Reflecting on the past is fine and well, but looking toward the future is even better. As we journey into 2023, we wish you all a healthy, happy, and blessed year.

Our lifestyles can have a major impact on our health as far as exercise and eating habits. Mt. Carmel Wellness & Community Center offers classes to help with your goal of living a healthier lifestyle, no matter your age. Classes can be as easy as Gentle Stretching, or for those with more mobility, Gentle Yoga or Tai Chi. For those looking for a program to help with healthy eating and weight management, check out our Healthy Life, Healthy Weight class. For the youth, we offer many fun activities and events throughout the year such as Kid's Karate, Youth Orchestra, Youth Explorers Camp, painting events, Youth Gardening, and coming this year, Youth Tai Chi. For ages 65-90, we will offer a new Senior Technology Course. Call now to register as space is limited.



**We are very excited to announce that we will host a series of concerts and other special events this summer at Mt. Carmel and at Sister Blandina Wellness Gardens (SBWG). Mark your calendars and join us!**

- June 1, 9am-12:30pm - Wellness Expo @ SBWG
- June 24, 7-11pm - Music Series: Jeff & Sam Montoya @ SBWG - \$5 cover charge
- July 8, 7-11pm - Music Series: Grupo Vive @ Mt. Carmel - \$5 cover charge
- July 16, 11am-2pm - Our Lady of Mt. Carmel Pasta Dinner @ Mt. Carmel featuring music by Jeff & Sam Montoya
- July 21 - Mt. Carmel Golf Tournament (registration details coming soon)
- August 19, 7-11pm - Music Series: TBD @ SBWG - \$10 cover charge
- September 9, 7-11pm - Music Series: TBD @ Mt. Carmel - \$5 cover charge
- September 23, 5-10:30pm - Fall Fest @ Mt. Carmel with band TBD

We appreciate your year-round support, whether by attending our many wellness programs or special events, hiring us for the special moments in your lives, or by giving donations to help support our non-profit. **We provide wellness programs and community events because we are passionate about enhancing the quality of life and well-being for everyone in our community.**

*Ashley DiPaola*  
Director of Operations

# Our Programs Can Change Your Life!

## Fast Facts from the CDC about Diabetes

### Diabetes

Total: 37.3 million people have diabetes (11.3% of the US population)

Diagnosed: 28.7 million people, including 28.5 million adults

Undiagnosed: 8.5 million people (23.0% of adults are undiagnosed)

### Prediabetes

Total: 96 million people aged 18 years or older have prediabetes (38.0% of the adult US population)

65 years or older: 26.4 million people aged 65 years or older (48.8%) have prediabetes

### From a grateful participant of our 1-Day Diabetes Education class:

"Words cannot express how thankful I am for the package of supportive tools to help me with my diabetes. I have been so lost not knowing what and how to eat. This is a God send!!!! Thank you!

~ DeAnn Arellano



Materials provided to participants of our FREE 1-Day Diabetes Education class

## From the Desk of Dr. Ivory Raye

### *Spring Forward to Feeling Your Best*



Can you feel it? Spring is right around the corner. Excitement, hope, and motivation returns. I love using the energy of spring to recommit to healthy habits. Plan ahead for lighter, more balanced meals and support your body in cleansing and renewal. To incorporate gentle cleansing in your life, consider taking a break from processed foods. Instead, incorporate more fruits and vegetables. Eat lean meats (grilled, baked, or broiled), and choose healthier-for-you carbs (fruits, whole grains, beans and legumes) in moderation. Check out the Diabetic MyPlate for a guide to meal planning.

Want more? Incorporate dandelion and burdock tea or find a nice detox tea blend. Reduce sugar and caffeine. Increase water intake and physical activity. Physical activity, saunas and hot yoga can help you sweat out the bad stuff. Lastly, consider hydrotherapy or contrast showers (hot and end with cold). Take advantage of the coming spring season and feel your best! Need more help? Join me for our upcoming Healthy Life, Healthy Weight class - virtual and in-person options.

*Dr. Ivory*

### Trinidad Team

**Ashley DiPaola**  
Director of Operations

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

**Noreen Perri**  
Event Coordinator

**Ivory Raye**  
Wellness Prog. Mgr.

**Carla Segotta**  
Downtown Admin Asst/  
Wellness Coord.

**Priscilla Trujillo**  
Custodian

### Salud Family Health Center Team

**Mike DiPaola**  
Operations Director

**Dr. Karen Fredde, MD**

**Charla Chenoweth-Swift**  
LCSW

**Jenny Miller**  
PA

**Angel Daugherty**  
Registered Nurse

**Rose Carrion**  
Medical Assistant

**Virginia Rivera**  
Enrollment Specialist

**Karie Bennette Tena**  
Receptionist

**Carmen Jaramillo**  
Customer Service Assoc.

### Salud Dental Team

**Kyle Larsen, DDS**  
Dentist

**Jean Velasquez, RDH**  
Hygienist

**Shannel Smith**  
DCC

**Shanntell Gerardo**  
RDA

**Libby Sanchez**  
RDA Lead

**Sarah Valdez**  
DA

## Colorado Springs Team

**Marcia Mitchell**  
Controller

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

**Angela Ann Cesario**  
Grant Research Coord.

**Amanda Hamilton**  
Executive Assistant



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.

## Events & Catering

**Volunteers**  
Thank you  
to our many volunteers!



Noreen Perri, Event Coordinator

We are gearing up for a busy spring and summer! Community members are already booking dates for graduation parties, weddings, and other special events. We are proud to provide five-star service for every event.

Our first spring indoor craft fair will be held on March 18 from 9am-1pm. The second will follow in April. We're excited to have vendors back in our building and look forward to many people coming through to support them.

Before we know it, we will be preparing for Youth Explorers Camp, which will be held during the last week of June. It's exciting to host 30 students (3rd through 8th grade), offering a variety of classes taught by local teachers. Breakfast and lunch will be provided daily. We will even take the kids on a field trip at the end of the week. It promises to be a lot of fun!

As Ashley mentioned, this summer we will host a series of concerts featuring great local bands at Mt. Carmel and Sister Blandina Wellness Gardens. The music series will begin on June 24th at the Gardens. Join us and get your groove on to some great music!



A sampling of vendors at our last indoor craft fair.

**Exciting New Class! Register Now!**



# Senior TECHNOLOGY COURSE

## 1ST COURSE

May 1st - May 24th  
Mon & Wed  
3-4 pm

## 2ND COURSE

June 5th - June 28th  
Mon & Wed  
3-4 pm



### LOCATION:

**Senior Citizen Center**  
1222 San Pedro Ave  
TRINIDAD, CO

**FOR SENIORS 65-90**

*Electronic Tablets provided by  
Mt. Carmel Wellness &  
Community Center*



### INSTRUCTOR :

Micah Velasquez

### CONTACT INFO:

Call 719-845-4894 to Register  
Limited Space Available

## Need a Little Extra Motivation? Register Now

# Healthy Life Healthy Weight

with Dr. Ivory Raye

*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

HYBRID | VIRTUAL VIA ZOOM | IN-PERSON @ CHAMPIONS CENTER  
127 N. COMMERCIAL ST., TRINIDAD, CO | (719)-845-4838

6 WEEKS | THURSDAYS | MARCH 16 - APRIL 20 | 12 PM

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



## 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

