

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



Summer Fun at Mt. Carmel!

Looking for fun summer events and programs? Look no further! Mt. Carmel has a lot of fun planned for all ages!

We just wrapped up Youth Explorers Camp, with in-person attendance, June 21st – 25th. The kids participated in indoor and outdoor activities such as archery, kite making, a science project and a field trip to Earth Mountain Farms. It was so great to have the kids back!



Ashley DiPaola, Manager

If you missed the Mt. Carmel outdoor summer markets, don't worry. Our Octoberfest is scheduled for September 18 & 19. We were so sad to be unable to hold our annual Festival this summer that we are making this year's Octoberfest a two-day event! There will be live entertainment, food and craft vendors, and more. It will be fun for everyone!

Get your game on at Bingo every third Wednesday of the month in the Garden Room from 5:30 pm – 8:30 pm. We're sorry that the July 21st Bingo is cancelled, but we'll be back on track and better than ever on August 18th!

We are excited to host our first annual fundraising golf tournament on July 23rd. If you would like to sponsor a team, call Renee Valentine at (719) 641-3320. But hurry! We only have a couple of spots left. We're thankful for everyone's support of this inaugural event!

We realize there are a number of people who prefer joining our wellness classes from the comfort of their homes, so we are still offering many programs as hybrid classes, meaning you can attend in-person or virtually. Check out our Facebook page @mtcarmelcenter or call (719) 845-4894 for more information.

Our calendar is filling up with weddings, graduation parties, family reunions and many more social events. We are all anxious to get together again! Call Noreen at (719) 845-4875 to schedule your event, and let us take care of everything for you. If you're planning an outdoor event, be sure to ask about our tent rental. You won't have to worry about the weather ruining your plans. Some of our staff recently attended a beautiful, outdoor wedding during a summer storm, and it didn't dampen the party one bit...figuratively or literally!

I am proud to share with you that our staff has distributed more than 41,000 food boxes to qualified community members in need. Thanks to generous supporters, this program will continue through the end of the year.

Great news! Sister Blandina Wellness Gardens, located in downtown Trinidad, is scheduled to open in July. The Gardens will offer a serene place to meditate, contemplate or just enjoy the summer sun. We are excited to be planning for our wellness programs to expand to this location also!

Ashley DiPaola
Community Center Manager

Mt. Carmel Expands to Sister Blandina Wellness Gardens in Downtown Trinidad!

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

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



Sister Blandina Wellness Gardens, opening this summer and operated by Mt. Carmel Wellness & Community Center, will pay tribute to one of Trinidad's original pioneers, Sister Blandina Segale, who created the first school district in Colorado, championed for our children, and was a voice for the marginalized. Sister Blandina was courageous and dauntless, understanding and kind, determined and blunt, with common sense and a sense of humor, dedicated and prayerful. She became one of the most recognized names of all Sisters of Charity of Cincinnati, especially in the Southwest and in Trinidad. In recognition of her outstanding work, the Catholic Church has designated her as “beatified,” which is the first step to canonization as a recognized saint in the Church.

Sister Blandina Wellness Gardens will provide many options to nurture your mind, body and spirit.

- Wellness Walks: ¼ mile walk and 1-mile walk around the Gardens
- Exercise stations
- Calming water features
- Beautiful landscaping
- Wellness classes
- Youth programs
- Wellness Expos
- Concerts, shows, public & private events



Salud Dental Personnel

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
Special Projects Coord.

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our many
volunteers!



We're so sorry! The **July 21st Bingo is cancelled**, but we will be ready for you on August 18th and the third Wednesday of each month going forward. We will be back and better than ever!



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 string 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!**

Currently we have openings for **VIOLA & BASS**.

Mt. Carmel and their 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!



The Mt. Carmel Youth Orchestra is for children ages 10-18.
See our event calendar at mtcarmelcenter.org to register your child.

A promotional poster for Virtual Tai Chi. It features a silhouette of a person in a Tai Chi pose against a background of a sunset with birds flying. The text includes "FREE VIRTUAL TAI CHI", "MONDAY & WEDNESDAY MORNINGS 10:00 AM - 11:00 AM", and a list of benefits: "IMPROVES... BALANCE, CORE STRENGTH, CIRCULATION, FLEXIBILITY" and "HELPS TO... REDUCE STRESS, LOWER BLOOD PRESSURE". The Mt. Carmel logo and "Salud Family Health Centers" are also present.

911 ROBINSON AVE • TRINIDAD, CO

Visit mtcarmelcenter.org to register.

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)

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







IN-PERSON & VIRTUAL
Starts June 1st
Gentle Yoga - with Dr. Ivory Raye - **Tuesdays & Thursdays @ 10 am**


 MIND • BODY • SPIRIT
Salud Family Health Centers

See our event calendar at mtcarmelcenter.org to register.

Beat the Summer Heat

Wow, this summer started off with record high temperatures! Here are few ways to beat the heat.


1. Plan your outdoor activities for the early morning or evening hours. The hottest hours of the day are from noon to 4:00 pm.
2. Use sunscreen, especially when you are outdoors for extended periods of time. Experts recommend products with at least 30 spf.
3. Drink plenty of fluids to stay hydrated during the summer months. You can get dehydrated easier than you think. If you feel shaky after being outdoors, find a cool spot to rest and have a sports drink such as Gatorade or PowerAde to replenish your electrolytes. Cool, clear water with lemon is also refreshing after being outside in the heat.
4. Don't forget about your pets. If it's too hot outside for you, chances are it is too hot for your pets as well. Bring them inside during the heat of the day and make sure they have plenty of water. When outside, spray them down with a hose if they seem to be overheated. They will love it!
5. What about the bugs? Bugs love the heat. If you're bothered by mosquitos or biting flies while outdoors, there is a plethora of products to keep them off of you. Bug repellent not only comes in spray form, but as wipes or bracelets as well.



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.”



Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

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.

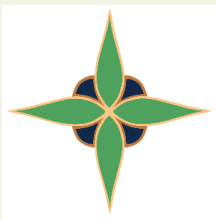
Our goal is to offer these programs to the community at little to no cost whenever possible. Through generous donations from individuals and businesses, we are able to accomplish our goal. Learn more about “Ways to Support” on our website www.mtcarmelcenter.org.

1 Naming Opportunities
LEAVE YOUR LEGACY AT MT. CARMEL
Mt. Carmel provides the opportunity to memorialize special people or events through its ongoing Memorial program. Donations of various amounts can be made from a wide range of amounts on campus through a wide range of donation options from \$100 to over \$1000.

2 General Donations
MT. CARMEL PROGRAMS ENRICH THE LIVES OF EVERY GENERATION IN OUR COMMUNITY
Disruptive donations ranging from \$1 to hundreds of dollars can be the lifeblood of a non-profit, a first step. They cover the general operating costs of running an organization, the rent, utilities, maintenance, insurance.

3 Sponsorship Opportunities
Mt. Carmel offers sponsorship opportunities through community events and specific wellness and kids programs. In appreciation of your donation, you will receive exclusive communications informing you how your financial investment supports our organization throughout the year. This will be coming the best to best.

Programs & Events



Visit mtcarmelcenter.org/event-calendar to view all of our current events

Follow Us on Facebook

