

The Beacon



The Mt. Carmel Team

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Fall Blessings

Fall is usually synonymous with “change.” The leaves change, the weather begins to change, and perhaps even our moods change a bit in the fall and winter months. We might not have any control over the changing of the leaves or the weather, but we do have some control over how we maintain our habits and actions in the fall and winter months to help control our moods.

At Mt. Carmel Wellness & Community Center, we have wellness programs both at the Robinson Avenue campus and the Champions Center downtown to assist you in your goal of a healthy lifestyle. Keep in mind that a healthy lifestyle begins one step at a time. It can be as simple as signing up for a Gentle Stretching class and eventually working your way up to Tai Chi classes. To balance out your time with some family fun, sign up for our Family Cooking Night or the Kids Gingerbread House activity. Our Diabetes Cooking classes are so popular that the last class was full long before the classes began. The recipe for the first class was a delicious Chicken & Goat Cheese Skillet meal, which was a huge hit with everyone.

We will be serving a Thanksgiving dinner to veterans and their families on November 19th from 4-7pm. We appreciate your selfless service to our country. Please call (719) 845-4877 to make your reservation.

With the holiday season quickly approaching, please take a moment to reflect on the blessings in your life, and maybe take an extra minute out of your day to be a blessing to others. All of you, friends of Mt. Carmel, are a blessing to us!

Ashley DiPaola
Director of Operations



Welcome, Carla Segotta!



Carla was born and raised in Northern New Mexico and Southern Colorado. She has worked in healthcare for 25 years in the Raton and Trinidad areas, specifically in nursing, administrative support, behavioral and mental health. Carla is passionate about helping others and making a difference in the communities in which they live. She looks forward to continuing that work here at Mt Carmel.

We are happy to welcome Carla as our new Administrative Assistant/Wellness Coordinator at the Champions Center downtown. If you haven't already, stop by to see the beautiful space where we now offer additional wellness programming.

From the Desk of Dr. Ivory Raye

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

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

Struggling to Get Your ZZZs?

Did you know sleep is one of the healthiest activities our bodies can engage in to stay healthy, energetic and youthful? If you are experiencing sleep issues, consider creating a healthy bedtime routine where you disconnect from technology, work and stressful activities at least 30-60 minutes before your desired sleep time. Start practicing conscious wind-down activities. Turn down the lights, read a book (not electronic), listen to calming music, color, take a bath, etc. If you are using your phone during this time, switch it to night mode or use the blue light filter to avoid stimulation before sleep. Still having trouble? Add some chamomile or lemon balm tea to your routine. Sweet dreams!



Dr. Ivory

Events & Catering



Noreen Perri, Event Coordinator

Get your Christmas shopping list ready and come to our Robinson Avenue campus for the Christmas Bazaar on Nov. 19. We already have more than 25 vendors registered to sell their wares, so you'll surely be able to mark some gifts off your list.

If you are a vendor interested in signing up, please call me at (719) 845-4875. There's always room for more!

Noreen

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE., TRINIDAD, CO

CHRISTMAS Bazaar

NOVEMBER 12 | 9 AM - 1PM

SHOP EARLY FOR ONE-OF-A-KIND HAND-MADE GIFTS
EMILY'S KITCHEN - OPEN

HAVE CRAFTS TO SELL?
CALL 719-845-4875 FOR VENDOR INFO

CONGRATULATIONS to the winners of our recent fundraising raffle!

1st Prize: Regina Mattie
2nd Prize: Christopher Milinazzo
3rd Prize: Laura DeBella

Proceeds from the raffle are used to support our low-to-no-cost wellness programs. We are grateful to everyone who purchased tickets!

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!

**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.

Time for Fall Fun!



Mary Zamora, Admin. Asst./Wellness Coord.

Now that the weather is starting to cool down a bit, it's a great time to start (or continue) some indoor activities here at Mt. Carmel and the Champions Center. Of course, we have our ongoing classes like Gentle Stretching, Yoga, and Tai Chi, but we are also starting our fall schedule, which includes Youth Choir. The Youth Choir and Youth Orchestra will both have Christmas performances in December in our beautiful Chapel. There will also be a variety of cooking classes available through November.

This summer, we held our first Youth Gardening Club. The children were excited to harvest their pumpkins from the gardens, along with any other remaining produce. We hope to make this an annual event!

Of course, low-to-no-cost activities such as these are only possible through grants and donations. (If you would like to donate to our food box program or to any of our wellness programs, please go to mtcarmelcenter.org/donate)


Our staff wish you all a healthy, happy and blessed holiday season!

Mary Zamora
Admin Asst./Wellness Coord.


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.

FREE...



DIABETES




Diabetes Screenings and HbA1c readings

Tuesdays 2-4 pm | Fridays 9-11 am

Call 719-845-4838 to schedule an appointment

Champions Center | 127 N. Commercial Street, Trinidad, CO

**WEDNESDAYS
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**

November 9 - December 7, 2022



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



Holiday Cooking Class

1-NIGHT ONLY
November 17, 2022 | 5-7 pm

Mt. Carmel
Your Wellness & Community Center

Emily's Kitchen
Mt. Carmel Wellness & Community Center
911 Robinson Ave., Trinidad, CO

THANKSGIVING 2022 Dinner

FOR VETERANS & THEIR FAMILIES

NOVEMBER 19 | 4-7 PM | RSVP @ 719-845-4877

Mt. Carmel
Your Wellness & Community Center

JOIN US IN THE GARDEN ROOM
911 ROBINSON AVE., TRINIDAD, CO

A Thousand Thanks!

1 FREE KIT PER CHILD
Only 45 kits-for-kids available
MUST RSVP @ 719-845-4894

Gingerbread House Activity For KIDS

DEC 3 | 10 AM - NOON

IN THE GARDEN ROOM

Mt. Carmel
Your Wellness & Community Center

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](https://mtcarmelcenter.org)
under the "support tab."**

Follow Us on Facebook & Instagram



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