

The Beacon



The Mt. Carmel Team

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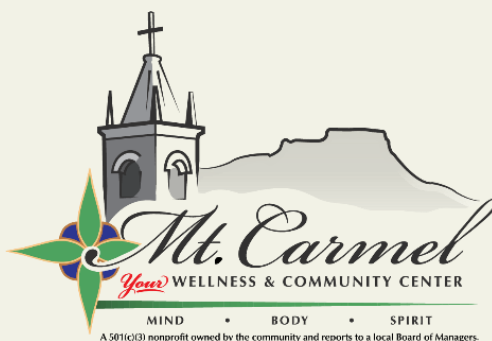
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Welcome, Fall!

We had a fantastic summer with our concert series, youth programs, Tai Chi, Qi Gong and cooking classes, which were all very well attended. As much as we love the sunshine and warm weather summer provides for our activities, fall energizes us in a different way. The beauty of the changing leaves and the cooler temperatures make us excited for our programming and special events for the holidays. We had a great start to our fall season with our annual Fall Fest, which included Bingo, food and craft vendors, and the Cappellucci Brothers Band. The fun continues with a Gingerbread House project, our annual Christmas Bazaar, a Holiday Cooking class, and more. Also, mark your calendars for a fun time at Bingo at Mt. Carmel on November 15 and December 20!



We are very happy to announce that our monthly Food Box program resumed this month. If you are in need, please call Noreen at 719-845-4875 to register.

We are grateful for the service and sacrifice of our veterans and their families, so we are excited to serve our annual Veteran's Thanksgiving Dinner at 5pm on Saturday, November 18th. Please call Ashley at 719-845-4877 to RSVP for the dinner.

Come out and support the Youth Orchestra's Christmas Concert on December 16th. The kids are excited to share their love of music with everyone! Check out our event calendar at mtcarmelcenter.org/event-calendar for other current programming and upcoming classes and events.

The holiday season can be a difficult time for some people. Please take time to check on your family, friends and neighbors to make sure they are not alone or feeling down. Remember that God blesses you so that you can be a blessing to others.

Ashley DiPaola
Director of Operations

Congratulations!

To the winners of the 2023 Mt. Carmel Fundraising Raffle

Grand Prize: Michelle Jenkins
2nd Prize: Allie Stefanec
3rd Prize: Laura DeBella

Thank you to all who bought tickets! The proceeds help to support all of the FREE wellness programs we provide to the community.

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



From the Desk of Dr. Scott Uhalt



The Power of a Positive Attitude

Do you know that how we “look at things” can influence our health and well-being? How we process things that happen to us and around us can have good and, unfortunately, bad consequences on our mental and physical health. Therefore, trying to find the positive in everything is a very important trait.

Some of the benefits of a positive attitude:

- Increases lifespan
- Improves quality of life
- Reduces stress and anxiety
- Strengthens the immune response
- Supports cardiovascular health; reduces blood pressure
- Improves self-esteem and builds confidence

Tips to practice to attain a positive attitude:

- Try to be grateful for every moment and appreciative for all that you have
- Make the most of every day and feel good about your efforts by breaking things up into manageable tasks that you can accomplish; anything you don't get done can be tackled another day
- Try to find the humor in tough situations, take a moment to regroup, then focus on how to get the results you want or need, even if it takes a few tries
- Accept that there are some things you just can't change
- Getting good sleep and eating well will give you the energy needed to practice these things

Learning to have a positive attitude does take effort and practice. As you get better at it though, you will find life a bit easier to manage!

Good Day and Be Well,
Dr. Scott

Life is 10% what happens to you and 90% how you react to it.

~ Charles R. Swindoll

Colorado Springs Team

Marcia Mitchell
Controller

Angie Benjamin
Corp. Dir. of Operations

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our volunteers!

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.



Senior TECHNOLOGY COURSE

November 6-27
Mondays
2-4 pm



FOR SENIORS 65-90

INSTRUCTOR:

Micah Velasquez

CONTACT INFO:

Call 719-845-4894 to Register
Limited Space Available

LOCATION:

Senior Citizen Center
1222 San Pedro Ave
TRINIDAD, CO

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

**Thank you to the
Bar NI Ranch & Robert Hoag Rawlings Foundation
for funding our Senior Technology courses that were held
recently at the Senior Citizen Center in Trinidad!**



Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

Christmas Bazaar

NOVEMBER 11 | 9 AM - 1:30 PM

911 ROBINSON AVE., TRINIDAD, CO

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

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



Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

BINGO NIGHT

DOORS OPEN @ 5:00 PM
GAME STARTS @ 6:00 PM

• OCTOBER 18 • NOVEMBER 15 • DECEMBER 20

GARDEN ROOM
MT. CARMEL WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE | TRINIDAD, CO | 719-845-4894



Thanksgiving DINNER

FOR VETERANS & THEIR FAMILIES

NOVEMBER 18, 2023 | 5:00-6:30 PM
GARDEN ROOM | MT. CARMEL WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE., TRINIDAD, CO

THANK YOU VETERANS

RSVP REQUIRED! CALL 719-845-4877

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER
MIND • BODY • SPIRIT
A SERVICE provided by the community and inspired by a heart full of compassion.
Salud Family Health Centers

Gingerbread House Activity

GARDEN ROOM | MT. CARMEL WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE., TRINIDAD, CO

SATURDAY, DECEMBER 2ND
10AM - NOON

1 FREE KIT PER CHILD | (AGES 4-13)
MUST RSVP @ 719-845-4894



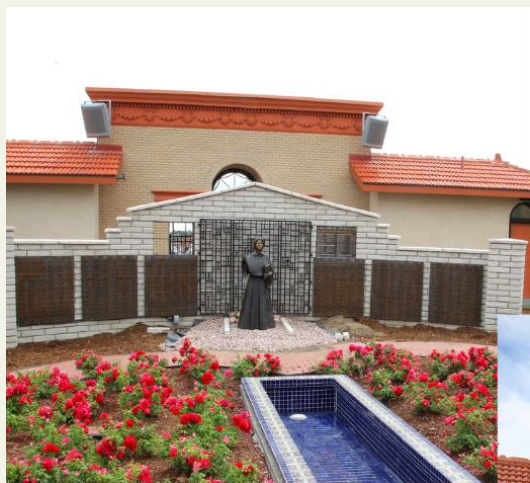
Youth Orchestra

CHRISTMAS CONCERT

16 DECEMBER 2023 | 6 PM



FREE ENTRY | 719-845-4894 | MT. CARMEL CHAPEL | 911 ROBINSON AVE, TRINIDAD, CO



*Open
to the Public*

Sister Blandina
WELLNESS GARDENS
TRINIDAD, COLORADO

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



Free admission | Open as weather allows during winter months

Be Kind to Yourself

Check out all of our wellness programs and events
at mtcarmelcenter.org/eventcalendar or facebook.com/MtCarmelCenter

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?**

DONATE now at mtcarmelcenter.org/donate-1

Follow Us on Facebook & Instagram



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