

The Beacon



The Mt. Carmel Team

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Linda Perry

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Renee Valentine



Looking Forward to Fall

It's hard to believe it's September! This year is going by way too fast. I am excited for cooler temps and beautiful fall colors though.

I was especially looking forward to our Octoberfest that was scheduled to be a two-day event on September 17 and 18, but unfortunately due to the increase in COVID cases in our area, we made the difficult decision to cancel it. As a wellness center, we feel it would be irresponsible of us to hold a large event that could possibly contribute to the spread of the virus. The well-being of the community is our top priority.



We do still plan to hold our regular Bingo on Wednesday, September 15, at 6pm (doors open at 5:30pm). Since it is a much smaller gathering, we will plan to use the normal COVID safety precautions such as social distancing, recommended mask wearing, hand sanitizer, etc. Come out and have some fun with us! We have an amazing Board of Managers, and they work hard to bring this fun, fundraising event to the community.

Speaking of our board, we would like to take this time to thank them for all they do for Mt. Carmel and the community. They offer their time, talents and expertise, and for that we are truly grateful!

THANK YOU...

- *Cy Michaels*
- *Ed Griego*
- *Lucille Mattie*
- *Linda Perry*
- *Bill Phillips*
- *Renee Valentine*

We are also thankful for the help we will receive over the next year from four new AmeriCorps members. Three will be assisting with our upcoming wellness programs, and one will be focused on services for veterans in Trinidad and Las Animas County. Continue reading to learn a little about these special young people, and then be sure to welcome them to the community when you see them!

I am proud to share with you that our staff has distributed to date 48,240 meals from our food boxes to qualified community members in need. Thanks to generous supporters, this program will continue through the end of the year!

Ashley DiPaola
Manager of Operations

AmeriCorps Blessings

Trinidad Team

Ashley DiPaola
Community Center
Manager

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

The mission of AmeriCorps is to improve lives, strengthen communities, and foster civic engagement through service and volunteering. AmeriCorps sends people-power and funding to communities across the country to aid with their toughest challenges, focusing on key areas such as education, economic opportunity, disaster response, healthy futures, veterans and military families, and environmental stewardship.



AmeriCorps members and volunteers use their compassion, determination and creativity to help strengthen communities. **We are so thankful to AmeriCorps for sending these four service-driven, passionate young people to serve the Trinidad community through Mt. Carmel!**



Brie Miller

With a passion for community service, nutrition and healthy living, Brie will be focusing on healthy cooking classes and youth group projects at Mt. Carmel. Before AmeriCorps, Brie was living in Springfield, Missouri, where they worked at Cox Hospital as a surgical anesthesia technician. Brie planned to go to nursing school but because of COVID decided to complete a year of service before enrolling in a nursing program to eventually become a surgical nurse practitioner. In addition to their passion for serving others, Brie enjoys hiking with their dog Jellybean, reading and connecting with nature.

Cassandra Garufi

Cassandra recently graduated from Binghamton University in New York where she studied anthropology. She is excited to be working at Mt. Carmel to help improve not only physical health but also mental health in this wonderful community. Eventually she plans to return to school to obtain her Master's degree in anthropology and hopes to travel the world. Cassandra hopes to share her love of hiking, biking and nature with the people of Trinidad.



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!

Dakotah Harris



Dakotah is from a small town in Tennessee but recently graduated from Butler University in Indianapolis. Before coming to Mt. Carmel, Dakotah worked with a nonprofit to help the homeless in Cape Town, South Africa, where he developed a passion for bringing others up and being an agent of change. This is what led him to join AmeriCorps and to serving in Trinidad. Dakotah has already fallen in love with the people and scenery here.

When not working, he likes to spend time fishing, hiking and golfing. He is excited to meet new people to share these activities with while living in Trinidad.

Skylar Spell

With a spirit for service, community gathering and wellbeing, Skylar is serving as the AmeriCorps veteran's coordinator with Mt. Carmel. Her passion is giving her whole heart to underserved populations such as veterans and teaching communities to create good habits and strengthen relationships so the people will feel strong, confident and healthy.

Skylar earned her BS degree in socio-political communication in Springfield, Missouri. Before college, Skylar moved a total of 10 times with her family, as her father served as a Black Hawk pilot in the Army, retiring as a Lieutenant Colonel. Skylar pledges to serve the veterans in Trinidad as if they were her own family members.



Please join us in welcoming Brie, Cassondra, Dakotah and Skylar to our wonderful community!

We're Hiring!

We're looking for an experienced Administrative Assistant to join our dynamic team! Come work for an organization that makes a difference in our community!

Call Ashley at (719) 845-4877 if you possess the following skills and are looking for full-time employment.

- Good written and verbal communication skills
- Knowledge of MS Office Suite and common social media platforms
- Ability and willingness to learn new software and concepts
- Knowledge of general office machines and telephone systems
- Discretion dealing with confidential information
- Experience with events and marketing a plus

1st Annual Mt. Carmel Golf Tournament

Special thanks to our team sponsors for helping to make our first tournament a success!

EAGLE SPONSORS



FOURSOME SPONSORS



Congratulations to our winning teams!



1st Place team sponsored by El Pomar Foundation



2nd Place team sponsored by La Quinta



3rd Place team sponsored by VOPA

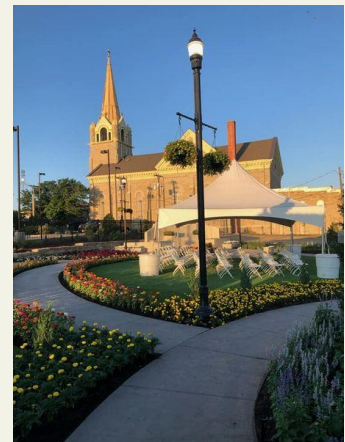
Grand Opening of Sister Blandina Wellness Gardens



On Sunday, July 18, crowds of Trinidad locals and dignitaries gathered at 225 N. Commercial Street to celebrate the opening of Sister Blandina Wellness Gardens. The Gardens are operated by Mt. Carmel and were created in tribute to Sister Blandina's service to Trinidad in the late 1800s. 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: 1/4 mile walk and 1-mile walk around the Gardens
Exercise stations
Calming water features
Beautiful landscaping
Wellness classes
Youth programs
Wellness expos
Outdoor markets
Concerts, shows, public & private events



We still have some finishing touches to put on the Gardens, but it is currently open Monday through Friday, 8am to 5pm. Stop by our business office in the Champions building at 127 N. Commercial Street also during those hours to meet the new manager of the Gardens, Jessica Corsentino.

Welcome, Jessica!



Jessica Corsentino is the new event manager for Sister Blandina Wellness Gardens. Jessica came to us after 12 years of retail management. She is looking forward to expanding community participation through family-friendly events as well as enhancing the well-being of the community through wellness classes. Jessica is a Trinidad native who enjoys spending time with her daughter, reading and traveling. "I am excited for the opportunity to work with the community towards wellness goals as well as hosting events that will bring the community together in a fun and healthy environment!"

For more information about Sister Blandina Wellness Gardens, please reach out to Jessica at jcorsentino@mtcarmelcenter.org or visit her at 127 N. Commercial Street.

Get Your Tickets Before It's Too Late!

Don't miss your shot at winning a 2-night stay at the Broadmoor, \$500 cash, or an auto detail package while showing your support for a great cause!

Buy tickets for Mt. Carmel Wellness & Community Center's raffle fundraiser. Proceeds will go to support life-enhancing wellness programming. **\$20 per ticket or 6 for \$100.** Call (719) 845-4877 to be connected with a board member to purchase your tickets. **Drawing to be held on September 18, 2021 at 5pm.** You do not need to be present to win.

Mt. Carmel Raffle-Fundraiser Your WELLNESS & COMMUNITY CENTER

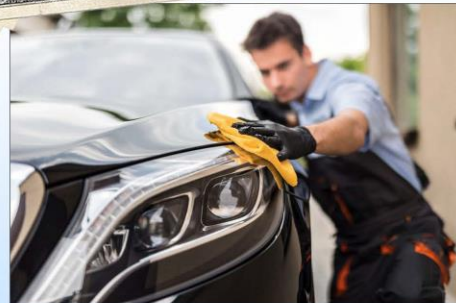
Grand Prize: 2-Night Stay at
Includes room rate, service charge and taxes.

THE BROADMOOR



Tickets **\$20**
each or
6 for **\$100**

2nd Prize:
\$500
CASH



3rd Prize:
Auto Detail Package

DRAWING TO BE HELD
SEPTEMBER 18, 2021

Visit www.mtcarmelcenter.org for more info!



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)

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

UPCOMING WELLNESS PROGRAMS

Visit mtcarmelcenter.org to view our wellness programs currently in progress. We're excited to get some of our other programs going again now that the kiddos are back in school. **Click on your favorite(s) and register before they are full!**

Mt. Carmel Walking Club

The club is for anyone who wants to incorporate walking into their lifestyle and make new friends along the way.

Walks will be approximately 30 mins to an hour (no more than 2 mi) and will rotate between Central Park Loop, Purgatory Trail and the Interpretive Trail at Fishers Peak.

All ages are welcome to join. Anyone under 18 must be accompanied by an adult.

EASY TERRAIN

MONDAYS & WEDNESDAYS
9 - 10 AM
STARTING SEPTEMBER 1ST

Registration links available on our Facebook event page @ mtcarmelcenter. Call 719-845-4894 for more information.

CALL (719) 845-4894 FOR MORE INFORMATION

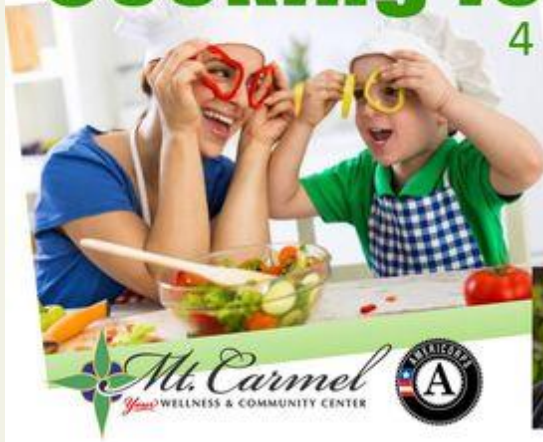
Cooking for Families

4 WEEKS | Sept 2nd - 23rd

5:30 - 7:30 PM
in the GARDEN ROOM

REGISTER AT THE ZOOM LINK PROVIDED
CALL 719-845-4894 FOR MORE INFORMATION

Participants will take home enough groceries to
prepare the recipe at home for the family.



THE GARDEN ROOM

VISIT MTCARMELCENTER.ORG TO REGISTER

Diabetes Self-Management Education and Support (DSMES)

Learn how to effectively manage your diabetes

FRIDAYS: SEPT 3 | SEPT 10 | SEPT 17 | SEPT 24 | OCT 1



HYBRID (In-person/virtual)

5 WEEK PROGRAM

REGISTER:
Call Dr. Ivory Raye @ 719-201-5589
or visit the link in the details of this post.

- No cost to participants
- Increase your knowledge and skills for effective diabetes self-care
- Healthcare team to help you manage your diabetes
- Group sessions
- Create a personalized plan



IN-PERSON OR VIA ZOOM

VISIT MTCARMELCENTER.ORG TO REGISTER

Intentional Moments

Meditation with Dr. Ivory Raye & AmeriCorps members

September 3 - October 8


Fridays @ 10:00 am

In-person | Emily's Garden / Garden Room






EMILY'S GARDEN/GARDEN ROOM

VISIT MTCARMELCENTER.ORG TO REGISTER



Gentle Stretching

Tuesdays & Thursdays
with *Cassandra*
at 8:30 - 9:00 am
30 Minute Stretch & Flow

ZICCARDI HALL OR ON ZOOM
VISIT MTCARMELCENTER.ORG TO REGISTER





Gentle Yoga

- with *Dr. Ivory Raye* - Tuesdays & Thursdays @ 9:30 AM

ZICCARDI HALL OR VIA ZOOM
VISIT MTCARMELCENTER.ORG TO REGISTER

Healthy Life / Healthy Weight



* diet * exercise * patience
LOSE WEIGHT!!
* sleep * lifestyle * plan

6 WEEKS
Starts
Sept 29th
5:30 PM

VIRTUAL ONLY!




STARTS SEPT. 29TH VIA ZOOM ONLY
VISIT MTCARMELCENTER.ORG TO REGISTER

Cooking for Seniors

THURSDAYS from 4:00 - 5:00 PM

- October 28th
- November 4th
- November 11th
- November 18th

FREE GROCERIES
to recreate the recipes weekly.

AMERICAN A

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

MIND • BODY • SPIRIT

Salud Family Health Centers

STARTS OCT. 28TH
VISIT MTCARMELCENTER.ORG TO REGISTER

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?

1 Naming Opportunities

2 General Donations

3 Sponsorship Opportunities

**Your support
is greatly
appreciated!**

**Please donate at mtcarmelcenter.org
under the "support tab."**

Programs & Events



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

Follow Us on Facebook

