



2020 Mt. Carmel Program Sponsorship

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| PLATINUM | \$10,000 |
| GOLD | \$5,000 |
| SILVER | \$2,500 |
| BRONZE | \$1,000 |
| COPPER | \$500 |
| BRASS | \$150 |

As a Mt. Carmel Sponsor, your donation supports our community events and wellness programs. Specific sponsorship opportunities are available in Community, Wellness and Youth programs as detailed in the following information.

Mt. Carmel is a 501(c)(3) nonprofit. In addition to standard tax deductions, Colorado residents may be entitled to an additional 25% tax credit through the Enterprise Zone.

Sponsorships

PLATINUM – \$10,000

- Donor's name will be added to the Donor list which is displayed on the Wall of Fame in Legacy Hall.
- When the donor sponsors a specific event, their name will be published in the program/flyer for that event.
- Donor's name will be mentioned in all radio, newspaper or television advertising for Mt. Carmel.
- Donor will receive two Mt. Carmel thermal travel mugs.
- Donor will receive a complimentary vendor space at all Mt. Carmel Festivals and Markets.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).
- A Mt. Carmel Legacy Brick with the logo and the Donor's name will be placed in the garden.

GOLD – \$5,000

- Donor's name will be added to the Donor list, which is displayed on the Wall of Fame in Legacy Hall.
- When the donor sponsors a specific event, their name will be published in the program/flyer for that event.
- Donor will receive two Mt. Carmel thermal travel mugs.
- Donor will receive a complimentary vendor space at all Mt. Carmel Festivals and Markets.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).
- A Mt. Carmel Legacy Brick with the logo and the Donor's name will be placed in the garden.

SILVER – \$2,500

- Donor's name will be added to the Donor list, which is displayed on the Wall of Fame in Legacy Hall.
- When the donor sponsors a specific event, their name will be published in the program/flyer for that event.
- Donor will receive two Mt. Carmel thermal travel mugs.
- Donor will receive a complimentary vendor space at Mt. Carmel Festivals.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).
- A Mt. Carmel Legacy Brick with the Donor's name will be placed in the garden.

BRONZE – \$1,000

- Donor's name will be added to the Donor list displayed on the Wall of Fame in Legacy Hall.
- When the donor sponsors a specific event, their name will be published in the program/flyer for that event.
- Donor will receive two Mt. Carmel water bottles.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).
- A Mt. Carmel Legacy Brick with the Donor's name will be placed in the garden.

COPPER – \$500

- Donor's name will be added to the Donor list displayed on the Wall of Fame in Legacy Hall.
- When the donor sponsors a specific event, their name will be published in the program/flyer for that event.
- Donor will receive two Mt. Carmel water bottles.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).

BRASS – \$150

- Donor's name will be added to the Donor list displayed on the Wall of Fame in Legacy Hall.
- Donor will be provided a sponsor link on the Mt. Carmel Website (mtcarmelcenter.org).

Mt. Carmel Events

COMMUNITY

Recognizing the need for recreation in our community, Mt. Carmel hosts several community events throughout the year. Most are provided at no cost to the participants and include a variety of activities designed to promote relaxation and provide a safe place for people of all ages to socialize.

- ***DENIM & DIAMONDS***

Mt. Carmel's Denim & Diamonds fundraising event features a cocktail hour, five-course dinner menu, silent auction and guest speakers—all accompanied by live entertainment.

- ***CANVAS & CONVERSATION***

This program features a relaxed environment for budding artists and dabblers alike to come together for art and conversation. The program also serves as a social wellness program providing networking opportunities as participants engage in an evening of artistic fun. Course fees include wine and appetizers.

- ***ANNUAL MT. CARMEL FESTIVAL***

As in bygone days, the Mt. Carmel Festival features Bingo and other games for kids and adults. Our outdoor stage provides a space for mainliner bands to perform, and there is ample room for dancing under the stars. Wine, beer, and non-alcoholic beverages plus a variety of tasty food make up the menu. The wares of many artisans and craft vendors are available for purchase. The event culminates with a traditional spaghetti dinner for a reasonable fee on Sunday. General admission is free to all.

- ***ANNUAL OCTOBERFEST***

Held annually on a Saturday at the beginning of autumn, this is a uniquely southwestern celebration of the arrival of harvest season. Our outdoor stage provides a space for mainliner bands to perform, and there is ample room for dancing to your favorite tunes. Traditional craft beer, non-alcoholic beverages, roasted peppers, tacos, green chili and other local delicacies make up the menu. The wares of many artisans and craft vendors are available for purchase. Admission is free to all.

- ***CHRISTMAS AT MT. CARMEL***

(Donations to Christmas at Mt. Carmel will be distributed among four events.)

Each year, Mt. Carmel hosts special holiday events for the youth and the elderly in our community. During Christmas at Mt. Carmel, our Youth Choir performs Christmas carols for the residents at both the Trinidad Inn and Legacy nursing homes. Gifts and cookies are also presented the residents.

HEAD START CELEBRATION - Head Start children are invited to sing seasonal holiday favorites at Mt. Carmel. A surprise visit from Santa Claus is topped off by cookie treats.

YOUTH CHOIR PERFORMANCES - After learning new skills in the Youth Choir program that begins each year in October, the Mt. Carmel Youth Choir performs two Christmas concerts for our community in our beautifully decorated chapel.

A CLASSICAL CHRISTMAS CONCERT - A Classical Christmas Concert features a four-piece string quartet from CSU-Pueblo who will entertain the community with Christmas hymns in the Chapel. Cocktails and appetizers will be available for purchase before the concert and during the intermission.

FAMILY MOVIE NIGHT - An event to be enjoyed by the whole family. A classic Christmas film is presented in our Chapel preceded by hot chocolate and cookies.

WELLNESS

Mt. Carmel wellness programs serve the community by creating a holistic approach to health and improving quality of life.

- ***TAI CHI***

Our professionally trained Tai Chi instructor offers participants a way to restore balance, decrease stress, increase calmness and improve flexibility for the integration of mind, body and spirit.

- ***YOGA***

Our Yoga program offers a way to find peace, increase stability and improve well-being.

- ***COOKING MATTERS***

(Donations to Cooking Matters will be distributed among various Cooking Matters programs.)

COOKING MATTERS teaches families in the community how to prepare healthy meals. After each class, participants take home the same selection of groceries utilized in class, which enables them to recreate the same healthy meal at home.

COOKING MATTERS IN THE SCHOOLS is held in local high schools and is the same as the Cooking Matters class at Mt. Carmel. Students and their families will receive hands-on training. Prepare and enjoy a meal in class and take home the same selection of groceries, which enables participants to recreate the meal at home.

COOKING MATTERS FOR SENIORS is also a program to teach and assist seniors with healthy meal preparation and meal storage suggestions. Participants will prepare and enjoy a meal in class and take home the same selection of groceries, which enables them to recreate the meal at home.

- ***BODY WELLNESS***

This class is designed to educate individuals in healthy diet and exercise practices for long-term weight management and optimal health.

- ***FALL PREVENTION***

Fall Prevention, a program for the elderly, is specifically designed to reduce the fear of increased activity levels and to significantly reduce the risk of falling.

- ***DIABETS SELF-MANAGEMENT***

Diabetes Self-Management teaches participants how to eat healthier, manage diabetes, reduce health risks, live well and feel better. The course includes a free class book, plate, resistance bands, foot mirror and more.

- ***CHRONIC PAIN MANAGEMENT***

Partnered with San Rafael Hospital, Mt Carmel offers a program to help those suffering from chronic pain. Participants will learn how to manage medications as well as techniques for managing fatigue, frustration, poor sleep and isolation. Also, learn exercises to improve strength, flexibility and balance.

- ***CHRONIC DISEASE MANAGEMENT***

Mt. Carmel, along with Salud Family Health Center and Mt. San Rafael Hospital, offers the

Chronic Disease Self-Management program to help people in our community who struggle with chronic disease. This program provides techniques for symptom management, promotes exercises as a way to improve strength and endurance as well as discusses healthy eating habits, appropriate use of medication and effective communication with healthcare providers.

- ***GRIEF SUPPORT***

Mt. Carmel Wellness & Community Center and Sangre de Cristo Hospice & Palliative Care have teamed up to offer a program that helps people who have lost loved ones find ways to cope and continue on.

We hope, by providing this opportunity, that those grieving will meet other people going through the same challenge in life.

Each meeting will include a segment on coping with grief, plus an activity such as a cooking class or social event.

YOUTH

Mt. Carmel youth programs serve the community by creating cultural and educational opportunities. Mt. Carmel is a pioneer in offering programs that create a strong impact on character building, discipline and academic excellence. The success and sustainability of these programs is achieved by collaborative partnerships.

- ***MT. CARMEL YOUTH CHOIR***

The Youth Choir program is an after-school program, led by trained instructors, that provides vocal training and education in a yearlong setting at Mt. Carmel. This program is highly successful and includes up to 40 students each year.

- ***MT. CARMEL YOUTH FRIDAYS***

Youth Fridays, designed for kids age 3-8, includes arts & crafts instruction, which fosters creativity. Cooking and nutrition lessons together with the preparation of a delicious lunch and kids' Yoga help to prepare the way for a healthy mind, body and spirit.

- ***MT. CARMEL YOUTH EXPLORERS***

A five-day camp exposes elementary school-aged children to the arts and development of personal wellness and social skills. It inspires an appreciation for historic preservation, and inspires the exploration of the world outside the participants' community.

- ***MT. CARMEL CONSERVATORY***

This unique program was created in partnership with the Colorado Springs Conservatory. It provides musical and theatrical instruction to approximately 40 students, grades 4-6. The mission of this program is to inspire, motivate, and introduce students to the study of music and theatre.

- ***LEADERS OF THE FUTURE***

Exposes high school students to the various aspects of a working government and future career options. It strives to train future leaders from within the community by connecting them with local leaders and business owners.