

The Beacon



The Mt. Carmel Team Colorado Springs

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Happy Thanksgiving! Merry Christmas! Happy New Year!

This time of year not only brings the joys of the holiday season - gathering of family and friends, good food and holiday cheer, the spirit of giving, and the spiritual joys of the season - it also inspires us to remember where we came from, measure how we are serving the community now, plan our growth for the future and give thanks to **ALL** for the journey!

Our Lady of Mt. Carmel has a rich history. The church was built by the Jesuit Fathers in 1907, for the Italian and Spanish speaking immigrants who worked in the area coal mines. It served the community until it was closed in 1998. In 2007, after nearly a decade of deterioration...the music hall roof had caved, "the building destroyed." The church was declared unsafe for human occupancy. In 2015, today's Mt. Carmel is serving the community in many ways! Our dedicated staff of 27 and over 50 volunteers service the entire county with integrated healthcare, wellness programs and community enrichment programs! In just three and half years our integrated healthcare clinic is serving one third of the population. By integrating medical and behavior services along with wellness and enrichment programs, the whole person is treated physically, emotionally and spiritually. We are also offering numerous wellness programs from Becoming a Mom to end of life issues.

This past year has seen the successful growth of Mt. Carmel's newest philanthropic endeavor, Mt. Carmel Center of Excellence, in Colorado Springs. The COE's Chief Operations Officer, Col (R) Bob McLaughlin, and his team have been busy getting this new enterprise off the ground and functioning. Since April 1st, the COE has enrolled 110 veterans in their job program and 91 have been placed in jobs. It will be fully operational January, 2016.

2016 will bring two expansions. First, renovation of the old convent building into the Mt. Carmel Center for Healthy Living. It will provide opportunities for wellness providers to serve the community at Mt. Carmel. Second, Mt. Carmel Urgent Care will open its doors on Commercial Street in the old Bank of the West, sometime next summer. The holiday season is a great time to reflect back, look forward and give thanks for being part of this great community!

On behalf of our Board of Directors and Staff,
we wish you a healthy and happy 2015 holiday season!
Happy Thanksgiving,
Merry Christmas and Happy New Year!

Trinidad

Karl Gabrielson
Chief Operating Officer

Beulah (BJ) Maes
Administrative Assistant

Facilities

Donovan Payne-Escobedo
Facilities Assistant

Craig Montoya
Facilities Assistant

Health and Wellness

Danielle Kolakowski
MA, LPC, CACIII
Health & Wellness
Administrative Director

Dr. David Paz
Internal Medicine

Jay Salls
Nurse Practitioner

Mimi Moore
Nurse Practitioner

Mike DiPoala
Registered Nurse

Angel Santistevan
Registered Nurse

Rose Carrion
Medical Assistant

Angel Baca
Receptionist

Kori Martinez
Receptionist

Jackie Armijo
Receptionist

Chasity Olmstead
Receptionist

Events

Debbie Fiorenzi
Event Coordinator

End of Year Message from our Wellness Director

At Mt. Carmel, our mission is to provide integrated healthcare, wellness, and community spirit. As we begin to close out 2015, let's take a quick look back over the past year to pay homage to a few wellness trends you may, or may not have considered. It's not too late to get back on track, try something new or begin to make some of those New Year resolutions to take care of yourself and the ones you love. Please remember to consult your primary care provider before starting a new exercise/diet routine.

1. Coloring: Research has shown that coloring is meditative, calming and relaxing with similar health benefits to that of yoga and mindfulness techniques. Look online or walk into any popular book store and you will find adult coloring books lining the shelves.
2. Clean eating: Whether for healing, detoxing, disease prevention or weight-loss, programs promoting healthy-lifestyle change through attention to eating whole, unprocessed foods are rampant. This form of eating has been known to reboot and revitalize with the added benefit of supporting your local farmers and farmers' markets.
3. Taking it outside: In consideration of time, convenience, and expense, many are taking their exercise routines outdoors. This form of workout has touted the benefits of keeping it new, fresh and challenging while allowing for the incorporation of the whole family.
4. Functional medicine: Patient-centered, science-based interventions that integrate conventional approaches with nutrition, diet, exercise, the latest laboratory testing and diagnostic techniques and stress-management techniques are increasingly available in primary care clinics. Find out more on line or through this link:
[Visit Functional Medicine](#)
5. Yoga/Tai Chi: Through true integration of mind, body and spirit, these practices have been shown to increase flexibility, mobility, strength, focus and quality of life. Here at Mt. Carmel, we've seen our Tai Chi programs flourish over the past year, and we would love to have you join.

Danielle Kolakowski, MA LPC CACIII
Administrative Officer and Wellness Director

Tips from Docs

Tai Chi: Get Relief from Multiple Chronic Diseases with this ancient Chinese Technique.

Exercise is often a point of contention in the health world - not because it doesn't have all kinds of benefits, but because people don't necessarily want to do it. There are a number of reasons for this. First, exercise requires a certain degree of knowledge or skill. Secondly, it requires time and effort. Finally, it's usually recommended without any specificity (other than for heart health, blood pressure, diabetes, obesity, osteoporosis, back pain, muscle loss due to aging, etc.) Now a new large-scale analysis is showing how the Ancient Chinese exercise technique of *tai chi* is helpful to people who suffer from multiple chronic conditions.

A recent report in the *British Journal of Sports Medicine* looked at 33 articles and 24 studies featuring nearly 1,600 participants. The report concluded that Tai Chi is an effective relief treatment for people suffering from breast cancer, heart failure, osteoarthritis, and COPD. Furthermore, it was found to help people with one or more of these conditions and did not cause any additional pain or breathlessness.

Mt. Carmel offers Tai Chi classes year round. Call 845-4884 for reservations.

Cafe

Marty Hackett
Food, Beverage & Catering
Manager

Ben Gates
Chef

Maggy Martinez
Catering

Volunteers

Thank you to our more than 50
volunteers

Ongoing Wellness Programs

Body Wellness

Matter of Balance

Tai Chi Arthritis

Tai Chi Osteoporosis

Love and Logic

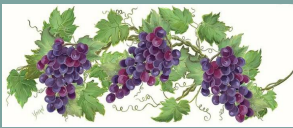
Becoming a Mom

Grief Support

Al-Anon Support Group

Autism Support Group

We also have Catholic Charities on-site offering SafeCare, and
Bright by Three, and Nurse Family Partnership
Please call 719-845-4884



**Enjoy a Festive
Glass of
Mt. Carmel Wine**



Purchase your wine to
take home from
Hops & Vines
and
The Tire Shop

Primero Cafe

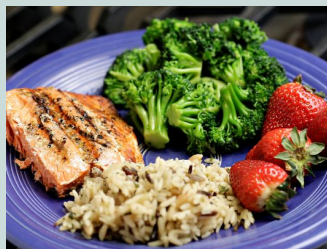
We are excited to announce new Café hours! Now open
Monday through Friday 8 a.m. - 2 p.m.

Our NEW Grab 'N' Go Breakfast Menu includes:

A variety of Bagels served with fresh Yogurt Cream Cheese

Fresh fruits, Croissants; and Fruit/Yogurt Parfaits
our Signature Morning Glory Muffins, as well as
daily specials such as Ham and Spinach Quiche!

Treat yourself to one of our delicious lunches: pizza, Stromboli,
or our signature soups and salads.



CELEBRATE THE SEASON WITH YOUR COWORKERS

Mt. Carmel has everything you need to celebrate the holidays with your
team! Let us help you create the perfect event in one of our private
rooms. Select from our delicious menu options! Debbie, Event Planner,
will work with you to make sure every detail is just right - from finding
the perfect date, to working with your budget and everything in between!

CONTACT US NOW! 719-845-4895
or email dfiorenci@mtcarmelcenter.org

Our Sincerest Gratitude to our Charitable Investors!

Visionary

Jay and Emily Cimino
Colorado Health Foundation
El Pomar Foundation
Falsetto Family
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Lou and Jo Ann Simpleman
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Try it FREE today.

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