

# The Beacon



## The Mt. Carmel Team

### Board of Trustees

**Jay Cimino**  
Founder & Chairman of the Board

**Gina Cimino**  
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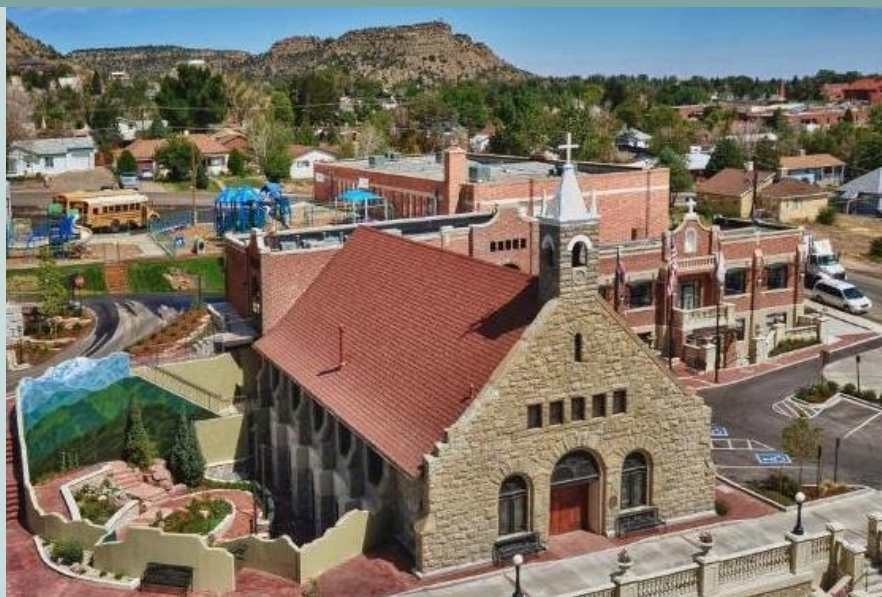
Gary Brunette, Treasurer

Linda Barron

Ed Griego

Tony Hass

Linda Perry



## The 7th Annual Mt. Carmel Festival is Coming!



After serving the community for over 90 years and prior to closing its doors for good in 1998, Our Lady of Mt. Carmel Church held a final Mt. Carmel Festival for the community. This event focused on the Fallen Coal Miners in the region, many of whom headed families whose parish church was Our Lady of Mt. Carmel.

The Mt. Carmel Health, Wellness & Community Center is proud to revive this tradition once again at its 7th Annual Festival. **The good times will roll Saturday, July 15, 2:00-11:30pm, and it is FREE to everyone!**

Kids who participated in the Center's summer youth program will start things off with a performance at 2:00 pm. Live music will be provided by three local bands: Steele Street, 2:30-5:00pm; Dynamix, 5:00-8:00pm; and Zakk DeBono & the Broken Circle, 8:00-11:30pm. (Times are approximate.)

From 2:00-5:00pm, nine non-profit groups will host booths with fun activities for the kids, including Plink, target Nerf shoot, toilet paper toss, magnetic darts, ping pong fish, frog toss and a bounce house. From 2:00-11:30pm, vendors including Lu La Roe, Rock Buttons, Thirty-One Gifts, Pampered Chef, Avon, Oils 4 Health, The Best Edible Art and more will be selling their wares.

This event is admission free thanks to our sponsors: Phil Long Toyota of Trinidad & Toyota Corporate, Griego Insurance Agency, Inc., Tony & Connie Hass, La Quinta Inn & Suites, Linda's Alterations & Dry Cleaning, Tom & Linda Perry, Pioneer Natural Resources and Duran Oil.

**You won't want to miss Sunday's event, which will feature the annual Mt. Carmel Community Spaghetti Dinner served from 11:00am-2:00pm.** Diners will be serenaded by Trinidad's own Frank Rino featuring authentic Italian art and folk songs. Dinner costs are: Adults - \$12; Seniors and kids 0-8 years - \$8. A portion of the proceeds will go to Holy Trinity Catholic Church. **Come join the fun!**

## Trinidad Team

**Felix M. Lopez**

Chief Operating Officer

**Marggie Ferrendelli**

Administrative Assistant/Event  
Coordinator

**Steve Vigil, Jr.**

Facilities

**Marty Hackett**

Food, Beverage & Catering  
Manager

**Ben Gates**

Chef

**John Fiorenzi**

**Jonavan Romero**

**Shelby Winter**

## Health and Wellness

**Danielle Kolakowski**  
MA, LPC, CACIII

Health & Wellness  
Clinic Administrator

**Dr. David Paz**

Internal Medicine

**Dr. Richard Amesquita**

D.O.

**Trina West**

MSN FNP-BC

**Charla Chenoweth-Swift**

LCSW

## Summer is Officially Here!

It's time to get outside for fun in the sun and work that needs to be done! Whether you are hiking or pulling weeds, take the following precautions to avoid heat stroke.

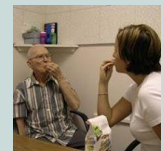
- Drink plenty of cool fluids and avoid alcohol.
- Avoid heavy exertion midday.
- Use sunscreen and sun protection.
- Wear appropriate clothing.
- Seek shade whenever possible.
- 



Don't forget that our furry friends can suffer from heat stroke too! Make sure they have plenty of water and protection from the sun, and never leave them in an unattended vehicle.

## Know someone who struggles with daily living skills?

In addition to Mt. Carmel's top-notch primary care services treating 1,300 patients monthly, the Center also offers Speech Pathology, Occupational Therapy and Behavioral Health Counseling. A referral from a physician is all that is needed to schedule an appointment for these services.



**Speech-Language Pathology** can help people of all ages with:

- Difficulty producing speech sounds correctly or fluently
- Trouble understanding others or sharing thoughts, ideas and feelings
- Problems with the social use of verbal and nonverbal communication
- Difficulty organizing thoughts, paying attention, remembering, planning and/or problem solving - often resulting from events such as stroke, traumatic brain injury or dementia
- Swallowing difficulties, which may follow an illness, surgery, stroke or injury

**Occupational Therapy** can help adults who have:

- Poor coordination; decreased balance ("clumsiness")
- Low muscle tone or strength; difficulty with handwriting
- Difficulty completing tasks that seem easily attained by others
- Behavioral challenges or social skill issues
- Decreased attention or ability to participate in activities
- Decreased self-esteem and self-concept
- Decreased visual skills
- Difficulties with feeding, is a picky eater or a messy eater

**Behavioral Health** can aid in the prevention or intervention of:

- Addiction to drugs or alcohol
- Bipolar (sudden or frequent mood swings from extreme sadness to extreme happiness)
- Depression (mild to extreme sadness that won't go away)
- Phobias (extreme or unexplained fears)

If you or someone you know struggles with any of the above, don't wait any longer! **Contact your physician today to request a referral to Mt. Carmel's services and call (719) 845-4880, Monday - Friday, 8:00am to 7:00pm to schedule an appointment.**

Laurie L. Sorensen

SLP-CCC

Michael Fyffe

OTR/L, CLT

Ivory Raye

ND

Norma Jean Mower

PA

Mike DiPoala

Lead Nurse

Angel Daugherty

Registered Nurse

Lori Terry

LPN

Rose Carrion

Medical Assistant

Whitney Sanchez

Phlebotomist

Angel Baca

Kori Martinez

Laura Marquez

Receptionists

Colorado Springs Team

Gary Brunette

Controller

Angie Pickett

Operations Manager

Angela Ann Cesario



*New Name...*

***Same Great Food! Same Great Service!***

We are excited to announce that Primero Café and Catering is now **"Emily's Kitchen and Garden Café"** in honor of the late Emily Cimino. Emily loved cooking and would transfer that love into the many dishes she set before her family and friends. At Emily's Kitchen and Garden Café, we hope to carry on the tradition of "Family-Style Dining inspired by love and goodness!"

Our hours of operation remain the same –

Monday - Friday, 8 am - 2 pm; however, we have added *Family-Style Fridays!*

Every Friday evening from 5:00 - 7:30 pm, join us for family-style meals with a choice of appetizer, two entrées, sides, drinks and dessert at an amazing price that fits everyone's budget! The more folks at the table, the lower the cost per person. Dinner for two is \$28. Dinner for four is \$52. Dinner for six is \$72. Each additional person dines for \$11.

***Bring the whole family and enjoy a home cooked, family-style dinner at a great price with LIVE entertainment! Beer and wine also available.***

Check out our Facebook page <https://www.facebook.com/MtCarmelCenter/> for weekly menus!

Welcome to our newest staff members - John Fiorenzi and Shelby Winter! Stop by and say hello!

**From our customers:** "Love the hometown atmosphere, like family!"

**Fun Fact**



Stonewall Stromboli

All of the sandwiches at **Emily's Kitchen & Garden Café** are named after mining camps and communities in Trinidad's history!

Stop by and try a Stonewall Stromboli or other delicious menu item!

Special Projects Coordinator

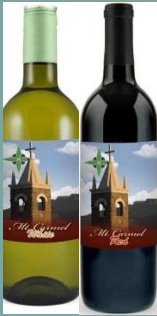
**Amanda Hamilton**  
Executive Assistant

## Volunteers

Thank you to our more than 50 volunteers!



Enjoy a Festive Glass of Mt. Carmel Wine



Purchase your wine to take home from The Tire Shop

# Exciting FREE Events Coming to Mt. Carmel

**July 10 - 14 - Daily 9:00 am - 4:00 pm - Colorado Springs**

## Conservatory Musical & Theatrical Arts Instruction

Mt. Carmel & El Pomar bring you the Colorado Springs Conservatory for a week of musical and theatrical arts instruction.

**FREE** for the youth of Trinidad, ages 8-12 years old.

Participants will perform at the Mt. Carmel Festival on July 15th!

Call Marggie at 719-845-4894 for details.



**July 15 - 2:00 -11:30 pm - 7th Annual Mt. Carmel Festival**

Fun-filled day with kids booths, vendors, food, drinks, live music by Zakk DeBono & the Broken Circle, Steele Street, Dynamix... and much, much more.

**FREE** to our Community

Call Marggie for more info at 719-845-4894.



**July 16 - 11:00am - 2:00pm - Mt. Carmel Community Spaghetti Dinner**

Enjoy dinner while listening to Frank Rino perform authentic Italian songs. Dinner costs: Adults - \$12; Seniors and kids 0-8 years - \$8.

A portion of the proceeds will go to Holy Trinity Catholic Church.

Call Marty at 719-845-4822 to R.S.V.P.



## Call Today for Information

### Your Mt. Carmel! Your Choice!

Which 2017 membership option suits you?

Join the Mt. Carmel Family and Show Your Pride with your PLATINUM, GOLD or SILVER Membership in Mt. Carmel!



## MEMBERSHIP BENEFITS

### Platinum

#### Health and Wellness

- Free Wellness Exam: Blood Pressure, Oxygen Level, Pulse and B.M. I.

#### Food and Social Events

- Mt. Carmel Coffee Mug
- Free Coffee all year
- 10% off Primero Café Food Purchases
- One Private Catered Dinner
- A heavy Hors d' Oeuvres social for up to 30 guests in the Bel Fiore Garden (soft drinks provided. Wine and beer may be purchased)

#### Commemorative Items and Gifts

- One Commemorative Brick
- 10% off Gift Shop Items
- Mt. Carmel Logo Sweatshirt

PACKAGE VALUED AT **\$1000**/yr

### Gold

#### Health and Wellness

- Free Wellness Exam: Blood Pressure, Oxygen Level, Pulse and B.M. I.

#### Food and Social Events

- Mt. Carmel Coffee Mug
- Free Coffee all year
- 10% off Primero Café Food Purchases
- A heavy Hors d' Oeuvres social for up to 30 guests in the Bel Fiore Garden (soft drinks provided. Wine and beer may be purchased)

#### Commemorative Items and Gifts

- One Commemorative Brick
- 10% off Gift Shop Items

PACKAGE VALUED AT **\$500**/yr

### Silver

#### Health and Wellness

- Free Wellness Exam: Blood Pressure, Oxygen Level, Pulse and B.M. I.

#### Food and Social Events

- Mt. Carmel Coffee Mug
- Free Coffee all year
- 10% off Primero Café Food Purchases

#### Commemorative Items and Gifts

- One Commemorative Brick
- 10% off Gift Shop Items

PACKAGE VALUED AT **\$175**/yr

Mt. Carmel Health, Wellness and Community Center,  
911 Robinson Avenue, Trinidad, CO 81082