

The Beacon



We Couldn't Have Done it Without You!

The Mt. Carmel Team

Board of Trustees

Jay Cimino

Founder & Chairman of the Board

Gina Cimino

Vice-Chair

Greg Garcia

Dave Palenchar

Lou Simpleman

Board of Managers

Cy Michaels, Chairman

Ed Griego
Vice-chair

Angela Ann Cesario, Non-member - Secretary

Gary Brunette, Non-member - Treasurer

Linda Barron

Tony Hass

Linda Perry



Attendees of the 7th Annual Mt. Carmel Festival enjoyed a cool afternoon with great music, food and fun. We would like to extend a heartfelt thanks to all of the volunteers who made the Festival a success! This includes Mt. Carmel staff family members and all of the non-profit organizations that provided entertainment and fun for the children. The Colorado Springs Conservatory partnered with Mt. Carmel to provide a week-long music and performance camp for local children that culminated in a performance of "You're a Good Man, Charlie Brown." The children kicked off the festivities by performing this amazing musical program. Vendors brought their wares, organizations donated items, loaned equipment and gave generously of their time. All of this helped ensure that the Festival culminated in a great, positive experience. Thanks to the community of Trinidad for your continuous support and patronage of Mt. Carmel!

Along with the weekend-filled festivities, the Spaghetti dinner on Sunday was yet another success. The Emily's Kitchen and Garden Café personnel worked tirelessly to satisfy the palates of patrons and provide great customer service to all!

Meet Our New Board Members

We would like to take this opportunity to introduce the newest members of the Mt. Carmel Board of Managers. Their community knowledge and involvement will ensure that Mt. Carmel Health, Wellness and Community Center offers the best services and programs to the citizens of Las Animas County and Trinidad. We thank them for their dedicated service!

Cy Michaels - Board President



Cy has operated numerous businesses in the Trinidad area for over 20 years. Currently, she operates the Trinidad La Quinta Inn & Suites and Tone Management, LLC. Cy is a graduate of Mike Monroney Aeronautical Academy and Cornell University. She is the President of the City of Trinidad Tourism Board, Main Street Colorado Local Chapter and has been on several non-profit boards in the area. Cy is on the nationally elected Brand Council for the La Quinta Brand. She has received numerous local and national awards for leadership, hospitality and customer service.

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

Winston Ortega

Jonavan Romero

Shelby Winter

Health and Wellness

Danielle Kolakowski

MA, LPC, CACIII
Health & Wellness
Clinic Administrator

Dr. David Paz

M.D., Internal Medicine

Dr. Richard Amesquita

D.O.

Trina West

MSN FNP-BC

Charla Chenoweth-

Swift

LCSW

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

Linda Perry - Board member



Linda, a Colorado native, is a graduate of the University of Colorado, Boulder. She and husband Tom came to the Trinidad area about 25 years ago to manage the Bar NI Ranch in Stonewall, focusing their time on environmental land and wildlife stewardship, livestock management and guest services. After leaving ranch and lodge management, Linda has focused her time on working at Trinidad State Junior College serving as Executive Assistant to the President. She continues serving local non-profits including the Bar NI Ranch Community Fund, the Purgatoire Valley Foundation, and the Culebra Range Community Coalition through the Trinidad Water Festival and the Environmental Scholarship Program.

Linda Barron - Board Member



Linda was born in North Vietnam and immigrated to the South during the Vietnam War. At age 14, Linda worked for the US Army while continuing her education through high school and college. Linda immigrated to the United States in 1970 and relocated to Trinidad in 1985. She served with the American Red Cross in California, providing assistance to Indochina refugees in 1975 and served as chairperson for the American Red Cross Spanish Peaks Branch in Trinidad from 1999-2002. During this tenure, Linda raised over \$65M in donations after the 9/11 attack. Presently, Linda owns and operates several businesses in Trinidad together with the Whiskey Creek Ranch. Linda is President of the Board and past president of the Trinidad/Las Animas County Chamber of Commerce. Since 1998, Linda has served as chairman and currently as vice-chairman of the Las Animas County Veterans Committee. She is a member of the Kiwanis Club of Trinidad where she served as vice-president. Linda has received many awards, including the Chenoweth Award, Colorado Cares awarded by Governor Bill Owens and is a recipient of the DAR Americanism Medal.

Reduce Stress...Try Tai Chi

Tai Chi (TIE-CHEE), an ancient Chinese tradition, was originally developed for self-defense but has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, it promotes serenity through a series of gentle, flowing movements accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. You may also find tai chi appealing because it is inexpensive and requires no special equipment. **To experience tai chi in an upcoming course, please call Marggie at 719-845 -4894 to enroll.**



Did You Know?

Mt. Carmel is a beautiful setting for a special event. We host weddings, bridal and baby showers, reunions, memorial services, community-based business meetings and many other types of events. We even provide delicious in-house catering from our own Emily's Kitchen & Garden Café!



**Contact Marggie at
719-845-4894 to reserve
space for your special event.**



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
Special Projects Coordinator

Amanda Hamilton
Executive Assistant

Volunteers
Thank you to
our more than
50 volunteers!



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



Purchase your wine
to take home from **The
Tire Shop**

What is IV Vitamin Therapy?



Mt. Carmel's Primary Care Clinic continues to provide first-class medical service to the community - everything from help for illnesses to annual well-child checks and sports physicals. If you're not ill or in need of a physical but just feel a little sluggish or are struggling with another condition, a Myers' Cocktail might help put a little pep back in your step. This intravenous nutrient mixture, invented by Baltimore physician John Myers, contains magnesium, calcium, various B vitamins and vitamin C. It is a common treatment among naturopathic doctors in the United States and Canada. Myers' Cocktails are claimed to be beneficial for a broad range of conditions such as enhancing the immune system, reducing fatigue, helping with seasonal allergies and reducing the symptoms of fibromyalgia and asthma.

Contact the Mt. Carmel Primary Care Clinic at 719-845-4880 today to schedule an appointment for a Myers' Cocktail. Clinic hours are Monday - Friday, 8:00am to 7:00pm.



Dining Inspired by Love and Goodness!

Every Friday evening from 5:00 - 8:00 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!

In addition to Family-Style Fridays, regular Café hours are Monday - Friday, 8 am - 2 pm.

With the onset of fall, we welcome back our regular business luncheons – Pierian Group, PEO Sorority and Bridge Club.

Contact Marty at 719-845-4822 to book your business luncheon.



Did you know Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice?

- AmazonSmile is the same Amazon you know. The same products, prices and service.
- Support Mt. Carmel Health, Wellness & Community Center by starting your shopping at smile.amazon.com.

You can select a charitable organization after signing in. We are listed as Mount Carmel Health, Wellness & Community Center (spelled just like that).

Please support Mount Carmel Health, Wellness & Community Center as your charitable organization by starting your shopping at smile.amazon.com and every time you shop at Amazon!

Exciting Events Coming to Mt. Carmel

September 5 - 6pm-8pm **Canvas & Conversation**



We will now rotate instructors quarterly because many local artists would like the opportunity to teach the class! Our current instructor is Risa Phelps. \$25, all-inclusive. Call Marggie at 719-845-4894 to reserve your spot.

September 7 - October 26 - 5:30pm-7:30pm **Body Wellness & Weight Loss**



Taught by a State of Colorado Board Certified and Registered Naturopathic Doctor. This class covers calorie and exercise guidelines for ideal weight, meal planning and healthier food choices. Individual assessments. The cost is \$150 for the all-inclusive class, coaching and exercise bands. Call Marggie at 719-845-4894 to R.S.V.P.

September 14 - 6pm **Visual Journaling with Lori Holdread**



Visual Journaling is a creative way to express and record life's experiences and feelings through art and the written word. Registration is \$25, which includes all materials, one glass of wine and appetizers. Call Marggie to RSVP at 719-845-4894.

September 25 - November 1 **Tai Chi with Shirley Donachy**



6-week course. Novice classes 9:30-10:30am on Mondays & Wednesdays. Advanced classes 10:30-11:30am Monday & Wednesdays. Cost is \$35 for the course, or you may qualify for a COG Scholarship if 60+ years of age. Call Marggie at 719-845-4894 to register.

October 14 - 19 - 9:30am-12:30pm **Chronic Disease Management**



In partnership with the Las Animas County Health Department. A 6-week course covering techniques for symptom management; exercise to improve strength and movement; effective communication with your healthcare providers; and appropriate use of medications. The cost is \$35, or you may qualify for the Elvira Martin Scholarship. Call Marggie at 719-845-4894 to R.S.V.P.