

The Beacon



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
Secretary

Billy Miller,
Non-member - Treasurer

Linda Barron

Tony Hass

Linda Perry



What a Year!

As we prepare to wrap up 2017 and welcome 2018, we extend a sincere thank you to all Mt. Carmel Health, Wellness and Community Center customers, patients and supporters. Mt. Carmel would not be the success it is without the direct support of such a wonderful community.



The Mt. Carmel Primary Care Clinic is proud to announce the partnership with Salud Family Health Centers (Salud). Salud will be assuming the operations of the Mt. Carmel Primary Care Clinic in January 2018. The partnership will strengthen and expand access to quality, patient-centered health care. The same doctors will provide the same first-class medical care; however, with more medical services to the Trinidad community, the clinic will feature well-planned treatment space and state-of-the-art equipment.

Salud's mission is to provide a quality, integrated health care home to the communities they serve. Since 1970, Salud has been firmly committed to providing care to all community members, regardless of finances, insurance coverage or ability to pay. Salud will offer patients a discounted sliding fee payment program based on family size and income.

We look forward to serving you in 2018 with the familiar customer-centered approach. We welcome you to stop by and learn more about our programs from Tai-Chi classes to Chronic Disease Self-Management, Body Wellness, and just for the fun of it, the very popular social and educational gathering Canvas and Conversation. All of these programs are tailored just for you.

Call us to reserve space for your next business meeting and enjoy a wonderful atmosphere with a home-cooked meal at Mt. Carmel. Allow us to introduce amazing catering services for your next family reunion, wedding or graduation, or simply stop by and enjoy a wonderful cup of coffee, lunch and/or breakfast at Mt. Carmel.

Mt. Carmel has so much to be thankful for. The community and wellness programs have been a success and have allowed us the pleasure of connecting with our beloved community. In November, we enjoyed donating 100 Thanksgiving turkeys to area residents! We would like to extend our appreciation to the radio station, KCRT, which helped facilitate this awesome program.

Trinidad Team

Felix M. Lopez
Chief Operating Officer

Marggie Ferrendelli
Admin Assistant/
Event Coordinator

Steve Vigil, Jr.
Facilities

Marty Hackett
Food, Beverage & Catering
Manager

Ben Gates
Chef

Jonavan Romero
Custodian

Health and Wellness

Danielle Kolakowski
MA, LPC, CACIII
Health & Wellness
Clinic Administrator

Dr. David Paz
M.D., Internal Medicine

Charla Chenoweth-Swift
LCSW

Michael Fyffe
OTR/L, CLT

Ivory Raye
ND

Norma Jean Mower
PA

Mike DiPoala
Lead Nurse

Angel Daugherty
Registered Nurse

Rose Carrion
Medical Assistant

Chasity Olmstead

Virginia Rivera
Kori Martinez
Laura Marquez
Receptionists

In December, we held our annual Open House and Customer Appreciation Day. We collaborated with Head Start and Council of Governments preschool to visit the residents of Trinidad Nursing Home and Legacy Assisted Living Facility. The young student choir sang Christmas carols and passed out cookies and gifts, sharing with the residents the true meaning of Christmas. Later in the day, we invited our community to the Open House to share in more merriment. The Head Start children carried on with song and sharing in a bountiful spread of appetizers and refreshments, while local volunteer Phyllis Kilgore read "Twas the Night Before Christmas" to the children. Santa made a special stop to visit with the children and wrapped up the festivities as a day of merriment and celebration.

The Holiday season would not be complete without the annual Mt. Carmel Youth Choir performance of "Jubilation" at the Chapel. What a magical time to have the opportunity to share in the joy of children celebrating Christmas through song with family and friends. We extend a heartfelt thank you to those who gave of themselves to bring this gift to all of us - Mrs. Connie Pallone, Mrs. Toni Mangino and Ms. Geneva Villegas, in collaboration with Trinidad School District #1 and Fishers Peak Elementary School. Again, a warm thank you to the Superintendent of Schools, Mr. Scott Mader, for facilitating and approving transportation for all participants.

The continued goal in 2018 is to increase outreach within the Trinidad community via wellness programs, and we look forward to introducing some new programs in the new year.

On behalf of all us at Mt. Carmel, have a wonderful and prosperous New Year!



***The Clinic will be closed the first week of
January 2018 for staff training.***

Please let us know of any needs prior to December 29, 2017, as we want to be sure to help you transition to a safe and Happy New Year!

(The rest of the campus will remain open as usual.)



Colorado Springs Team

Billy Miller
Controller

Nannette Ciofferi
Staff Accountant

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



Dining Inspired by Love and Goodness!



**Introducing Emily's Kitchen & Garden Café
Piano Bar!**

**Join us every Friday and Saturday beginning
January 12 from 6 - 9pm.**

Come enjoy imported wines and beer, phenomenal homemade mozzarella cheese, extravagant hors d'oeuvres, live music and a great social atmosphere. Regular menu items will also be available.

Check out our Facebook page <https://www.facebook.com/MtCarmelCenter/> for weekly café menus! In addition to Friday and Saturday date nights, regular Café hours are Monday - Friday, 8 am - 2 pm.

Our Customers Say It Best!

"Such a cute place, I wish I had been here sooner! A true hidden gem of Trinidad, all the food is homemade. All the way down to the chips and salsa! Fresh flowers on every table adds to the rustic charm. They also have homemade pastries and excellent coffee. Tables for sit-down or grab your food to go, must stop by when you are in Trinidad." ~ Caathleen I. from Snellville, GA

"Cute café with tasty food! I enjoy coming here to get a pepperoni pizza with a side salad. The service is good and the restaurant is clean! Staff is very friendly and the garden area is beautiful! I would highly recommend this to anyone who loves a cute and simple lunch!!" ~ Katie C. from Raton, NM

Book Your Upcoming Party Now!



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

We can cater at your place or ours.



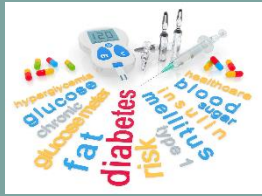
Contact Marggie at 719-845-4894.

Exciting Events Coming to Mt. Carmel



January 8 - 6pm-8pm Canvas & Conversation

We are now rotating instructors quarterly. This allows participants the opportunity to meet different artists from the community and experience different modalities. This month's instructor is Doug Holdread from Marketplace Gallery. \$25, all-inclusive.
Call Marggie at 719-845-4894 to reserve your spot.

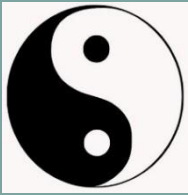


Every Thursday, January 11 - February 15 Diabetes Self-Management

For anyone with Diabetes, Prediabetes or who is the caregiver of someone with Diabetes. Course topics: Exercise to improve strength and endurance, healthy eating & label reading, appropriate use of medication, effective communication with healthcare providers and techniques for symptom management. FREE - NO COST scholarship.
Call Yvonne Romero to register at 719-845-3117.

Every Wednesday, January 17 - March 7 Body Wellness

This class is designed to educate & empower individuals in healthy diet and exercise practices for LONG-TERM weight management & optimal health. To include: meal planning, calorie & exercise guidelines, label reading, stress management, 1/2 hour individual assessment of progress & guest instructors in yoga & occupational therapy.
Call Marggie to register 719-845-4894.



February 5 - March 14 Tai Chi with Shirley Donachy

Tai Chi is a TERRIFIC exercise for everyone. Tai chi is gentle and can quickly improve balance, core strength, circulation and flexibility. At the same time, it can decrease stress levels and increase life vibrancy and joy. We offer 2 classes twice each week.

Novice Mon & Wed 9-10am; Advanced Mon & Wed 10-11am.

Call Marggie to register 719-845-4894.

Every Thursday, February 22 - March 29 Chronic Disease Self-Management

Mt. Carmel Health, Wellness & Community Center, Mt. San Rafael and Las Animas County Health Department partner to bring you a 6-week Chronic Disease Self-Management course. Every Thursday from 2 - 5pm, February 22 - March 29. The cost is \$35 for the entire course, or The Elvira Martin Scholarship is also available. Take control, feel better and re-energize. Learn techniques for symptom management, exercise to improve strength and endurance, healthy eating and label reading, appropriate use of medication and effective communication skills with healthcare providers. Call Marggie to register at 719-845-4894.

