

# The Beacon



## The Mt. Carmel Team

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## Dining Inspired by Love and Goodness at Emily's Kitchen and Garden Café

Emily's Kitchen and Garden Café is pleased to announce exciting news! We would like to introduce the new food and beverage director, Bob Travlos, and his team. Emily's Kitchen and Garden Café has grown into a signature eatery and caterer in Trinidad. We use the highest quality ingredients in our food preparation, resulting in delicious home-style meals to be enjoyed in the beautiful setting of Mt. Carmel or your event location.



Bob Travlos' extensive restaurant, catering and customer service experience overlaps several decades. His perspective on food is artistic and intuitive. One of his many goals for the community is to create a pleasant palate experience every time he serves one of his delightful dishes. He believes that enjoying good food should always be a pleasant and unforgettable experience. Bob is an enigmatic, colorful and creative person. Born and raised in Brooklyn, New York, Bob fell in love with food while spending countless hours with his Mother in the kitchen cooking for 10 children. Bob is also a Vietnam Veteran and a retired NYPD Homicide Captain. While still working as a police officer, Bob began opening restaurants in New York City. He moved to Denver 25 years ago and opened Angelina's Fine Italian Dining Restaurant. He now brings his extensive food experience to Trinidad! Come by and enjoy a glass of wine or cup of coffee and chat with Bob about his interesting life. He loves spending time getting to know his customers.

With so many opportunities throughout the year to gather family and friends to enjoy great food and socialize, please call on Emily's to be the caterer of your next event. We can accommodate your organization or family parties or any other "get togethers," and promise to work hard to earn your repeat business.

The Café will offer a new menu for breakfast and lunch, and we will continue to carry some of the favorite items from the current menu.

## Trinidad Team

### **Felix M. Lopez**

Chief Operating Officer

### **Marggie Ferrendelli**

Administrative  
Assistant/Event Coordinator

### **Ivory Raye, ND**

Wellness Programs

### **Delvis Molina**

Facilities

### **Priscilla Trujillo**

Custodian

### **Bob Travlos**

Food, Beverage & Catering  
Manager

### **Ben Gates**

Chef

### **Lisa Coca**

### **John Fiorenzi**

### **Sara Molina**

Café Personnel

## Salud Family Health Center Personnel

### **Danielle Kolakowski**

MA, LPC, CACIII  
Clinic Administrator

### **Charla Chenoweth-**

### **Swift**

LCSW

### **Michael Fyffe**

OTR/L, CLT

### **Norma Jean Mower**

PA

### **Jenny Miller**

PA

### **Mike DiPoala**

Lead Nurse

### **Angel Daugherty**

Registered Nurse

### **Rose Carrion**

### **Kori Martinez**

Medical Assistants

### **Virginia Rivera**

Enrollment Specialist

Every Friday evening beginning March 2nd, we will resume the Piano Bar evenings where great food, music, wine and beer will enhance the evenings with fun and enjoyment for all. The tasty appetizers and menu items are sure to please the most demanding palates. Join us Friday evenings in the Mezzanine on the 5<sup>th</sup> floor at Mt. Carmel!

Stop by the Café any time and inquire about booking your next catering event, peruse our menu or request a private tour of this great architectural gem. We are certain you will be amazed. Our facilities provide ample space to accommodate large and small events.



## Join us for Date Night every Friday beginning March 2 from 5:30 - 8:30pm!

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

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

### **Our Customers Say It Best!**

- "Unbelievably nice people that are obviously proud of the cafe and care about people! We showed up a few minutes after they closed at 2:00. As we sat in the car figuring out where to go a young man came out and told us to come on in. Cute little place with good food and a pleasant ambiance. Beats the dickens out of fast food places. Well worth the stop." ~ Mary H. from Longview, TX
- "First, let me just start by saying the location of this cafe seems a bit odd at first. Go beyond that and see what you find in this hidden gem. We came to Trinidad to meet family from New Mexico to exchange gifts and celebrate Christmas. We all ordered different items and we were all extremely satisfied. I had the curried chicken salad sandwich; it was amazing!! More than anything the service was above and beyond. Each employee we had contact with went above and beyond to ensure we had everything we needed. Definitely recommend!" ~ Connie J. from Lone Tree, CO

**Chasity Olmstead**  
**Laura Marquez**  
Receptionists

**Colorado Springs Team**

**Bill Miller**  
Controller

**Angie Pickett**  
Operations Manager

**Angela Ann Cesario**  
Special Projects Coordinator

**Amanda Hamilton**  
Executive Assistant



Salud Family Health Center at Mt. Carmel is celebrating just over one month of a strong presence in Trinidad. The new Salud clinic is building a strong foundation to provide first-class medical service to the Trinidad community, supporting access and fostering numerous opportunities throughout Southern Colorado.

Salud provides enrollment services to all patients to review services received and assist with applications/determination of clinic rates, CICIP and Medicaid. The enrollment specialist collaborates with the local Department of Health and Human Services to help with the back log of community members waiting to enroll in Medicaid. Salud at Mt. Carmel is excited to provide quality, affordable primary health care services to keep you and your family healthy and serves all members of the community regardless of insurance status or ability to pay.

**To schedule an appointment or to find out more information, please call (719) 422-8800.**

**Volunteers**  
Thank you  
to our many  
volunteers!



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## Book Your Upcoming Party!



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.

**Call 719-845-4894 to book or for more information.**

### Exciting Events Coming to Mt. Carmel

#### Every Thursday, February 22 - March 29, 1pm **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 1 - 4pm, 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 719-845-4894 to register.

#### Every Friday, March 2 - March 23, 1pm **Leadership for the 21st Century**

Mt. Carmel and Trinidad Youth Club are partnering to bring the youth of Trinidad this grassroots initiative to develop and train future leaders from within the community. This is an opportunity to gain understanding of the inner workings of their local city, state, and county governments. Students will have an opportunity to network with government representatives, learn about and work with local government, education and healthcare systems, the workforce center, media, arts and natural resources. Tuition is \$25. (Scholarships are available.) 8th-12th grade students only, please. Call Sadie at 719-422-8090 or Mt. Carmel at 719-845-4894 for more information.

#### March 5, 6-8pm **Canvas & Conversation**

Come join the fun! Art, drinks, appetizers and friends. Let's say goodbye to Risa Phelps. This will be her last instruction session for the year. Paula Little will be our art instructor April - June. Class cost is \$25 all-inclusive.

Call 719-845-4894 to register.

#### Every Monday & Wednesday, March 28 - April 18 **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 a week.

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

Call 719-845-4894 to register.

