

The Beacon



Mark Your Calendars for the 8th Annual Mt. Carmel Festival!

The 8th Annual Mt. Carmel Festival and Spaghetti Dinner is fast approaching! Mark your calendars for July 14 and 15.

After serving the community for over 90 years and prior to closing its doors for good in 1998, Our Lady of Mount Carmel Church held a final Mount 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 Mount Carmel.

The Mt. Carmel Wellness & Community Center is proud to revive this tradition once again at its 8th Annual Festival. This iconic two-day event brings families and friends together to celebrate friendship, memoirs, culture and, most of all, tradition. **The good times will roll Saturday, July 14, and will be FREE to everyone, thanks to generous sponsors!**

You won't want to miss Sunday's event either, which will feature the annual Mt. Carmel Community Spaghetti Dinner. Come join the fun!

Please call us to reserve a vendor's booth and/or to volunteer in the many facets of the festival.

Welcome, Ashley DiPaola!

Please welcome Ashley DiPaola to the Mt. Carmel team and family! Ashley joined the Mt. Carmel team on March 12, 2018. She brings extensive experience along with excellent communication skills to provide Mt. Carmel patrons a wonderful experience.

Ashley attended Trinidad High School. She was involved in various extracurricular activities such as National Honor Society and Student Council. She achieved All American Sports Conference for the many athletic and academic talents she brought to the volleyball and basketball teams.



While at Trinidad State Junior College, Ashley played competitive volleyball in region IX and earned Academic All American with her excellent academic grade point average. She earned certificates in business and massage therapy. After graduating from TSJC, she was a high

The Mt. Carmel Team

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school assistant volleyball coach for four years before moving up in the ranks to coaching college athletes for two years. Ashley impacted many student athletes with her soft smile and witty sense of humor, yet firm and steady coaching approach.

Ashley worked for the Las Animas County Clerk and Recorder's Office where she provided excellent customer service to citizens. She also worked with New Journey Health Care, where she served as a certified medical coder.

It is with great pleasure that we extend a warm welcome to Ms. Ashley DiPaola! She will be serving in the capacity of administrative assistant and wellness program coordinator.



Salud Family Health Centers (Salud) is excited to be part of the Trinidad community! We opened our new clinic on January 8, 2018 and are ready to serve you and your family.

Salud is a private non-profit. We are a Federally Qualified Health Center (FQHC) operating 13 clinic locations and a mobile unit. Salud's main administrative site is located in Fort Lupton, where we were initially founded to serve the area's farmworker health care needs. Our humble beginnings in 1970 included providing services out of an onion shed. Forty-eight years later, Salud is a robust health care system, providing integrated and quality medical, dental, pharmacy and behavioral health care services. Even with tremendous growth, we remain true to our roots of providing access to individuals and communities in need. Salud's Mission is *to provide quality, integrated healthcare home to the communities we serve.*

Salud's CEO, John Santistevan, is a Trinidad native and is "very excited and looks forward to continue to build on the health care home foundation that the former Mt. Carmel Medical Clinic has established."

The Mt. Carmel Salud currently provides the following services: family medicine, pediatric services, behavioral health, wellness and disease prevention, pregnancy care, gynecological services and occupational therapy. Services are designed to keep you and your family healthy. Salud is currently pursuing funding to bring dental health services to the clinic. We are seeking funding to cover renovation/ construction and equipment costs.

The Mt. Carmel Salud clinic also supports programs funded by various grants. Examples include a diabetes education program funded by the Colorado Health Foundation and a hypertension program to help patients better manage their blood pressure funded by CDPHE (Colorado Department of Public Health and Environment). This last program is possible through a partnership with Mount San Rafael Hospital and Clinic and Huerfano Las Animas Bi-County Health Department. Danielle Kolakowski, the center director, is "looking forward to supporting these programs that will help patients better manage their overall health."

The Mt. Carmel Salud clinic employs many of the existing Mt. Carmel clinic staff along with some new faces. With the addition of enrollment services, we have added an enrollment staff member to help patients enroll in insurance programs. We also added an LPN to the nursing team, and a new physician will start in April 2018. We will soon add a Behavioral Health provider, funded by a grant through the Colorado Health Foundation.

Salud is open Monday-Friday from 7am-7pm. Call us today at (719) 422-8800 to find out more or schedule an appointment. Salud accepts Medicaid, Medicare, CHP+ and most private insurance plans. Salud offers a sliding fee payment scale based on family size and income.

Chasity Olmstead
Laura Marquez
Receptionists

The Power of Prevention: Four Steps for Avoiding Diabetes

We're going to be honest. The statistics on diabetes are not pretty. More than 100 million U.S. adults are now living with diabetes or prediabetes. That said, there's a lot you can do to prevent this disease. Get back to basics with whole plant foods as your source of carbohydrates (and stay away from fast-burning carbohydrates that have been stripped of fiber), balanced with nourishing fat and protein. Fine-tune your eating plan with these prevention tips:



credit: VeselovaElena

Colorado Springs Team

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Amanda Hamilton
Executive Assistant

- **Put color and fiber on your plate.** Whole, fiber-rich vegetables, fruit, beans and intact grains make for a slow, steady “burn.” That means quinoa or brown rice instead of white rice, an orange instead of orange juice, and blueberries instead of “Boo-berry” flavored processed food.
- **Think “slow before fast.”** If you know you’re going to be consuming quick-burning carbs like cookies, chips or white rice, eat some slow-burning food first, like a handful of nuts, some avocado or plain yogurt. The protein, fat or fiber (or any combination) will mix with the stripped carbs to slow down their absorption rate.
- **Make water your main beverage.** Sugar is the ultimate stripped carb! Stick with water and avoid sodas, packaged iced tea and other sugary drinks. And don’t be tricked into the diet-soda trap. Consuming diet soda is linked to an increased risk of diabetes, possibly because of changes in gut bacteria that affect metabolism.
- **Move more.** Regular exercise (both cardio and resistance) helps to lower your blood sugar and makes your cells more sensitive to insulin, both of which help prevent diabetes.

Credit: Cleveland Clinic Wellness

Mt. Carmel Youth Choir



The Youth Choir program is an after-school program held from September 2017 through May 2018. This program provides music, art and classroom instruction, character building and strong classroom educational discipline in a year-long setting at Mt. Carmel. Students build upon good student principles, the art of vocalization, memorization, respect and professional setting etiquette.

This second-year program has developed a choir for kids ages 8 through 12, in which they receive musical instruction in voice and group performance that culminates in two public community performances per year - a Christmas program presented at Mt. Carmel and a Spring recital held at the Trinidad School District middle school auditorium. The program runs concurrently with school’s academic calendar, meeting once per week throughout the year. This program highlights a strong collaborative partnership with the local Trinidad school district providing transportation to students weekly to Mt. Carmel Wellness and Community Center where the musical instruction is provided.

This program allows more than 40 students to gain knowledge from experienced faculty: Connie Pallone, Toni Mangino and Geneva Villegas. An amazing team bringing out the best in every participant!

Volunteers
Thank you
to our many
volunteers!

For the students and families of Trinidad, this program:

- Provides a much-needed arts program for the youth of Trinidad
- Collaborates and partners with local area school counselors in the recruitment of students
- Directly impacts families in the community by introducing students to the music field
- Continues networking with families and participants as the main stakeholders
- Provides strong working collaborative support for the program faculty to assure sustainability and program longevity

**Join us for the Mt. Carmel Youth Choir's spring recital on
May 3rd at 7:00 pm at the Trinidad Middle School auditorium.
Come celebrate another successful year with our
wonderful performers and amazing faculty!**



Join us at **Emily's Kitchen & Garden Café** for breakfast and lunch - open from 8am to 2pm, Monday - Friday. Enjoy a free cup of coffee anytime.

Stop by and bring a date for a Family Friday dinner with the first beer on us (with purchase of food).

Our customers say it best:

"Emily's café is a beautiful setting, the food is exquisite and delicious, we will come back again and again."

"The service we received at the café was by far the best anywhere."

"I recommend this place to anyone, enjoy a beautiful place and great food."

"Our family meeting was catered with love and great food."

Look us up on [Yelp](#) and leave your comment.

We are committed to providing an amazing customer service experience!

Book Your Upcoming Party!



Warm weather is coming! Mt. Carmel is a beautiful 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 Ashley at 719-845-4877.

Leadership 21 Program

Program Overview: Through a strong partnership with the Trinidad Boys and Girls Club, local elected officials and business owners, the program provides a strong direction for students exploring professional careers. While providing an opportunity for students to gain ample understanding of how local and state government works, it provides participants with a vast understanding of the inner workings of their local city, state and county governments. Students learn about the banking industry, career choices in the health field, team building from college coaching personnel, computer and internet security protocols, organic farming and food production opportunities and challenges, as well as many networking, job shadowing and mentoring opportunities. Students also learn hands-on life saving techniques from Mike DiPaola and health care career choices from Danielle Kolakowski from Salud Family Health Center.



Program Mission: This program exposes students to the various aspects of a working government and future career options. It strives to train future leaders from within the community by connecting them with local leaders and business owners.

The current program started March 2 and will be completed May 12; however, we are already planning another offering for Fall of 2018. Plan to enroll your student early!

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Exciting Events Coming to Mt. Carmel



Every Friday Night, 5:30 - 9:00pm
Free Beer Fridays

Our staff at Emily's Kitchen & Garden Cafe is here to serve you! Come out and enjoy delicious appetizers and entrees. Your first beer is on us (with food purchase)! Visit us on [Facebook](#) to view the special menu.



May 3, 7pm

Mt. Carmel Youth Choir Spring Concert

Join us at Trinidad Middle School's auditorium to celebrate another successful year of the youth choir in partnership with Trinidad School District.



Every Thursday, May 3 - June 7, 1-4pm
Chronic Pain Self-Management

Mt. Carmel Wellness & Community Center, Mt. San Rafael and Las Animas County Health Department partner to bring you a FREE 6-week Chronic Pain Self-Management course. Every Thursday from 1 - 4pm, May 3 - June 7, at the Health Department. Developed at Stanford University, this program teaches participants how to deal with the challenges of living with chronic pain. To register, call Yvonne Romero at (719) 845-3117 or email yromero@msrhc.org by June 6th.



May 7, 6-8pm

Canvas & Conversation

A fun night of painting and socializing! Class cost is \$30, which includes all materials, glass of wine and snacks. To register, call Ashley at (719) 845-4877 or email adipaola@mtcarmelcenter.org.



July 14 & 15

8th Annual Mt. Carmel Festival & Spaghetti Dinner

In honor of our Lady of Mount Carmel! Games, entertainment, music, Bingo, Taste of Trinidad, Trinidad's Got Talent Show and much more! If you would like to set up a booth, volunteer or sponsor the Festival, contact Ashley DiPaola at (719) 845-4877 or email adipaola@mtcarmelcenter.org.