

The Beacon



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Christmas Blessings!

All of us at Mt. Carmel wish our friends and supporters a wonderful and blessed Christmas holiday! Remember that Mt. Carmel, as a non-profit, is here to serve you and to help meet your health and wellness needs.

Mt. Carmel Wellness & Community Center continues to improve the minds, bodies and spirits of residents of Trinidad and surrounding areas. Our first year of partnership with Salud Family Medical Centers was a great success, resulting in more than 9,000 patient visits. Over 2,800 people benefitted from learning about chronic disease self-management, diabetes self-management, body wellness and Tai Chi. The Center was the location of 41 fun community events and classes such as Canvas and Conversation, Mt. Carmel Youth Choir, Octoberfest, and the Mt. Carmel Festival and Christmas Bazaar. The beautiful setting was perfect for 68 private events like weddings, baby showers and high school proms, and 71 social groups utilized the space. Everyone who visited the Center had the opportunity to enjoy the delicious home-cooked food by Emily's Kitchen and Garden Café.



Plan to stop by in the new year to see how Mt. Carmel can help with your wellness goals or to plan your next get-together. We are here to serve you!

**Wishing you and yours a very Merry Christmas
and a Wonderful New Year!**



Salud is open Monday-Friday from 7am - 7pm. Call (719) 422-8800 today 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.

Mt. Carmel Wellness & Youth Programming

Trinidad Team

Felix M. Lopez
Chief Operating Officer

Ashley DiPaola
Food, Wellness & Event
Manager

Patricia Duran
Event & Wellness
Coordinator

Bert Santistevan
Facilities Manager

Priscilla Coca
Custodian

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

Chasity Olmstead
Laura Marquez
Receptionists

We have an array of programming to assist our community members to better navigate illnesses. These include Tai-Chi, Diabetes Self-management, Chronic Disease Self-management, Chronic Pain Self-management and Body Wellness—to mention a few. **There is still time to join the Eat Well – Live Well program!** The second half of the program will be launched in January 2019. Make a resolution that will last a lifetime and start 2019 with a program that will improve your health and wellness. This program emphasizes a lifelong change rather than a temporary change.

Program components:

Meal planning, healthier food choices and clean eating
How to understand proper daily caloric intake and water consumption for every family member
Label reading and grocery shopping tips – hands-on
Importance of stress management and sleep for better health
Obstacle resolution - making the commitment to achieving health goals
Measurements at the beginning and end of the program - understandable and achievable
How to deal with relapse and triggers; how new behaviors become habits
Guest instructors, when available, explain the benefits of exercising regularly

Mt. Carmel also offers several signature children's programs such as the Mt. Carmel Youth Choir, which includes students in grades four through six. This program is instructed by Connie Pallone, Toni Mangino and Geneva Villegas. Students have two opportunities to perform for the community - the Mt. Carmel Christmas concert and the spring recital at Trinidad Middle School.

Youth Explorers Camp is offered annually in June. This program offers children's education from various local subject matter experts including the history of mining in Trinidad, arts, music and more, culminating in a field trip outside of Trinidad.

Children in Trinidad also have the opportunity to participate in a Colorado Springs Conservatory instructional opportunity in July of every year. This program teaches students the art of music, dancing and acting in a week-long program that culminates with a program to open the traditional Mt. Carmel Festival.

Leadership 21 will be offered in the early spring of 2019 for students eighth grade and up for 10 consecutive Fridays. Students will be guided through a career path search and collegiate educational choices. The program is presented by community leaders and local educational representatives. The curriculum includes local government representatives sharing with students the intricacies of their positions, presentations from local business owners and local company representatives discussing the steps to business ownership. Students can learn about cyber security and technology do's and don'ts. They will also learn how to apply for college financial aid, grants and scholarships, how to prepare for job interviews and resume writing.

Coming in 2019 will be Kids Fridays at Mt. Carmel. Kids in grades four through eight will have the opportunity to participate in kids yoga, art classes including painting and the art of recycling, and a section on nutrition and wellness in partnership with AmeriCorps members' Eat Well – Live Well program and Dr. Ivory Raye ND.

We would like to give a shout out to all the presenters and supporters of these programs at Mt. Carmel, because we could not do it without the community's support and our many volunteers. Our programs are made possible by the generosity of grantors and individual donors. We extend our sincere gratitude for your financial support! If you would like to volunteer and/or make a financial contribution to any of these programs, please call **Patricia Duran at (719) 845-4875** or simply stop by Mt. Carmel. We would be delighted to provide you with a personalized tour and share with you all that Mt. Carmel has to offer!

Colorado Springs Team

Bill Miller
Controller

Angie Pickett
Operations Manager

Angela Ann Cesario
Special Projects Coordinator

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our many
volunteers!



EMILY'S KITCHEN
& GARDEN CAFE

DID YOU KNOW WE CATER?

We would love to cater your next
event or gathering!

911 Robinson Ave.
Trinidad, CO 81082



Emily's Kitchen and Garden at Mt. Carmel Now Taking Intimate Parties

Emily's Kitchen and Garden at Mt. Carmel Center is happy to announce an addition to its current catering options. Recognizing the community's need to host smaller events, Mt. Carmel has designed an option to accommodate 25 people or less. This option offers all of the amenities of traditional events: a choice of menus, service options, special equipment (audio/visual, mics, etc.) and the same dedicated team of servers, serving the same high quality, delicious food. Mt. Carmel offers a new menu and is happy to prepare special requests.

This newest accommodation features the private use of Emily's Kitchen and Garden seating area and is perfect for social groups that meet regularly, business training sessions, children's birthday parties, rehearsal dinners, baby and bridal showers and any event that calls for more intimacy.

With the addition of this option, Mt. Carmel Center is now poised to offer accommodations to suit any size group, delicious food cooked to taste and perfection, on-site, state-of-the-art equipment and the warm, friendly reception of people who really care and wish to make each event the very best experience.

To schedule either a large or small event, contact Patricia Duran at (719) 845-4875 or Ashley DiPaola at (719)-845-4877.

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shop this holiday*

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AmazonSmile is the same Amazon you know. Same products, same prices, same service. Simply choose Mount Carmel Health Wellness and Community Center as the charity of your choice, and Amazon will donate 0.5% of the price of your eligible [AmazonSmile](https://smile.amazon.com) purchases to help this nonprofit. It's that easy!

Trinidad Community Foundation Raffle

To Benefit



and



'53 Hudson Jet



This Could Be Yours!

To Be Raffled This Fall!

1 Ticket \$10.00, 3 for \$25.00 and 6 for \$40.00

- 1 **First Prize** 
1953 Hudson Jet
- 2 **Second Prize** 
\$500.00 Prepaid Gas Card
- 3 **Third Prize** 
Samsung Tablet

Drawing to be held:
1 p.m, Friday, Nov. 23, 2018
at



911 Robinson Ave. Trinidad, CO 81082

To purchase tickets, call or stop by the office:

Trinidad Community Foundation
Office Hours M-F 12 p.m. – 4 p.m.
136 W. Main St. Room 204
Trinidad, CO
719-846-5940

Mt. Carmel
Office Hours M-F 8 a.m. – 5 p.m.
911 Robinson Ave.
Trinidad, CO
719-845-4875

Presence is not required to win. Must be 18 or older to purchase a ticket.

Meet us in the Garden Hall on Friday, December 28 at 6 pm to find out who will be the lucky winner of the classic 1953 Hudson Jet as a first prize; second prize will be a \$500 gas card; and a third prize will be a tablet! Emily's Kitchen and Garden will be serving up refreshments before and after the big announcement.

Raffle Tickets can be purchased at the Trinidad Community Foundation's office at 136 W. Main Street, Room 204, or from Mt. Carmel Board Members. We also have tickets at Mt. Carmel Wellness & Community Center. Please stop by and/or call Patricia Duran at (719) 845-4875 for more information.



FREE Documentary Viewing: "In Defense of Food"

As part of the Eat Well-Live Well program at Mt. Carmel, we will host a free showing of the documentary "In Defense of Food" in the Mt. Carmel Chapel at 6 pm on Wednesday, January 16, 2019. Healthy snacks will be provided for attendees.

Spread the word to friends and family. This opportunity will help solidify those 2019 health and wellness resolutions! The documentary is about the history of the food industry in the United States and explains why America is an unhealthy country and how we can fix it. **Viewing is free and open to the public.** Meet the AmeriCorps members and hear them explain the Eat Well – Live Well program!



Coming in February 2019

Tai Chi is a terrific exercise for everyone -- as long as it is done correctly. Tai Chi is gentle, can quickly improve balance, core strength, circulation and flexibility, and at the same time it can decrease stress levels and increase life vibrancy and joy.

Mondays and Wednesdays, February 4 - March 16

Advanced Classes from 9:30 - 10:30 am

Novice Classes from 10:30 - 11:30 am

REGISTRATION FEES

- \$40 Fee

- For those 60+ years, \$40 registration fee paid by Mt. Carmel

Mt. Carmel Wellness & Community Center

Garden Hall

911 Robinson Ave.

Trinidad, CO

Contact Patricia Duran to register or for more information:

719-845-4875 pduran@mtcarmelcenter.org

Health Tips for Winter

Staying healthy this winter means taking natural steps like these.

1. Wash your hands often

One of the most effective ways to stay healthy this winter is to wash your hands often. This may seem like a simple step, but it is one of the most effective methods of killing germs.

2. Opt for garlic

Garlic has been shown to be an intense immune booster, killing off several types of bacteria and viruses. Don't be shy about tossing some extra garlic into your sauces, pasta and vegetables. Odorless garlic supplements are also available at most health food stores.

3. Boost your vitamin C

Research has shown vitamin C to be one of the most powerful immune boosting vitamins available. This water-soluble vitamin can be found in oranges, orange juice, broccoli and other fruits and vegetables, as well as in high quality multi-vitamins. Chewable or liquid vitamin C is also available in most health food stores. Ester C (a unique form of vitamin C that is buffered with calcium to increase absorption) is also available in several multi-vitamins or as a single supplement.

4. Drink plenty of water

In order to stay healthy and keep digestion strong, it is important to drink 6-8 glasses of water each day. If you don't feel like drinking cold water, opt for an herbal tea that also offers plenty of anti-oxidant benefits, such as mint tea, green or white tea or berry teas.

6. Avoid overdoing it on refined flours or sugars

Too much white sugar and flour will not only contribute to weight gain, but can also crash your immune system. Instead of products with white flours or sugars, substitute breads and baked goods made with whole grains and natural sweeteners such as fruit or fruit juice.

7. Keep active

Continue your exercise routine through the winter to stay fit, boost your immune system function, decrease stress and keep your weight down. If you have exercise equipment at home, fitting in a 45-minute workout three to five times a week should not be a problem. Otherwise, invest in some fitness DVDs, a gym membership or bundle up and go outside for a winter walk. For those of us on a busy schedule, fitting it all in can seem difficult. Try waking up an hour earlier during the week and maximizing weekend workouts.

Exciting Events Coming to Mt. Carmel



December 28, 6 pm
Trinidad Community Foundation Raffle Drawing
Meet us in the **Garden Hall** to find out who the lucky winners are!



Eat Well, Live Well
January 2019
Join the second half of this FREE program. Families are welcome and encouraged.
Contact Patricia at (719) 845-4875 to register.



Mindfulness Tuesdays
January 8 - February 12, 9 -10 am
Garden Hall
This program is free and open to the public. Please call Patricia Duran to reserve your spot at (719) 845-4875.



FREE Documentary Viewing: "In Defense of Food"
January 16, 6 pm
Mt. Carmel Chapel
Documentary about the history of the food industry in the U.S. that explains why America is an unhealthy country and how we can fix it. Healthy snacks will be provided.



Coming Soon! Kids Fridays
Mid-January, Time TBD
Art-in-a-suitcase, kids' yoga and nutrition for kids - Children 4th through 8th grade will have an opportunity to participate in these creative, educational and wellness Fridays.

For information on all of the wellness programs coming at the first of the new year such as Diabetes Self-Management, Chronic Pain Management, Chronic Disease Self-Management and Body Wellness, please contact Patricia Duran at (719) 845-4875 or pduran@mtcarmelcenter.org.