Issue: #73

August 2022





The Mt. Carmel Team

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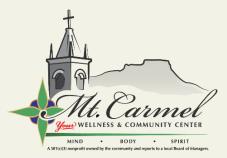
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We Reap What We Sow

August is typically the month that we reap what we sow, so make sure you sow good seeds! If you always sow seeds of love, thankfulness and joy, you will reap the benefits of those seeds throughout your life.

We had a very busy summer at Mt. Carmel! We just finished most of our youth summer programs and are getting ready to start our late summer/early fall wellness programs. We thoroughly enjoyed the time that we spent with all of the youth who came through our doors for the various summer camps. We are now looking forward to our upcoming wellness programs and classes, hoping to see some new faces and familiar faces as well.

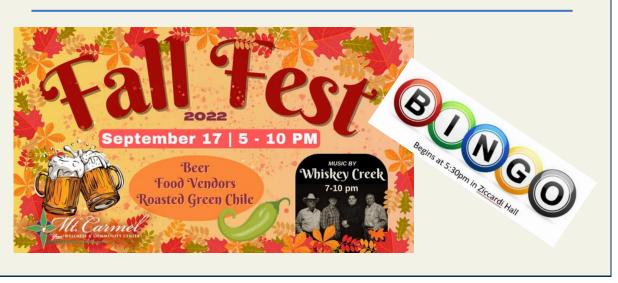


We take pride in providing our community with various fun events to attend in the summer. In addition to the Mt. Carmel Festival held last month, we are excited about **Fall Fest coming up on September 17th from 5-10pm, featuring music by Whiskey Creek**. We are expecting a huge turnout for this event, not only because this band is a fan favorite, but also because we will have a vendor on-site roasting green chiles! Plus, **Bingo begins at 5:30pm**, so bring your daubers (or purchase at the event)!

We are very excited to announce that our office in the downtown Champions Center is now open. Please stop by for a look when you're in the neighborhood. Our Diabetes Selfmanagement, Yoga, and Stretching classes will be held in this beautiful new space.

We are proud to continue providing boxes of food to families in need in our community. **We are grateful for a generous donation recently received from Evergreen Natural Resources.** If you would like to donate to our food insecurity program or any of our Wellness Programs, please click <u>here</u>. All of our programs are currently provided at no cost to participants because our mission is to help improve the health and wellbeing of our community!

Ashley DiPaola Director of Operations



Trinidad Team

Ashley DiPaola Director of Operations

> Mary Zamora Admin Asst/ Wellness Coord.

Noreen Perri Event Coordinator

Ivory Raye Wellness Prog. Mgr.

Priscilla Trujillo Custodian

Kurt Traskos Facilities

Salud Family Health Center Team

Laura Veltri Clinic Administrator

Charla Chenoweth-Swift LCSW

> Jenny Miller PA

Mike DiPaola Lead Nurse

Angel Daugherty Registered Nurse

Gwyndolyn Snyder, N.P.

Rose Carrion Medical Assistant

Virginia Rivera Enrollment Specialist

Chasity Olmstead Receptionist





Congratulations to Evergreen Natural Resources for winning first place in the tournament!

Salud Dental Team

Kyle Larsen, DDS Dentist

Jean Velasquez, RDH Hygienist

> Jayme Maes Receptionist

Colorado Springs Team

Marcia Mitchell Controller

Angie Pickett Corp. Dir. of Operations

Angela Ann Cesario Grant Research Coord.

Amanda Hamilton Executive Assistant

Volunteers Thank you to our many volunteers! Time to Give Your Immune System a Boost!

It still feels like summer, but fall is around the corner. With kids heading back to school and weather changes on the horizon, it's a good time to support your immune system. Include in your diet fruits and veggies that are high in vitamin C, like colorful bell peppers (orange and yellow), citrus fruits, and even acerola cherries or powder. Onions and garlic kill bacteria and viruses and support immune health. Consider making your favorite healthy soup recipe and include the mentioned vegetables, as well as immune-boosting mushrooms like Reishi, Lion's Mane, Chaga and Shitake. Don't forget your Vitamin D - get 15-20 minutes outside daily. Stay Healthy and Happy!



Dr. Ivory

Events & Catering

From the Desk of Dr. Ivory Raye

We have been honored to host a number of weddings this year, and we appreciate the couples trusting us with their special day. We do our best to make your dream a reality. Some people simply want a small, intimate ceremony, while others desire a larger wedding with a festive reception after. Our most recent event had a "Great Gatsby" theme with fun outfits and decorations.

Noreen Perri, Event Coordinator

We are happy to host other events such as birthday parties, baby showers and business meetings, and we

respectfully handle difficult events

like memorials and funerals also. In addition to the beautiful venues at Mt. Carmel Wellness & Community Center, Sister Blandina Wellness Gardens downtown is also available for special events.

I look forward to all of the events that we are fortunate enough to host. Call me at (719) 845-4875 to discuss whether we can help with your next special event.



Noreen



Children are Our Future

We had many kids come through our doors this summer for our various youth programs. The week-long Youth Explorers Camp was a huge success with our area youth, as was the Youth Gardening Club, where the last class harvested and cooked with herbs. The Youth Choir Music Camp was held for three weeks, culminating in a performance for their families in our chapel on the last day. The Teen Wellness Series was a big hit with our local and visiting teens with eight weeks spent bonding, doing yoga and creating fun craft projects. The Youth Orchestra and Kids Karate are on-going programs at Mt. Carmel. As

you can see, youth programming is a priority for us!

Mary Zamora Admin Asst./Wellness Coord.



OUR MISSION: TO PROVIDE A QUALITY, INTEGRATED HEALTH CARE HOME TO THE COMMUNITIES WE SERVE.

Salud is a Federally Qualified Health Center (FQHC), 501(c)(3) nonprofit, operating 13 clinic locations, 11 school sites and a mobile unit. We provide medical, dental, pharmacy and behavioral health care services to keep you and your family healthy.

We focus on low-income, medically underserved populations as well as the migrant and seasonal farmworker population. Salud accepts Medicaid, Medicare, CHP+, and most private insurance plans. We offer a sliding fee scale based on family size and income. Insurance enrollment assistance is available.

Since 1970, Salud remains committed to providing care to all community members regardless of finances, insurance coverage, or ability to pay.

HOURS OF OPERATION

Medical: 7:30 am - 5:00 pm Monday - Friday (719) 422-8800

Dental: 8:00 am - 5:00 pm Monday - Friday (719) 422-8810

Telehealth Services available until 7:00pm Monday-Friday. This clinic at Mt. Carmel opens at 9am on the 1st and 3rd Wednesday of each month.



Support Mt. Carmel and try your luck at winning two nights at the Crawford Hotel in Denver, \$500 cash, or an auto detail package!

Click <u>here</u> to provide your name and phone number or call (719) 845-4894 to buy tickets, which are sold by Mt. Carmel board members. The drawing will be held at the Fall Fest on September 17th at 5pm. You do not need to be present to win.



A Sampling of Our Current & Upcoming Programs

Visit our event calendar at <u>mtcarmelcenter.org</u> to see all of our current and upcoming programs and to register for these programs and more.

Call (719) 845-4894 to register for the following programs.



We Are So Grateful for our Generous Sponsors & Donors

As a 501(c)(3) nonprofit organization, it is through donations and sponsorships that we are able to offer wellness programs, kids' programs, festivals and other great events to our community. Won't you consider donating or sponsoring a program to help us continue these valuable services that improve lives?



Mt. Carmel Wellness & Community Center | 911 Robinson Avenue, Trinidad, CO 81082 | (719) 845-4894