

The Beacon



The Mt. Carmel Team

Board of Trustees

Jay Cimino
Founder & Chairman
of the Board

Gina Cimino
Vice-Chair

Angela Ann Cesario
Secretary

Marcia Mitchell
Treasurer

Greg Garcia

Dave Palenchar

Board of Managers

Ed Griego, Chairman

Lucille Mattie, Vice-chair

Amanda Hamilton, Sec.

Marcia Mitchell, Treasurer

Laura Aiello

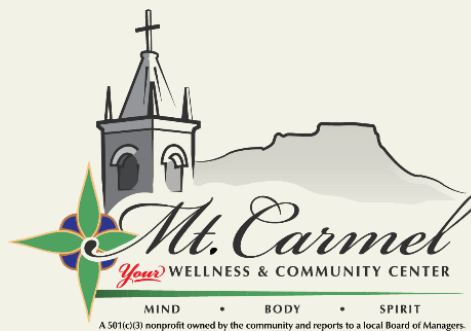
Cy Michaels

Joanne Montero

Linda Perry

William D. Phillips

Renee Valentine



My, How Time Flies!

Time flies when you're having fun, and our summer at Mt. Carmel has flown by quickly! We've had so much fun with our youth programs, cooking classes and summer concerts, which have all been well-attended.

Our biggest fundraiser was the 3rd Annual Golf Tournament, and I would like to thank all of our sponsors for generously supporting this event. The proceeds go to support our wellness programs, most of which are completely free. I would also like to thank the Mt. Carmel Board of Managers and others for generously volunteering their time. Board member Renee Valentine has organized the tournament every year, and we are so grateful for her leadership and dedication to the event. We feel it was a great success, and I'm already looking forward to next year's tournament. Mark your calendars for Friday, July 19th!



Our fun isn't over yet though! You still have time to sign up for the Body Wellness program by Scott Uhalt, Ph.D., beginning on September 11th. You can also work off some calories dancing (chair dancing counts too) to music by the Dynamix on September 8th (\$5 cover at Mt. Carmel) or the Cappellucci Brothers at Fall Fest (free at Mt. Carmel) on September 23rd. Or, if you feel like something a little more low-key, you can always join us for Tai Chi or Qi Gong classes. Visit mtcarmelcenter.org or our Facebook page to check out all of our upcoming programs and events. We work hard to ensure there is always something for all ages to enjoy!

Ashley DiPaola
Director of Operations

Trinidad Team

Ashley DiPaola
Director of Operations

Mary Zamora
Admin Asst/
Wellness Coord.

Noreen Perri
Event Coordinator

Carla Segotta
Downtown Admin Asst/
Wellness Coord.

Priscilla Trujillo
Custodian

Salud Family Health
Center Team

Mike DiPaola
Operations Director

Dr. Karen Fredde, MD

Jenny Miller
PA

Angel Daugherty
Registered Nurse

Clare Johnson
SWC

Rose Carrion
Lead Medical Assistant

Virginia Rivera
Enrollment Specialist

Karie Bennett-Pena
Front Desk Coord.

Carmen Jaramillo
Customer Service Assoc.

Salud Dental Team

Kyle Larsen, DDS
Dentist

Jean Velasquez, RDH
Hygienist

Shonnel Smith
DCC

Shantell Gerardo
RDA

Libby Sanchez
RDA Lead

Sarah Valdez
DA

Win a Week in Breckenridge!

If you like the sound of a one-week stay in Breckenridge the week of Memorial Day 2024, then buy some tickets by September 21st! Purchase from a Mt. Carmel board member in Trinidad or Colorado Springs. Click [here](#) to see a list of board members.

You can't win if you don't play!

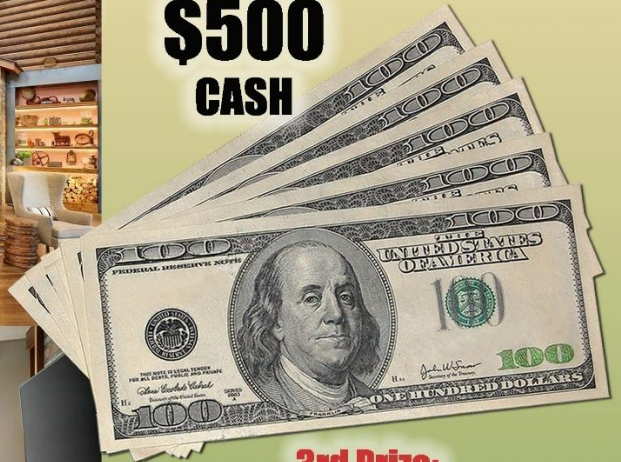


Grand Prize: 1-WEEK STAY
THE RANAHAAN
BRECKENRIDGE
May 24-31, 2024
Includes room rate, service charge & taxes.

Tickets **\$20** each or 6 for **\$100**

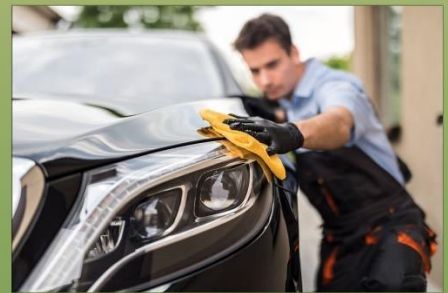
2nd Prize:

\$500 CASH



3rd Prize:

Auto Detail Package



Call **719-845-4894** to purchase tickets!



DRAWING TO BE HELD @ FALL FEST - SEPTEMBER 23, 2023

One bedroom, one bath unit, with kitchen, sleeps two privately (4 maximum). Drawing is usually held live on Facebook. Not required to be present to win.

Register Now or Mark Your Calendars!

Colorado Springs Team

Marcia Mitchell
Controller

Angie Benjamin
Corp. Dir. of Operations

Angela Ann Cesario
Grant Research Coord.

Amanda Hamilton
Executive Assistant



Hello! Dr. Scott Uhalt, Ph.D., MCWC, here to say hi and invite you to join Body Wellness 2023. In this year's program, we are adding an evening of information on improving gut health and cooking concerns you should be aware of that influence one's health. This is on top of all the fitness, nutrition, stress and time management, and other information that has always been a part of the program. Since the last time I facilitated Body

Wellness, I have earned a MCWC (Master's Certified Wellness Coach) credential to better support your behavior change efforts and the improvement of one's quality of life through Wellness. As a result, we will be including fitness exercise bands, a fitness band exercise booklet and five exercise classes using the bands so that when Body Wellness is complete, participants can continue to improve their health through fitness and wellness. **When incorporating the eight educational classes that cover methods to improve one's body composition, a personal diet analysis and the exercise bands, these resources combined would cost over \$400 if purchased through a commercial business. \$30 is an amazing deal!** So, invite a friend and I look forward to meeting you all on September 11th for Body Wellness.

Good Day and Be Well,
Dr. Scott

Volunteers
Thank you
to our volunteers!

Body Wellness

With Scott Uhalt, Ph.D.

SEPT 11 - NOV 27
12-week Program
MONDAYS | 5:30-6:30 PM

Only \$30

Dr. Uhalt's Individualized approach shows you how easy it is to change old habits and understand concepts of improving body composition.

TAI CHI & QI-GONG

Instructor: Nirvana Gilbert

MON & WED 10AM

HYBRID (IN-PERSON & VIRTUAL)
ZICCARDI HALL
MT. CARMEL WELLNESS & COMMUNITY CENTER
911 ROBINSON AVE | TRINIDAD, CO

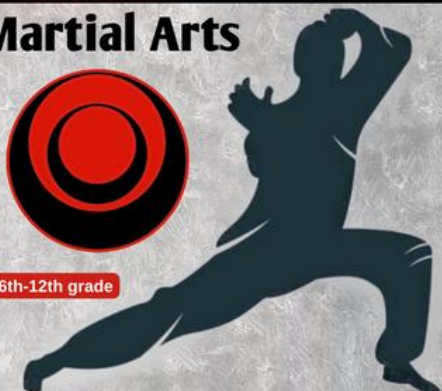
**CALL 719-845-4894
TO REGISTER**

IMPROVE:
BALANCE | CORE STRENGTH
FLEXIBILITY | CIRCULATION
MUSCLE TONE
+ REDUCE STRESS
+ LOWER BLOOD PRESSURE

Salud Family Health Centers

YOUTH INTERNAL

Martial Arts



6th-12th grade

SEPT 23 - OCT 28
SATURDAYS
1-2 pm

Mt. Carmel Wellness & Community Center
 911 Robinson Ave., Trinidad, CO



MIND • BODY • SPIRIT
 A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.

Salud Family Health Centers

Instructed by: Nirvana Gilbert

Call 719-845-4894 to register



2023 **FALL FEST**
SATURDAY | SEPTEMBER 23

FREE ENTRY

5:00 PM - 10:30 PM
 911 ROBINSON AVE, TRINIDAD, CO
 719-845-4894

THE CAPPELUCCI BROTHERS
 ★ 7-10:30 PM ★
BINGO (w/) 5:30 PM | ZICCARDI HALL
ILLUSIONS DANCE TEAM (w/) 5:00 PM

For All of Your Medical, Dental & Behavioral Health Needs



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 5:00pm Monday-Friday.

This clinic at Mt. Carmel opens at 9am on the 1st and 3rd Wednesday of each month.



*Open
to the Public*

Sister Blandina
WELLNESS GARDENS
TRINIDAD, COLORADO

Community: Mind • Body • Spirit
225 N. Commercial Street



Free admission | Open Tuesday - Saturday

Be Kind to Yourself

Check out all of our wellness programs and events
at mtcarmelcenter.org/eventcalendar or facebook.com/MtCarmelCenter

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, most of which are FREE. **Won't you consider donating or sponsoring a program to help us continue these valuable services that improve lives?**

DONATE NOW

Follow Us on Facebook & Instagram

