

The Beacon



The Mt. Carmel Team

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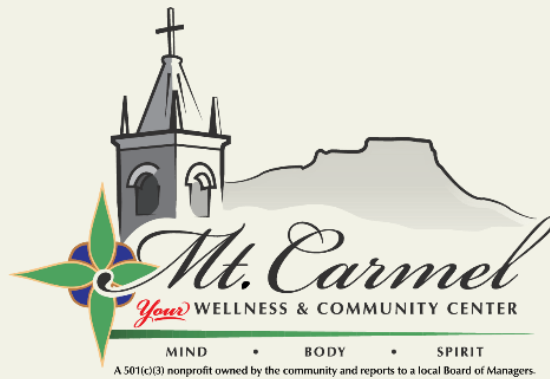
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Where Has the Year Gone?

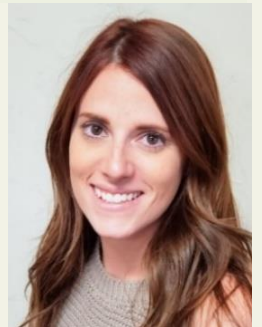
It has been said that as we grow older, time seems to fly by. That has certainly been the case for us. It seems like only yesterday we were holding our summer youth programs, and now Christmas and a new year is upon us.

We are blessed to have had a very successful year. With the help of sponsors and grants received, we were able to provide over 15,000 meals to those in need. Our wellness programs were well attended, with over 4,500 visits between Mt. Carmel and the Champions Center/Sister Blandina Wellness Gardens. We also had over 3,200 visits for events held at all of our locations.

I wish to thank my staff for their hard work and dedication, which ensures that our events and wellness programs are a success. We are also grateful for our board members who selflessly dedicate their time and expertise to Mt. Carmel. We are truly blessed with an amazing team!

At Mt. Carmel Wellness & Community Center, we care about you...mind, body, and spirit. If you are thinking about being more physically active or taking better care of yourself in some way this coming year, we have classes to help. In any case, try to make some type of positive resolution in the new year. Even small changes can make big improvements in our lives.

Ashley DiPaola
Director of Operations



From the Desk of Dr. Ivory Raye

Feeling Stressed During the Holidays?



Consider starting your day with an active B complex or mushroom tea and ending your day with chamomile or passion flower tea. Keep in mind that passion flower can reduce blood pressure, but teas are generally safe and effective. Also, take a few minutes to really appreciate the blessings of the season. I love to spend a few minutes reflecting on what I am grateful for and finding appreciation for the seasonal joy and goodness. Wishing you happy and healthy holidays!

Dr. Ivory

Trinidad Team

Ashley DiPaola
Director of Operations

Mary Zamora
Admin Asst/
Wellness Coord.

Noreen Perri
Event Coordinator

Ivory Raye
Wellness Prog. Mgr.

Carla Segotta
Downtown Admin Asst/
Wellness Coord.

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



**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](tel:7194228800)

Dental: 8:00 am - 5:00 pm Monday - Friday [\(719\) 422-8810](tel:7194228810)

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.

Salud Dental Team

Kyle Larsen, DDS
Dentist

Jean Velasquez, RDH
Hygienist

Jayne Maes
Receptionist

Colorado Springs Team

Marcia Mitchell
Controller

Angie Pickett
Corp. Dir. of Operations

Angela Ann Cesario
Grant Research Coord.

Amanda Hamilton
Executive Assistant



New Programs Coming in 2023

Volunteers

Thank you
to our many volunteers!

In 2023, we will still have our usual lineup of programs to help you with your goals. Some examples include:

- Diabetes Screenings and HbA1c Readings
 - Chronic Pain Self-Management
 - 1-Day Diabetes Education
 - Healthy Life, Healthy Weight
 - Diabetes Education Self-Management
 - Family Cooking Night
 - Kid's Karate
 - Teen Wellness
 - Yoga

We are also excited to announce two new programs - Seniors Outreach Technology and Life Skills (for youth and adults).

To register for any of our programs, please visit our event calendar at mtcarmelcenter.org, visit our Facebook page, or call (719) 845-4894.

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?



**Your support
is greatly
appreciated!**

**[Please donate at mtcarmelcenter.org](https://mtcarmelcenter.org)
under the “support tab.”**

Follow Us on Facebook & Instagram



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