## Issue: #70

### February 2022

# The Beacon



### The Mt. Carmel Team

Board of Trustees Jay Cimino Founder & Chairman of the Board

> **Gina Cimino** Vice-Chair

Angela Ann Cesario Secretary

Greg Garcia

Lou Mellini

Dave Palenchar

### **Board of Managers**

Ed Griego, Chairman Lucille Mattie, Vice-chair Amanda Hamilton, Secretary Marcia Mitchell, Treasurer Cy Michaels Linda Perry William D. Phillips Renee Valentine



# A New Year & New Beginnings!

Reflecting on the past is fine and well, but looking toward the future is even better. As we journey into 2022, we wish you all a healthy, happy and blessed year.

Our lifestyles can have a major impact on our health as far as exercise and eating habits. Mt. Carmel Wellness & Community Center offers classes to help with your goal of living a healthier lifestyle, no matter your age. Classes can be as easy as Gentle Stretching, or for those with more mobility, Gentle Yoga, the Walking Club and Tai Chi. For the youth, we offer so many fun activities and events throughout the year



such as Kid's Karate, Youth Choir, Youth Explorers Camp, painting events, and a new Youth Gardening class, to name a few. You can even join our book clubs, if that's more your style, because the brain needs exercise too!

Happiness is a state of mind:

- Happy people have a positive influence on others and encourage them to seek happiness as well.
- Happy people smile more, which is beneficial to your health.
- Happy people are content with what they have, rather than being jealous of others.
- Happy people are healthier all around and more likely to be healthy in the future.
- Laughter is contagious, so brighten someone else's day!

And remember, when you are blessed, pay it forward by blessing someone else. The world will be a better place if we all do this one, simple thing!

Ashley DiPaola Director of Operations

# Did You Know We Have a Podcast?



Live from the Garden is a community-oriented podcast produced by the non-profit organization Mt. Carmel Wellness & Community Center for Trinidad, Colorado, and surrounding areas. Join Dakotah, a recently settled Trinidadian, as he gets you up-to-date with what's going on in town, interviews locals who are doing extraordinary things, brings you stories about historical events from the town, and much more.

Visit <u>https://soundcloud.com/livefromthegarden</u> to listen. We think you'll be impressed!

# From the Desk of Dr. Ivory Raye

### 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 Manager

<u>Salud Family Health</u> <u>Center Team</u>

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



March is right around the corner. March to health!

The CDC recommends working up to and maintaining at least 150 minutes of moderate or higher physical activity per week.

Tip: You can start with 10-minute intervals, 2-3 times per day, or you can do 30 minutes daily, 5 days per week.

Plan to start moving more in March!

Dr. Ivory

# Sister Blandina Wellness Gardens & Champions Center Update



Have you heard about the new discount card in town? It's part of the new Mt. Carmel and Sister Blandina Membership Program! With five levels to choose from, there's sure to be something that suits your needs. For example, just \$15 per month for the Friend level gives you daily access to the Gardens for yourself and one guest, full access to the Community Perks program, discounts on venue rental, exclusive invitations to partner-only events, and more! Or, if you're looking for a package that caters to the needs of your small business or your family has a special event coming up, check out the Champion or Pioneer level to receive a FREE catered lunch and venue rental!

The Community Perks Program is a member-only discount program created with local businesses and consumers in mind that offers discounts with a current value totaling over \$400! Here at Mt. Carmel Wellness & Community Center and Sister Blandina Wellness Gardens, we want to help support local businesses and give back to the community in a way that benefits everyone.

For more information or to sign up, please visit us at <u>mtcarmelcenter.org</u> or call Noreen at (719) 845-4875.

# <u>Local Businesses Currently Participating in the Community Perks Program</u> Join to access these great discounts!

| Art Cottage                 | 10% Off Purchases Over \$75 (Before Tax) - Excluding Sale Items       |
|-----------------------------|---|
| Club 14                     | 10% Off All Food Items  |
| Colie's                     | \$5 Off Purchases of \$20 or More (Before Tax) - Excluding Sale Items |
| Curly's Beads               | 10% Off Total Purchase  |
| Face Forward Esthetics, LLC | 10% Off All Product & 10% Off All Services Over \$125                 |
| Hops & Vines                | 10% Off Total Purchase - Excluding Sale Items                         |
| La Quinta                   | 10% Off Regularly Priced Room (Member Booking Only)                   |
| M&M Towing & Repair         | One Free Tow per Year (Within City Limits-Light Duty Only)            |
| Main St. Liquors            | 10% Off Purchases Over \$15 (Before Tax) - Excluding Sale Items       |
| Phil Long Toyota Dealership | \$350 Cash Discount on Any New or Used Vehicle                        |
| Phil Long Toyota Services   | 10% Off Service Bills Over \$150                                      |
| Purgatoire River Trading    | 10% Off Any Purchase of \$25 or More                                  |
| Raye Naturopathic           | 10% Off All Services  |
| SRG Landscaping Supply      | 10% Off Total Purchase - Two Time Use Only                            |
| Tequila's                   | Free Churros with Purchase of 2 Entrees                               |
| The Wing Pit                | 10% of Total Purchase   |
| TJ's Refrigeration          | 15% Off Residential Preventative Maintenance                          |
| Trinidad Golf Course        | Free Cart Rental with Purchase of 9 or 18 Holes                       |
| Trinidad Greenhouse         | Free Delivery with Purchase of \$35 or More                           |
| Trinidad Smokehouse         | 10% Off Total Purchase  |
| Tutti Scoops Ice Cream      | \$0.50 Off Any Purchase of \$5.00 or More                             |

### 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** Special Projects Coord.

Amanda Hamilton Executive Assistant

**Volunteers** Thank you to our many volunteers!



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

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

# 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.





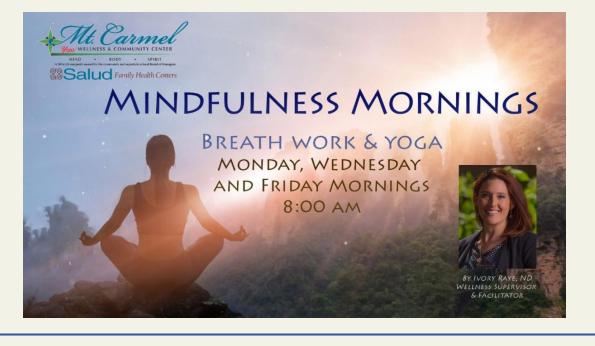
HYBRID (In-Person / Virtual) CHAMPIONS BUILDING 127 N. Commercial St. Trinidad, CO Call 719-845-4894 for more info

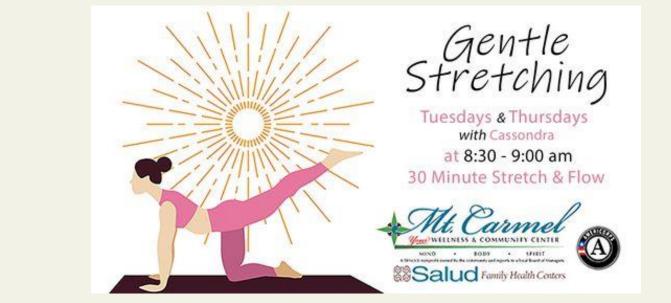


Sister Blandina WILLNESS GARDINS ININIONO. CONTOLION Community: Mind + Body + Sairii











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Nalking Club

Join AmeriCorps member Cassondra for relaxed walks around Central Park



# 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?



# Your support is greatly appreciated!

<u>Please donate at mtcarmelcenter.org</u> <u>under the "support tab</u>."

**Programs & Events** 



Visit <u>mtcarmelcenter.org/event-calendar</u> to view all of our current events

Follow Us on Facebook



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