

# The Beacon



## The Mt. Carmel Team

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of the Board

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## 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 <https://soundcloud.com/livefromthegarden> 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

### 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



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 [mtcarmelcenter.org](http://mtcarmelcenter.org) or call Noreen at (719) 845-4875.

### Local Businesses Currently Participating in the Community Perks Program **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
Collie'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](tel:7194228800)

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

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 [mtcarmelcenter.org](http://mtcarmelcenter.org) to see all of our current and upcoming programs and to register.

**6 weeks**  
(once a week)

**HEALTHY LIFE** VIRTUAL  
with Dr. Ivory Raye

**HEALTHY WEIGHT**

MARCH 1 - APRIL 5  
2022

Virtual presentation and discussion that steer you towards Healthy Living

- Healthy Eating Habits
- Physical Activity
- Weight Loss
- Avoiding Obstacles
- Stress Management
- Self-Care





# FREE 1-Day Diabetes Education

Saturday, March 5th  
10am-2pm  
LUNCH & MATERIALS PROVIDED

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



*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO  
Community: Mind • Body • Spirit




*Mt. Carmel*  
Your WELLNESS & COMMUNITY CENTER  
Youth Choir

**MONDAYS @ 4:00 PM**  
**BEGINNING MARCH 7, 2022**  
Grades 3-8  
Call 719-845-4894  
to register or for more information



# Mt. Carmel Market

**MARCH 19, 2022 | 9am - 2pm**  
911 Robinson Ave - Trinidad, CO

*Saturday* **ARTS & CRAFTS**  
**FOOD FUN**

DIY IS IN MY DNA!

Rent a space - Call 719-845-4875



## COOKING for Seniors



APRIL 7 - APRIL 28  
4:00 PM - 6:00 PM

Garden Room at  
Mt. Carmel Wellness &  
Community Center



## MINDFULNESS MORNINGS

BREATH WORK & YOGA  
MONDAY, WEDNESDAY  
AND FRIDAY MORNINGS  
8:00 AM



BY IVORY RAYE, ND  
WELLNESS SUPERVISOR  
& FACILITATOR



## Gentle Stretching

Tuesdays & Thursdays  
with Cassondra  
at 8:30 - 9:00 am  
30 Minute Stretch & Flow







*Mt. Carmel*  
Your WELLNESS & COMMUNITY CENTER

MIND • BODY • SPIRIT  
A SERVICE managed by the community and reports to a local Board of Managers.

Salud Family Health Centers

TUESDAYS & THURSDAYS  
9:30 AM - 10:30 AM

**Gentle Yoga** - with Dr. Ivory Raye -



★ ★ ★

## COFFEE @ CHAMPIONS

★ ★ ★

A PLACE FOR VETERANS TO ENJOY A CUP  
OF COFFEE AND MAKE CONNECTIONS  
WITHIN THE COMMUNITY

**Every Wednesday | 10:00 am**  
PLUS! Don't miss the informative presentations  
the 4th Wednesday of each month



*Sister Blandina*  
WELLNESS GARDENS  
TRINIDAD, COLORADO  
Community: Mind • Body • Spirit

127 N. Commercial St, Trinidad, CO  
719-845-4894



**Mondays & Wednesdays | 9am - 10am**  
**Walking Club**

Join AmeriCorps member Cassandra 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!**

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

## Programs & Events



Visit [mtcarmelcenter.org/event-calendar](http://mtcarmelcenter.org/event-calendar)  
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