

# The Beacon



## The Mt. Carmel Team

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## Summer is Finally Here!

Summer is synonymous with gardening, outdoor concerts, festivals and fun! Our Youth Gardening Club and Teen Wellness Series began with great success this summer. Some of the other youth programs scheduled to begin soon are the Youth Explorers Camp and Mt. Carmel Youth Choir Music Camp. There's still time to register your kids for any of these programs!

The May Market was held in the beautiful Sister Blandina Wellness Gardens for the first time this year and it was a huge success with 24 vendors and approximately 200 people attending over the course of the day! On June 4th, our first Wellness Expo was also held in the Gardens with 26 vendors, 7 interesting presentation topics given by various presenters, and approximately 150 people attending throughout the day.

We are very excited to hold our annual **Mt. Carmel Festival July 8-10**. It's always fun for the whole family! And, the **2nd Annual Mt. Carmel Golf Tournament will be held on July 22nd**. Visit [mtcarmelcenter.org/golf](http://mtcarmelcenter.org/golf) to sponsor or register your team.

We take pride in providing our community with fun events as well as ways to improve quality of life. We hope you will join us in finding ways to relax and unwind, and we wish you all a healthy and happy summer!

*Ashley DiPaola*  
*Director of Operations*



## THANK YOU

**Ent Credit Union** and  
**Tercio Foundation**

for generous contributions to our  
Food Insecurity Program!

To help provide food boxes for those in need or to support any of our wellness programs, please visit [mtcarmelcenter.org](http://mtcarmelcenter.org).



## From the Desk of Dr. Ivory Raye

### *Don't forget to hydrate!*

As the weather heats up, it's even more important to stay hydrated. Make sure you drink 60-100 ounces of water daily. If you still feel thirsty, dizzy or dehydrated, add electrolytes to your water. A personal favorite of mine for hydration and electrolytes is coconut water -- 2-4 ounces daily, in addition to regular water intake. Read the nutrition label though. Look for coconut water that has no added sugars or ingredients you don't recognize. Try different brands until you find your favorite and consider chilling it or drinking it over ice cubes. Have a great summer!



*Dr. Ivory*

### Trinidad Team

**Ashley DiPaola**  
Director of Operations

**Mary Zamora**  
Admin Asst/  
Wellness Coord.

**Noreen Perri**  
Event Coordinator

**Ivory Raye**  
Wellness Prog. Mgr.

**Pam Solano**  
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

## Sister Blandina Wellness Gardens & Champions Center Update

### Join the Mt. Carmel and Sister Blandina Wellness Gardens Membership Program!



*Noreen Perri, Event Coordinator*

Membership gives you access to the Gardens, discounts on venue rental and catering (depending on the level chosen), exclusive invitations to partner-only events, and full access to the Community Perks program. This member-only discount program helps to keep the Gardens beautiful and supports local businesses. Participating businesses are currently offering discounts with a value totaling over \$400!

Please call Noreen Perri at (719) 845-4875 to sign up and schedule a tour of the Gardens. We look forward to hearing from you!

### 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	5% 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

## Welcome Our Newest Additions

### Joanne A. Montero



We are grateful that Joanne has graciously agreed to volunteer her time on the Mt. Carmel Board of Managers. Joanne is a life-long resident of Trinidad and a graduate of Trinidad High School and Trinidad State Junior College. After working for a private attorney in Trinidad for 12 years, she accepted a position as a judicial assistant for the Colorado Judicial Department. Joanne is currently the Clerk of the Court/Probate Registrar of the Las Animas County Combined Courts and celebrated her 35<sup>th</sup> anniversary with the Judicial Branch in December. In 2017, she received the Colorado Judicial Department Court Employee of the Year award from Chief Justice Nancy Rice.

### Pam Solano



Pam will be Admin Assistant & Wellness Coordinator for our downtown programs at Sister Blandina Wellness Gardens and the Champions Center. She is very excited to work for Mt. Carmel!

Pamela was born and raised in Trinidad where she attended Mt. Carmel School. She graduated from Trinidad High School, Trinidad State Junior College and USC, Pueblo. After graduation, she relocated to Denver, Colorado where she worked as an Executive Assistant and an Insurance Adjustor. She relocated back to Trinidad after 25 years, and she enjoys working for non-profit organizations, golfing, and spending time with her 22-year-old daughter, her parents, dog, and her fiancé.



**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:(719)422-8800)

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

#### Salud Dental Team

**Kyle Larsen, DDS**  
Dentist

**Jean Velasquez, RDH**  
Hygienist

**Jayne Maes**  
Receptionist

#### Colorado Springs Team

**Marcia Mitchell**  
Controllor

**Angie Pickett**  
Corp. Dir. of Operations

**Angela Ann Cesario**  
Grant Research Coord.

**Amanda Hamilton**  
Executive Assistant

#### **Volunteers**

Thank you  
to our many volunteers!

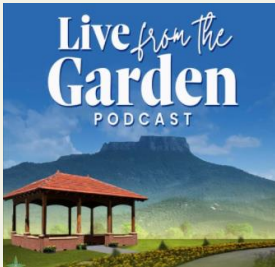


## Youth Gardening Club

Twelve of our local kids are learning from landscaper Kurt Traskos and Mary Zamora how to plant and grow herbs, fruits and vegetables. The kids had a fun day digging in the dirt! This will be an on-going, seasonal youth program.



## Mt. Carmel 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 Dakota, 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!

## 2022 Wellness Expo

The June 4th Wellness Expo was filled with energy! Sister Blandina Wellness Gardens was the perfect venue for 24 vendors to share their wellness products and expertise with more than 150 people in attendance. We plan to make this an annual event!



# 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 for these programs and more.

The Festival is back! Bring your appetite and your dancing shoes and join the fun! Try your luck at Bingo too!



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

**FREE!**  
**2022**  
**FESTIVAL**  
July 8th, 9th & 10th

**JULY 8TH**  
5-10 pm  
Live music featuring  
**CAPTAIN REED**

**JULY 9TH**  
3-10 pm  
Live music featuring  
**DYNAMIX**

**July 8th**  
**BINGO**  
starts @ 5:30 pm  
Ziccardi Hall

**FOOD • FUN • LIVE MUSIC • VENDORS**

@mtcarmelcenter on Facebook & Instagram  
[www.mtcarmelcenter.org](http://www.mtcarmelcenter.org)  
**719-845-4894**

**July 10th**  
**PASTA DINNER**  
11 am - 2 pm  
Tickets: \$13



**TEEN WELLNESS SERIES**  
*With Dr. Ivory Raye and AmeriCorps*

Yoga - Mindfulness - Craft & Create



*Wednesdays | 1:30 - 5:00 pm | June 1st - July 20th*

Call (719) 845-4894 to register.





## MT. CARMEL YOUTH CHOIR MUSIC CAMP

**July 11 - August 5**  
9:00 - 11:30 am

Ages 8-12 | With Vinnie Gumlich  
Call 719-845-4894 to register

Call (719) 845-4894 to register.

## 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

