

The Beacon



The Mt. Carmel Team

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Summer is Finally Here!

We are SO happy that our summer programming has begun. This year, we have a few new, exciting programs, in addition to some of our ongoing programs that we will continue throughout the summer and fall.

Scott Uhalt, Ph.D. is teaching a Wellness Cooking Series at Mt. Carmel, covering basic nutrition concepts and cooking classes for anti-inflammation, diabetes, celiac disease, heart health, etc. He will also teach a 12-week Body Wellness program, during which participants will learn how to change old habits and understand the math behind weight loss with proven results. Scott loves to use his knowledge to help people! Of course, Mt. Carmel participants can still enjoy Tai Chi, Youth Orchestra, Youth Explorers Camp, Youth Gardening Club, and our cooking classes. Beginning in August, we will have Qi Gong classes, taught by Kay Evans, at the Champions Center. ***Be good to yourself and sign up for some classes!***



We are collaborating with the Youth Club of Trinidad this year and have hosted the kids at the Mt. Carmel campus twice so far with great success! We are always looking for new ways to partner with other organizations.

We hope you will join us for the Mt. Carmel Summer Concert Series that will take place under the stars at Sister Blandina Wellness Gardens and Mt. Carmel. We will have a variety of music that is sure to please everyone. Also, save the date for Fall Fest at Mt. Carmel on September 23rd, which is also when the next Bingo will be held.

Lastly, we are grateful to have 15 sponsors and several other teams registered for our fundraising golf tournament coming up on July 21st. It's always a fun day on the course, and the proceeds help to support our wellness programs.

Ashley DiPaola
Director of Operations

Welcome, Laura Aiello!



We are pleased to introduce Laura Aiello as our newest board member. Laura is from Wilmington, Delaware and graduated from The University of Delaware with a BA Degree. She settled in Colorado in 2005, bringing an extensive banking career of more than 25 years, of which the last 18 years have been in the Trinidad area. She currently operates 5Star Bank as the Branch Manager, Sr. Vice President in Trinidad. Laura has previously been involved with nonprofits in the area and served on the board of directors with Noah's Ark. In addition to her dedication to her rescued animals, Laura and her husband, Garry, enjoy the outdoors, traveling, and spending time with their family and grandchildren.

Laura is already very involved and we are so grateful. We have the most amazing board! They are true Champions of the community and we couldn't be more proud.

Mark Your Calendars!

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

Shanntell Gerardo
RDA

Libby Sanchez
RDA Lead

Sarah Valdez
DA

Don't Miss Mt. Carmel's Summer Concert Series!

Under The Stars

**24
June**

Jeff & Sam Montoya

\$5 Cover Charge

Sister Blandina Wellness Gardens 7:00pm - 11:00pm

**8
July**

Grupo Vive

\$5 Cover Charge

Mt. Carmel Wellness & Community Center 7:00pm - 11:00pm

**16
July**

Jeff & Sam Montoya at Annual Pasta Dinner

Honoring Our Lady of Mt. Carmel \$13 Adults, \$10 Kids, 5 and Under FREE

Mt. Carmel Wellness & Community Center 11:00am - 2:00pm

**19
Aug**

Whiskey Creek Band

\$10 Cover Charge

Sister Blandina Wellness Gardens 7:00pm - 10:00pm

**8
Sept**

Dynamix

\$5 Cover Charge

Mt. Carmel Wellness & Community Center 7:00pm - 11:00pm

**23
Sept**

The Cappellucci's at Fall Fest

FREE

Mt. Carmel Wellness & Community Center 5:00pm - 10:30pm

Join us for our incredible summer concert series!
Visit mtcarmelcenter.org to learn more

Enjoy Food Trucks Onsite During Events and Beer & Wine Available For Purchase!



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

Colorado Springs Team

Marcia Mitchell
Controller

Angie Benjamin
Corp. Dir. of Operations

Angela Ann Cesario
Grant Research Coord.

Amanda Hamilton
Executive Assistant

Volunteers
Thank you
to our many volunteers!



Sister Blandina
WELLNESS GARDENS
TRINIDAD, COLORADO

Community: Mind • Body • Spirit



Now Open to the Public

Our reopening celebration on June 15th was attended by almost 100 people! Guests heard remarks by Ed Griego, Dana Crawford, Cy Michaels, Mike Maio and Gina Cimino and enjoyed music by Jeff & Sam Montoya while taking in the beauty of the Gardens.

Free admission | Open Tuesday - Saturday



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.

How Does a One-Week Stay in Breckenridge Sound?

Buy tickets from a board member in Trinidad or Colorado Springs.
Visit <https://www.mtcarmelcenter.org/our-team> to see a list of board members.

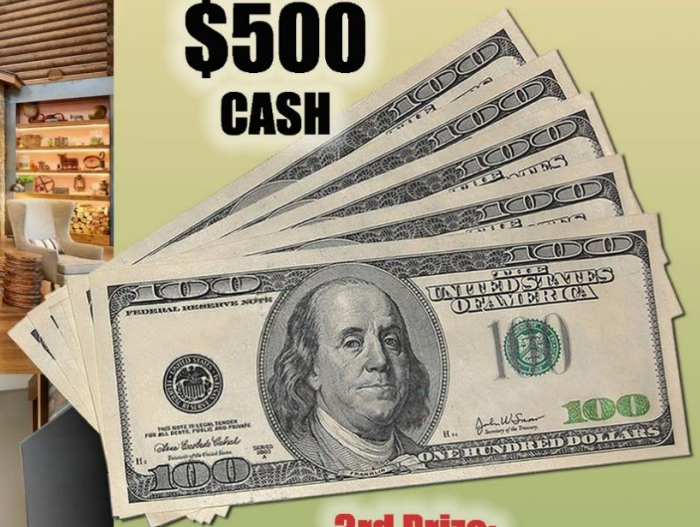


Grand Prize: **1-WEEK STAY**
THE RANAHAAN
BRECKENRIDGE
May 24-31, 2024
Includes room rate,
service charge & taxes.

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

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



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