

## The Beacon



### The Mt. Carmel Team

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Angela Ann Cesario

Secretary

Greg Garcia

Lou Mellini

Dave Palenchar

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Renee Valentine



## Where Has the Time Gone?

It seems as though this year has flown by so fast! It's hard for me to believe it's already time to think about the holidays again, but I can tell you that our Mt. Carmel team is excited about the special events we have coming up. We are hosting orchestra concerts, the indoor market and Christmas Bazaar, and Mt. Carmel and Sister Blandina Wellness Gardens will be lit for the season! In addition, we will provide a delicious Thanksgiving dinner on November 20th for veterans and their families. We appreciate your selfless service to our country. Please call (719) 845-4877 to make your reservation.



The holidays can be a stressful time for many, so it's important to be mindful about how you are feeling. Attending some of our wellness classes is a great way to de-stress. Beyond that, try not to overschedule your calendar and keep in mind that it's okay to decline something that is going to cause too much pressure. Also, if you are hosting a party (and it's not at Mt. Carmel where we will take care of everything for you...wink, wink), be realistic in your expectations. Things don't have to be perfect. But, do you know what I think is the most important thing to remember at the holidays and always? Remember to never lose sight of what's really important. With long lines, more traffic, or some grouchy Scrooge-like person getting on your nerves, remember that this, too, shall pass and try to respond with patience and kindness in the moment. It can make you feel better and make someone else's day too!

So, as you plan your holiday calendar for the coming weeks, include an activity at Mt. Carmel to nourish your mind, body and spirit. We are so thankful for all of you in our beautiful community!

*Ashley DiPaola*  
*Manager of Operations*

### Trinidad Team

**Ashley DiPaola**  
Manager 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 DiPoala**  
Lead Nurse

**Angel Daugherty**  
Registered Nurse

**Gwyndolyn Snyder, N.P.**

**Rose Carrion**  
Medical Assistant

**Virginia Rivera**  
Enrollment Specialist

**Chasity Olmstead**  
Receptionist

## Book Your Holiday Event Now!

We have beautiful venues serving intimate social occasions as well as those for large groups. When you book an event with Emily's Café, we will do all the work so you can sit back and enjoy yourself. We pride ourselves on our five-star service from food preparation to clean up, and we offer an array of menus ranging from hors d'oeuvres to buffets or plated dinners.

Please visit [mtcarmelcenter.org](http://mtcarmelcenter.org) or contact Ashley DiPaola at (719) 845-4877 for a complete list of available rental spaces and corresponding details.

## Thank You, Cy Michaels

Cy Michaels is stepping down as Chair of our Board of Managers after almost five years of leadership. We are so grateful to Cy for her dedication to Mt. Carmel's mission and the community! Cy will remain on the board and Ed Griego will step into the leadership role. Ed has served as a board member for almost five years and will make an excellent, new Board Chair!

## Welcome, Mary Zamora



We are thrilled to welcome Mary to the position of administrative assistant/wellness coordinator at Mt. Carmel! Mary is a Trinidad native and graduate of Trinidad High School. She has been married for 42 years and has two children and five grandchildren, allowing her to claim the patience of a saint. :)

In her own words, Mary said, "I worked as office manager for an Optometrist for almost 28 years, until his retirement. I am very excited to be part of the Mt. Carmel team. The Mt. Carmel facility is incredibly beautiful and the team members are all so dedicated to serving others. I love the passion that Mr. Cimino has when he speaks about Mt. Carmel and how it all came to fruition. I hope to be able to be a team member here at Mt. Carmel for many years to come."

## Raffle & Bingo Updates

### 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**  
Special Projects Coord.

**Amanda Hamilton**  
Executive Assistant

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



Our first fundraising raffle was a success! Thank you to all who purchased a chance to win, and congratulations to the winners who were notified immediately following the drawing on September 18. View a video of the drawing on our Facebook page at

<https://www.facebook.com/MtCarmelCenter/videos/174953808013441>.

The same person actually won the first and second prize, and he generously donated the \$500 second prize back to Mt. Carmel! The proceeds from the raffle will help to support our free-to-no-cost wellness programs. We look forward to conducting our next raffle soon!

Unfortunately, the pandemic took a toll on our Bingo attendance, so we've had to reevaluate the frequency of our games. It takes a lot of work from our wonderful Board of Managers and staff to make these events happen, so a minimum number of attendees is necessary to make it worthwhile. In light of this, the board voted to only hold Bingo during special events for now. We will let you all know when Bingo is coming up and we hope you will join us! This is another event that helps to raise funds to support wellness programs for the community.

## Fun for the Holidays!

In addition to our regular wellness classes at 911 Robinson Avenue, we have many fun holiday events coming up! Visit [mtcarmelcenter.org](http://mtcarmelcenter.org) to view our event calendar and register for these or other events.



No need to RSVP. Donations appreciated.



No need to RSVP.

# Veteran's Thanksgiving Dinner

NOVEMBER 20TH | 3:00 - 6:00 PM

MT. CARMEL WELLNESS & COMMUNITY CENTER  
911 ROBINSON AVE, TRINIDAD, CO  
RSVP: 719-845-4877



We are thankful for your service!  
Call (719) 845-4877 to RSVP for the Veteran's Thanksgiving Dinner.

## Mt. Carmel Youth Orchestra

# Christmas Concert

DECEMBER 4, 2021 | 4:00 PM



No need to RSVP. Donations appreciated.

**FAMILY CHRISTMAS CRAFT DAY**  
**Let's make Gingerbread Houses!**  
SATURDAY | DECEMBER 11, 2021 | 10AM - 12PM



Call (719) 845-4877 register for Family Christmas Craft Day!



**No need to RSVP. Donations appreciated.**



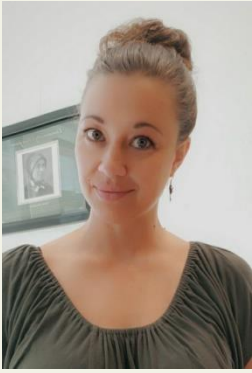
**No need to RSVP. Call Noreen at (719) 845-4875 to reserve a vendor booth.**

**Attention high school students! Don't miss this opportunity!**

Learn about college, trade school and scholarship opportunities. Also, learn skills that will help during school and beyond, like how to write effective essays and resumes. Two lucky seniors who attend all classes and write winning essays will be awarded \$2,500 scholarships! **Call (719) 845-4877 now to register!**



# Sister Blandina Wellness Gardens & Champions Center Update



Hello, Trinidad! Where has the time gone? It's been almost two months since the Sister Blandina Wellness Gardens (SBWG) officially opened, and while we still have a little work to do, the Garden is a beautiful new addition to Downtown Trinidad. The speakers have been installed, new foliage has been planted, and we have been busy planning events and building wellness programs in order to provide more opportunities for Las Animas County to get out and about. Whether it's just socializing with friends or learning how to enhance your mind, body and soul at one of our classes, there will be something for everyone in the coming months!

We invite you to come have a quiet lunch under the pergola or clear your mind while walking the intertwining paths. For the competitive spirit in you, play a game of chess, giant Jenga or giant Connect4. All games can be checked-out, free of charge, at the business office located at 127 N. Commercial Street.

Here are a few of our upcoming events and wellness classes, which can also be found online on the Mt. Carmel and Sister Blandina Facebook pages as well as on our website at [mtcarmelcenter.org](http://mtcarmelcenter.org).

- October 29 - 3-5pm - Safe Trick or Treat for Kids (SBWG)
- November 7 - 3-4pm - Family & Teen Paint (Champions Center)
- November 13 - 3:30-6pm - Brush N' Sip (Champions Center)
- November 27 - Parade of Lights Entry
- December 4 - Santa in the Garden - Time TBD (SBWG gazebo)

**Current weekly classes are also advertised below.**

There's more exciting news coming this year! We will soon launch the Mt. Carmel Wellness & Community Center and Sister Blandina Wellness Gardens Membership and Community Perks program. This program is designed to get the community together and offer members shopping and other discounts in town, while also providing for the continuation and support of wellness programs and events at Mt. Carmel and the Gardens. Look for more information to be forthcoming.

If you have any questions or wish to rent the Gardens or the Champions Center atrium for your next event, please contact Jessica at (719) 680-1937 or drop by the business office at 127 N. Commercial Street.

*Jessica Corsentino*  
*Sister Blandina Wellness Gardens Event & Promotion Manager*



**COFFEE AT CHAMPIONS**

A place for veterans  
to enjoy a fresh cup of coffee  
and build connections  
within the community.

**EVERY WEDNESDAY**

10:00 am  
In the Champions Building  
127 N Commercial Street - Trinidad, CO

  
Sister Blandina  
WELLNESS GARDENS  
TRINIDAD, COLORADO  
Community: Mind • Body • Spirit  
Presented by Mt. Carmel Wellness & Community Center

**CALL 719-845-4894 FOR MORE INFO**



**Chair Stretching**  
with Cassondra

Stretch away stress and anxiety  
while increasing mobility from your  
chair!

**STARTS OCTOBER 20**  
*Every Wednesday*  
**1pm-1:30pm**

**CHAMPIONS BUILDING**  
**127 N. COMMERCIAL**

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

Call Jessica at 719-680-1937 for more info



**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.

# 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