

## Mt. Carmel Veterans Service Center



### One-Stop For Veterans & Military

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## Annual Patriot Day Give Back Event Helps 400 Families

On September 6, Mt. Carmel hosted more than 400 military, veterans, and their families during our Patriot Day Give Back event. This event is Mt. Carmel's annual celebration of service and sacrifice before and since the terrorist attacks of September 11, 2001.



Following a breakfast and information fair highlighting partner services, we were honored to have Colorado Springs Mayor John Suthers as keynote speaker for the opening ceremony.

After the ceremony, our Give Back event started as families drove to various stations in the upper Norris-Penrose parking lot where more than 60 volunteers helped distribute nearly 35,000 pounds of groceries, personal hygiene items and sports equipment. Materials were courtesy of our generous sponsors: Coalition to Salute America's Heroes, Feed the Children, Care and Share Food Bank for Southern Colorado, and 4kidzsports.

In addition to the anniversary of 9/11, September is National Suicide Prevention Month, which includes World Suicide Prevention Day, September 10.

Mayor Suthers noted in his remarks that veteran suicide is the most challenging issue within the veteran community and highlighted Mt. Carmel's continued response. Mt. Carmel strives to support those suffering with a broad range of wrap-around services as well as easy access to mental health counseling.

American military and veterans of all eras are taking their own lives at a shocking rate of more than 20 per day. We encourage all of you who know someone suffering to please direct them to appropriate resources as quickly as possible. You could change their lives today.

There were many hard conversations on this topic this month. Our Mt. Carmel team remains certain that *we can never truly know the weight of another person's "ruck" – their backpack of life stresses.* What we continue to do is welcome each veteran, military and family member into Mt. Carmel as the unwavering beacon of support – the hand-up.

Each day our case managers, peer navigators, counselors and partners provide direct assistance in career and transition, supportive, behavioral, and partnered services to bring hope where there may be hopelessness.

By Col. Bob McLaughlin, U.S. Army, Retired  
Chief Operating Officer

## Staff

**Col (R) Robert McLaughlin**  
COO

**Leslie Abrams**  
Executive Assistant

**Dave Burton**  
Director, Operations

**Paul Price**  
Dir, Employment & Transition

### Peer Navigators

**Adam Baker**  
**Richard A. Gagne**  
**Jessica Griser**  
**Tandi Zerfoss**

MilSpouse Career Program

**Kirsten Belaire**  
Director, Behavioral Health Prog

**Abbey Westphal**  
Behavioral Health Retreat Coord

**Savannah Cunning**  
Behavioral Health Admin Asst

**Katie Travis**  
Supportive Services Case Mgr

**Hilary Bryant**  
Volunteer Program Coord

**Shawna E. Dusharm**  
Greet and Connect

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Dir, Communications & Mktg

**Keisha Lancaster**  
Facilities, Resource &  
Event Coord

**Randy Gradishar**  
Outreach Coordinator



Extraordinary supporters of Mt. Carmel were recognized at the Patriot Day Give Back event with a Beacon of Support Certificate during the ceremony. These included: Kim Hoge, VA Regional Manager; Pikes Peak United Way; Volunteers of America; Family Care Center; and U.S. Army Garrison, Fort Carson.

Special thanks to more than 60 event volunteers representing: USAA, T-Mobile, Pepsi, Care and Share, Kohl's, Red Leg Brewing Company, Pikes Peak United Way, Mission Medical, 4KidzSports, Peak Vista, CSU-Pueblo, Larry Langton, LoanDepot, Mark and Mary Schuster, and Fort Carson.

**We need your help to continue serving the more than  
400 families benefiting from this annual  
outreach effort!**

**Mt. Carmel is seeking financial sponsors for  
2020 Patriot Day Give Back.**

If you are interested in becoming a sponsor or learning more about this effort, please contact Bob McLaughlin at 719-309-4713

or [bmclaughlin@mtcarmelcenter.org](mailto:bmclaughlin@mtcarmelcenter.org)

# Notes from Those We Serve

## A Hand-up for Danielle



In 2017, Danielle McCarthy's son returned home from college to Montrose, Colorado to care for her as she recovered from complications related to a medical procedure. At the time, Danielle was responsible for the care of her husband, Air Force Reserve and Army Veteran David McCarthy, Jr.

Tragically, David passed in 2017 from the effects of Gulf War Syndrome. In the wake of so much personal tragedy, Danielle was forced to sell most family belongings, cash out her last \$2,000 of pension, and relocate to Colorado Springs for continued medical care and to rebuild her life.

In a short time, she launched a new business and now serves on several community boards. However, this past July, despite her best efforts, she was unable to pay her rent and walked through the doors of Mt. Carmel for help.

"There are a lot of great organizations that help veterans, but it was nice to walk into Mt. Carmel and just say, 'I just need this boost up. That's all I need,' and I wasn't made to feel I'd done anything wrong," said Danielle. "Please understand – it does mean a lot. It is the small, little things that matter. Being back amongst veterans is amazing to me. What you do does make a difference; you made the difference that prevented me and my two sons from being homeless. Thank-you."

Following a year of extraordinary medical challenges, Danielle is no longer on portable oxygen. In August, she successfully ascended the Manitou Incline, gaining 2,000 feet in elevation in less than a mile at grades from 45 to 65 degrees, to a height of 8,590 feet. Mt. Carmel is grateful for the opportunity to lend a hand-up to Danielle and her children.

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## New Employers Embrace Mt. Carmel



New employers are connecting with Mt. Carmel to recruit highly-skilled talent from the military and veteran community. On September 10, the day after U.S. Space Command was activated at Peterson AFB, employers Almira and Integral Consulting, Inc. held scheduled hiring events for employees holding Top Secret security clearances to support the new command. "We're excited to support new and long-partnered employers," said Paul Price, Mt. Carmel Director of Transition and Employment. "In addition to all other services, outreach and networking events, we're proud to host an average of two hiring events each month and employers are thrilled with the candidates we present." The space command hiring event followed previous events for new-to-Mt. Carmel employers, Kohl's and 7-Eleven. Job seekers are advised to monitor Mt. Carmel social media for upcoming hiring events and to work closely with their Mt. Carmel Peer Navigator to ensure the best possible preparation.



# Over 100+ Players and Amazing Sponsors at 5th Annual Golf Tournament



## THANK YOU SPONSORS

FOR YOUR SUPPORT OF VETERANS, MILITARY AND THEIR FAMILIES!

SPONSORED BY **PHIL LONG** Colorado Springs PhilLong.com Since 2008

PRESENTED BY **RE/MAX**

**PATRIOT SPONSOR**

McDonald's PAVING & CHIP SEALING

**WARRIOR SPONSORS**

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OWN PIZZA, LLC

SUN

ad pro 360°

gr



Mt. Carmel extends its deepest appreciation to more than 100 golfers and strong supporters of veterans, military and their families who played or sponsored our 18-hole scramble! The Sanctuary Golf Club hosted the 5th Annual Mt. Carmel Golf Tournament by RE/MAX. Mt. Carmel's direct assistance to veterans, military and their families was supported and celebrated at this annual fundraiser. We also extend our thanks to keynote speakers Danielle McCarthy and Mimi Chough. The August 14 event was made possible by the generous sponsors illustrated above.

## Mt. Carmel's Efforts in Behavioral Health Highlighted



We are thankful to The Gazette, KKTV and KRDO for spotlighting our efforts and those of our partners as part of the ongoing effort to provide timely behavioral health care and prevent suicide in the veteran community.

Mt. Carmel has provided more than 8,000 hours of traditional (individual & group) and non-traditional (art, yoga, Tai chi, equine) behavioral health therapy. Partnerships with master's program instructors in front range academia allow Mt. Carmel to develop future cohorts of clinicians culturally competent to caring for our military and veteran community. Mt. Carmel programs in these areas have been heavily featured in the Gazette and on KRDO and KKTV as we continue to serve the veteran and military community.

**Type the links into your browser to view/read:**

**Sept. 5 - New Study: Veterans face stigma when asking for help on mental health**

[Tinyurl.com/carestigmakktv](https://tinyurl.com/carestigmakktv)

**Aug. 21 – Gazette Community Conversations, Mental Health: A Crisis in Colorado**

[Tinyurl.com/roundtableKKTVGazette](https://tinyurl.com/roundtableKKTVGazette)

## Mt. Carmel Takes the Field



In August, Mt. Carmel took the field at UHealth Stadium to support two great events. VetFest, a massive veteran resource fair with a VA townhall and claims assistance and a day of baseball. Mt. Carmel staff and friends fielded a team and we had a great time! The second event, Family Movie Night hosted by Phil Long Dealerships and the Colorado Springs Military Newspaper Group, hosted veteran and military families with a showing of "The Sandlot" on the big screen. Mt. Carmel services were highlighted on the jumbotron for both events in special event commercials produced and donated by our friends Candy Harman-Langley, President of Harman Media & Marketing Group and Eric Marton, owner of Coscorem Marketing Agency.



## King Soopers Community Rewards Help Veterans

### SPREAD THE WORD:

Help Veterans \*JUST\* by using your King Soopers or City Market card - after you select us online (in just a few clicks)...and there is no impact to your fuel points.

Visit <https://veteranscenter.org/king-soopers-community-rewards/> for details.

**SHOP. SAVE. SWIPE. SUPPORT.**  
To support veterans through the King Soopers Community Rewards Program!

**PROVIDE A HAND-UP TO VETERANS, MILITARY AND THEIR FAMILIES SIMPLY BY SHOPPING AT KING SOOPERS OR CITY MARKET!**

**ENROLL IN THE KING SOOPERS COMMUNITY REWARDS PROGRAM AND SELECT**

**KingSoopers.com**

**AS YOUR NON-PROFIT!**

Participation has no impact on fuel points.

## Are Your Boots Ready? Save the Date for Hoedown for Heroes!

**SAVE THE DATE!**

**Hoedown**  
FOR  
**HEROES**

Join us for a  
*Western Hoedown*

**THURSDAY**  
**NOVEMBER 7, 2019**

*to Benefit Veterans, Military & their Families*

AT

**WESTERN ATTIRE ENCOURAGED**

BOOT BARN HALL  
13071 BASS PRO DRIVE  
COLORADO SPRINGS

**6 PM**

Monitor the Mt. Carmel website, [veteranscenter.org](https://veteranscenter.org), and our [Facebook page](#) for ticket sale information and updates!

## Are You Listening to the Award-Winning Veterans Voice?



The Mt. Carmel Veterans Voice Podcast  
with Mike Lewis

**Excellence**

**Mt Carmel**  
VETERANS SERVICE CENTER  
WELLNESS • TRANSITION • RESOURCES

Presented by USAA  
In Partnership with  
Star Dental Institute

USAA® Star Dental Institute

The Mt. Carmel Veterans Voice Podcast was awarded first place at the Colorado Broadcaster Association Awards of Excellence on April 12 in the Best Use of New Media Category! The bi-monthly radio show is a podcast broadcast on KRDO Radio. Veterans Voice is hosted by KRDO personality and Navy veteran, Mike Lewis, and is presented by USAA in partnership with Star Dental Institute.

Listen to the August 3 show at <http://tinyurl.com/VVaug3>

Listen to the August 24 show at <http://tinyurl.com/VV24Aug>

Listen to the September 14 show at <http://tinyurl.com/VV14sep>

Listen to the September 28 show at <http://tinyurl.com/VV28sep>\*

\*link will be active on 9/28

## Getting the Word Out!



Mt. Carmel has embraced new avenues to reach clients in areas of the community with large populations of military, veterans and family members. We are now advertising on two pillars in the Broadmoor World Arena and on grocery carts in the Fountain Safeway store. These efforts augment in-person outreach events, news media engagements, online efforts, and printed advertising with the Colorado Springs Military Newspaper Group, our twice-monthly Veterans Voice podcast with KRDO and other communication opportunities.

## Make a Difference Today!

At Mt. Carmel Veterans Service Center, we believe military heroes need a hand-up, not a handout. You can play an important role and have a direct impact on thousands of veterans in our community!

**Donate today to help provide vital services, programs and resources.**

**[Visit VeteransCenter.org to Donate](http://VeteransCenter.org)**

### Farewell, Janet & Tina

The Mt. Carmel team bids farewell to team members Janet Farley and Tina Randall. Both have left Mt. Carmel for career growth opportunities. Janet, a military spouse and published author, launched our incredible Military Spouse Career program and now serves as a Career Services Specialist at the University of Colorado, Colorado Springs. Tina served on our Supportive Services team and has accepted a social worker position at the PFC Floyd K. Lindstrom VA Clinic in Colorado Springs. We are forever grateful for the positive impact they made at Mt. Carmel.

### Looking for a Way to Honor a Loved One?



Honor a loved one or show your support of a veteran friend or family member by purchasing a brick or paver, featured as part of our Veterans Tribute Walkway on the Mt. Carmel Veterans Service Center campus.

The proceeds are used to continue providing our essential veterans services. Bricks range from \$175 - \$200; Pavers from \$750 - \$850. They can even be personalized with military emblems.

To order your brick or paver, or for additional information, visit <https://www.thatsmybrick.com/mtcvsc>



## Veterans Climb

Serving Those Who Served  
In Community Partnership

Career & Transition Services • Supportive Services • Health & Wellness



PIKES PEAK  
COMMUNITY  
COLLEGE



PIKES PEAK  
WORKFORCE CENTER



*Mt. Carmel*  
VETERANS SERVICE CENTER

WELLNESS • TRANSITION • RESOURCES







Help Mt. Carmel Veterans Service Center while buying things you would normally purchase. Sign up for [AmazonSmile](#).

[AmazonSmile](#) is the same Amazon you know. Same products, same prices, same service.

Simply choose Mt. Carmel Veterans Service Center as the charity of your choice, and Amazon will donate 0.5% of the price of your eligible [AmazonSmile](#) purchases to help veterans, military and their families. It's that easy!

Shop today at [AmazonSmile!](#)

## Upcoming Events

(All events at Mt. Carmel unless noted - additional events at [veteranscenter.org](http://veteranscenter.org))

### **Warriors First**

Support group for justice-involved veterans  
Mondays, 3:45 - 5 pm

### **Art Therapy - PTS-focus**

Mondays, 5:30 - 7:15 pm

### **Pointman Ministries**

Mondays, 6 - 8 pm

### **God's Plan for My Life**

Mondays, 7 - 8:30 pm

### **PTS Support Groups**

Tuesdays, 9 - 11 am

Pre-screening required: (719) 772-7000

### **Courage to Change**

Tuesdays, 10 am - noon

### **Writing Workshop - PTS-focus**

Tuesdays, 4 - 6 pm

### **Veteran-X PTS-focused Group**

Tuesdays, 4:30 - 6:30 pm

### **Yoga - PT/Trauma Relief-focus**

Tuesdays, 5 - 6 pm

### **Expressive Writing Workshop**

Thursdays, beginning Oct. 3, 4 - 6 pm

### **Therapeutic/Trauma Focus Tai Chi**

Saturdays, 10 - 11 am

### **Half-Day Equine Retreat**

Sept. 28, 8 am - noon

Register: [awestphal@mtcarmelcenter.org](mailto:awestphal@mtcarmelcenter.org) or (719) 309-4761

**Alcoholics Anonymous**

Sept. 30, 8 am - noon

**Spiritual Coverage**

Meet with a chaplain  
Sept. 30, 10 am - 2 pm

**Medicare Mentors**

Oct. 2, 10 am - 3 pm

**Hiring Event: Charter Communications**

Oct. 2, 11 am - 3 pm

**Veteran Medicare Seminar**

Oct. 2, 1:30 - 3:30 pm

**Faith Night**

Oct. 2, 6 - 7 pm

**Hiring Event: Charter Communications**

Oct. 3, 10 am - 2 pm

**AWM&T Financial/Benefits Class**

Oct. 3, 6:30 - 8:30 pm

**Dave Ramsey Class**

Oct. 3, 6:30 - 8:30 pm

**Mindful Mornings**

Oct. 4, 8:45 - 10:30 am

**Legal Assistance**

Oct. 4, Noon - 2 pm, Appointments: (719) 772-7000

**Quilts of Valor Presentation Ceremony**

Oct. 6, 9 am - noon

**Mt. Carmel Quilters Meeting**

Oct. 6, 6 - 8 pm

**Springs Community Acupuncture**

Oct. 8, 6:15 - 8:15 pm

**Honor Flight Monthly Meeting**

Oct. 9, 9 - 11 am

**Veterans Advocacy Project**

Oct. 9, 10 am - 2 pm, Appointments: (719) 772-7000

**Medicare Mentors: Tricare/Medicare Assistance**

Oct. 9, 10 am - 3 pm

**Dave Ramsey Class**

Oct. 10, 6:30 - 8:30 pm

**Legal Assistance**

Oct. 10, 10 am - noon, Appointments: (719) 772-7000



**Legal Assistance**

Oct. 10, noon - 2 pm, Appointments: (719) 772-7000

**Peer Navigator Social/Career Networking**

Oct. 12 & Nov. 12, 4:30 - 6:30 pm  
Red Leg Brewing Co.

**Power Meditation Follow-Up Class**

Oct. 14, 6:30 - 8:30 pm

**Stand Down for Colorado's Homeless Veterans**

Oct. 15, 9 am  
City Auditorium

**Mission Medical Screenings**

Oct. 15, 10 am - 2 pm

**Managing your Money through MilLife Transitions**

Oct. 15, 11 am - 1:30 pm

**Portraits for Patriots - Free LinkedIn Photo**

Oct. 16, 10 am - 3 pm, Appointments: (719) 772-7000

**Medicare Mentors**

Oct. 16, 10 am - 3 pm

**Hiring Event**

\*Check social media for employers/positions

Oct. 16, 11 am - 3 pm

**Veteran Medicare Seminar**

Oct. 16, 1:30 - 3:30 pm

**Brown Bag Bible Study in the Chapel**

Oct. 17, 1 - 2:30 pm

**Dave Ramsey Class**

Oct. 17, 6:30 - 8:30 pm

**Legal Assistance**

Oct. 18, 10 am - noon, Appointments: (719) 772-7000

**Legal Assistance**

Oct. 18, noon - 2 pm, Appointments: (719) 772-7000

**God's Knuckleheads**

Contemporary conversation of faith  
Oct. 18, 11 am - 2 pm

**Cooking Matters**

Oct. 21, 5:30 - 7:30 pm

**Veterans Benefits Class**

Oct. 22, 9 am - noon, RSVP: (719) 309-4731

**Veteran Advocacy Project Legal Assistance**

Oct. 23, 10 am - 2 pm, Appointments: (719)772-7000

### **Hiring Event**

\*Check social media for employers/positions

Oct. 23, 11 am - 3 pm

### **Medicare Mentors: Tricare/Medicare Assistance**

Oct. 23, 10 am - 3 pm

### **Springs Community Acupuncture**

Oct. 24, 11 am - noon

### **Dave Ramsey Class**

Oct. 24, 6:30 - 8:30 pm

### **Legal Assistance**

Oct. 25, noon - 2 pm, Appointments: (719) 772-7000

### **Cooking Matters**

Oct. 28, 5:30 - 7:30 pm

### **Powerbreath Follow-up Class**

Oct. 28, 6:30 - 8:30 pm

### **Medicare Mentors: Tricare/Medicare Assistance**

Oct. 30, 10 am - 3 pm

### **Veteran Medicare Seminar**

Oct. 30, 1:30 - 3:30 pm

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## **Are you following us online and on social media?**

For the latest Mt. Carmel information, events and services, visit [veteranscenter.org](http://veteranscenter.org).  
Follow us on social media platforms: Facebook, LinkedIn, Instagram and Twitter;  
and listen to the [Veterans Voice Podcast](http://KRDO.com) at KRDO.com.

