

The Beacon



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Here's to Good Health in the New Year

As we approach the holidays and the new year, we hope that everyone will remain in good spirits and good health. Mt. Carmel Wellness & Community Center has many wellness programs to assist with that. All are virtual at this time in an effort to decrease the spread of COVID-19 in our community.

Dr. Ivory Raye, our wellness supervisor, offers many programs that support good physical and mental health. The newest of which is Intro to Yoga. Perhaps you've always wanted to try yoga but are unsure of where to begin. Intro to Yoga is designed with the beginner in mind. Dr. Ivory gracefully introduces new Yogis to different poses and routines so they feel more comfortable when joining a more advanced Yoga class such as our Mindfulness Mornings. Intro to Yoga is aired via Zoom on Thursday mornings at 10:00 am.



Ashley DiPaola, Manager

If you just need to get your body moving first thing in the morning, you might consider logging in to Gentle Stretching. AmeriCorps representatives Sophia Butler and Hazen Roe alternate leading you into your day with light exercise and gentle stretching.

Take a little time for yourself. Log in to Health Talk on Tuesdays at 5:30 pm to learn how to get the proper nutrition in your diet, boost your immune system, the benefits of adding a little exercise to your daily routine, and so much more. Dr. Ivory Raye offers various presentations that may enhance your well-being and health using proven naturopathic methods.

Have you heard about our cooking classes? Dr. Ivory, Sophia and Hazen really know how to prepare healthy yet delicious meals. Mt. Carmel offers an array of different cooking classes throughout the year for different demographic groups such as Family Cooking, Cooking for Seniors, Cooking for Diabetes and Holiday Cooking. Be sure to keep an eye on our Facebook page, @mtcarmelcenter, for upcoming cooking classes.

With our partner, The Colorado Springs Conservatory, Mt. Carmel is offering Virtual Voices for kids who like to sing and dance. We are so fortunate to have two Broadway performers, currently on break from their performances on stage, leading and teaching this class. Kids, this is your opportunity to work with actual Broadway performers!

Our new Youth Orchestra program offers your children an opportunity to learn how to read music and play a stringed instrument. The orchestra's first concert is scheduled for December 20th at 1:00 pm. New classes begin in mid-January for both beginning and advanced students.

These are just a few examples of Mt. Carmel's wellness programs and the efforts we are making here at your community center to provide positive, healthy lifestyle opportunities for everyone. If you would like more information or would like to register for any of these programs, call us at 719-845-4894 or send an email to: ljordan@mtcarmelcenter.org.

In addition to wellness programs, Mt. Carmel offers food boxes to families that need a little help with groceries. Give Noreen a call at 719-845-4875.

*By Ashley DiPaola
Community Center Manager*

Trinidad Team

Ashley DiPaola
Community Center
Manager

Felix M. Lopez
Brand Manager

Laura Jordan
Admin Asst &
Wellness Coord

Noreen Perri
Event Coordinator

Ivory Raye
Naturopathic Doctor

Priscilla Trujillo
Custodian

Joshua Trujillo
Custodian

Kurt Traskos
Facilities Manager

**Salud Family Health
Center Personnel**

Laura Veltri
Clinic Administrator

**Charla Chenoweth-
Swift**
LCSW

Jenny Miller
PA

Mike DiPoala
Lead Nurse

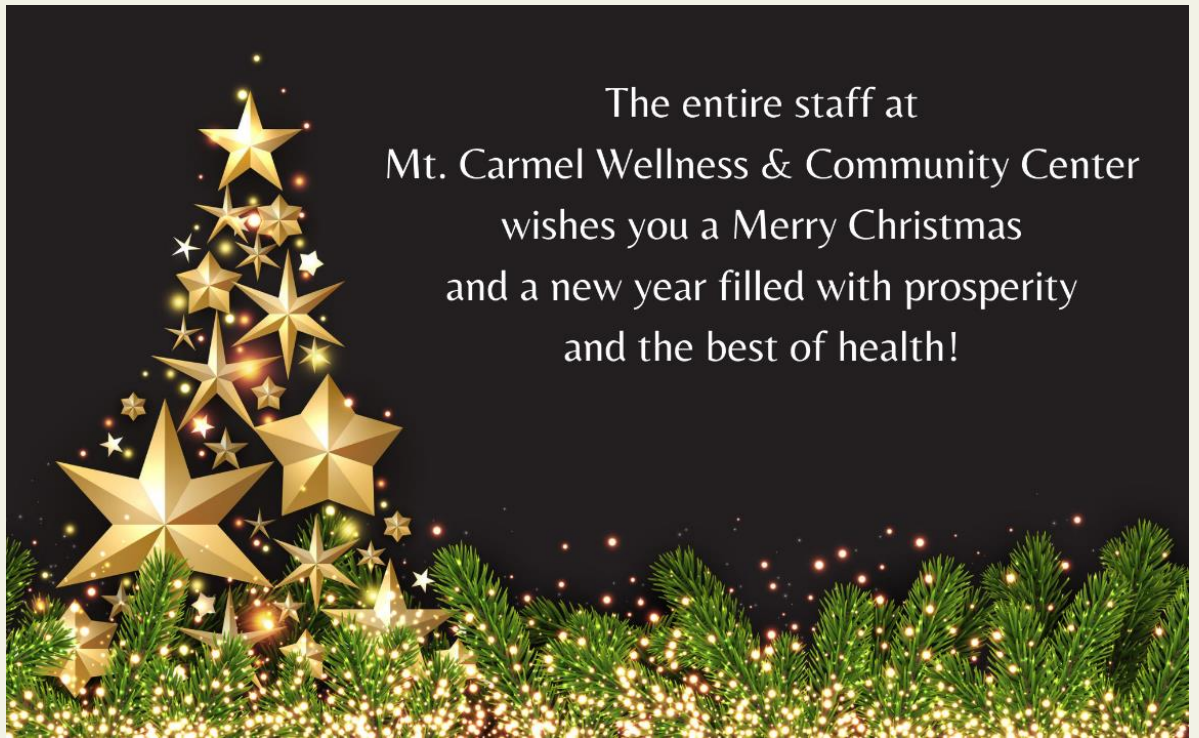
Angel Daugherty
Registered Nurse

**Gwyndolyn Snyder,
N.P.**

Rose Carrion
Medical Assistant

Virginia Rivera
Enrollment Specialist

Chasity Olmstead
Receptionists



The entire staff at
Mt. Carmel Wellness & Community Center
wishes you a Merry Christmas
and a new year filled with prosperity
and the best of health!

**Don't Miss the 1st Annual
Mt. Carmel Youth Orchestra Concert!**



Join us via Zoom!
Visit our event calendar at mtcarmelcenter.org to register
or call 719-845-4894.

Current & Upcoming Wellness Programs

Salud Dental Personnel

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

Register for any of our programs by visiting mtcarmelcenter.org and clicking on "event calendar" or call 719-845-4894.



VIRTUAL

Intro to Yoga

- with Dr. Ivory Raye -

Thursdays @ 10 am

November 12th - December 24th

Volunteers
Thank you
to our many
volunteers!

Virtual
KID'S
IS BACK!



January 4 - 27, 2020

MONDAYS & WEDNESDAYS @ 4:30 PM



MINDFULNESS MORNINGS

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



DR. IVORY RAYE, MD
WELLNESS SUPERVISOR
& FACILITATOR

Health Talk

Join us for presentation
and discussion weekly!



Tuesdays @ 5:30 pm



MIND • BODY • SPIRIT

A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.



Learn ways to
optimize

your health



WITH DR. IVORY RAYE,
WELLNESS SUPERVISOR
& FACILITATOR



Gentle Stretching

Tuesdays with Sophia Butler

Thursdays with Hazen Roe

at 8:00 am

30 Minute Stretch & Flow

Beginning September 1st



Salud Family Health Centers



Kid's Crafts

Creative time for busy little hands

Saturdays @ 10:30 am

With...



Connection Circle

Learn techniques for managing stress

Meditation • Relaxation • Discussion

Wednesdays at 5:00 pm

Mt. Carmel
Your WELLNESS & COMMUNITY CENTER

MIND • BODY • SPIRIT
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 Salud Family Health Centers



Storytime: The Night Before Christmas

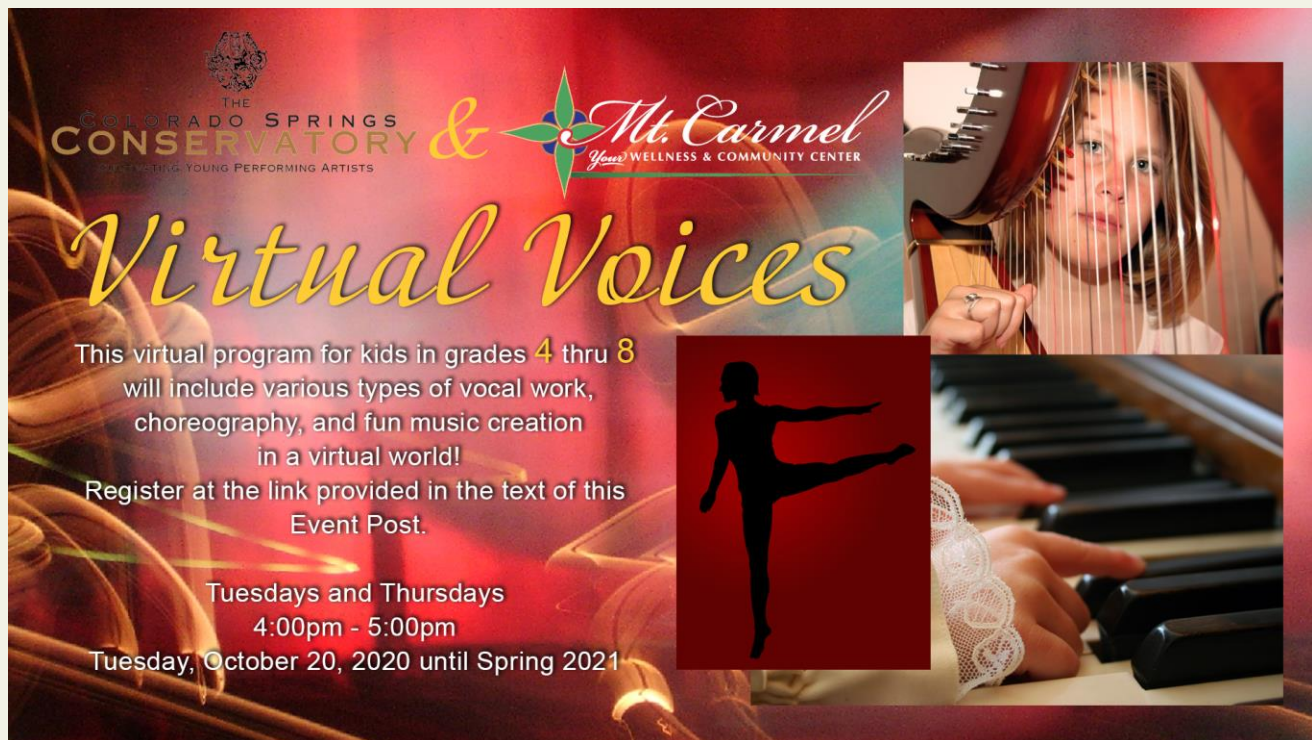
Narrated by:
AmerCorps members
Hazen Roe & Sophia Butler



Two dates to choose from:

December 18th or December 23rd ■ both at 6:00 PM

New dates coming soon...



The Colorado Springs Conservatory & Mt. Carmel Your Wellness & Community Center

Virtual Voices

This virtual program for kids in grades 4 thru 8 will include various types of vocal work, choreography, and fun music creation in a virtual world!

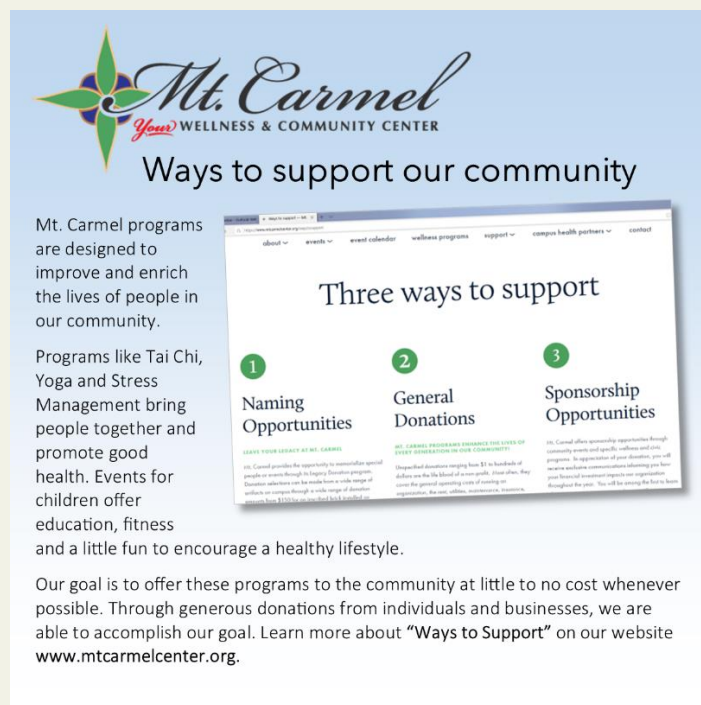
Register at the link provided in the text of this Event Post.

Tuesdays and Thursdays
4:00pm - 5:00pm
Tuesday, October 20, 2020 until Spring 2021

The poster features a collage of images: a young girl playing a harp, a silhouette of a person in a dynamic pose, and hands playing a piano keyboard. The background is a warm, abstract red and orange glow.

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? **Please donate at mtcarmelcenter.org under the "support tab."**



Mt. Carmel programs are designed to improve and enrich the lives of people in our community.

Programs like Tai Chi, Yoga and Stress Management bring people together and promote good health. Events for children offer education, fitness and a little fun to encourage a healthy lifestyle.

Our goal is to offer these programs to the community at little to no cost whenever possible. Through generous donations from individuals and businesses, we are able to accomplish our goal. Learn more about "Ways to Support" on our website www.mtcarmelcenter.org.

Three ways to support

- 1 Naming Opportunities**
- 2 General Donations**
- 3 Sponsorship Opportunities**

Our Holiday Specials were a Big Hit!



COVID didn't stop us from cooking up something yummy together! Mt. Carmel hosted three holiday cooking classes. Each class was full and enjoyed by all. Dr. Ivory Raye, Hazen Roe and Sophia Butler showed participants that your holiday meals can be quick and easy with "One Tray" options.



Holiday Cooking Classes

Holiday Creations aka Ornament Decorating



Hazen and Sophia presented Holiday Creations, an ornament decorating event on December 5th. Ornament kits were provided to those who registered and everyone gathered via Zoom to create their masterpieces while listening to traditional Christmas tunes. Spectacular Event!



 **Salud** Family Health Centers
at  *Mt. Carmel*
Your WELLNESS & COMMUNITY CENTER
MIND • BODY • SPIRIT
A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.

MEDICAL: Monday-Friday | 7:30am – 5pm | (719) 422-8800
DENTAL: Monday-Friday | 8am – 5pm | (719) 422-8810

No need to delay your wedding.
Exchange your vows before family and friends in a
Mt. Carmel Virtual Wedding accommodating up to 100 guests.



Call
719-845-4877
for details

Virtual Weddings

Improving Gut Health for Optimal Weight & Health

by Ivory Raye, NC

Is it time to look at your gut health? Have you tried to lose weight without success?

The CDC reports that 49.1% of U.S. adults reported trying to lose weight (each year from 2013-2016), and obesity levels in 2015-2016 were over 40% of the population (Martin, 2018).

There are many reasons people gain weight, have trouble losing weight, and even why people have problems maintaining a healthy weight. In this article, we will focus on one area that is often ignored – gut health. Why is gut health important? Our digestive tract is the place where the essential stuff happens. We consume food for energy, enjoyment and to stay alive. When our gastrointestinal tract isn't working properly, we don't absorb nutrients. Proper nutrient status is needed for optimal energy, weight and overall wellbeing.

The solution - improve digestion (GI health), energy and weight with the following healthy practices.

Remove inflammatory foods (or reactive foods) in your diet. There are numerous anti-inflammatory books and protocols. In my office and in our health talks and weight loss classes, I suggest one of the following: IgG reactive food testing with correlating elimination diet or the Elimination Diet by Dr. Gaby, MD, which is the gold standard; or the Whole 30 Diet, which is a modified but comprehensive approach to reducing inflammation.

Use the Diabetic My Plate! This encourages us to consume lean protein with each meal and snack, to incorporate lots of non-starchy vegetables, and to be mindful of the amount of carbohydrates we consume. Create sustainable energy and improve your nutrient profile with a balanced plate.

Add a probiotic supplement. Most of us lack the microbiome diversity we need to have a healthy immune system, optimal digestion and maintain a healthy weight.

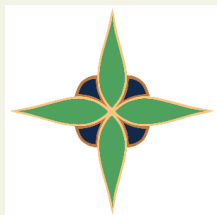
Practice mindful eating. Take time to enjoy your meals. Stop working. Be present and grateful for your food. Take time to chew, enjoy and find satisfaction with your meals.

Address gastrointestinal issues if needed. If there is a chronic infection or inflammation present in the GI tract, nutrient absorption will always be low. The root cause will need to be addressed, and nutrient support may be indicated until absorption is improved.

Need support? Consider joining Dr. Ivory Raye and Mt. Carmel for our Health Talk series or our Healthy Life, Healthy Weight class. Call Laura at Mt. Camel for registration details.

Citation: Martin CB, Herrick KA, Sarafrazi N, Ogden CL. Attempts to lose weight among adults in the United States, 2013–2016. NCHS Data Brief, no 313. Hyattsville, MD: National Center for Health Statistics. 2018.

Programs & Events



Visit mtcarmelcenter.org/event-calendar
to view all of our current events

Follow Us on Facebook

