

## Mt. Carmel Veterans Service Center



### A Day of Remembrance

To many, Memorial Day has merely become a long weekend of celebrations that signify the beginning of summer. Decorations of American flags will adorn our neighborhoods, aromas of freshly mown grass, and smoking BBQ grills will fill the air along with the chorus of conversation and laughter with family and friends.



Bob McLaughlin

However, for those of us who have served, and the families of those who gave their lives, Memorial day is a reverent day of remembrance. It is a day to honor the sacrifice so many of our brothers and sisters in arms have made for this exceptional nation. A day to remember that this country was founded and kept secure by the blood of the fallen— true Patriots who heeded the call to defend all that we hold dear: life, liberty and the pursuit of happiness.

The day was first observed after the Civil War and was known as Decoration Day. Businesses closed and communities came together in a day of honor and remembrance. They decorated the graves of fallen soldiers with flags and flowers. They set time aside, one and all, to honor those who fought for freedom. In 1971, this long-standing tradition was recognized as a federal holiday meant as a time for our nation to come together as one and recognize the cost of freedom.

We, here at Mt. Carmel, encourage you to not only enjoy the festivities of the holiday but also to reach out to a loved one, and moreover, set time aside to reflect on the sacrifices of those who gave their last full measure of devotion in order to ensure that America, the home of the brave, always remains the land of the free.

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

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Greet & Connect/Office Mgr.

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## Mt. Carmel Expands its Outreach


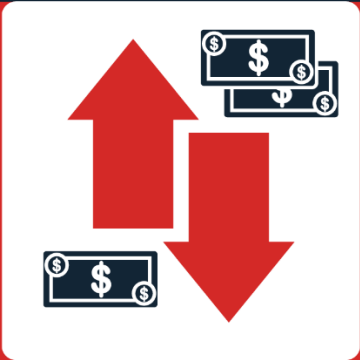


As client needs grow, so does Mt. Carmel's outreach to service members, veterans and their families in the Trinidad and Pueblo areas. Virtual service delivery is already in place, however, over the next few months Mt. Carmel will have a physical presence in both of these regions. Bob McLaughlin, Mt. Carmel's COO, has been meeting with city officials, community representatives, partner agencies and veteran organizations to finalize the expansion plans, and the support has been tremendous. McLaughlin explained, "There is a significant military community

in both Trinidad and Pueblo with a real need for what Mt. Carmel delivers every day in Colorado Springs. By establishing a presence and leveraging our resources, we're going to be able to help a lot of the veterans and their families that call these areas home." In Trinidad, Mt. Carmel will stand up its operation in the Champions Building downtown, while in Pueblo, the team will establish an office in the St. Mary-Corwin Hospital.

## Rest Assured...

*Mt. Carmel*  
VETERANS SERVICE CENTER  
★★★★★★★★★★★★



FOR EVERY ONE DOLLAR THAT MT. CARMEL RECEIVES,  
TWO DOLLARS WORTH OF SERVICES ARE PROVIDED TO  
MILITARY, VETERANS AND THEIR FAMILIES!

According to an independent study performed by the National Institute  
for Social Impact. Find out more about Social Return on Investment at:  
<https://ci4si.org/>

NATIONAL INSTITUTE FOR  
**SOCIAL**  
IMPACT™

## Help Us Help Ours

Please consider making a contribution to help us continue providing essential services to our veteran and military community. This may be given as a general gift or directed to a specific program. Gifts can also be designated in honor of a loved one. **To donate, please visit [veteranscenter.org](http://veteranscenter.org) or text THANKAVET to 44321.**

You may also mail your contribution to:  
Mt. Carmel Veterans Service Center  
530 Communication Circle  
Colorado Springs, CO 80905

If a gift of appreciated stock is something you are considering, or if you would like to include Mt. Carmel in your estate planning, please contact Paul Price at (719) 309-4717 or [pprice@mtcarmelcenter.org](mailto:pprice@mtcarmelcenter.org) to begin the conversation. And, don't forget that you may direct your IRA Required Minimum Distribution to Mt. Carmel to support our work.

**Mt. Carmel deeply appreciates your support. Thank you!**

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

The Mt. Carmel *Veterans Voice* podcast, presented by USAA, broadcasts the second and fourth Saturday of each month at 8:00am. Veterans Voice features success stories from military, veterans and their families and offers military-related news, information and resources. *Veterans Voice* is FREE and available to download and listen on-demand, any time.

Visit to listen: <https://krdonewsradio.podbean.com/p/the-veterans-voice/>

### THE MT. CARMEL VETERANS VOICE PODCAST

PRESENTED BY:

PUBLISHED THE 2<sup>ND</sup> AND 4<sup>TH</sup> SATURDAY EACH MONTH  
[WWW.KRDONEWSRADIO.PODBEAN.COM](http://WWW.KRDONEWSRADIO.PODBEAN.COM)



A SERVICE OF:



## New Tactical Advantage Podcast Gives Listeners the Upper Hand



We are excited to partner with Power Media Group (KPPF 98.5 FM, 1040 AM, 95.7 FM) on a new podcast called *Tactical Advantage* with host John Register. The one-hour podcast airs every Saturday morning at 8:00 a.m. and celebrates the diversity of our military connected community. In difficult economic times, underserved members of military connected communities are presented with invaluable and helpful resources. *Tactical Advantage* listeners gain the upper hand...the tactical advantage.

Listen to past episodes via this link and check back weekly for the latest episode. <https://kppfradio.podbean.com/category/tactical-advantage/>



## Behavioral Health Update

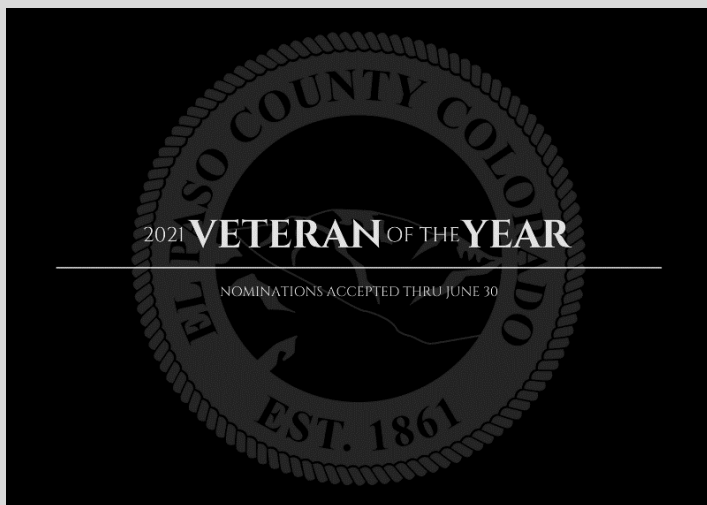
Our Behavioral Health Team has been hard at work serving our military community! We were very excited to host our annual Bar NI Couples Retreat. The Cabot family graciously funded this retreat, which was located on their magnificent property. We are so grateful for their generosity! This is the first retreat we have been able to accomplish since the COVID pandemic. Our couples rated high satisfaction, and measurements showed increases in connectedness scores.



In addition, we have been providing presentations and participating in awareness events on Fort Carson. We have also formalized our next steps in our Suicide Prevention Initiatives! Mt. Carmel staff and volunteers are trained in a response engagement for any clients who utilize Mt. Carmel and who are dealing with suicidal ideation. We are hoping to ask 'the question' that will help all of our clients get connected with support if they need it. We are continuing to engage in Suicide Prevention Initiatives and legislation to reduce suicide in our community! Our Behavioral Health director, Kirsten, testified in support of Senate Bill 129, which has a suicide prevention focus. We have experienced an influx of behavioral health needs in our community over the past months. In order to serve more people, we have expanded our number of offices and screeners. Our next step is to hire more licensed providers.

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## Veteran of the Year 2021



El Paso County Veterans Service Office is currently seeking nominations for the 2021 Veteran of the Year. Nominees should have demonstrated exemplary military service, community service, and support for veterans in the community. Nominees must have been honorably discharged or retired from military service from one of the five Armed Forces of the United States, including Reserve or National Guard, or the United States Merchant Marines, and must be residing in El Paso County, Colorado. Past winners include Victor Fernandez, Leo Martinez, Duane France and Nanette Brede Mueller.

Please visit <https://communityservices.elpasoco.com/veterans-services/veteran-of-the-year/> to reference full nomination guidelines and forms. Forms with attachments are to be dropped off or mailed to 5850 Championship View, Suite 130, faxed to 719-520-7751, or emailed to [vet@elpasoco.com](mailto:veteran@elpasoco.com) no later than June 30, 2021.

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## With a Little Help from Our Friends

We are proud to announce that Mt. Carmel Veterans Service Center has received a grant from the Bob Woodruff Foundation (BWF) for direct services. BWF leverages its expertise and collaborative network to find, fund and shape innovative programs that help our impacted veterans, service members and their families to thrive.

As a nonpartisan leader in the military-veteran community, the Bob Woodruff Foundation brings transparency and credibility to its partners and complements their efforts. Receiving a grant from BWF is an honor that recognizes the dedication, focus and effectiveness of our staff, volunteers and supporters.

You can learn more about the Bob Woodruff Foundation at [www.bobwoodrufffoundation.org](http://www.bobwoodrufffoundation.org). We encourage you to follow @Stand4Heroes on Twitter or like BWF's page on Facebook at [www.facebook.com/Stand4Heroes](https://www.facebook.com/Stand4Heroes).



**BOB WOODRUFF FOUNDATION**  
Investing in the Next Chapter for Our Veterans

## New Peer Navigator



*Nick Weremblewski*

Nick Weremblewski is a U.S. Army veteran originally from Buffalo, NY. With just over 11 years of service and 3 tours to Iraq, Nick finished his commitment at Fort Carson as an Aircraft Refueler on Butts Airfield. After the military, Nick focused on his education and family, completing a BA in Management and an MBA in Business from Ashford University while taking care of his 3 children. In Nick's spare time, he plays guitar in a local rock band and enjoys participating in and helping out with local veterans' events. Nick is also a diehard Buffalo Bills fan!

# Food Distribution

Since March 2020, Care & Share has generously provided a Mobile Market food distribution each month for families in need. For the months of June, July and August, distribution will be on Thursdays.

Through collaboration with Mt. Carmel's staff and volunteers, Food Distro is open to military, veterans and their families as well as to anyone in the community who could benefit from this distribution. There is no qualification or identification needed. This event is located in the parking lot adjacent to Mt. Carmel, which is generously donated by Norris Penrose Event Center.

We would like to thank our partner Care & Share for all of the bags of groceries for our families. A special thank you to Peter Buckles, the owner of Joey's Pizza and the General Manager of Phil Long Kia, who graciously provides a shipment of fresh produce and fruit for every distribution. We are also grateful to the SOCO Business group for their donation of printing hundreds of flyers and placing them all over town.

Thanks to our great supporters and volunteers, this program will continue through 2021. If you are interested in volunteering, please contact Melodie Owens at (719) 309-4771.

# FOOD DISTRO

## DRIVE-THRU DISTRIBUTION

11 AM

**2021**

**NEW**

**Summer**

**Dates**

**THURSDAYS**

**JUN 10 & 24**

**JUL 08 & 22**

**AUG 12 & 26**

**OPEN TO ALL**

**While Supplies Last**

**Norris Penrose  
Event Center  
Upper Lot**

**1125 W Moreno St  
Across From Mt. Carmel  
Veterans Service Center**

**Find Us on Social Media  
for Updates**



  
**719.772.7000**

  
NORRIS PENROSE  
EVENT CENTER  
COLORADO SPRINGS

  
CARE AND SHARE  
FOOD BANK FOR SOUTHERN COLORADO  
FRESH AMERICA

  
JOEY'S  
PIZZA



## Partner Spotlight: Eye Love Care, Inc. Veterans Optometry Partners of America (VOPA)

Eye Love Care, Inc. is an optometry company that provides eye exams and glasses to veterans and Medicaid patients throughout Colorado. Veterans Optometry Partners of America (VOPA) is a division of Eye Love Care, Inc. and has been a partner of Mt. Carmel Veteran Services Center since July 2019. Our partnership with Mt. Carmel has allowed us to service over 5,000 veterans here in the Pikes Peak region. Being able to plug in to the array of services Mt. Carmel offers has allowed our veteran patient base to receive assistance beyond their eye care needs. We have veterans who come in for an eye exam and have never been to Mt. Carmel. When they realize all the free programs available aside from eye care, it opens a new page for them. We are very happy and proud to join Mt. Carmel's mission to be a Beacon of Support!

In addition, we are expanding our services to Medicaid patients! Patients don't have to be a veteran to take advantage. We recently rolled out our "Eye Love Program" where patients 21 years and older with Medicaid insurance receive a FREE pair of glasses following an eye exam. Medicaid covers the exam with a \$2 co-pay, and patients under 21 years will receive a covered eye exam and covered glasses. Eye Love Care, Inc. wants to be the place people visit, veteran or not, to receive incredible FREE eye care services! Please call 719-596-2020 for questions or to set up an appointment.



Veterans Optometry  
Partners of America

**ARE YOU A VETERAN  
IN NEED OF AN EYE EXAM?**

**CALL TODAY!  
719.596.2020**



## Coming Events

**July 2021: Military Art Exhibition - Pikes Peak Community College Art Gallery at Studio West** - Mt. Carmel, in collaboration with Pikes Peak Community College, is planning its first Military Art Exhibition. Veterans, active duty, reservists and guard members, as well as family members will have an opportunity to showcase their art during the month of July at Studio West. An opening reception is planned for July 2nd, with the exhibit lasting through July 23rd. Art will be available to view and purchase through Mt. Carmel's auction website. Proceeds from the exhibit will benefit Mt. Carmel's programs supporting veterans, military and their families.

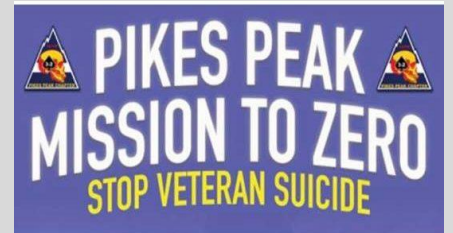


For more information on how to participate as an artist or to view the auction, please visit [www.vetart.givesmart.com](http://www.vetart.givesmart.com)

**August 17, 2021 Mt. Carmel Charity Golf Tournament - SOLD OUT!** - Mt. Carmel Veterans Service Center will host our 6th annual Charity Golf Tournament and Silent Auction on Tuesday, August 17, 2021. This will take place at the prestigious Sanctuary Golf Course in Sedalia, CO. The vision of RE-MAX, LLC Co-Founder Dave Liniger, the Sanctuary allows service organizations to host fundraising events, raising a net profit of over \$112 million during the last 24 years. Proceeds from Mt. Carmel's tournament and silent auction provide funding for Mt. Carmel to continue its mission of providing essential services and programming to our military, veterans and their families.

***Our tournament has sold out! Please visit our silent auction, opening on August 10: [www.sanctuarygolf.givesmart.com](http://www.sanctuarygolf.givesmart.com) You won't want to miss this incredible auction!***

**September 18, 2021 Mission to Zero Poker Ride** - September is Veteran Suicide Awareness month and the Pikes Peak Mission to Zero Family is continuing their mission to raise awareness by holding a poker run in collaboration with Mt. Carmel. This year Mt. Carmel is the final stop after an enjoyable route that includes a ride up Pikes Peak. The end of event celebration will include live music, food trucks, beer garden and more. Mt. Carmel Community Partners interested in participating in the event by showcasing their services to veterans or organizations interested in sponsoring the event should contact Melodie Owens at [mowens@mtcarmelcenter.org](mailto:mowens@mtcarmelcenter.org).



Registration information will be available soon for participants. Check the following link for event updates:

[https://www.facebook.com/PPMtZCVMA/?ref=page\\_internal](https://www.facebook.com/PPMtZCVMA/?ref=page_internal)

**November 5, 2021 Mt. Carmel Hoedown 4 Heroes** - Our 3rd Annual Hoedown 4 Heroes Fundraiser will be held at the Boot Barn. Join us for a boot scootin' fun time with BBQ, bourbon, live music, dancing and silent auction.



***As always, we truly appreciate the support that we receive from our community supporters. We have many ways that you can support our efforts, either through volunteerism, sponsoring an event, or individual donations. Please contact us for more information on how YOU can support our deserving veterans, military and their families.***

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## In Loving Memory of Lauren Beaver

Lauren Beaver, aka “The Boss Lady,” was a rising star with Guaranteed Rate and her local community. She donated countless hours helping our veterans through veteran service organizations such as the USO, Mt. Carmel, The Association of the United States Army and the Salvation Army, to name a few. She always brought a “can-do” attitude and was willing to roll up her sleeves and pitch in with the heavy lifting. No task was too big or too small. She approached every challenge set before her with enthusiasm, humility and grace. Her empathy towards first time home buyers, military spouses, and towards people in general, was second to none. She had a gift of being able to step back, survey the situation and provide the right answer to those in need.



Her light was extinguished too early and our hearts are a little bit heavier today than they were the day before. Her light will shine through all of those that she impacted, and although she is missed, she will never be forgotten.

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## Volunteer Spotlight: Lynda Cink



We are proud to highlight Lynda Cink, our Wonder Woman of volunteerism! Lynda's military connection started with her father who served 21 years in the Air Force. She followed in his footsteps and served four years in the Air Force following high school, and her husband also served four years in the Air Force. They are all very proud veterans.

As a Vet, Lynda feels it is her duty to continue to serve and empower her community, her country, and her fellow veterans. “Mt. Carmel is an amazing organization that allows me that privilege through the many services and programs they offer.”

Lynda has assisted and volunteered for Mt. Carmel events to include Patriot Day, Holiday Giving, and her favorite event, the food distributions. Over the past few years, she has even referred friends and other veterans to Mt. Carmel for VA assistance, job placement assistance and volunteer opportunities. We have valued Lynda and what she stands for so much that we are honored to have her as a new Ambassador for the organization.

Mt. Carmel is lucky to have you, Wonder Woman!

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## Welcome to the Team!

The Veteran and Family Resources team is delighted to welcome our newest case manager to the team, Andrea Singleton. Andrea is a proud Navy veteran. Both of her parents served in the Army; her father was a Vietnam vet who received a Purple Heart. She has called Colorado home since she was two years old. Andrea joined the Navy in 2010 as Gas Turbine Mechanic and was assigned to a CG-55 Leyte Gulf in Norfolk, VA. She returned home to Colorado Springs in 2014 and began working as a dental assistant on Fort Carson. In May of 2020, Andrea graduated from Colorado State University-Pueblo with her Bachelors in Social Work and she currently has just one semester left until she receives her Masters in Social Work, also from CSU-Pueblo. Andrea has only been with us barely over a month and has already proven a wonderful asset to the team and our veterans here in Colorado Springs. Andrea's knowledge of social work and compassion for people drives her to advocate for clients and empower them to set goals and attain self-sufficiency and stability for their future. When Andrea isn't busy with classes and homework, advocating for clients and saving the world, she is at home spending time with her loving daughters. Welcome to the Mt. Carmel family, Andrea!



Andrea Singleton

## Weekly Groups & Classes

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

### MONDAY

Art Expression

### TUESDAY

Medicare Mentors  
Maximum Elevation Homes  
Bible Study  
Spiritual Connection Group  
Yoga Therapy

### WEDNESDAY

loanDepot  
Medicare Mentors  
Family Art Expression  
Veterans Upward Bound  
Financial Wellness Workshop

### THURSDAY

Medicare Mentors  
Maximum Elevation Homes  
Post-Traumatic Stress Support Group

### FRIDAY

Military and Veteran Women's Group

### SATURDAY

Tai Chi

See our event calendar at [veteranscenter.org](http://veteranscenter.org) for specifics.

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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 Facebook, LinkedIn, Instagram and Twitter; and listen to our weekly [Veterans Voice Podcast](#) at KRDO.com.



Mt. Carmel Veterans Service Center | 530 Communication Circle, Colorado Springs, CO 80905 |  
719-772-7000 | [VeteransCenter.org](http://VeteransCenter.org)