

Mt. Carmel Veterans Service Center



One-Stop For Veterans & Military

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19th Annual Stand Down for Homeless Veterans

On October 17th, Mt. Carmel attended and supported the **19th Annual Stand Down for Homeless Veterans**. The El Paso County Homeless Veterans Coalition's mission is to improve the lives of homeless Veterans through direct service programs that are designed to overcome Veteran homelessness. In support of this mission, many Veteran-serving organizations get together to provide their expertise in this joint effort to assist the needy by both direct assistance and facilitating avenues of support. **Mt. Carmel was able to distribute over 1,000 pairs of socks because of the collaborative efforts of our partners. Some of our wonderful supporters are Red Leg Brewing Company, Elite Investigations, Chapel Hills Preschool, Liz Foster, County VSO, Snorya Gupta, Tina Travis, Army Wounded Warrior - AW2 Program, loanDepot, partners and staff at Mt. Carmel.**



Community partners were in attendance to provide clothing, personal care items, hot meals, haircuts, flu shots, shelter and housing referrals, VA claims assistance, job search assistance, substance abuse services, DD-214 assistance and more.

Additionally, Mt. Carmel has remained involved in the process by actively engaging in the **Transitional Housing Initiative (THI)**. This initiative follows 7 homeless Veteran families (28 individuals), with a focus on families with minor children, from homelessness to suitable permanent housing. Mt. Carmel provided case management for these 7 families, hosting them at our facility to receive supportive services, employment assistance, behavioral health counseling and financial counseling. We look forward to continued collaboration with our partners, the THI and the El Paso County Homeless Veterans Coalition, to support the overall success of our Veteran community.



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Paul Arends

HB 16-1276 Internship Program

Paul Price
Workshop Facilitator

Chip Underwood
Job Coach

Janet Farley
Employment Specialist

Greet and Connect

Juanita Reedy

Veterans Day Parade

On Saturday, November 4, 2017, several Veterans, staff and Family members of the Mt. Carmel team loaded up and participated in the City of Colorado Springs Veterans Day Parade.

This year, over 80 organizations participated in the parade, to include: Active Duty Units from the Air Force Academy, Fort Carson, Peterson and Schriever Air Force bases representing branches of the Air Force, Army and Navy, as well as Canadian Units stationed at the Colorado Springs area bases. Over 500 Boy and Girl Scouts marched or assisted with the parade; five high schools built patriotic floats for the parade; and ten high school bands played musical tributes to our Veterans.



This year's theme was Celebrating Military Milestones, which is very dear to the mission of Mt. Carmel. Each and every one of our clients is involved with military milestones. It may be getting their first civilian job, their first paycheck, completing their first semester of college, or even completing their first session of counseling for PTSD.

Mt. Carmel and its partners are here to assist in every milestone.

#VeteransDayEveryDay

As we move from Veterans Day into Thanksgiving, and before we know it the new year, **let's make a point to be thankful for our Veterans every day - #VeteransDayEveryDay.** As Americans, we have so much to be thankful for. We live in a country that allows its citizens unparalleled freedoms - freedoms that we often take for granted; freedoms that are not experienced by many people throughout the world. And while we reflect on these freedoms, let us remember the words of President John F. Kennedy ~ ***"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."***

Let's do that during this season and every day by assisting those men and women who fought to preserve our freedoms. Let's live by JFK's words through volunteer work with Veterans and their Families, or through volunteering or giving to whatever cause for which you are passionate.

Did you know that helping others can actually help you achieve happiness and make the world a better place? Studies have shown that being generous with our time and money can make us feel more optimistic and positive and improve our own self-esteem. Also, kindness is contagious. When we see someone else help another person or organization, it gives us a good feeling, which in turn spurs us to go out and do something altruistic ourselves!



Mt. Carmel Veterans Service Center Staff and Volunteers wish you and yours a very Happy Thanksgiving!

Meet our New Staff Member



Janet Farley
Employment & Transition – Employment Specialist

Mt. Carmel Veterans Service Center would like to announce our newest member of the Employment & Transition team, Janet Farley. Janet has dedicated her professional life to assisting Veterans and Spouses with employment needs. She is an author with books published on topics such as military transition and employment for military spouses. Janet is also the spouse of a Veteran and proud mother of two young ladies. We are extremely proud to have such an asset on our team and look forward to the great things that are coming from Janet!

Our Veterans Tribute Walkway is Complete!



Shopping for a meaningful gift this holiday season? Consider showing your support of our Veterans 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 \$70 - \$850. They can even be personalized with military emblems.

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



Power Breath Meditation Workshop



Project Welcome Home Troops offers its Power Breath Meditation Workshop at Mt. Carmel Veterans Service Center. Their mission is to improve the quality of life for Veterans and their Families. The next session is scheduled for January 18-22, 2018.

Project Welcome Home Troop's Power Breath Meditation workshop transforms lives, restoring well-being, mental focus and a renewed sense of connection and purpose. Research shows that Veterans and Military Members can get relief from chronic and traumatic stress using their scientifically backed breath-based meditation techniques. These powerful techniques address the root of the extreme stress of military life, including multiple deployments, traumatic events and reintegration with family and community. The Power Breath Meditation Workshop involves a specific set of unique breathing techniques that can be practiced on one's own after a few sessions of guidance.

The documentary film "Almost Sunrise" on the PBS channel (check local listings for showings) offers insightful discussion on healing from trauma and also touches upon the impact of the Power Breath Workshop on Veterans.

Free for Active Duty, Veterans and Family

Limited to 20 participants. Must attend all 5 days.

Email Angela.Warner108@gmail.com or call 719-357-6108 to register.

Dates: January 18-22

Times: Thurs, Fri & Mon 6:30 – 9:30 PM

Sat & Sun 9:00 AM – 1:00 PM

Venue: Mt. Carmel Veterans Service Center
530 Communication Circle

Cacao Chemistry has partnered with Mt. Carmel for Giving Tuesday. Every Tuesday during the month of December, **10% of total sales will be donated to Mt. Carmel Veterans Service Center!**

Purchase some of these unique, handmade chocolates as a gift or for yourself, and help support critical programs for our local Veterans, Military and their Families!



109 N. Tejon Street
Tuesday Hours: 11am - 8:30pm

Exciting Program Updates

The Colorado Veterans Service to Career Pilot program has proven to be a necessity for our Veteran community. Annual goals were surpassed within 7 months! We are proud to continue our partnership with PrepConnect 360, which is continuing to assist Veterans and family members with their career transition needs.

The Veterans Integration Program (VIP) is also thriving and has recently received a grant from Boeing, proving their trusted recipe for success in the Veteran employment arena. VIP was also recently recognized by New Horizons Computer Learning Center, along with PrepConnect 360, for being valued partners when it comes to assisting Veterans with meaningful employment.



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As you start your holiday shopping,
please consider signing up for
AmazonSmile.

AmazonSmile is the same Amazon you know. Same
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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 and their Families. It's that easy!

*Please note, Mt. Carmel Veterans Service Center's legal name is Mt. Carmel Center for Excellence.

*Shop for everyone on your gift list this holiday season at **AmazonSmile!***

Help Support Veterans, Military and their Families Today!

As the end of the year approaches and you begin planning for your charitable contributions, please consider supporting our local area Veterans and their Families by donating to Mt. Carmel Veterans Service Center. Your contribution will allow us to continue to support these heroes in the following critical areas:



Employment &
Transition Support



Job Placement &
Internships



Non-Clinical Case
Management &
Resource Navigation



Behavioral Health
Counseling

www.VeteransCenter.org to Donate

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