



LVDHC COMMUNITY CONNECTIONS

A MONTHLY LAC VIEUX DESERT HEALTH CENTER NEWSLETTER

ISSUE 1 ♦ AUGUST 2026

906 - 358 - 4588



LVDHC
Lac Vieux Desert Health Center



LEGACY
WELLNESS & MOTION
LVDHC

LVDHC.ORG



SERVICE SPOTLIGHT

LVDHC Massage Therapy

LVDHC is excited to announce that massage therapy is now available! Massage therapy uses a variety of techniques to manipulate the muscles and other soft tissues of the body, helping to relieve tension, reduce stress, support healing, and promote overall wellness.

Massage therapy can benefit people of all ages and may be especially helpful for those experiencing muscle tightness or pain, arthritis, pregnancy-related discomfort, or everyday stress. Additional benefits may include improved sleep, reduced anxiety, enhanced circulation, relief from constipation, and support for overall health and well-being.

Scheduling an Appointment:

- Appointments are scheduled in **45-minute sessions at a rate of \$75 per visit.**
- Community members and patients interested in massage therapy are encouraged to contact Legacy Wellness & Motion at (906) 358 - 4614 to learn more about availability, scheduling, and whether massage therapy may be a good fit for their wellness needs.



About This Newsletter

Welcome to the first issue of the Lac Vieux Desert Health Center Community Health Newsletter! This monthly update is designed to share helpful health information, clinic updates, and resources that support the wellbeing of our community. We are grateful for the trust you place in LVDHC and look forward to staying connected through this new space.

EDUCATION CORNER

Staying Safe in the Sun

Enjoying the outdoors is one of the best parts of summer, but it's important to protect yourself from the sun. The sun's ultraviolet (UV) rays can damage your skin and increase the risk of sunburn, premature aging, and skin cancer. Practicing sun safety helps you enjoy summer while protecting your health.



Protect Your Skin

- ◆ **UV Index.** The UV Index measures the strength of the sun's ultraviolet (UV) rays on a scale of 1 to 11+.
 - Sun protection is recommended when the UV index is 3 or higher
- ◆ **Clothing.** Protective clothing, such as long-sleeved shirts, pants, brimmed hats, and sunglasses, can be used to protect the skin from the sun.
 - Darker-colored clothing generally provides more UV protection than lighter-colored fabrics.
- ◆ **Sunscreen.** Sunscreen is assigned a Sun Protection Factor (SPF), which measures how well it protects your skin from UV rays. Choose a broad-spectrum sunscreen with an SPF of 30 or higher.
 - Sunscreen wears off. You should reapply every two hours or more if sweating or swimming.
- ◆ **Sunburn.** Sunburn is caused by overexposure to UV rays and can result in red, painful skin. Severe sunburn may also cause blistering, fever, headache, or fatigue.
- ◆ **Treating sunburn.** Cool the skin with a cool bath or damp towel, apply aloe vera or a gentle moisturizer, and drink plenty of water to stay hydrated. Avoid popping blisters and stay moisturized to help the skin to heal naturally.

N5241 US HWY 45
WATERSMEET, MI 49969

CLINIC HOURS:
M-F 7:30AM - 12:00 PM CT
1:00 PM - 4:00 PM CT

LEGACY HOURS:
M-F 5:30 AM - 8:00 PM CT

PHARMACY HOURS:
M-F 7:30 AM - 4:30 PM CT

**EXPANSION UPDATE****Legacy Wellness & Motion Grand Opening!**

Legacy Wellness & Motion is now open! Following our soft launch on July 6th, we're excited to officially celebrate our Grand Opening. This new 10,000-square-foot wellness expansion brings fitness, recovery, therapy, and wellness together to support lifelong well-being

Legacy Wellness & Motion brings a variety of health and wellness services together under one roof. From physical therapy, chiropractic care, massage therapy, and nutrition coaching to exercise classes, recovery services, and a fully equipped fitness center, there's something for everyone. Stop in to learn more about our services and fitness center memberships

Hours of Access:

Monday through Friday 5:30 am - 8:00 pm CDT

Memberships:

- ◆ **Lac Vieux Desert Tribal Member** - Free
- ◆ **Registered Member of Other Tribes** - Free
- ◆ **Lac Vieux Desert Tribe Employee** - Free
- ◆ **Non-Tribal Individual** - \$30/month
- ◆ **Non-Tribal Family** - \$50/month

**Memberships are available to all persons 12 years of age and older*

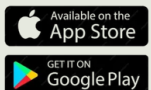


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**Legacy Wellness & Motion App**

Stay connected to your wellness journey with the Legacy Wellness & Motion app. Book appointments, manage your schedule, and conveniently unlock the gym during unstaffed hours—all from your mobile device.

**Need help getting started? Contact Legacy Wellness & Motion at (906) 358 - 4614 for assistance with the app.*

**Staff Spotlight**

This month's Staff Spotlight features **Physical Therapist Luke Kunze**. Luke has been part of the LVDHC team since April 2023, when he helped establish and develop the physical therapy program from the ground up. For the past three years, Luke has been helping LVDHC patients move, heal, and achieve their goals. He helps patients restore movement, improve function, and reach their goals through individualized physical therapy. Luke says his favorite part of the job is "helping people regain function after an injury or surgery" and empowering them to better understand their bodies so they can live life to the fullest. Patients consistently praise his care, sharing comments like, "Luke is such a professional" and "He is a great teacher and knows how to help me achieve my goals."



Fun Fact: Before becoming a physical therapist, Luke competed as a Division I collegiate runner at Marquette University. He went on to earn All-Conference honors in both cross country and track & field. During his senior year, he ran a 4:04.12 mile and came within a fraction of a second of breaking the school record!

**National Immunization Awareness Month**

August is National Immunization Awareness Month, a time to recognize the important role vaccines play in protecting individual and community health. Staying up to date on recommended immunizations helps prevent serious illnesses and protect those who may be more vulnerable. This month also encourages individuals to learn about vaccines from trusted, evidence-based sources and healthcare

professionals. The Lac Vieux Desert Health Center is committed to supporting community health by offering a variety of vaccinations and immunization services. Please contact us with any questions!

Upcoming Closures

**September
7**

LVDHC will be closed on September 7th in observance of Labor Day

**September
8**

LVDHC will be closed on September 8th in observance of Lac Vieux Desert Federal Reaffirmation Day

**September
25**

LVDHC will be closed on September 25th in observance of State Indian Day

Department Digest

Department Digest is a space where each LVDHC department can share updates, introduce new staff, highlight services, provide health reminders, and keep patients and the community informed. Each month, departments will use this page to share what's new and what's happening across the health center. As this is the first issue of our monthly newsletter, we're introducing each department by highlighting the services they offer. The Lac Vieux Desert Health Center is open to the public and provides a wide range of services that you may not know are available.

Dental



The Lac Vieux Desert Dental Center provides dental care designed to support long-term oral health for patients of all ages. We prioritize taking the necessary time to ensure your visit is comfortable and reassuring. Services include:

- Routine cleanings
- Comprehensive examinations
- Fillings
- Tooth extractions
- Fluoride treatments
- Digital X-rays
- Crowns
- Pediatric dental services
- Emergency walk-in appointments

Pharmacy



The LVDHC Pharmacy is open to everyone and is here to help you manage your medications with confidence. We accept most major insurance plans and offer a variety of services, including:

- Prescription transfers from other pharmacies
- Over-the-counter medications
- Medication Therapy Management (MTM)
- Med Sync to coordinate medication refill dates
- Prescription mailing services
- Med Safe medication disposal

Chiropractic & Physical Therapy



LVDHC chiropractic and physical therapy services are here to help you move comfortably and feel your best. Our team offers:

- Chiropractic adjustments
- Back and neck pain evaluations
- Postural assessments
- Dry needling
- Comprehensive joint and pain care
- Erchonia® Violet and Red Laser Therapy
- Pre- and post-surgery physical therapy
- Support with flexibility, balance, and coordination

Medical



Our team of medical practitioners provide primary care and walk-in services for the whole family. We provide a wide range of services including:

- Routine screenings
- Sports physicals
- Well-child exams
- Podiatry care
- Vaccinations and immunizations
- Referrals and coordination with specialty care
- Annual wellness visits and physicals
- Chronic condition and disease management

Optical



The LVDHC Optical Department provides comprehensive vision care for patients of all ages. Our services include:

- Comprehensive eye exams
- Prescription updates
- Diabetic eye screenings
- Lens upgrades
- Pediatric eye exams
- Prescription sunglasses
- Specialty contact lens fittings
- Eyeglasses and contact lenses available for purchase
- Eyeglass adjustments and small repairs

Behavioral Health



Our Behavioral Health Department offers comprehensive, integrated outpatient mental health and substance use support, including:

- Individual counseling
- Family/marital counseling
- Art therapy
- Case management
- Cultural counseling
- Substance abuse services
- Smoking cessation
- Alcohol/Drug education
- Relapse prevention
- Assistance for at-risk employees

Legacy Wellness & Motion



Legacy Wellness & Motion by LVDHC is our new building expansion designed to bring whole-body wellness together in one place. Services include:

- Massage therapy
- Personal training
- Wellness and nutrition coaching
- Exercise classes
- Sauna
- Cold plunge
- Fitness center with strength and cardio equipment

Community Bulletin

Welcome to the Community Bulletin, your source for clinic programs, upcoming events, community resources, and other opportunities to help keep you informed and connected. Check back each month for the latest updates.

FREE Sports Physicals

Lac Vieux Desert Health Center will host the final free Sports Physical Day on **August 18th from 8:00 a.m. to 3:30 p.m.**

CT. Sports physicals are available to students participating in athletics from elementary school through college and are open to everyone. For more information, call 906-358-4588.

- No need to be an established patient.
- Walk-ins are welcome.
- A parent or legal guardian must be present for minors.

**Depending on the number of patients, wait times may vary.*



Be Ready. Be Strong. Stay Healthy.

Elders Corner

Dedicated to our Elders, this section highlights programs, events, resources, and health information to help support healthy aging, connection, and overall well-being.

Estate Planning Event

When: August 27 @ 12 PM

Where: The Gathering Place

Who: Qualifying LVD Tribal Members

Michigan Indian Legal Services will provide information on estate planning, including wills, powers of attorney, funeral representation, and more.

Elder Gym Hours

Legacy Wellness & Motion now offers a dedicated Wellness Hour for Tribal Elders every Monday and Wednesday at 11:00 a.m. Jake Witt and Thomas Caron will be there to guide workouts, demonstrate equipment, and answer any questions.

★ Patient of the Month ★

This month, we are proud to recognize

Martha "Marti" Wegner as our Patient of the Month for her dedication, perseverance, and commitment to improving her health. A Watersmeet resident and retired middle school teacher, Marti enjoys sewing, quilting, helping distribute meals to local seniors, and serving as an active member of the community through local boards and organizations.



After sustaining an arm injury, Marti began working with LVDHC's chiropractic, physical therapy, and wellness teams. Determined to regain her independence, she committed herself to rehabilitation, steadily rebuilding her strength, balance, and confidence. "I give it everything I've got," Marti shared. "Even if it hurts now, I know I'll be better in the end." Health and Wellness Coach Jake Witt said Marti "works exceptionally hard toward improving her health" and has made "tremendous progress in her strength, mobility, and overall wellness." Chiropractor Dr. Robert Hansen added, "Her improvements have been remarkable."

Marti also praised the LVDHC team, sharing, "I feel relaxed every time I come into that building." Although she was initially apprehensive about beginning physical therapy and wellness coaching, she quickly felt at ease because of the staff's professionalism and support. She also credits her husband of nearly 53 years for encouraging and supporting her throughout her journey. Her advice to the community is simple, borrowing Nike's famous motto: "**Just do it.**"



Available on the App Store

GET IT ON Google Play

LVDHC RX App

Take your pharmacy with you! The free LVDHC RX app lets you request prescription refills, manage medications, and access important pharmacy information—all in one place

**Need help getting started? Contact LVDHC Pharmacy at (906) 358-4905 for assistance with the app.*

LVDHC Patient Portal

Did you know you can access your health information from anywhere using the LVDHC Patient Portal? You can view appointments, check lab results, update information, and securely message your care team. Ask our staff how to sign up and get started today!

