



LVDHC COMMUNITY CONNECTIONS

A MONTHLY LAC VIEUX DESERT HEALTH CENTER NEWSLETTER

ISSUE 2 ♦ SEPTEMBER 2026

906 - 358 - 4588



LVDHC
Lac Vieux Desert Health Center



LEGACY
WELLNESS & MOTION
LVDHC

LVDHC.ORG



SERVICE SPOTLIGHT

Contrast Therapy

Looking for a new way to support recovery and wellness? Try contrast therapy at Legacy Wellness & Motion! Contrast therapy combines heat and cold to support both body and mind. Alternate between our infrared sauna and cold tub to promote circulation, ease muscle tension, and reduce post-workout soreness. Many people also enjoy contrast therapy as a way to relax, recharge, and support their overall wellness routine.

A typical contrast therapy session begins with 1–2 minutes in the cold tub followed by 3–5 minutes in the infrared sauna, repeating the cycle for 3–5 rounds. Alternating between hot and cold causes blood vessels to expand and constrict, creating a pumping effect that supports circulation. Contrast therapy can be incorporated into a recovery routine and may help reduce post-workout soreness and support overall wellness.

Contrast therapy is free for all Legacy gym members! No reservation is required. If you plan to use the sauna, please call 30–45 minutes ahead so our team can turn it on and allow it to fully heat up. For more information, contact Legacy Wellness & Motion or stop by and speak with one of our team members.



Inside This Issue

The September issue of LVDHC Community Connections is here! This month's newsletter features helpful health and wellness information, updates from across the Health Center, upcoming programs and community events, and highlights from our departments, staff, patients, and community. Take some time to explore this month's issue and stay connected with everything happening at LVDHC!

EDUCATION CORNER

Tick Safety

As you continue to enjoy the outdoors, it's important to protect yourself from ticks. These pests can carry diseases, but a few simple precautions can help protect you and your family from tickborne illnesses.



- ✦ **Tickborne Illness.** Ticks feed on the blood of humans and animals and can spread bacteria, viruses, and parasites through their bites. Lyme disease is the most common tickborne disease in the United States.
- ✦ **Symptoms.** Fever, chills, headache, muscle aches, joint pain, and rashes are common symptoms of a tickborne illness. Seek medical attention if symptoms develop after a tick bite.
- ✦ **Tick Habitats.** Ticks are commonly found in grassy, brushy, and wooded areas. Be extra cautious when hiking, camping, gardening, or spending time outdoors.
- ✦ **Preventing Tick Bites.** Wear long sleeves and pants, tuck clothes, stay on cleared trails when possible, and treat clothing and gear with permethrin. Never apply permethrin directly to your skin.
- ✦ **Checking for Ticks.** After coming indoors, check your body, clothing, gear, and pets for ticks. Showering within two hours may help reduce your risk of Lyme disease.
- ✦ **Tick Removal.** Use fine-tipped tweezers to grasp the tick as close to the skin as possible and pull straight out with steady, even pressure. Avoid twisting or jerking the tick.
- ✦ **Tick Disposal.** To dispose of a tick you can place it in alcohol, seal it in a container or tape, or flush it down the toilet. Never crush a tick with your fingers, and wash your hands and the bite area after removal.

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



PROGRAM UPDATE

Walking Wednesdays Are Back!

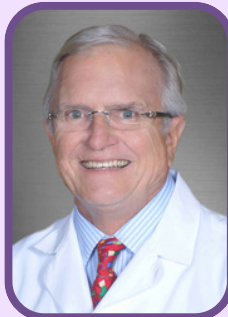
Lace up and join us for the second round of Walking Wednesdays! Bring your family and friends and spend some time outside being active together. Our newly finished walking path is the perfect place to enjoy the fall colors and connect with others. Everyone is welcome, so come as you are and walk at your own pace!

Walking is a simple way to support your overall health and wellness without requiring special equipment or a gym membership. Regular walking can help improve heart health, increase strength and endurance, boost your mood, and reduce stress. Make walking part of your routine while getting outside and spending time with others!

🌟 **Every Wednesday from September 9 - October 28**
 🌟 **Lac Vieux Desert Health Center Walking Path**
 🌟 **2:00 p.m. – 4:00 p.m. CDT**

Staff Spotlight**We're excited to spotlight Oral and Maxillofacial Surgeon Dr. Helgerson!**

For more than 8 years, Dr. Helgerson has been a valued member of the LVDHC Dental team. He joins us for four months each summer as our Oral Surgeon. His experience, gentle demeanor, dedication, and sense of humor have made him a favorite among both patients and staff. His commitment to providing quality care and serving our community makes him an important part of the LVDHC team



One of the things Dr. Helgerson enjoys most about working at LVDHC is the people. He describes our staff as a "terrific group" who "have lots of fun." He also enjoys carpooling with his coworkers and the time they get to spend together along the way.

Fun Fact: Dr. Helgerson is a huge golf fan and is a member of the Minocqua Country Club. He also spends more than 50 hours each year teaching and sharing his expertise with dental students!

**National Suicide Prevention Month**

September is Suicide Prevention Month, a time to raise awareness, encourage open conversations, and remind our community that help is available. Starting a conversation and checking in with someone who may be struggling can make a difference. No one has to face difficult times alone.

Warning Signs. Warning signs may include talking about suicide or feeling hopeless, withdrawing from friends and family, increased alcohol or drug use, dramatic mood changes, reckless behavior, or giving away possessions.

What Can You Do? If you are concerned about someone, take their words seriously and ask directly if they are thinking about suicide. Listen without judgment, let them know you care, and help connect them with support.

We all have a role in making conversations about mental health and suicide more comfortable and less stigmatized. Sometimes, simply asking and listening can make a difference. Here are a few examples of what to say—and what to avoid.

Things to Say

- "I'm here to listen."
- "I'm worried about you. How are you feeling?"
- "What can I do to help?"
- "You don't have to go through this alone."

Avoid Saying

- "You have so much to live for."
- "Things could be worse."
- "You don't really mean that."
- "You'll be fine"
- "Everyone goes through hard times."

If someone is in immediate crisis, call or text 988 to reach the Suicide & Crisis Lifeline, or call 911.

Mino Ayaawin: Words for Wellness

Boozhoo! Join LVD Tribal Elder Giwe Martin for our new **Ojibwe Language** feature, where we'll have fun learning and practicing Ojibwemowin together. Starting in October, each month will feature theme-based and seasonal words connected to health, wellness, and our community. Take the Ojibwemowin Challenge of the Month: learn a word, use it with your family, friends, or coworkers, and help keep our language strong! Every word spoken is a gift to future generations.

**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.

Medical

We're excited to welcome **Tony Mannila**, Family Nurse Practitioner (FNP), to the LVDHC team! Tony joins our Medical Department and will be seeing patients five days a week. With years of experience serving Native American communities in Tribal Health, he brings valuable experience and a special interest in diabetes care and pain management, including joint injections.



Dental

Coming Soon to LVDHC Dental! We're excited to offer same-day crowns with our **new CEREC machine**. Using advanced 3D scanning and digital technology, crowns can be designed, created, and placed in a single appointment, making dental care more convenient for our patients.



Optical

As kids head back to school, it's a great time to make sure they're seeing clearly! Vision problems can sometimes affect learning without being obvious. Watch for signs like squinting, frequent headaches, rubbing their eyes, or sitting very close to books or screens. Regular eye exams can help identify vision concerns early and keep kids seeing their best.



Pharmacy

Have unused or expired medications that you no longer need? Bring them to the LVDHC Pharmacy and use our **MedSafe receptacle** for safe and convenient disposal. Proper disposal helps prevent accidental exposure, misuse, and environmental contamination. All medications disposed of in the MedSafe receptacle will be kept confidential and all identifiable labels will be destroyed with the medication.



Physical Therapy

LVDHC Physical Therapy uses the **Senso Smart Platform** to keep rehabilitation interactive and personalized. The Senso is an interactive rehabilitation system that uses a pressure-sensitive platform to detect weight shifts and stepping movements. Patients interact with engaging games that combine physical and cognitive exercises to improve balance, coordination, reaction time, and mobility. The Senso can be used with older adults, patients with balance impairments, and those recovering from surgery or hip, knee, or spine conditions.



Behavioral Health

Now Offering Behavioral Health Walk-In Services! Having a bad day or need someone to talk to? LVDHC Behavioral Health now offers **walk-in services** Monday through Friday during regular business hours. Stop in to meet with a member of our Behavioral Health team—no appointment required!



For questions or more information, call (906) 358-0252



Chiropractic

Low-Level Laser Therapy (LLLT), also known as photobiomodulation, uses gentle red and near-infrared light to support the body's natural healing response. This non-invasive treatment may help reduce pain, inflammation, and swelling while supporting tissue repair for certain muscle, joint, and soft-tissue conditions. If you are experiencing ongoing aches, stiffness, or injury-related discomfort, LLLT may be right for you!



Legacy Wellness & Motion

Stretch, move, and unwind! **Beginner-friendly yoga classes** will be held at Legacy Wellness & Motion every Wednesday from 4:30–5:45 p.m. CT. Thanks to LVD Social Services, classes are free and open to everyone, with space limited to 15 participants. Sign up through the Legacy app, or stop by Legacy Wellness & Motion at least one day before the class to register. Mats are available for use, but you're welcome to bring your own.



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.

Suicide Awareness Bingo

LVDHC is hosting a fun community event to promote suicide prevention and mental health awareness. Everyone is welcome, and prizes will be available!



September 22 • 12:00–1:00 p.m. • The Gathering Place

Remembrance & Healing Walk



Join us for Orange Shirt Day and the 6th Annual LVD Remembrance & Healing Walk on **September 30th, 2026**.

- ▶ **7:00 a.m.** ~ Sunrise Water Ceremony at Bass Lake
- ▶ **8:00 a.m.** ~ Registration, T-shirt distribution & a light breakfast
- ▶ **9:00 a.m.** ~ Opening Remarks
- ▶ **10:00 a.m.** ~ Walk begins at Northern Waters Casino
- ▶ **11:00 a.m.** ~ Lunch provided at Northern Waters Casino with a special presentation from LVD Boarding School Survivors

Elders Corner: Brain Health

Taking care of your brain is an important part of healthy aging. Small, everyday habits can support brain health, memory, mood, and overall well-being. Here are a few simple ways to keep your brain active and healthy:



Move your body

Regular physical activity supports blood flow to the brain and overall brain health. Staying active can also help lower the risk of cognitive decline.



Get good sleep

Getting enough high-quality sleep is important for keeping your brain healthy. Aim for a consistent sleep routine and give your body the rest it needs.



Eat nutritious food

Nutritious foods like corn, beans, and wild rice lower your risk of brain problems. Try to limit and avoid highly processed foods when possible.



Work your brain

Keep your mind active by learning new skills, reading, and playing games. Your brain benefits from regular mental exercise!



Spend time with your community

Social connection is important for brain health. Spend time with loved ones, stay active in the community, and make time for meaningful conversations.

★ Patient of the Month ★

This month, we're proud to recognize **Jenny Pete** as our LVDHC Patient of the Month! A lifelong Watersmeet resident, Jenny enjoys spending time outdoors, side-by-siding, playing bingo, visiting the casino, and cheering on her favorite sports teams.



Jenny began working with the LVDHC Behavioral Health team during a difficult time in her life. With the support of the team, Jenny has now celebrated **18 months of sobriety**, an accomplishment she is incredibly proud of. Since getting sober, she has found new opportunities to enjoy life, including hiking, fishing, and focusing on her physical health.

Her therapist, Charissa, describes Jenny as a "rockstar" for her determination in overcoming addiction and for the way she is now prioritizing her physical health and overall well-being. Jenny credits her support system at LVDHC for helping her along the way. She describes the staff as people she looks forward to seeing and is "grateful for them." When things get difficult, she reaches out to Charissa, spends time with people she cares about, or takes a drive to enjoy nature.

Jenny encourages anyone who may be hesitant to seek support to take that first step, stay on a positive path, attend meetings, and stay connected with people they care about.

Congratulations, Jenny, and thank you for sharing your story!

Ojibwe Language Class

Boozhoo!

Interested in learning Ojibwemowin? Come learn and practice together with instructor Leon "Boycee" Valliere! This Zoom class is open to all levels and is a great opportunity to connect with our language and make it strong for future generations. Classes are held **Thursdays from 5:30–7:00 p.m.**

*Contact Giwe Martin at gmartin@lvdhealthcenter.com for more information and a Zoom invitation.

LVDHC Community Flu Clinics

Stay healthy and protected this flu season! LVDHC will be offering vaccines to the community at two convenient flu clinic locations. Everyone is welcome!

📍 **October 8:** Northern Waters Casino from 9:00 a.m.–3:00 p.m.

📍 **October 13:** The Gathering Place from 11:00 a.m.–2:00 p.m.

*Flu vaccines will be available at LVDHC starting October 1st. No appointment is needed—walk in Monday through Friday between 8:00 a.m. and 4:00 p.m.