



LVDHC COMMUNITY CONNECTIONS

A MONTHLY LAC VIEUX DESERT HEALTH CENTER NEWSLETTER

ISSUE 3 ♦ OCTOBER 2026

906 - 358 - 4588



LVDHC
Lac Vieux Desert Health Center



LEGACY
WELLNESS & MOTION
LVDHC

LVDHC.ORG



SERVICE SPOTLIGHT

Legacy Wellness & Motion Extended Hours!

More Time to Move! Starting October 1st, Legacy Wellness & Motion members will have expanded access to the fitness facility, making it easier to fit movement into your schedule. Members can use the Legacy Wellness & Motion app to unlock the facility during unstaffed hours.

New Facility Access Hours:

Monday–Friday: 4:00 a.m. – 10:00 p.m.

Saturday–Sunday: 5:30 a.m. – 8:00 p.m.

Staffed hours are 5:30 a.m.–8:00 p.m. Monday through Friday.

Before You Go

- ▶ Download the Legacy Wellness & Motion app on your smartphone to access the facility during unstaffed hours.
- ▶ Members must be 18 or older, or have a guardian present to utilize extended hours.
- ▶ Sauna and cold plunge are only available on weekdays during staffed hours.
- ▶ Exercise at your own risk, use equipment safely, and consider bringing a friend.
- ▶ Wipe down equipment, return items to their proper place, and help keep the facility ready for the next member.

Inside This Issue

The October issue of LVDHC Community Connections is here! This special edition highlights Breast Cancer Awareness Month, along with other important health and awareness topics. Inside, you'll find new staff introductions, upcoming community events, and helpful health and wellness information. Take a look and stay connected with what's happening at LVDHC!

EDUCATION CORNER

Breast Cancer Prevention: Healthy Habits Matter



When it comes to breast cancer, some risk factors, such as age and genetics, are beyond our control. However, there are healthy choices we can make to help lower our risk. While breast cancer cannot always be prevented, taking steps to support your overall health can make a difference. You can:

- 🎗️ **Maintain a Healthy Weight.** Obesity is a risk factor for developing cancer in both men and women. Maintaining a healthy weight can help reduce your risk of developing several types of cancer.
- 🎗️ **Eat Fruits and Vegetables.** Eating 3.5 to 5 cups of fruits and vegetables daily has been shown to reduce the risk of breast cancer.
- 🎗️ **Stay Physically Active.** Regular physical activity is associated with a lower risk of breast cancer and offers many other health benefits. Aim to move your body for at least 20 minutes each day through activities you enjoy.
- 🎗️ **Avoid Smoking.** Smoking and exposure to secondhand smoke can increase your risk of many types of cancer, including breast cancer. Avoiding tobacco and limiting your exposure to secondhand smoke can help protect your health.
- 🎗️ **Limit Alcohol Consumption.** Drinking alcohol can increase your risk of breast cancer, and the more alcohol you consume, the greater the risk. Limiting alcohol or choosing not to drink can help reduce this risk.
- 🎗️ **Schedule Your Screenings.** Stay proactive about your health by keeping up with recommended screenings, including mammograms, well-woman exams, and other screenings recommended by your healthcare provider. Regular screenings can help identify health concerns early.

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 4:00 AM - 10:00 PM CT
SAT & SUN 5:30 AM - 8:00 PM CT

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



SERVICE UPDATE

Flu Shots

October marks the beginning of flu season. Getting your annual flu vaccine is an important step in protecting yourself and your community. The CDC recommends a flu vaccine for everyone 6 months and older, with rare exceptions.

Flu and COVID-19 vaccines will be available at LVDHC starting October 1st. Walk in Monday through Friday between 8:00 a.m. and 4:00 p.m. to receive your vaccines. LVDHC will also be offering vaccines to the community at two convenient flu clinic locations.

- **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.

How much do you really know about the flu shot? Let's look at a few common myths and facts to help you make informed decisions about your health.

Flu Shot Myth vs Fact

- | | | |
|--|---|---|
| Myth: The flu shot will give me the flu. | ⇒ | Fact: The flu shot cannot give you the flu because it contains inactive virus particles. |
| Myth: Getting the flu gives me stronger, more natural protection than the flu shot. | ⇒ | Fact: The flu shot is a safer way to build protection because the flu can cause serious illness, hospitalization, or death. |
| Myth: The flu shot will fully protect me from getting the flu. | ⇒ | Fact: The flu shot isn't perfect, but it still helps a lot. Effectiveness depends on things like your age, your health, and the kind of flu that's going around. |

Upcoming Closures

October 12 LVDHC will be closed on October 12th in observance of Indigenous Peoples' Day

November 11 LVDHC will be closed on November 11th in observance of Veterans Day

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 Giiwe Martin at gmartin@lvdhealthcenter.com for more information and a Zoom invitation.

**National Dental Hygiene Month**

October is National Dental Hygiene Month! Take this month as a reminder to care for your smile through good oral hygiene, healthy food choices, regular dental visits, and a healthy lifestyle. A healthy smile starts with everyday choices. Here are some simple ways you can support your oral health.

Brush twice daily. Brush your teeth once in the morning and once before bed to remove plaque and food particles.

Proper brushing. Use a soft-bristled toothbrush to avoid gum irritation and enamel damage. Hold the brush at a 45-degree angle to your gums and use gentle, circular motions for at least 2 minutes.

Floss daily. Curve the floss into a C-shape around each tooth and gently slide it up and down to remove plaque between teeth. Dental picks and water flossers can be used as alternatives to traditional floss.

Regular dental visits. It is recommended that patients visit the dentist at least once a year for checkups and a professional cleaning.

Healthy lifestyle. Limit sugary foods and drinks to help prevent cavities. Avoid tobacco and limit alcohol to reduce your risk of gum disease, oral cancer, and other health problems.

Staff Spotlight

This month, we're shining the spotlight on **Corrie Reil-Erickson**, our Integrated Case Manager! Corrie has been part of the LVDHC team since November 2024. In her role, she supports elders and community members by connecting them with resources, assisting with paperwork, arranging transportation, advocating for patients, and providing ongoing support. Corrie describes herself as a "cheerleader" for the people she works with and is always ready to offer a little extra support, or a warm hug when someone needs it. Her fellow team members often say, "She gives the best hugs!"



Corrie says one of her favorite parts of the job is building trusting relationships in the community. "It's an honor and privilege to have such good relationships with community members," she shared. She loves that every day is different and enjoys walking alongside people and supporting them wherever they are in their journey.

Fun Fact: In her early adult years, Corrie spent several years working with the Spectrum Carnival! She ran a balloon-pop dart game and got to experience life on the road with the carnival.

Department Digest

Physical Therapy

October is **National Physical Therapy Month**! This is a great time to recognize how physical therapy can transform lives by restoring motion, reducing pain, and improving strength, flexibility, and mobility. Whether you're recovering from an injury, managing a chronic condition, or looking to improve athletic performance, physical therapy empowers you to regain independence, prevent future injuries, and support a healthier, more active lifestyle.



Optical

Please welcome Dr. Payne—better known as **Dr. Becky**—to the LVDHC team! Our new full-time optometrist will be seeing patients five days a week. Originally from near Grand Rapids, Dr. Becky brings 26 years of optometry experience to our community. She recently moved to the UP with her husband and enjoys trail riding, cooking, reading, crafting, and DIY projects.



Legacy Wellness & Motion

Youth Hours are coming to Legacy Wellness & Motion! Beginning October 6th, youth ages 12+ can use this dedicated time to learn proper movement, exercise safely, and build healthy habits that can last a lifetime. Join us on Tuesdays and Thursdays from 3:45 - 4:45 p.m.

**A guardian must sign a one-time waiver and liability form before participation.*



Behavioral Health

Please join us in welcoming **Adriana Ruiz-Knack**, our new Family Wellness Coordinator! Adriana will support our community and young families through home visits, outreach events, and parenting classes. She brings valuable experience working with children and advocating for families. We're excited to have her join the LVDHC team!



Pharmacy

October 18–24 is **National Pharmacy Week**, a time to recognize the important role pharmacists and pharmacy technicians play in our health and well-being. Here are a few fun facts about the early days of medicine!

- ▶ Pepsi started as medicine! In 1893, pharmacist Caleb Bradham created "Brad's Drink" as a digestive aid.
- ▶ Chocolate syrup was once used in medicine! Pharmacists used it to mask the bitter taste of medicines and make them easier to take.
- ▶ Coca-Cola has pharmacy roots! Created in 1886, it was originally marketed as a medicinal tonic for ailments such as headaches.



Chiropractic

Office Ergonomics for Spine Support:

Small changes to your workspace can make a big difference for your spine. Keep your monitor near eye level, support your back, relax your shoulders, and keep your feet flat. Taking regular movement breaks can also help reduce neck, back, shoulder, and wrist discomfort throughout the day.



October Word Search Puzzle

T	A	S	S	H	Y	G	I	E	N	E	P
S	Y	W	R	E	B	O	T	C	O	R	P
T	T	L	A	S	I	N	O	I	E	T	Y
R	B	E	S	R	O	L	G	V	O	O	N
E	E	G	N	E	E	U	E	O	S	Y	S
T	N	A	B	N	E	N	T	O	H	T	I
C	I	C	W	E	T	H	E	H	I	I	T
H	C	Y	B	I	B	T	S	S	O	L	F
Y	C	H	O	R	E	S	N	A	S	I	L
R	A	N	U	N	M	H	R	U	L	B	E
F	V	S	S	E	N	L	L	E	W	O	M
M	H	N	F	E	Y	T	L	T	L	M	T

AWARENESS	FLOSS	TOOTHBRUSH	HYGIENE
MOBILITY	OCTOBER	PREVENTION	VACCINE
WELLNESS	STRETCH	LEGACY	

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.

40th Annual Duck Pond Run

A Suicide Awareness Event in Memory of Agnes Martin

- ▶ 1 Mile or 5K Fun Run - Trophies awarded to age group winners
- ▶ Free shirt, water, chili, and frybread for all participants

October 3 • 9:00 AM CDT • LVDHC Walking Path

Shrek Drive-In Movie

Pack up the family and join us for a Drive-In Movie Night featuring Shrek! Tune your car radio to the event station, sit back, and enjoy the movie on the big screen. Hosted by LVDHC and Gogebic Ontonagon Communities That Care!

- 🍷 Light snacks and refreshments
- 🍷 Family crafts
- 🍷 Face painting
- 🍷 Basket raffle
- 🍷 And more!

October 9 • 6pm - 9pm • LVDHC Parking Lot



Showtime @ 7:30!

Elders Corner: Preventative Care

October is a great time to check in on your preventive care! Regular screenings can help catch health concerns early and support healthy aging.



Annual Wellness Visit

Review your overall health, medications, and recommended screenings once a year.



Blood Pressure Check

Get your blood pressure checked at least once a year to help detect high blood pressure and reduce heart and stroke risks.



Colorectal Cancer Screening

Helps detect precancerous changes early. Screening frequency depends on the test. Some are completed yearly, while colonoscopies are generally done every 10 years.



Breast Cancer Screening

Mammograms are generally recommended every 1–2 years, depending on your age and provider's guidance.



Bone Density Screening

Women should begin screening at age 65 men should begin at age 70, with follow-up timing based on results and individual risk.

★ Patient of the Month ★

This month, we are excited to recognize **Barbara Peltola** as our Patient of the Month!

Barbara has been a valued part of the LVDHC community for more than 25 years, and over that time, she has become a familiar and friendly face to many of our staff. Barbara has lived in the Upper Peninsula for most of her life and is from Bruce Crossing, MI. In her free time, she enjoys crossword puzzles, word searches, and keeping busy by cleaning the house.



When asked what she enjoys most about coming to LVDHC, Barbara didn't hesitate: "Everyone is so nice. It's just like home." She shared that the hugs, kindness, and care she receives from staff mean a lot to her. To Barbara, the relationships she has built at LVDHC make each visit feel a little like coming home to family.

Her kindness and positive attitude have made just as much of an impact on our staff. Those who nominated Barbara shared that she always goes out of her way to say hello, ask how they are doing, and thank them for the things they do for her. She is known for having a smile on her face and bringing a warm, positive energy with her wherever she goes. One staff member shared that simply seeing Barbara's smiling face or getting a hug from her can brighten their entire day.

When asked what advice she would like to share with others in the community, Barbara offered a simple but meaningful reminder: "Live healthy and take care of yourself."

Remembering Our Children: A Boarding School Education & Remembrance Event



Sponsored by LVDHC and led by the National Native American Boarding School Healing Coalition, this event offers an opportunity to remember, learn, and reflect on the lasting impacts of Native boarding schools. Through an opening drum ceremony, keynote address, and survivor panel, we'll honor survivors and explore healing and accountability.



Keynote Speaker
Dr. Samuel Torres



The National Native American
Boarding School Healing Coalition



Where: Northern Waters
Casino Event Center

When: Friday, November 20
from 10am - 3pm CT