

Local Army veteran opens wellness center in Grand Blanc

Army veteran Bill Randall recently opened a LaVida Massage franchise in Grand Blanc, the first massage-centric wellness center in Genesee County and the 14th LaVida center to open in Michigan.

LaVida Massage, which is based in Commerce Township, focuses on health and wellness by providing therapeutic massage and skin care services for the entire family. There are approximately 45 centers nationwide plus one center in Canada.

"As a longtime Army veteran, I was introduced to massage therapy years ago while serving in the military," owner-manager Randall said. "Massage provided me relief from aches and pains in my muscles and my joints caused by my line of work — training and service.

"Massage has served me equally well as I transitioned from the military to my carpentry business. It continues to alleviate back and joint pain. In fact, therapeutic massage has greatly improved my quality of life and I am a firm believer in its necessity for well-being — I am excited to share this with my community through LaVida."

The new 2,400-square-foot LaVida center is at 6303 S. Dort Hwy., in the Heritage Park Shopping Center just south of the Saginaw Road/Hill

FYI

LaVida Massage, 6303 S. Dort Hwy., Grand Blanc, is open 9 a.m. to 9 p.m. Monday to Saturday and 10 a.m. to 6 p.m. Sunday. Call 810-694-6877 or visit www.lavidamassage.com.

Road intersection. The center features nine regular massage rooms, one couples' massage room, one room dedicated to aesthetics and a lobby area room.

"I was drawn to LaVida as a business opportunity because of an ongoing interest in massage as a health and wellness modality, and I wanted to open a center in Genesee County that focuses on the entire family as opposed to the typical spa atmosphere maintained by other massage centers in the area," Randall says. "Also, LaVida offers a high level of customer service; we are open seven days a week and don't require appointments — something that was beneficial for me as a traveling LaVida customer while on the road for work, and I think will be so for many of the working parents and professionals in the area."

In addition to sharing the health and wellness benefits of massage to the Grand Blanc area, Randall will add jobs at LaVida — with



Bill Randall (right) and his wife, Sabré Randall, of LaVida Massage in Grand Blanc.

intentions of hiring up to 20 people, including therapists, receptionists and sales staff in the coming months.

The center provides a number of therapeutic massage services to meet the needs of families in the area, including Swedish, deep tissue, prenatal, oncological, corporate, sports and others, all performed by licensed and highly experienced massage therapists. The center will also soon add skin

care such as facials, peels and waxing to its lineup of services.

According to the LaVida website, "Many people report a sense of improved perspective and clarity after receiving a massage. The emotional balance massage provides can often be just as important and valuable as the more tangible physical benefits."

Massage therapy increases blood circulation, enhances sleep quality, increases energy levels, improves

concentration, reduces fatigue and stress, decreases anxiety, enhances immunity, improves body motion, reduces heart rate and speeds injury rehabilitation.

New clients can take advantage of LaVida's \$39.95 introductory massage.

"At LaVida of Grand Blanc, we're focused on the therapeutic power of massage and in making it an affordable and comfortable commodity for everyone," Randall says.

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Money

State-of-the-art Maple Surgery Center opens in Troy

An ambulatory surgical center is now open at the former Saturn Corp. headquarters at 1420 Stephenson Hwy. in Troy. The new center is a state-of-the-art facility that brings together surgeons from a wide range of specialties including orthopedics, ophthalmology, otolaryngology, gastroenterology, general surgery and pain management.

Maple Surgery Center features two operating rooms, one procedure room, a pre-operative and recovery area and an employee lounge. The operating rooms are equipped with the latest high-definition monitors and video cameras, microscopes and socialization equipment. In addition, visitors can take advantage of amenities such as free Wi-Fi and refreshments in the center's spacious waiting area.

FYI
Annette Rak-Lopez, R.N., who serves as senior practice administrator of the Maple Surgery Center, said the benefits of an ambulatory center for patients are many when compared to a hospital setting.

"By providing personalized care in a welcoming environment, our patient-centered approach helps reduce anxiety and make the surgi-



ABOVE: Maple Surgery Center opens at former Saturn Corp. Headquarters in Troy. RIGHT: Ophthalmologist Dr. Daniel Haddad (left) with patient Daniel Riendfliesh, after the first surgery at Maple Surgery Center on Jan. 9.

cal experience as stress-free as possible," said Rak-Lopez. In addition, she said physicians who perform surgery at the facility can benefit from increased efficiencies.

"Our highly trained staff works with surgeons to maximize efficiencies, which ultimately results in greater productivity and cost-savings than what can be offered in a traditional hospital setting." Dr. Daniel S. Haddad performed the first two surgeries in the new facility on Jan. 9. He is a board-certified ophthalmologist with 27 years of experience. Surgeons as well as patients who are considering surgery are welcome to come and tour the 12,400 square-foot facility. Maple Surgery Center is housed on the first floor of the building, which is owned and operated by Wayne State University Physician Group. A ribbon-cutting ceremony and open house are planned for later this spring.



Americoat of Waterford sealcoating company connects with community

By SHARI NAVETTA
Special to The Star and Press

Martin Hubbard runs a small business that does big jobs.

He owns Americoat of Waterford, a sealcoating business offering asphalt sealing for driveways and parking lots. The company also does crack repair and patching.

"Our customer service and the quality of our product are what set us apart from others," says Hubbard. "I could cut corners all day, but I don't. We use the right additives in our product to last. If it rains on the job, we are back out the next day to fix it. We hold ourselves accountable to our work."

Hubbard is committed to the Waterford community, both through his personal history and through his many business connections.

"I have grown up in Waterford. It is filled with everyday people who work hard. They are the kind

of people who have made America what it is today. An important connection to the community comes from Hubbard's association with the Waterford Chamber of Commerce.

"The people involved in the Chamber are fun. I like networking and meeting people just like me, people who are working their hardest." Sealcoating has been in Hubbard's blood since he was a young man. At 15, he was hired to work for another sealcoating business. He says he worked hard for them throughout his high school years and then started his own company after graduation.

"One day, my goal is to become a complete outdoor property maintenance company. I would be the guy who would sealcoat your parking lot, street sweep, remove the snow and handle your landscaping. You would only have to call one guy, not a lot of different guys."

To reach his goal, Hubbard is working to gain new customers and grow. "Like



Martin Hubbard runs his Waterford-based sealcoating business, Americoat, with his fiancée, Justine Shumacher. They are shown here with DJ Lewis, in the bed of the truck, and Bridget Hubbard.

son, he plows snow for some of his sealcoating customers and for others. He plows snow for some seniors for free. Hubbard's fiancée, Justine

Shumacher, works with him at Americoat, handling daily operations. They also donate time and money to the Kiwanis Senior League.

"Justine is an avid volunteer there," Hubbard says. "We like to help them out by giving them gift certificates for their silent auctions and we foster some of their dogs."

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Photo: Courtesy of LaVida Massage