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Mark S. Dabrowski, CLU, FLMI
C.V.P. G.O. Administration

February 5, 2016

RECEIVED
FEB 08 2016
HEALTH FACILITIES & SERVICES REVIEW BOARD

Ms. Courtney Avery, Administrator
Illinois Dept of Public Health
525 W Jefferson 2nd Floor
Springfield, Il 62761

Re: 16-001
Palos South Expansion- Opposition

Dear Ms. Avery,

I am writing to express my opposition to the South Expansion of Palos Community Hospital in regards to the demolition/razing of the Palos Health and Fitness Center. I have been a member of the Center since its inception and there is more of a medical need for this facility as it currently stands than for the items expressed in 16-001.

The Palos Health and Fitness Center is the only facility in the area that caters to maintaining and improving the health of not only the general public, but a large, more mature, demographic that is not served elsewhere. As a 60 year old I workout at PHFC at least 5 times a week, and am not on any meds other than for a thyroid problem. A majority my fellow members can report similiar results.

While I can always choose to attend another facility, this does not apply to everyone who uses PHFC.

The Heath and Fitness Center also caters to groups of other individuals with various disabilities and conditions.

1- There is an MS support group that meets and exercises on a regular basis to improve the quality of life for people dealing with MS or Parkinsons. Many of the participants can personally attest to how having this facility available has improved both their physical and emotional health. They are welcome at PHFC. In addition, their caregivers also are able to meet and exercise during this time- improving both their physical and emotional health.

2- There is also a cardiac re-hab group that meets much like the MS group with the same purpose and result.

4- Adults and children with special needs also use the facility - especially the pool- and improve there abilities for competing in the Special Olympics.

With all the reimbursement concerns with regards to re-admissions for hospital stays - this facility serves a financial purpose that should also not be overlooked..

The Palos Health and Fitness Center serves a medical need that can not be served in one other central location in the south suburbs. I oppose the demolition of this facilty.

Sincerely,

Mark Dabrowski

Mark S. Dabrowski
14440 Greenland Ave
Orland Park, Illinois 60462

CORRESP 02

February 5, 2016

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson – 2nd Floor
Springfield, IL 62761

Re: OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

Dear Ms. Avery,

I am writing this letter with respect to the Palos Fitness Center closing on May 1. My husband and I have been members of the PHFC for 14 years and have reaped the many benefits of having a gym membership. Going to the fitness center has been a priority for both of us and we have gained so much from this facility. We use the running track, weights, pool, spa and classes.

The location of the fitness center is the main reason that we have been able to enjoy a healthy lifestyle. Since we both work long hours, the facility is near our home and work so it's easy to access on weeknights and weekends. There are no other facilities that will afford us this accessibility or have all the amenities that we use.

Please consider the many benefits that this fitness center has offered to the whole community. It would truly be a great loss if this building were to be demolished.

Sincerely,

Andrea O'Reilly

Andrea O'Reilly
14761 Sprucecreek Ln.
Orland Park, IL 60467

Roberta Jacobowski
249 Whispering Lake Drive
Palos Park IL 60464-2535
February 5, 2016

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HEALTH FACILITIES &
SERVICES REVIEW BOARD

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson – 2nd Floor
Springfield IL 62761

OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

Dear Ms. Avery,

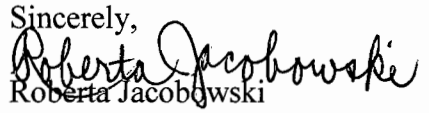
Palos Health and Fitness Center (hereafter known as PHFC) has saved me from a fate worse than death: the apathy of physical and mental decline. What PHFC has meant to me is the difference between achieving my potential to live the fullest life possible, and being condemned to a predictable, hopeless retirement.

Attending PHFC regularly for the past 15+ years has provided me with an informal education regarding the various facets of wellness as it relates to various aspects of prevention. PHFC lives up to its motto, "Fitness is the best medicine," which distinguishes it from any of the three (3) health clubs/country clubs/gyms to which I had belonged previously over the years of my life. EVERY HOSPITAL IN THIS COUNTRY OUGHT TO BE ASSOCIATED WITH JUST SUCH A FACILITY AS PHFC! Indeed, PHFC has been nationally recognized to serve as a model across the nation as a medically integrated wellness center.

I simply cannot go to another facility if PHFC closes, because a comparable health and fitness center does not exist anywhere to address my needs. PHFC is unique in that it offers virtually every conceivable manner of achieving and maintaining health and fitness, from a warm therapy pool where you can tread water in the deep end to speed the healing of your sprained rotator cuff, to the availability of the broadest range of specialty exercise classes found anywhere. PHFC's offerings are found nowhere else in any one location.

Health is far more than the absence of disease; it is the optimization of wellness. Please keep Palos Health and Fitness Center open in uninterrupted operation; it epitomizes what health care is all about. Closing it would be a travesty of the practice of medicine.

Sincerely,



Roberta Jacobowski
rjacobowski@hotmail.com
(708) 692-7725

P.S. Ms. Avery, I wish you could be a member at PHFC; you'd love it. It has EVERYTHING you could ask for in a health and fitness center, and more than you would imagine. I invite you to please contact me, come up here to Orland Park, and be my guest at PHFC. You have to experience it to believe it!

Ms. Courtney Avery Administrator

Illinois Department of Public Health

525 West Jefferson 2nd Floor

Springfield, Illinois 62761

February 6, 2016

RE: Opposition to Palos Hospital South Campus Expansion

Dear Ms. Courtney,

This is written to express my strong opposition and great concern about the planned expansion to the Palos Hospital South Campus. It is my understanding that this planned expansion would result in the closing and tear down of the existing Palos Health & Fitness Center (PHFC).

At the advice of my doctor, I joined this club approximately 5 years ago. By utilizing the various state-of-the-art equipment & group classes, under the direction of the certified, dedicated and enthusiastic staff, I have been able to improve my overall health by losing over 40 lbs and lowering my cholesterol level down into an acceptable range. Previous to joining PHFC, I had been a member of two other local health clubs in our town and never was able to come close to meeting the health related goals set for me by my physician. This was primarily due to the fact the other clubs in our area never had the class offerings or the trained and certified staff available during the early morning or late evening times my extremely busy and more than full-time work scheduled allowed. If the planned closing and tear down of the PHFC facility proceeds I'm concerned that I my overall health and wellness will be negatively affected.

In addition, I am aware of several groups of individuals afflicted with serious health concerns utilize the PHFC unique facilities in improving, or at least attempting to maintain their health status that would be even more greatly affected if the planned closing and tear down of this facility proceeds.

If you should have any questions regarding my concerns expressed or any matter related to this subject my contact information is listed below.

Sincerely,

Matt J Buckley

Matthew J Buckley

13716 Mary Drive

Orland Park, IL 60462

708.460.0607

Anne Molitor
13739 S. Mary Drive
Orland Park, IL 60462

February 5, 2016

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson – 2nd Floor
Springfield, IL 62761

Attn: "Opposed to Palos Hospital South Campus Expansion"

Dear Ms. Avery,

As a concerned member of PHFC, I wanted to express my sincere disappointment of the proposed closing of the health and fitness center. I have been a member for a number of years and have achieved important health goals for myself and my husband. My husband has fulfilled his therapy after a heart attack, knee replacement and hip replacement and I have had therapy for osteoporosis. I continue with classes and working out to achieve a better life style in my aging years.

My heart goes out to our members that depend on the pool for therapy and the members, who depend on physical therapy, for rehabilitation, as my husband and I have, after surgery. There is not another facility that offer these same benefits as Palos Health and Fitness Center.

With good conscious and obligation to our members, I can't fathom how big business can make decisions that will impact a community as a whole. To take away a wonderful facility, that services so many people in need, would be a travesty. I am not opposed the building of a cancer center; but I am opposed to completely dismissing the needs of the members of the health club. In good conscious, wouldn't it make more sense, leaving the building intact and building around it. I strongly oppose the south campus extension if it means tearing down Palos Health and Fitness Center.

Sincerely,

Anne Molitor

Anne Molitor

Opposed to the closing of Palos Health and Fitness Center (PHFC) as part of Palos Hospital South Campus Expansion

I have been a member of Palos Fitness Center for almost a year. I am 65 years old and have severe spinal stenosis and arthritic changes at several levels of my spine. My physicians at Northwestern and the Rehabilitations of Chicago have sent me for physical therapy, always ordering water therapy, if available. Water therapy is rare to find in Physical Therapy. Since I have been going to PHFC, I have had a much easier time walking, doing all the activities of daily living and staying active. What is unique about PHFC is that they have a therapy pool, which is warmer than a regular indoor pool, and makes it less painful for arthritic patients to exercise in. There are exercises that I am able to do in warm water that I would never be able to do on land. They also offer Gentle Yoga classes, which is not just easier Yoga, but Yoga exercises and stretches that are done sitting in a chair, or standing next to or behind a chair so that if you lose your balance you can grab onto the chair for support. Since they announced that they were closing, I have searched for a fitness center that could provide the services that I use. There are no warm therapy pools nearby. There are no Gentle Yoga classes that are similar; most classes called Gentle Yoga are on the floor at a beginner level. I cannot do exercises on a matt on the floor. My quality of life has improved because of the reduction in pain and stiffness that I have experienced since joining PHFC.

Besides what they have done for me, they have a wonderful water and land program for patients with MS. PHFC pools have lifts to lower patients into the water if they cannot walk down the pool stairs. PHFC serves people with health problem like no regular fitness center can or is willing to do. If the plan goes through, it would take years for funds to be approved and the building of a replacement facility. Years that would affect the health and mobility of so many people in our community.

I don't care if they expand the medical campus, but do they need to demolish a less than 15 year old facility that serves 4,000 to 5,000 people, many with health problems. There is a lot of vacant land in the area and there are also several Cancer Treatment Centers in the area. I hope that Palos Hospital can be convinced to alter their plan in order to save this vital part of the community.

Thank you for any help you can offer,

Sharon Keslin

Sharon Keslin 14317 Creek Crossing Drive Orland Park, IL 60467

February 4, 2016

Ms. Courtney Avery

Administrator

Illinois Department of Public Health

525 West Jefferson, 2nd Floor

Springfield, Illinois

Ms. Avery:

Subject: Opposed to Palos Hospital South Campus Expansion

As a resident of Orland Park for 38 years this letter is concerning the recent developments with the closure of the Palos Health & Fitness Center. It is to be torn down and replaced by a new medical facility. I am not opposed to the new medical facility, however, **I am strongly opposed to tearing down a very unique and essential Palos Health & Fitness Center.**

Why do we have to lose a premier health and wellness facility to gain a medical building? It is the **only facility** that can provide service needed by senior citizens, MS patients, stroke patients, and many other programs. **Can't we do both**! There is a public hearing held by the Illinois Health Facilities and Services Review Board on February 18, 2016 at the Orland Park Civic Center, 14750 Ravinia Avenue. Do not allow this vital service provider to be wasted and thrown away.

Sincerely,

Ronald Fuhrman
708-250-0593
ronrofuhrman@yahoo.com
15313 Nicole Court, Orland Park

February 5, 2016
3504 Spyglass Circle
Palos Heights, IL 60463

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson, 2nd Floor
Springfield, IL 62761

Ms. Administrator:

I am opposed to the Palos Hospital South Campus Expansion!

Did you know that this expansion will raze the current structure on the property slated for this construction? That land holds the Palos Hospital Fitness Center. The facility services many people like me.

Do Not Allow the Destruction of Palos Hospital Fitness Center!

I have reason to exercise in a low impact environment. Aquatic workouts are good for my ailments but for me stretching and calisthenics in heated water show the most effective, best results.

There is no other facility in the area that offers a therapy pool; a pool that is kept at a temperature 10 degrees or so higher than any pool in our vicinity. I made a personal search for any other therapy pool available for group in-water exercise classes. The only therapy pools in the area are small and limited to physician prescribed, professionally certified physical therapist, supervised one-on-one appointment only usage (Loyola Medicine's Burr Ridge, IL Satellite Physical Therapy department.) I have seen it myself. Groups could not use it or fit in it and have a professionally led exercise class like those offered at Palos Hospital Fitness Center.

The Aquatic professionals at Palos Hospital Fitness Center lead classes tailored for a multitude of needy people. I need range of motion, arthritis, and over-all strengthening in a warm water, low impact environment because of long term ailments and a recent accident. The schedule offered with the instructors at Palos Hospital Fitness Center, in the therapy pool, give me that opportunity and needed motivation in a group dynamic. Finding and joining the group class offerings at Palos Hospital Fitness Center is the best restorative action I made! Nowhere else are these classes available because the facilities are not available anywhere else.

My physicians and physical therapist have not prescribed this specific modality but have encouraged me to find and use the aquatic program exactly like the one at Palos Hospital Fitness Center. I really need to continue on the path towards strength and ability to walk. Therefore, I urge you to require the petitioner of this project to secure other lands to build this project. That, or demand a reworking of the plans to destroy the Palos Hospital Fitness Center but include it, as is, in an expansion to accommodate their needs for the new building. I desperately need the Palos Hospital Fitness Center to remain. Again,

Do Not Allow the Destruction of Palos Hospital Fitness Center!

Please let this letter and those that purport like sentiments sway, influence, and make you act in our favor. You will be allowing many current and future members of Palos Hospital Fitness Center fortunate to have access to such a great facility.

Respectfully, Howard Berney. Howard Berney

15203 Hiawatha Tr.
Orland Park, IL 60462
February 4, 2016

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

Dear Ms. Avery:

Please help to stop the destruction of the Palos Health and Fitness Center.

The Palos Hospital wants to build some kind of a medical building where the PHFC is now, but I need the fitness center and don't need any kind of medical building of which there are many already available.

I live right next door to the PHFC and use it every single day (sometimes 2 times) because it's so convenient. There is no other place where I can exercise and take care of myself nearby and I may need to stop doing my exercises if the Health Center is shut down. I'm OK, but I am 74 yrs old.

Please help because I need the Health Center.

Thank You.
Sincerely,
Michael McDermott

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

February 5, 2016

I am writing to express my opposition to Palos Community Hospital's application to expand their South Campus. This expansion will result in the demolition of Palos Health & Fitness Center, which is a Certified Medical Fitness Facility vital those with medical issues. Many members have scooter, walkers, canes and oxygen tanks.

My wife has Multiple Sclerosis, she and I joined the club in 2009. The facility has excellent MS Aquatic classes with certified Multiple Sclerosis instructors. The Multiple Sclerosis Foundation also provides money for scholarships and assistive equipment for these classes.

Their pool area and locker rooms are fully accessible for her and her walker. The showers have grab bars and shower chairs. This class and facility is so beneficial to her, that, after moving to Palatine 2 years ago, we still return regularly so she can attend the MS Aquatic class at Palos Health & Fitness Center.

After investigating other locations, there are none in the south suburban area that provide the location and accessible features necessary for people with MS. Many of her classmates are unable to drive. Pace and Metra special busses provide door-to-door transportation for them to Palos Health & Fitness Center. This will not be the case for locations further away. The alternative locations Palos Hospital has suggested do not work for them, Orland SpostPlex does not have a pool and Moraine Valley Fitness Center does not meet all their accessibility needs.

I urge you to reject Palos Community Hospital's expansion application. This will result in the elimination of the MS Aquatic classes and the demolition of Palos Health & Fitness Center.

Thank You,

Paul Wild
1015 N. Palos Ave.
Palatine, IL 60067

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

February 5, 2016

I am writing to express my opposition to Palos Community Hospital's application to expand their South Campus. This expansion will result in the demolition of Palos Health & Fitness Center, which is a Certified Medical Fitness Facility and vital to many of us with medical issues.

I have Multiple Sclerosis and I joined the club in 2009 to attend their excellent MS Aquatic classes with certified Multiple Sclerosis instructors. The Multiple Sclerosis Foundation also provides money for scholarships and assistive equipment for these classes.

In the water, I am able to perform exercises that I cannot do on land. Through my attendance at these classes, I have been able to improve movement and balance and have seen decreases in pain, stiffness and spasticity.

PHFC's pool area and locker rooms are fully accessible to me and my walker. The showers have grab bars and shower chairs. This class and facility is so beneficial to me, that, after moving to Palatine 2 years ago, I still return regularly to attend the MS Aquatic class at Palos Health & Fitness Center.

After investigating other locations, there are none in the south suburban area that provide the location and accessible features necessary for people with MS. Many of my classmates are unable to drive. Pace and Metra special busses provide door-to-door transportation for them to Palos Health & Fitness Center. This will not be the case for locations further away.

The alternative locations Palos Hospital has suggested do not work for us, Orland SpostPlex does not have a pool and Moraine Valley Fitness Center does not meet all our accessibility needs.

I urge you to reject Palos Community Hospital's expansion application. This will result in the elimination of the MS Aquatic classes and the demolition of Palos Health & Fitness Center.

Thank You,

Mary Wild

Mary Wild
1015 N. Palos Ave.
Palatine, IL 60067

Helen Macie Osterman
14423 S. Pebble Creek Drive
Homer Glen, IL, 60491
708-645-0019
Heleno29@sbcglobal.net

www.helenosterman.com

Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761
February 4, 2016

Dear Ms. Avery,

I am writing in protest to the closing of the Palos Health and Fitness Center in Orland Park, IL because of the Palos Hospital South Campus Expansion.

There is plenty of open land for them to build another facility without demolishing the fitness center.

I am elderly and have osteoarthritis. My doctor suggested exercising in warm water to take the strain off the joints. I have been using the therapy pool for the past ten years and benefited from these exercises.

There is no other facility in the area with a therapy pool.

Thank you for addressing this issue.

Respectfully,

Helen Macie Osterman

Helen Macie Osterman

20837 S Acorn Ridge Frankfort, IL 60423

Ms. Courtney Avery
Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

I oppose the demolition of Palos Heath and Fitness located at 15430 West Avenue Orland Park,IL Please save the only place that I can work on my health and a place that has become a place that is a fixture for the community. It is not only brick and mortar to us. There is no place like it It is a place that caters to the my special needs as a member of the Multiple Sclerosis community It is a place that we can be where our medical devices do not get a second look. It is a place that I can feel safe challenging my body and know that the staff and volunteers will make sure that I will not get hurt. It is beautiful and full of life and a more than a piece of land for its members.

The health clubs in the area that have pools in the area are inadequate. The pool area is too hot for me to safely navigate the area, people with MS are heat sensitive and lose the ability to move properly. Palos Health and Fitness not only provides the proper pool environment they offer specialized teachers for people like me to continue to live healthy.

The key to healthy lifestyle is diet and exercise. People in my situation are especially prone to muscle weakness and lethargy Having a place to meet other folks in the same situation as myself, share my stories, and exercise is greater than any prescription have found. Without Palos Health and Fitness I face a lessoning, I will lose a facility that is incredibly important to me. There is no other place that is full of life and there is no where that fits the needs of the community.

Thank you,
Dawn Westphal

Opposed To Polo Hospital South Campus Expansion.

PHFC has helped me and all the people with different problems like Parkinson which I have and M.S. and different movment disorder. The Heated pool helps the most for moving and loosening muscles with everybody with movment disorders. And the classes help us with all these problems Please save are facilities.

Yours Truly
Robert J Honan
Help us Please