February 5, 2016

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HEALTH FAC.. ..
SERVICES REVIE.. BOARD

Karin W. Evers
15215 Saint Andrews Drive
Orland Park, IL 60462

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

RE: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery,

Approximately 4 years ago I joined Palos Health and Fitness and Center. At the time I suffered with several health problems, my back and neck had been fused, I had bad knees, my rotator cuff was shredded, and I suffered from fibromyalgia, osteoarthritis and neuropathy. As you can imagine I had my fair share of aches and pains that impeded my mobility.

Palos Health and Fitness Center offers a full range of classes that are geared towards seniors and persons with disabilities. These classes include classes specifically for seniors such as young at heart, and gentle yoga, and many others. Another important feature at Palos Health and Fitness Center is the Therapy Pool which is the perfect temperature for people with arthritis. There are classes offered in the Therapy Pool specifically designed for people suffering from arthritis, and for seniors. Since joining the Palos Health and Fitness Center my level of pain has significantly decreased and my level of mobility has greatly improved. Additionally my emotional wellbeing has significantly improved as I am around others who are faced with many of the same challenges as I am and have developed friendships with them and this has helped me to have a more positive outlook when it comes to my own health.

I am enclosing an article from Palos Health and Fitness Centers blog dated February 9, 2015, wherein it states the center earned a Medical Fitness Facility Certification and the importance of this facility to the community. What has changed in one year that Palos Hospital no longer feels that a fitness center of this magnitude is important to the health and welfare of the community? There are no other fitness centers in the community that have earned Medical Certification, or even offer classes for the disabled, and there is no way that I can exercise in classes that are designed for the average person. I called six fitness centers in our community and asked if they offered classes for the disabled they all said they did not but we were welcome to attend the regular classes. And none had a Therapy Pool. I worked hard all of my life and I never thought I would be disposable as a senior with disabling conditions. But here I am fighting Palos Hospital to keep open a fitness center that has not only improved the quality of my life, but will also extend my life. Not just my life, but the lives of all the seniors and the disabled that use the facility, and of other members in the community that use it.

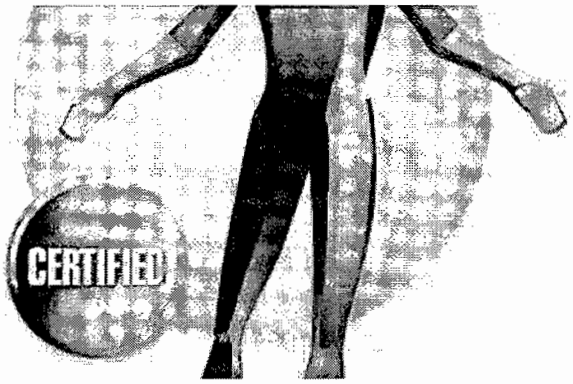
Sincerely yours,

Karin W. Evers

Karin W. Evers

Encl.: Palos Health and Fitness Centers Blog

CENTER NEWS BLOG



Palos Health & Fitness Center Earns Medical Fitness Facility Certification

Posted: Monday, February 9th, 2015

Palos Health & Fitness Center Earns Medical Fitness Facility Certification

Orland Park – 2/2/15. Palos Health & Fitness Center announced today that it has become a Certified Medical Fitness Facility by the Medical Fitness Association, the country's leading organization dedicated solely to medically integrated wellness and fitness facilities. This certification is a significant step forward in providing for the health of the entire community and to the individuals taking responsibility for their personal healthcare.

"Having this certification shows the community that we hold ourselves to a higher standard when it comes to hiring quality fitness professionals, safety and programming. Our Next Steps program allows people with health conditions or limitations a safe, supervised environment to continue their road to recovery." Erik Carpenter – Center Director

This program is the first and only certification offered specifically to facilities in the medical fitness industry—an industry that serves over 4 million members worldwide. Based on the Medical Fitness Association's internationally recognized Standards and Guidelines for Medical Fitness Facilities, the certification process involves an in-depth, on-site review of a facility's adherence to the prescribed standards and guidelines. The certification process is an integral part of ensuring that facilities provide a high level of quality and safety in the programs and services they deliver in order for them to become fully integrated into the local continuum of health care. The Medical Fitness Association Facility Certification is recognized as a mark of excellence in the health and wellness industry.

"With the implementation of the Accountable Care Act and its impact on healthcare systems beginning to be realized, the industry is looking for ways to better manage and coordinate care for the communities they serve. As the incidence of chronic disease continues to rise, the need for more medically supervised, outcomes and accountability based exercise as medicine programs have never been more relevant in our industry than today. It is clear that the task to produce and deliver this revolution in the provision of healthcare with all its necessary components and guidelines is a herculean task. Palos Health & Fitness Center has taken an important step towards filling a gap in the current care delivery model. The Time is Now to implement these accountable models of health that reduce the severity of chronic disease and improve the quality of life for those who participate!" – Robert D Boone, FACHE, FMFA, President and CEO, Medical Fitness Association

About Palos Health & Fitness Center As the only medically-integrated fitness center in Orland Park and the surrounding area, Palos Health & Fitness Center offers our members a dynamic alternative to fitness and health maintenance. Your journey starts with a personal fitness assessment to best understand your wellness needs. Our 78,000 sq. ft. facility features state-of-the-art equipment, an aquatic area including a lap pool and therapy pool, indoor track, spa, cafe, and endless group exercise classes. With a team of degreed health professionals who partners with Palos Community Hospital, you receive all the education, support and encouragement you'll need to make a commitment and stick with it. For more information, call

Palos Health & Fitness Center at (708) 226-0555.

Mission Statement The Medical Fitness Association is a not for profit member organization, whose purpose is to lead in the development and operational success of medically integrated fitness centers impacting the "global health continuum of care" by providing research, industry standards, operational guidelines, educational programming, benchmarking, outcome measurements, professional development, and networking opportunities accomplished through its webinar series, regional meetings, Medical Fitness Institute, Annual Conference and publications.

February 5, 2016

Arnold A. Evers
15215 Saint Andrews Drive
Orland Park, IL 60462

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

RE: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery,

At the request of my wife I joined Palos Health and Fitness Center about 4 years ago. I have Parkinson Disease and at that time had trouble walking, experienced difficulty using my arms, problems with my balance, slurred speech, was weak and was extremely tired most of the day, and required afternoon naps.

Palos Health and Fitness Center offers a full range of classes that are geared towards seniors and persons with disabilities. These classes include classes for people with Parkinson, and classes specifically for seniors such as young at heart, and gentle yoga, and many others. Since taking these classes I no longer need an afternoon nap, have regained some balance, am much stronger than before, my speech has also improved, and have better use of my arms. The environment at Palos Health and Fitness Center is one where I feel comfortable and am not humiliated by my disabilities as there are others there who are faced with the same challenges as I am, this is important to me, that I fit in.

I am enclosing an article from Palos Health and Fitness Centers blog dated February 9, 2015, wherein it states the center earned a Medical Fitness Facility Certification and the importance of this facility to the community. What has changed in one year that Palos Hospital no longer feels that a fitness center of this magnitude is important to the health and welfare of the community? There are no other fitness centers in the community that have earned Medical Certification, or even offer classes for the disabled, and there is no way that I can exercise in classes that are designed for the average person. My wife called six fitness centers in our community and asked if they offered classes for the disabled they all said they did not but we were welcome to attend the regular classes. I worked hard all of my life and I never thought I would be disposable as a senior with a disability. But here I am fighting Palos Hospital to keep open a fitness center that has not only improved the quality of my life, but will also extend my life. Not just my life, but the lives of all the seniors and the disabled that use the facility, and of other members in the community that use it.

Sincerely yours,

Arnold A. Evers

Arnold A. Evers

Encl.: Palos Health and Fitness Center Blog

CENTER NEWS BLOG

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"With the implementation of the Accountable Care Act and its impact on healthcare systems beginning to be realized, the industry is looking for ways to better manage and coordinate care for the communities they serve. As the incidence of chronic disease continues to rise, the need for more medically supervised, outcomes and accountability based exercise as medicine programs have never been more relevant in our industry than today. It is clear that the task to produce and deliver this revolution in the provision of healthcare with all its necessary components and guidelines is a herculean task. Palos Health & Fitness Center has taken an important step towards filling a gap in the current care delivery model. The Time is Now to implement these accountable models of health that reduce the severity of chronic disease and improve the quality of life for those who participate!" – Robert D Boone, FACHE, FMFA, President and CEO, Medical Fitness Association

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

Opposed to Palos Hospital South Campus Expansion

What has PHFC meant for us and why we cannot simply go to another facility:

I became a member of PHFC after my 2nd rotator cuff surgery. After my rehab, my shoulder began to decline and my doctor prescribed additional rehab

During the past 15 years, I have had 3 rotator cuff surgeries, 1 shoulder replacement and 2 total knee replacements. I also suffer from arthritis in my hands and feet. Most of my rehab has taken place at the Palos Hospital south campus and Palos Health & Fitness.

After each of my surgeries, I became very weak. I became a member of PHFC in order to regain strength, lost during each surgery and to prevent my surgery repairs from declining. At my age, I need to work very hard, every day, to make any progress. It is very easy to find reasons not to make the necessary efforts. PHFC has made progress possible for me, in the following ways:

1. The facility is 1st class, very clean and comfortable
2. It is state of the art with a full range of equipment for all my fitness needs.
3. It has large lap pool, therapy pool and whirlpools, which I use, every day. The therapy pool is especially helpful for my shoulder and knee replacements.
4. It is in a very convenient location, allowing me to ride my bicycle to the fitness center, which I do, every day, weather permitting. Other facilities are too far and require using main roads.
5. I have many friends who are members, which is comforting and helpful, as we help to motivate each other */o attend, daily
6. I feel safer and more comfortable going to a facility which is affiliated with Palos Hospital and has some medically trained staff.
7. PHFC has many competent trainers and therapist on staff who I have come to rely on.
8. I feel like my valuable time is better spent at a nearly new, facility which has been specifically designed as a state of the art Health and Fitness Center.
9. No other place would be as convenient, comfortable or have both, the swimming and therapy pools, which I depend on.
10. On their website, PHFC is described "As the only medically-integrated fitness center in Orland Park and the surrounding area, Palos Health & Fitness Center offers our members a dynamic alternative to fitness and health maintenance. Your journey starts with a personal fitness assessment to best understand your wellness needs. Our 78,000 sq. ft. facility features state-of-the-art equipment, an aquatic area including a lap pool and therapy pool, indoor track, spa, cafe, and endless group exercise classes. With a team of degreed health professionals who partners with Palos Community Hospital, you receive all the education, support and encouragement you'll need to make a commitment and stick with it."

There are many details about this plan which bother us:
1. The idea of destroying a perfectly good, almost new, State of the Art Health & Fitness Center, seems very wasteful, to say the least. Where is all the money coming from? It took a lot of money to build. It will take a lot of money to destroy. It will take a lot of money to build a new cancer center and parking structure. Is some of the money coming from taxpayers in some form?
2. If they have so much money to spend, is this the very best way? Maybe PCH is charging their patients too much. Maybe this is why our medical insurance premiums are so high.
3. PHFC is bustling with activity. Many members work out and socialize here, every day, as I do. Members are attending very helpful classes. People are happily and productively employed. There is a busy schedule of various meetings, such as people with certain physical impairments. For many members, it is the only physical and/or social activity they have.

4. PHFC is a very important asset to our community. It is one of many reasons that Orland Park is a great place to live.
5. What about their motto, "Fitness is the Best Medicine"? We believed this to be true and feel it every day. What about NEED? How many people will actually be treated for cancer vs. members at the Fitness Center? PHFC is the only medically-integrated fitness center in Orland Park and the surrounding area. Are there any other oncology centers in the same area?
6. There are many good reasons why so many people chose PHFC in the 1st place. The alternatives available are all distant choices from PHFC for various reasons. For some, it is a matter of convenience, for others, it may be a matter of needs. For many, it may be a matter of loss of camaraderie, as they lose touch with friends they have made at PHFC.
7. Is PHFC losing money? If so, that can be fixed with better management. It seems that Physical Therapy and Fitness would be a growing concern. As the population ages, more and more people will be concerned about their quality of life and be motivated to take action to maintain/improve.
8. As a Not For Profit institution, we think that PCH has a greater responsibility to the community than to their board members. What are their real motives? Is it political? Is it money?

Please, do not allow them to destroy such a unique and valuable asset to our community!

Thank you for your kind consideration,

Michael Doyle

Michael and Mary Ann Doyle
14432 Irving Ave.
Orland Park, Il 60462
708-349-1409

Dear Courtney,

I'm writing this letter in regards to the closing of the Palos Health and Fitness Center. It was a shock to my wife, Karen and myself to hear of the club closing. One would think that there HAS to be a better solution to the situation! Tearing down a thriving Multi Million Dollar Complex for the sake of a parking garage....REALLY??? All the good that the health club does...provides with all the equipment and pools. Pools that are used for water exercising including aerobics for the elderly...not to mention the pools are handicapped accessible. they have a Hydro Therapy pool that include classes for people with Parkinson disease and M.S. and rheumatoid arthritis! People depend on the health club. Its the only one like it in the SW suburbs. Not to mention the people who will be losing their jobs. Their livelihood depends on their jobs that the health club provides. The health Club provides much needed healing that can't be gotten anywhere else. Please look into this matter. I know there is Big Money behind all this. Its time for middle class of America to get a break. Let that big money work out another solution. In the end it'll be the taxpayers paying for all this waste of money of tearing down a perfectly fine Health facility. Please find some sympathy in your heart for the injustice being done here. Please take a look at the following pages, especially the medical programs!

James R Drake

Sincerely, James R. Drake and Karen R. Drake

Karen R. Drake

Palos Health & Fitness Center

HOME ABOUT SERVICES AQUATICS SPA MEMBERSHIP GROUP EXERCISE MEDICAL PROGRAMS NEWS EMPLOYMENT CONTACT

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MEDICAL PROGRAMS

new logic

~~www.palosfitness.com~~

www.palos-fitness.com

end new logic
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"Next Steps" Medical Programs

New medically based fitness programs are now available at Palos Health and Fitness Center. These 8-week fitness programs are designed for individuals transitioning from or managing a medical condition or simply needing additional support, and are open to the community.

Next Steps programs offer specific support in the following areas:

- Cancer Fitness
- Cardiac Fitness
- Diabetes Fitness
- Functional Fitness
- Orthopedic Fitness
- Pre-Hab Fitness
- Pulmonary Fitness
- Transitional Care
- Weight Management

Each program includes:

- Assessments at the beginning and end of the program
- Individualized exercise plan
- Two 60 minute group workout sessions per week
- A summary report provided to you and your physician
- Unlimited full access to the center and its amenities
- Transition to full membership, including a waived enrollment fee at the end of 8 weeks.

Prerequisites: Referral from a health care provider.

Opposed to Palos Hospital South Campus Expansion:

RECEIVED
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HE... FACILITIES &
SERVIC... REVIEW BOARD

Ms. Courtney Avery:

I am writing to oppose the Expansion of the Palos Hospital South Campus. Tearing down Palos Health and Fitness would be devastating to our community. PHFC is home to many people of all ages and all levels. The amenities offered at PHFC exceeds those of any club: the group classes, therapy, and the facility itself making it impossible to foresee joining another club.

For me PHFC has helped me live a healthier lifestyle that other gyms have never been able to do. I have tried the other gyms and they are all the same and unwelcoming. Steroid induced muscle men who make you feel uncomfortable and out of place. The staff are rude and unhelpful, asking them for assistance is out of the question. Palos is much different. The staff is friendly and always so helpful, making you feel comfortable and welcomed. I do not feel out of place when I am at PHFC which is not easy to find at a gym for someone who is not in the best physical shape. I exercise regularly now and am more aware of my body and how to handle stress because of the yoga classes. I find solitude at PHFC when I have a rough day.

Other area gyms that are being offered as our alternative option once PHFC closes, do not compare to what PHFC offers. They do not offer therapy and rehab for the elder or those who are recovering from surgery. They do not offer a variety of classes that are included in the membership, making it financially attainable to reach all your health needs in one place multiple days of the week. Closing this gym will members to join already overcrowded gyms in the area. PHFC is the only gym that feels like a community and offers amenities for all ages.

After 15 years of operation it is a shame to see such a beautiful facility discarded because of politics and money. If Palos really cared for the well-being of their community, they would see this is a horrible choice and an alternative agreement should be made. Please help save PHFC!!

Staying hopeful,

Angelique Schoen

Angelique Schoen

February 7, 2015

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

SUBJECT: Opposition to Palos Hospital South Campus Expansion

Dear Ms. Avery:

- After open heart valve replacement, I was referred for cardiac rehab at the Palos West Avenue facility.
- The nursing staff from the West Avenue facility referred me to the Palos Hospital Fitness Center (PHFC) for a continued fitness program as a way of life.
- Became a PHFC member as my health vitals were always checked before starting to exercise and this service is still available.
- Offers specialized exercise classes geared to individuals with physical disabilities, along with the therapeutic pool.
- Offers me peace of mind that my medical/physical needs are monitored by actual healthcare professionals
- No current, existing facility of this type is located in our nearby vicinity.
- Feel this facility is the only fitness center that meets my needs and requirements.

Sincerely,

Delores Thiel

Delores Thiel
15224 S. 73rd Court
Orland Park, IL 60462
708-614-7714

Feb 9, 2016

Ms. Courtney Avery, Administrator:

"Opposed to Palos Hospital South Campus Expansion"

I am a member of Palos Health & Fitness Center, and I am there for my health. Once diagnosed with Artritis, my Doctor prescribed therapy and the use of certain machines and Classes.

Machines, I can find anywhere but the health Classes, even gentle yoga, are not to be found at regular work-out Clubs. I have checked and there's no where like Palos Health and Fitness, and believe me, I have improved here, but need to Continue, perhaps for as long as I am physicaly able to.

Please do all that you can to Save PHFC, I would gratefully appreciate it.

Sharion Lesale
15536 So. Red Cedar Trail
Homer Glen, Il 60491
708-301-4918

Ms Courtney Avery, Administrator

Illinois Department of Public Health

525, West Jefferson, 2nd Floor

Springfield, Illinois. 62761

February 8th 2016.

OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION.

Dear Madame,

It was with regret that we received a letter stating that the Palos Fitness Center would be replaced by a medical facility. Whatever happened to their mantra that exercise is the best medicine! That has seemed to have gone out the window as they move from a wellness model to an illness model!

I have been a member since the center opened 15 years ago, and my close friend for 5 years.

There are so many medical facilities in the south suburbs of Orland Park, Palos Heights, Palos Hills etc that it seems an over load to have more. The University of Chicago is currently building a very large facility at 143rd and LaGrange in Orland Park. Palos Hospital itself has expanded, the Primary Care Center next door is a prime example of facilities right there next to the fitness center. In the past Palos Hospital has had several other satellite facilities that unfortunately closed.

Being a member at Palos Fitness Center has been invaluable to me for the good status of my physical health. It is necessary for that to continue as I need to have the use of swimming facilities to maintain that good level. There are really very few appropriate facilities near my home that can provide this type of exercise.

I urge you to consider all the communication from the Palos Fitness members who rely on this facility. It is an important community service. It should remain an excellent wellness model and not be reduced to a mere profit margin decision.

Thank you for your consideration in this matter.

Sincerely.

Monica White.

Ms. Courtney Avery
Administrator
Illinois Dept of Public Health
535 W. Jefferson 2nd floor
Springfield, IL 62761

Febuary 8, 2016

Dear Ms. Avery,

I am writing in response to the decision to close the Palos Fitness Center in Orland Park, IL. I am hopeful your agency will reconsider the decision and allow the fitness center to remain open to serve the community's health and fitness needs. I am one of the original members of the fitness center when it first opened fifteen years ago. My husband and I work out several days a week at this facility. It's unfortunate that Palos Hospital has decided to build another medical building and treatment center at this location instead of using other available land in the area. There are several other cancer treatment centers already servicing the Southwest side.

I was proud to be a member of the Palos Fitness Center because it represented the future of medicine, one in which individuals would be more responsible for their health. The rehab programs and the programs for those with disabilities were excellent examples of helping people to be proactive with their medical conditions. And now, given the other facilities in the area, there is no place for these individuals to go. I'm also disappointed that the hospital didn't discuss their decision with the members or the staff prior to making their decision. Members could have been key advocates in achieving the building goals while maintaining the fitness center or at least we could have been a part of the decision.

Please reconsider closing the Palos Health and Fitness Center and allow it to remain open.

Sincerely,

Linda H Conrath

Linda H. Conrath
8912 Patty Lane
Orland Park, IL 60462

2-9-16

Dear Ms. Courtney Avery,

Re: **Opposed to Palos Hospital South Campus Expansion**

I cannot go to another facility. I am senior citizen and it is difficult for me to get around. This would inconvenience me on a high level.

This health center means so much to me and many many others who are members.

I will NOT drive over 25/50 miles to go to another facility that has the same equipment, and offers the same services.

Please help me and others to keep this facility ***open.***

We are handicapped and to close the doors would be a BIG MISTAKE.

Respectfully,

Pam Dryden

OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

To Whom it My Concern,

I was shocked and saddened hearing the news that there are plans to close PHFC . PHFC serves the community with invaluable services to help people with disabilities. There is NO other facility that can address the needs of people with MS, debilitating arthritis, rehabilitation that is necessary after various joint surgeries, Parkinsons , COPD, not to mention the mental and emotional support that a facility such as PHFC provides for the aging baby boomer population. The two other gyms that were suggested as an olive branch do not even come close to offering what PHFC has to offer.

Personally, I have been a member for many years and the therapy pool for my aging joints have been a blessing. Thai Chi classes provide health for muscles and joints for a population that relies on low impact exercise. As a bonus, the private whirlpool tubs soothe the aching joints. Lastly, the staff are trained and qualified providing support that I have never experienced in any other facility. After one of my husbands workouts, they discovered that he had high blood pressure!

This is a well thought out facility which is unique and provides immeasuarable benefits for the health and well being of a demographic that will find it impossible to find a replacement.

Surely Palos Hospital can find another alternative to building a facility that would suit their needs and keep this facility to suit the needs of a very special COMMUNITY.

Sincerely,

Dana Gylys

Dana Gylys

12124 W. Lake View Dr.
Orland Park, IL 60467
February 9, 2016

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

Re: Closure of PHFC

Dear Ms. Avery,

With great disappointment I learned that Palos Health Fitness Center is closing. I began utilizing the services there, particularly the therapy pool and the advise of the trainers who have advanced degrees, after a cardiovascular procedure and at the recommendation of my physician. I do not know of any other facility nearby with such services, and frankly I don't know what to do if this facility closes. Maintaining health is far beneficial to trying to regain it.

Please be my representative in opposing this plan. Thank you very much.

Sincerely,

Ronald Jakubiec

Ronald Jakubiec

February 5, 2016,

Dear Ms. Courtney Avery,

It is with great sadness, disbelief, and regret that I find myself writing this letter to express my concern over the closing of Palos Health and Fitness Center. I am asking Mayor McLaughlin and the Orland Park Township to reconsider the decision to close and level the Palos Health and Fitness Center that has served so many people of all ages and all abilities.

The Palos Health and Fitness Center is not just an exercise facility; it is a facility that focuses on wellness and provides programs that are not available anywhere in the southwest area. On a personal level my husband had back surgery three years ago and his Doctor wrote a script for aquatic therapy and Palos was the only facility that had a therapy pool and physical therapy in the pool. My doctor directed me to water therapy as well since I have arthritis and was recovering from open-heart therapy.

Individuals with Multiple Sclerosis, Fibromyalgia, Parkinson Disease, Pulmonary issues, Arthritis, and Orthopedic issues can come to the Center and go to Aquatic classes in the therapy pool. The pool provides a place to exercise in a low impact manner that cannot be found in any of the alternative fitness centers that the members of Orland Township and Palos Hospital have directed members to explore. Moraine Valley Facility is new and does have a one pool but does not offer any classes comparable to Palos Health and Fitness Center. Furthermore, it does not have a therapy pool and so many of the members from Palos would not have a place to go. The therapy pool provides an opportunity for those individuals that are not able to use the regular pool. There are also Parent and Tots lessons classes taught in the therapy pool. The regular pool provides classes such as Aqua Aerobics, Aqua Zumba , Family Swim, and practice time for Special Olympics and lap swimming. Sportsplex, another alternative offered does not have a pool and does not offer any classes that would fit the needs of individuals with before mentioned health issues. Not only does Palos Health and Fitness Center provide a myriad of daily aquatic opportunities but it also offers a variety of classes outside of the water for all levels and abilities. Palos Health and Fitness Center offers the opportunity for Seniors, youth, and all ages in between to work on fitness goals that can only be reached there.

Lastly, I am asking for Orland Township to put the best interest of the people in Orland Township and the surrounding south suburbs. There are other areas in Orland Township that can be used for the new proposed Cancer facility; in fact there are three such facilities in the area; but there is only one Palos Health and Fitness Center. Let Orland Township make a decision based on people not based on money and big corporations. Orland Township has an opportunity to prove that it supports wellness for the community and wants to provide a unique Wellness Center that support people of all ages and abilities.

Sincerely,
Karen Fitzgerald - 12303 Josephine Drive, Mokena, Il 60448
Palos Health and Fitness Center Member since 2013
Retired teacher of District 230
Senior Citizen

Karen Fitzgerald

Mary Kopec
8623 Hollybrook Lane
Tinley Park, IL 60487

2/8/2016

Dear Ms. Courtney Avery,

I am writing in behalf of saving the Palos Health and Fitness Club from demolition and termination of services to the public. I will tell you why this facility with all the specialized wellness programs is necessary to our community. First of all, please go to the website...www.palos health and fitness club (PHFC). The list of all the wellness and medical based exercise equipment, and diagram of the facility is on the website. We have the ONLY warm arthritic therapeutic pool in this area. The facility was opened 2003 to provide the community and doctors a place to refer their patients there to continue physical therapy. I

The population of our club varies from seniors, to teenagers. We have a cardiac rehab program, pulmonary program, arthritis, Parkinson's and MS YOGA AND AQUATICS PROGRAM. Physical therapy from Palos Hospital is here. Diabetic and weight loss clients use the facility.

My story, I was an RN at Palos Hospital when Sister Wright was CEO and approved this facility for health and wellness which was offered to all staff. I became stricken with MS in2004 and was not able to perform my duties as an RN and as my condition became worse, I had no choice but to go on disability. I was in turmoil. My doctor referred me to the MS aquatic and yoga and programs at this facility and have been there since. The thing that keeps me seeking health and fitness is all my friends and disabled of all ages who are able to work out in a safe medically based facility.

Furthermore, the facilities the hospital referred us to are not handicap accessible. Please make a visit to our health club and experience for yourself the wonderful location and set up being only 13 years old. If this facility is torn down a community of medically challenged members will sadly be cast away.

Please keep PHFC alive.

Sincerely,

Mary Kopec

WWJD

Vera Parzatka
16071 Stonebridge Drive
Homer Glen, Illinois 60491

February 5, 2016

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

Dear Ms. Avery,

I'd like to thank you for your efforts to save PHFC from closing. There is no other facility that offers what PHFC offers. The staff is well educated & continues to update their education. My husband has had 2 hip replacements & has had to be put on heart medication. The staff takes his BP before & after exercises, then shares the results with his doctor, so that proper dosage can be calculated. The yoga instructors are aware of his hip replacement & tell him what to do to insure no injury. Water Aerobics has also been part of his routine.

They also assist me in staying in condition to play competitive tennis at the age of 74. Staff advised me with specific machines, classes & exercises as needed. They got me through severe plantar fasciitis, a shoulder injury, tendonitis in my arm and rehab after a TAH BSO for cancer. This is more than a Fitness center. Being with them for the past 10 years is how my husband & I continue to live a quality life, Yes, we would greatly appreciate anything you can do to save PHFC from destruction.

Gratefully,

Vera Parzatka

Vera Parzatka

February 8, 2016

Ms. Courtney Avery,Administrator

Illinois Department of Public Health

525 West Jefferson-2nd Floor

Springfield, IL 62761

"Opposed to Palos Hospital South Campus Expansion"

I have been a member for several years, I have many physical problems , which include Rheumatoid Arthritis,Multiple strokes , Atrial Fibrillation . The work out machines help me to keep my body and mind active which also helps with my Atrial fibrillation. The" Heated" pool keep my muscles and joints moving with little pain.

PHFC is clean and close to my home as I have had multiple strokes and I find it difficult to travel far distance .

Sincerely,

Leo E. Gruenholz

Leo E. Gruenholz

14854 s. Carlton Lane

Homer Glen, IL 60491

12124 W. Lake View Dr.
Orland Park, IL 60467
February 9, 2016

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

Re: Closure of PHFC

Dear Ms. Avery,

I am writing to request your support in my opposition to the closing of Palos Health Fitness Center. Palos Community Hospital has always professed its concern in the health and well being of the community, and the Fitness Center, as an extension, is validation. The benefits of this facility are not available elsewhere locally. On a personal note, the therapy pool has been very beneficial to me and others with joint or muscular issues, and I have utilized the knowledge of the highly educated staff.

I am hopeful that with your help, those with limited mobility, the elderly, and handicapped members of the community will not be abandoned.

Thank you for your time and attention to this matter.

Sincerely,

Margaret Jakubiec

Margaret Jakubiec

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

OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

My name is Thomas McDonald, and I have been a member of Palos Health and Fitness Club since it opened. I have been a member of various health clubs in the Chicago land area, and also Wisconsin and Texas. PHFC is by far the best facility as far as the variety of equipment, especially the therapy pool.

In September of 2013 I was diagnosed with severe stenosis of the cervical spine that required immediate surgery. Doctors advised that without surgery, I would be paralyzed from the neck down (or in bed for the rest of my life). I had the surgery from C-3 to T-1 and developed many complications. Therefor, I was confined to bed for six weeks. I began therapy at Rush Hospital, and gradually was able to advance to a wheel chair. Several more weeks of therapy and I was able to advance to walking and released from Rush University Hospital.

I immediately began aqua therapy with Kerry in the therapy pool at PHFC. Every week I made progress with Kerry's assistance and helpful demeanor. In addition I had lost weight and had decreased strength as well. After several months working with Kerry and other physical therapists at the club, I gained weight and gradually increased my strength.

My lower spine is still in bad shape from stenosis and scoliosis. Surgery is not an option, as it would severely restrict my flexibility and mobility. One of the blessings I did have is a very supportive group of staff and friends at PHFC. The encouragement, friendship, and love that I continually receive from the staff, and especially members, cannot be adequately explained.

I did not know anyone at the club when I joined, yet I feel like I have known them all my life (I wish I did). I am still partially paralyzed in my left arm and leg. The use of the therapy pool has been invaluable to me, not only to increase mobility, but to decrease pain. There is no facility in the area with the same equipment and therapy pool!

In closing I would like to say that if there was, it would be difficult, if not impossible to replace the friendships, charity and quite honestly the love and respect that the members and staff have for each other. That statement is not an exaggeration! I have gone through a very tough time, and I felt something in my heart I wish every person could experience.

Please consider all facets of life relative to closing PHFC, a truly remarkable resource, which allows for health and healing. The quality of many lives depend on it!

Sincerely yours,

Thomas McDonald 3/9/14

Thomas McDonald