MOKENA FAMILY PHYSICIANS, LLC.

11243 LA PORTE ROAD
MOKENA, ILLINOIS 60448
TELEPHONE (708) 479-4681

JOSEPH PRIEBOY, D.O. ROSEMARY McGRATH, M.D.

16-001

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FEB 16 2016
HEALTH FACILITIES & SERVICES REVIEW BOARD

February 11, 2016

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

Re: Palos Health and Fitness Center

Ms. Avery,

I am writing this letter as I appose Palos Hospitals plan as it currently exists to close the Health Fitness Center. I would respectfully ask that you keep open the Palos Health & Fitness Center as it serves a number of my patients and provides unique services, especially to the elderly and handicapped who have really no where else to go.

Thank you for you time, and I hope a better decision can be reached.

Sincerely,

Rosemary McGrath m.d. /rd

Rosemary McGrath M.D.

RM/rad

Illinois Health Facilities and Services Board
c/o Kathryn Olson, Chair
Ms.Courtney Avery, Administrator
Illinois Department of Public Health
525 West Jefferson, 2nd Floor
Springfield, IL 62761

February 11, 2016
12614 Rail Lane
Palos Park, IL 60464

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Dear Ms. Avery and Chair Olson,

I am writing to oppose the destruction of the Palos Health and Fitness Center in order to build another Palos Community Hospital outpatient medical treatment clinic for Loyola Medicine to use primarily for oncology and neuroscience patients.

I am a physician, long time member of the Fitness Center and former bilateral hip replacement patient, who finished post-operative rehabilitation in the Fitness Center and who continues to use the Center to maintain joint flexibility and an active lifestyle.

The Center is an outstanding and well maintained facility, part of Palos Community Hospitals former mission to provide preventative health and wellness activities for several thousand members, as well as to provide rehabilitation and treatment services for a number of patients with physical disabilities. For the latter group, there is no other such hospital based facility in the area.

Palos Hospital is apparently planning this new outpatient, subspecialty clinic as competition to the University of Chicago Center for Advanced Care, being constructed at 143rd St. and La Grange Road. This 108,000 square foot Center is a multi-specialty outpatient clinic, including medical oncology and radiation oncology services. It has 80 examination rooms and a parking garage with 530 spaces. It is located just 2.2 miles from the Palos Fitness Center.

I see no need for a duplicate facility on the site of the current Fitness Center, so close to the Center for Advanced Care. The administrators of Palos Hospital have been disingenuous in suddenly announcing the imminent closure of their Fitness Center and suggesting that the new construction had already been approved by all regulating agencies. They also failed to mention to your Board or State legislators that their building plans involved the destruction of the Fitness Center.

Palos Community Hospital appears to be abandoning its previous commitment to foster preventative wellness services to the community. They have pledged to destroy an excellent and unique Fitness Center in order to build a duplicate, subspecialty, outpatient hospital. Loyola Medicine's mantra is, "We also treat the human spirit." Palos Hospital does not seem interested in the human spirit, but in financial gain and empire building.

Sincerely,

Frank K. Thorp, MD

Frank K. Thorp, M.D.

9 February 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

Dear Ms. Avery,

I write to you with a question re: the Palos Hospital decision to close the doors and raze the building of the Palos Health and Fitness Center in Orland Park. The hospital speaks and acts as if it's a "done deal."

Is it a "done deal?"
Is my understanding correct that the hearing scheduled in Orland Park for February 18 is your board's means to hear from the community so that you may reach a decision that best honors the needs of this community?

Why did the hospital not mention that they intend to demolish the building on the property proposed for their expansion? Why did the hospital not list a line item for the cost of demolition? I thought this was meant to be full disclosure so that your board and the community would have all the facts at your disposal.

May I offer my opinion?
I've been a yoga teacher at Palos Health and Fitness for over 14 years, since shortly after the Center opened. I created the yoga component of the MS program and the chair yoga that's primarily used for seniors. Along the way, I've taught the members of the COPD program, the Parkinson's program, and the arthritis program as well as created courses for families, pregnant women, kids and regular folks.

None of the special programs exist elsewhere. The closest warm-water therapy pool for those suffering from arthritis is in Naperville IL, a 45-minute drive. There is no local facility able to accommodate the MS group (the largest in Illinois, possibly the nation) due to their room and pool temperature, parking, and handicapped needs.

PHFC is a safe place for people with their doctor's prescription for rehabilitation. ALL of the staff members on the floor helping people with weights and workouts have degrees in exercise physiology, not weekend or online certificates. The morbidly obese who came to PHFC after years of feeling afraid feel safe here. I fear they will return to their couch.

The seniors come do their workouts and then socialize. Their friends are here.
Year after year after year of research shows compelling results demonstrating that our health is a result of taking care of our whole person—physical, social, mental, emotional. PHFC is just this kind of Center for health and well-being.

February 10, 2016

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HEALTH FACILITIES &
SERVICES REVIEW BOARD

Karin Evers
15215 St Andrews Dr
Orland Park, IL 60462

Mrs. Kathryn J. Olson, Chair
Illinois Health Facilities and Services Review Board
525 West Jefferson Street, 2nd Floor
Springfield, IL 62761

RE: Palos Community Hospital – South Campus Expansion (Project 16-001)

Dear Ms. Olson,

I am writing to oppose Palos Hospital's Certificate of Need (CON) application for their South Campus Expansion in Orland Park. I am a member of the Palos Health and Fitness Center that is planned for destruction as part of this expansion. This fitness center serves not only disabled seniors but also disabled children training for the Special Olympics. There is no other fitness center in the area that can accommodate the disabled with special fitness classes that are modified to accommodate their disabilities. This fitness center serves people with disabilities such as Parkinson, MS, COPD, heart disease, stroke survivors, cancer patients, arthritis sufferers, and many other illnesses, and Special Olympians with a wide range of disabilities use the Lap Pool. In addition to the modified fitness classes there is a Therapy Pool that is always heated to at least 94° a perfect temperature for those suffering with Parkinson and Arthritis, and who are just plain old. If the Palos Health and Fitness Center were demolished it would be devastating to the disabled seniors it currently serves along with other members of the community that use it. As Paul O'Grady, Supervisor of Orland Township Office recently stated, "the loss of this tremendous asset would be detrimental to area residents and I would ask that you carefully evaluate the adverse consequences of any site redevelopment plan that would not include its continuation."

I take exception to the letter of support written to you by Mayor Daniel McLaughlin wherein he states the new facility would be a great value to the community; the current fitness center is of great value to the community and should remain standing.
The mayor further stated that the planned facility would be a boost to the local community Palos Community Hospital is a non-profit corporation operating in accordance with the Ethical and Religious Directives for Catholic Healthcare Facilities, and there is an expectation that it consider its obligations to the local community to a greater degree than a for-profit hospital might. Its purpose is not to boost the local community's economy as the mayor would have. The loss of this tremendous asset would be detrimental to area residents and I would ask that you carefully evaluate the adverse consequences of any site redevelopment plan that does not include its continuation.

Sincerely,

Karin Evers

Karin Evers

KE/iad

I am opposed to Palos Hospital South Campus Expansion,

My name is Stathia Xanos. I have attended the Palos Health and Fitness Center for a long time. It is a state of the art center that is user friendly, beautiful, meets the needs of all the members because there are many programs that are offered all year round. I along with all the other members of Palos Health & Fitness Center were notified mid Jan., 2016 that the center will close on May 1, 2016. This will negatively affect the lives of many members because they will not have their work out routines and professional classes they attend to help them to have better quality lives. The other fitness centers around this area are not as accessible and do not offer enough classes.

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The physical layout of the Palos Health & Fitness Center is as follows:

1. Large pool and therapeutic pool, large men's and women's locker rooms, family changing rooms
2. Steam room, whirlpool, dry heat room
3. Large gymnasium
4. 2 large rooms that are used for classes, individual exercising, etc.
5. Conference rooms
6. 2 Large durable equipment exercise rooms
7. Indoor track
8. Gravity equipment room
9. Professionally trained personal trainers who are available all the time to help members and to give the members personal training sessions.
10. stretching rooms with tables and equipment

I have seen many people with disabilities (M.S., strokes, heart and lung problems, knee, arm and shoulder problems, arthritis problems, Parkinson's disease, etc. become physically better because of the specialized classes, personal training sessions and usage of the pools and equipment.

Palos Health & Fitness Center is the only facility that offers every

thing mentioned above under 1 roof. Orland Recreation programs are inadequate and do not meet the needs of the many people who have disabilities. For instance, I went the Bettenhausen Recreation Center and was informed that there is a gentle yoga class and that many people cannot attend the class because there is not enough room for everyone. Also I was informed that people who use wheel chairs and walkers are not allowed to use the indoor track and other facilities. The indoor pool is not accessible. Palos Health & Fitness Center is completely accessible and Sportsplex and other fitness centers in the area are not completely accessible. There are no pools (therapeutic and large pools for exercise and classes.)

Palos Health & Fitness Center needs to stay open for the thousands of people with disabilities so they can become stronger, recuperate and have functional lives. As you know, many people with physical problems cannot have on going therapy that is paid by insurance. Once individuals are done with therapy they are given exercise programs which often include usage of durable and non durable equipment and exercise in the pool. Sportsplex does not have a diversity of equipment to meet people's needs. The parking lot does not provide enough spaces for people with disabilities. There are no tables for people who cannot lay on the floor to do their stretching and exercising. There aren't personal trainers all day long that can show people how to properly use the equipment. This is necessary, especially for individuals who have physical problems.

I am really shocked that the Palos Health & Sports Center will be demolished. This building is only 15 years old, in excellent condition and is worth millions of dollars. Why couldn't a New Cancer and Research Treatment Center and offices be located somewhere else? There are many offices and cancer research centers located in Orland Park and the surrounding areas. University of Chicago cancer and research center is located in Orland Park is almost completed. Silver Cross Hospital in New Lenox has a cancer center and many offices. There are many other medical facilities for cancer patients near Orland Park.

The proposed underground parking lot will mean the village of Orland Park will have major road work ahead of them around the area. There will be more traffic also. There are very few underground parking lots that I know of in Illinois. At times the ground caves in where the parking lot is and causes a dangerous situation. Sink holes, tornadoes and earthquakes can also cause problems.

I will never forget this tragedy the rest of my life if the Palos Health & Fitness Center is demolished. Palos Hospital/Loyola Hospital are causing destruction and do not believe in conservation when they are making this proposal. Is the state of Illinois going to provide millions and millions of dollars to Palos/Loyola Hospitals to carry out this plan? If so, the state of Illinois may become bankrupt if this proposal and other proposals similar to this proposal are approved.

Palos Health and Fitness Center is the considered the best facility in the area. Loyola /Palos Community Hospital board of directors don't care about this situation. This board developed this plan of destruction of the Palos Health and Fitness Center which will adversely affect many people who have relied on this Center to stay healthier.

I have used this Center to stay as physically fit as possible even though I have a bad back and knee problems. On June 27, 2010 I fractured 2 bones in my right foot. I was in a cast, cast boot and had P.T. I came to the Palos Health & Fitness Center almost every day even though I first had a cast on and then a cast boot. I was non ambulatory part of the time. I utilized the weigh machines and stretching table. Some other fitness centers don't allow people who are non ambulatory and people who use canes and walkers. My son who has multiple physical disabilities needs 24/7 care which I must provide. I therefore I need to stay physically fit. The personal trainers saved my son from severe injury or death when he almost slid out of his wheel chair in front of the center.
Personal trainers are there to help in any way possible. They take my

blood pressure when I make the request.

How can the state of Illinois approve this plan when destruction of a building that can be utilized for many years? This is not mentioned in the Palos/Loyola Hospital plan, but it is going to happen.

Palos Health & Fitness Center is a certified medical facility according to the Medical Fitness Association. Physical therapists use the pools, equipment, etc. at this center. The special recreation assoc. have people with developmental disabilities use the pool. Read the attached information for more information about this facility.

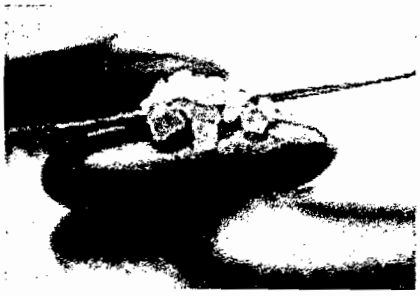
The supervisor of the Orland Township has sent a letter asking that the Palos Health & Fitness Center should stay open because he knows how important it is to individuals' health.

Respectfully submitted,
Stathia Xanos
11738 Cranna Ct.
Orland Park, Il-60467
Cell-708-609-0307

Palos Health & Fitness Center

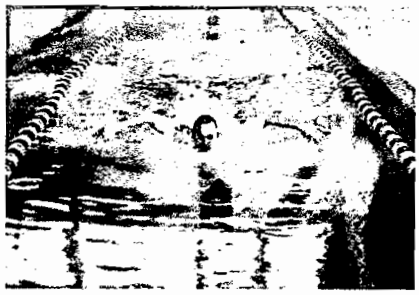
FITNESS IS THE BEST MEDICINE

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.



Visit the Spa

Relax, revitalize, gain total balance...



Take the Virtual Tour

View our pools, gymnasium, track...

Medical Programs

Next Steps...

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 10, 2015

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HEALTH FACILITIES &
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Ms. Courtney Avery, Administrator
Illinois Department of Public Health
525 est Jefferson - 2nd Floor
Springfield, IL 62761

Dear Ms. Avery

Re: Opposition to closing Palos Health & Fitness Center - South Expansion

I became a member 10 years ago when I signed up for the M.S. programs. I live in Chicago but travel to Orland Park because this is the only place that offers a wellness program that has been so amazing.

Our group and others who suffer from M.S., Parkinsons, Cardiac problems, have nowhere else to go.

My neurologist referred me to the Center 10 years ago and also all his patients who need a wellness program. He knows how important it is for all of us.

Our quality of life will change if they close. This is the only wellness center that has helped us become stronger in both mind and body.

The aqua and yoga instructors have built a program for our needs and so many others.

I needed to tell my story to try to fight for our group because we matter. The members of the M.S. Group are like family and we worked so hard and have come too far to just let go.

Colleen Voith

Colleen Voith, Member of P.H.F.C. - 10537 S. St Louis Ave., Chicago, IL 60655

12614 Rail Lane, Palos Park, IL 60464-1546

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HEALTH FACILITIES &
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February 11, 2016

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

Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery,

I am writing to express my strong opposition to Palos Community Hospital's plan to close and demolish the Palos Health and Fitness Center, the only such medically-integrated facility in our area, which currently serves several thousand members, many of whom have serious health issues. I am appalled by the apparent lack of concern for the many people who have benefited greatly from this facility over the past fifteen-plus years. The environmental impact (and the total waste) of destroying this well-conceived and beautifully designed facility is unconscionable.

My husband and I joined the Fitness Center seventeen years ago, before the current building was built. We renewed and continued our membership at the new, state-of-the-art facility, whose excellent, highly-trained staff and superb physical facilities have, for many years, provided a warm, supportive community and created an environment conducive to good health and wellness. I have had a number of medical issues, including hypertension, and surgical interventions for breast cancer and colon resection following diverticulitis; and more recently, a fractured pelvis and sacrum. My quick recovery from each of these medical disorders was greatly enhanced by the fact that I had been exercising regularly, thanks to the encouragement of the wonderful staff, the presence of caring friends, and the outstanding facilities at Palos Health and Fitness Center.

For many years, I have structured each day around my exercise routine: strength training, walking, and a variety of classes, (including Cycling, T'ai Chi, Yoga and Zumba), taught by enthusiastic and highly-qualified instructors. My health and physical condition have improved greatly, and I have enjoyed immensely being part of a vibrant, supportive and unique community, for all of which I am very grateful. It has been devastating for each of us to realize that this important social network is now severely threatened.

I am convinced that health and fitness centers, such as the one we have, should be an integral part of every forward-looking hospital because, after all, it has become increasingly clear that "Fitness is the Best Medicine". Why should this unique, already existing and well maintained source of preventive medicine be replaced by an underground parking lot leading to a redundant medical center (with the nearby University of Chicago's new medical center currently under construction)? Surely there must be a better alternative.

Sincerely,

Nina Thorp

Nina Thorp
Member, Palos Health and Fitness Center

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

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HEALTH FACILITIES &
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February 10, 2016

Dear Ms Avery.

I am writing concerning the proposed Palos Hospital South Campus expansion. As a member of Palos Health and Fitness Center for fourteen (14) years, I was shocked and disappointed to read the expansion would necessitate the closing of the Palos Health and Fitness Center,

As a retired Registered Nurse who supports advancement and improvement in Health care delivery, I know Palos Hospital considers this decision in the best Interest of the hospital, My issue with their decision is the closing of the Health and Fitness Center.

Palos Health and Fitness has been a leader in the community in terms of promoting health in this community. Services offered there are not accessible elsewhere in this community. The services provided for persons with arthritis, multiple sclerosis and debilitating lung diseases are not available at nearby fitness facilities nor is a large therapy pool that has professionally directed classes for members with significant arthritis and multiple sclerosis.

The members of Palos Health and Fitness that are being displaced by Palos Hospital's proposal for this site are the same people that the hospital purports to care about and serve.

Sincerely,

Jeanine Gausselin
11851 Windemere Court
Orland Park, IL 60467
708-349-1632

Deborah Paszylk
14408 Wooded Path Lane
Orland Park, IL 60462

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Feb 4, 2016

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HEALTH FACILITIES & SERVICES REVIEW BOARD

To: Senator Bill Cunningham

My name is Nicholas Lasale, a member of Palos Health and Fitness Center. I served in the U.S. Army during the Korean War 1952-54. Trained in Fort Knox, Ky.

Most important part of my training was that "NO ONE SHOULD BE LEFT BEHIND!" Why are the people trying to close down PHFC treating people who are hurting with MS, Heart Problems, Arthritis, Parkinsons, COPD, etc with no where to go.

I checked Sports Plex, Marine Valley and other Clubs, they have no accomadation for these fine citizens. They are just trying to live their lives as best they can with the great help of Palos Health and Fitness Center, their only hope.

Please don't leave us behind!

Thank You
Nicholas Lasale
a Korean Infantry Veteran

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Opposed to Palos Hospital South Campus Expansion

This is a brief example of what PHFC has meant to and done for me.

I recently was diagnosed with Parkinson's. I researched all the health clubs in my area for what my doctor told me was necessary to keep my PD progression from taking over my life. I live on the far south side of Tinley Park. The **only facility** I was able to find to meet these requirements was PHFC.

I immediately joined and attended several of their classes. The Parkinson's Class in particular was a class not offered anywhere else that I could find on the Southside. The class instructors and the quality of their knowledge in their fields, I find to be outstanding!

The social aspect of PHFC is also very important for me in dealing with my disease. The staff and members all seem so friendly and supportive.

I also go to Physical Therapy on land and in the Therapy Pool. The Therapy Pool is kept at **92 degrees** and makes my exercises easier for me to manage. Something else I am sure I will not be able to find.

When I seen my doctor last week, he was amazed at the lack of progression of my PD. I feel I owe it all to PHFC and their programs.

Sincerely,

Mary Donovan

Mary Donovan

J.B. GOEBEL, Ph. D.
Clinical and Social Psychologist
1600 RAVINA PLACE
ORLAND PARK, IL 60462

(708) 349-4404
Fax (708) 349-4533

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Ms. Courtney Avery, Administrator
Ill. Dept of Public Health
525 W. Jefferson, 2nd Fl
Springfield, IL 62761

Feb 9, 2016

Dear Ms Avery,

As you know, the Palos Hosp. South Campus Expansion is planned for Orland Park. This will mean the Palos Health + Fitness Center will be razed. My wife & I have been members for over 10 years.

We use the Fitness Center often. I can walk to it from my office. We have, & continue to attend classes there at recommendation of our doctors.

It is a medically affiliated facility which promotes good health. There are no other conveniently located fitness centers in our area where there is a medical affiliation.

Please consider action to stop the razing of the Palos Health + Fitness Center.

Thank you,

JB Goebel, Ph.D.

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...EW BOARD

Feb.10, 2016

Opposition to Closing Palos Health an Fitness Center

I am opposed to closing of Palos Health and Fitness Center. I lost 40% mobility of my left leg in an accident in1969. I still functioned pretty well until 2003 when I had to have knee surgery on my right knee. Physical therapists recommended hot water therapy at PHFC, and I have been a member ever since.

The therapeutic nature of the hot water eases my pain and makes movement easier. The therapy helps reduce the swelling of my knees , strengthens my muscles, improves circulation ,and helps improve balance. Besides physical improvements the pool gives psychological boosts. You feel more confident with less feelings of hopelessness, and exercise helps relieve stress. For me the pool is the only place that I feel like a whole person able to walk, run, dance, catch a ball, and just exercise.

My life will be greatly affected by the closing of this facility. Because of my physical limitations, there is no gym that can help me. Similar facilities are too far away. What happens to people like me? Don't we matter?

Sincerely,

Doreen Damm

Doreen Damm

7633 West Arquilla Drive #1B
Palos Height, IL 60463
5 February 2016

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FEB 16 2016
HEALTH FACILITIES & SERVICES REVIEW BOARD

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

RE: Opposition to the Closing of Palos Health and Fitness Center due to Palos Hospital South Campus Expansion

Dear Ms. Avery:

I am writing to oppose the closing of Palos Health and Fitness Center because of the expansion of the south campus of Palos Hospital. My husband and I are members of the fitness center, and have chosen this particular place instead of other, much less expensive places, for several reasons.

First, I use the various group-classes geared toward my "Baby Boom " age on a daily basis. Although there are varying ages in the class, it skews mostly older, and the exercises are geared for that level. The other fitness centers in the area may have one or two classes per week for us "older" members, but nothing like Palos. And my husband, who is older and has a myriad of health problems, including neuropathy, has benefited from working 3 to 4 days a week on the Nu-Step, which is a machine not included in other fitness centers because it is a more physical-therapy design. Others have treadmills and bikes, which do not work for him.
We both appreciate the hospital-based focus that Palos Health and Fitness has, rather than the usual "hard-bodied fitness center" approach every other center uses.

Another reason, although not connected specifically to my or my husband, is the number of truly handicapped people who we see using the facility. There are special programs for MS, Parkinson's and arthritis, as well as cardio rehab, and these people are streaming through the doors every day, using the specially designed pools, machinery, and classes. In addition, we have noticed that Palos Fitness has hired mentally-challenged people to help out with some tasks. This compassionate commitment to making the lives of physically and mentally disabled people more "livable" has inspired both my husband and myself, and we are pleased to be a part of such a caring community.

There are many world-class hospitals and research centers within driving distance of Palos Hospital. Is adding another one at this particular location necessary? Particularly if the result is that a successful fitness center, which supports the health and wellness of many community residents, is shuttered?

Sincerely,
Robert and Linda Nelson

Robert and Linda Nelson

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FEB 16 2016
HEALTH FACILITIES &
SERVICES REVIEW BOARD

February 9, 2016
Ms.Lauri Kean
9377 Bradford Lane
Orland Park, Il 60462
[redacted]

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

Ms. Courtney Avery, Administrator Feb. 9, 2016
Illinois Dept. of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

I am opposed to Palos Hospital South Campus Expansion.

This facility is used by a more mature group including cancer, heart, pulmonary and other illness sufferers. I cannot express strongly enough what a God send this facility is for people with health issues.

There is no other facility in our area that offers the medical and psychological support PHFC does. This is truly a community onto itself. This is a club for people of all fitness levels and limitations. Taking it down will be devastating. Many will not find anywhere else to go. I fear they will just go home.

This is an email I received from PHFC. it speaks for itself.

Lauri Kean

Lauri Kean

Palos Health & Fitness Center

Palos Health & Fitness Center would like to announce 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*

Mary Grant
5344 W. 88th St.
Oak Lawn, IL 60453
February 10, 2016

RECEIVED
FEB 16 2016
SERVICES

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

Re: OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXTENSION

Dear Ms. Courtney Avery:

As a current member of the Palos Health & Fitness Center, I was heartbroken when I heard the news about the center closing.

When I began going to PHFC for the MS Aquatic and Yoga classes my primary goal was to be able to "stay on my feet" for as long as possible. PHFC provides all of the tools fulfill my goal. The instructors, services, staff, and the facility itself has made this seem possible ! I have been to other facilities in the area, but they can't compare to PHFC's commitment to promoting a healthy lifestyle for the disabled.

Sincerely,

Mary Grant

Mary Grant

February 8, 2015

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FEB 16 2016

HEALTH FACILITIES &
SERVICES REVIEW BOARD

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

Dear Ms. Avery,

I am writing this letter regarding the untimely closing of Palos Health & Fitness in Orland Park. My husband, Mike Zurales was diagnosed with Multiple Sclerosis in 1998, he had to go on disability in 2002.

He was in physical therapy with Dr. Ozcan of Palos Hospital and she recommended he join the Palos Health & Fitness center. All the classes are for people with mobility issues, MS, Parkinsons and arthritis. He has greatly benefited from these classes like exercises in the pool and MS yoga. Also the machines are very beneficial to him. The locker rooms are geared towards people with disabilities, all the classes are relatively close to one another which is a big issue for people with MS because fatigue is a big issue.

He has made some of the most wonderful friends that have the same problems and three days a week they can get together, exercise and have a snack in the Snack Shop with other people instead of spending his days sitting around the house with nothing to do and deteriorate. Which his doctor has said is so vital to the wellness of my husband.

There really is no other facility that can accommodate all the people with physical disabilities that use Palos Health & Fitness.

Please consider keeping this facility open, we need a WELLNESS center that helps people to stay mobile and happy for as long as they can.

Sincerely,

Susan & Michael Zurales
7935 S. Mobile Avenue
Burbank, IL 60459

Jim Hilton
10426 Interlochen drive
Palos Hills IL 6045

RECEIVED
FEB 16 2016
HEALTH FACILITIES &
SERVICES REVIEW BOARD

2/10/2016

Ms Courtney Avery,

I write to you to express support of keeping and not destroying the Palos Health and Fitness Center in Orland Park, IL, for which a hearing is scheduled for Feb 18, at 10:00AM.

People I know are dependent on the facility for their health due to their severe physical problems. Closing this facility to replace it with a parking lot, to me, is just foolish. The people who depend on the facility will have to travel miles away to get similar help if it is closed.

Surely, there must be a more humane area to locate the parking lot.

Thank you for your consideration of this issue.

Sincerely,

Jim Hilton

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

RECEIVED
FEB 16 2016
HEALTHCARE FACILITIES & SERVICES REVIEW BOARD

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, Betsy Berney. Betsy Berney

Opposed to Palos Hospital
South Campus Expansion

12825 East Tanglewood Circle

Palos Park, Illinois 60464

2/8/2016

FEB 16 2016

SERVICES REVIEW BOARD

I am writing this letter in hopes that you would be instrumental in putting a halt to the closing of Palos Health and Fitness Center. I have been a member here for over 10 years, have made many friendships, and have enjoyed the health benefits from attending a first-rate neighborhood facility. I have used this health club over the years not only for maintaining fitness, but also in rehabbing a fractured pelvis and rotator cuff injury. I know of no other facility in the area where I could have done this. Please, please see if there can be any other option rather than tearing down this multi-million dollar facility that provides so much for so many.

Thank you for your consideration.

Eileen Holly

Ms. Courtney Avery, Administrator

Illinois Department of Health

525 West Jefferson -2nd Floor

Springfield, IL 62761

February 09, 2016

Gerhild Naggert

10920 Bear Island Ave.

Orland Park, IL 60467

FEB 16 2016

HEALTH FACILITIES &
SERVICES REVIEW BOARD

Opposed to Palos Hospital South Campus,

I am writing to let you know why the Palos Park Health and Fitness Center in Orland Park on 15430 West Av. Should not diaper.

!977 I was scheduled for back surgery, but the surgeon told me 50/50 chance for a cure was not good enough, the decision-no surgery. For 6 month I was on pain medication and he told me swimming is a must. What an improvement, the water was the best therapy.

After a year I tried slowly the exercise equipment, but I had to give it up, the pain was coming back, and I ended up in the hospital again.

My third time in the hospital was about five years ago, the worst ever, almost ready for the nursing home, came home with a walker, lots of therapy, but I made it. I am able to live a normal life without medication, and I like to keep it this way.

Now I am using the pool regularly, paying for a yearly membership, only using the pool.

This is the only swimming pool, around where I don't have to drive miles and miles.

Please don't close the health club.

I am sure there is land available for the new Palos Hospital South Campus Expansion in Orland Park.

Thank you,

Gerhild Naggert

Feb 8 2016

RECEIVED

FEB 16 2016

HEALTH FACILITIES & SERVICES REVIEW BOARD

Dear Ms. Avery,

In 2008, I had a serious illness called Rhabdomyolysis. It severely attacked my muscles. After 6 months of physical therapy I was able to go/walk slowly. I went to PHFC and used the hot water pool. After several years I am able to walk further and with less effort.

Please help us in keeping PHFC open. There is no other facility that functions as they do.

Rosalind Samson
7763 Sycamore Dr.
Orland Park, Il.
60462

Karen Jones

5501 Crestwood Drive
Crestwood, IL 60445
Phone (708) 860-0361
randykaren92799@aol.com

RECEIVED
FEB 16 2016

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

Dear Ms. Avery,

I am writing to you to ask that you do everything in your power to see that the Palos Health and Fitness Center stays open. I am 49 years old and I have a form of Muscular Dystrophy called Spinal Muscular Atrophy. This is a genetic disease I was born with and was diagnosed with when I was 10 years old. Over the years, the condition has progressed. I am Blessed to still be able to walk with a cane and take care of myself. In order for me to keep my mobility and independence, I must stay as active as possible.

I had to stop working in May of 2014 and went on disability. During the first 10 months I was home, I pretty much sat around the house. In March of 2015, I fell at home and broke a rib. While I was on the floor waiting for someone to come over and pick me up, I prayed that God would show me what I could do to improve my quality of life. When I recovered from my injury, I was led to PHFC. I was very impressed with the facility when I walked through the door. I thought it would be just another Health Club and I'm happy to say I was pleasantly surprised. During my tour of the facility, I saw a variety of people with a variety of challenges, all of which were being met. I am not able to use weight machines, treadmills or participate in classes. When I saw the warm water therapy pool with the chair lift I knew I was led to the right place. I told my husband, "sign me up". I went home so excited about being able to be in the water again and finally being able to do something. Since I joined, my mobility has improved, I am more flexible, I have lost some weight and most of all my confidence level has gone through the roof. I would not be able to participate in a class like this at any other facility.

I would appreciate anything you can do to encourage Palos Hospital to find another location for their expansion so PHFC can continue to provide excellent services to those in Orland Park and the surrounding communities with special needs.

Sincerely,

Karen Jones

Karen Jones

Illinois Department of Public Health
525 West Jefferson 2nd Floor
Springfield, Illinois 62761

RECEIVED
FEB 16 2016

February 11, 2016

Dear Ms. Courtney Avery,

It deeply saddens me that they are going to close the Palos Hospital Fitness Center where my 80-year-old parents go to daily. After a medical emergency a few years ago they were having trouble with balance and mobility, so I encouraged them to join the PHFC after reading great reviews about their therapy pool and other areas of the club that seemed to focus on rehabilitation and lower key fitness.

I was very impressed with Palos Hospital when they opened this one of a kind (at least for our area) fitness center. What a great way to prevent or at least lessen the chance of another medical emergency. Our society is too quick to get a prescription from a doctor; the Palos Hospital Fitness Center has a better prescription—PREVENTATIVE MEDICINE—by exercising!! What an ingenious idea, and now they want to take this away this is a backward step don't you think????

If there were anyway this facility could be saved, many, many people would greatly benefit.

Pease consider keeping this fitness center open.

Thank you,

Margaret Dietz

Margaret Dietz
15200 W. 147th St.
Homer Glen, IL 60491

February 11, 2016

MS COURTNEY AVERY

FEB 16 2016

I am opposed to the Palos Hospital South Campus expansion because it will destroy; tear down a premier, unique health facility. It is much more than a fitness or sports club. Nothing like it in the Chicagoland area, meets the needs of senior citizens to maintain their mobility.

In 2004 I received a massive torn right rotator cuff tear, 3 to 4 inches. I could not lift my arm to shoulder height. Thankfully and luckily I joined PHFC the year it opened. I joined the evening classes in the warm water therapy pool.The therapist instructed me to do exercises with the water weights under water. In time I was standing mostly submerged and using the buoyancy of the water I was able to raise my right arm above shoulder height and my head. I cried! In a short time I was able to raise my arm above my head out of water. More tears! Dr. Troy at Midwest Orthopedics was astonished and wanted the particulars of how I did it at all yet so soon. A head ortho doctor at Rush, looked at the MRI, took an X-ray, asked me to raise my arm above my head and when I did exclaimed, how did you do that? It could not have been achieved without the warm water therapy pool. In 2007 my knees were going out and MRI's showed I needed surgical repair and new meniscus. A young trainer at PHFC advised doing hamstring, quadriceps & other leg exercises to strengthen key muscles to have a better outcome after surgery. Well I am still doing the exercises and putting off the surgery and eventual knee replacement. My knees feel and perform great as long as I use the equipment at PHFC. Maybe Palos Hospital feels people like me are cheating them. The lifetime fitness machines are state of the art, each has a computer screen that allows the personal trainer, who is also a physical therapist to set it up for your specific range of motion and the time in seconds you should take to do that movement for optimum muscle development. I have been to all the other fitness facilities, no one else has this. The strength training equipment cannot be used to its full potential without this electronic interface. It makes a real difference for the quad and hamstring muscles, not to mention the shoulder muscles. The physical therapist can step away and know you are getting the exercise done correctly. This cannot be done anywhere else but PHFC. I personally will sorely miss it and many seniors will lose their mobility.

For some who have had a stroke, been injured in an accident, need worn out joint replacement, etc. it is the best designed and built health and fitness facility, with state of the art equipment: Olympic size lap pool, which doubles daily for exercise classes, taught and run by top therapist. Extra-large warm water therapy pool that is used to rebuild torn and injured muscle (I am in tears as my wife types this for me). It accommodates classes of 10 to 30,large Jacuzzi, steam room, massage therapy rooms, separate floor exercise area with exercise tables, yoga, weight & bike exercise rooms, state of the art gravity machines, track, basketball court, child care, separate room with chairs for senior and handicapped yoga. All yoga classes are number one and everything is handicapped accessible.

Palos Hospital says they are having a south campus expansion. They are going to expand a location that they cannot presently keep the doctor's office's fully occupied and rented. This is a rouse, they are going to build the new facility to Loyola's specifications and rent it to Loyola.

The following is important and something you should be aware of!

Loyola and the community will be better served in the future, if Loyola today finds a suitable plot of land upon which it can expand and grow as the need inevitably will arise in the future as the farmland, west and south of Orland Park fills in with homes. The present plot of land on which the Palos Immediate Care Center and Health and Fitness Club reside could be torn down and rebuilt upon today. But today's rebuilding would be limited and future expansion impossible because the land west of the site to the rail tracks is wetland and peat bog. The land south of the site is formally Beamsterboer peat bog and field, now Lake Renwick and baseball fields and park. Building or expanding (adding floors) to a parking garage or a building adjacent to peat bog is not a stable idea, nor economical with the added cost of footing. There are larger and more stable plots of land west and south of the present site that could be expanded and grown in the future to be larger than Loyola's present Maywood campus. Multi-storied buildings and parking garages such as Advocate Hospital, Oak Lawn will never be seen in central Orland Park because this is where the last ice glacier ended depositing much peat.

I would not be opposed to the expansion of the Palos Hospital South Campus, if the health club were not torn down. A parking garage between the health and fitness center and the expanded immediate care and cancer center with lateral walk and treadway's would be serving the needs of the 2 buildings. The present parking for the health and fitness center is full between 8am. and 1pm, restraining the membership from growing. Parking for the doctor's office's at the immediate care center,is an arduous uphill walk contributing to the high vacancy rate especially for cardio and ortho doctors which has been the case.

Palos Hospital has lost its way. It's mission to provide top quality, the best preventive and rehabilitative health and wellness care. It is hypocritical to its mission statement to tear down the health club and shut out the senior community who will lose their mobility without it. The present health club building should be patented and franchised. The concept should be copywrited duplicated and brought to the SharkTank with one built and manned near every major hospital. This is physical, preventive and rehabilitative care & medicine at its best. Palos Hospital is dropping the ball. It is absolutely a moral waste to take it down. It will cost more than double to rebuild it today. Last February the fitness club received the highest award from the Medical Fitness Association. It operates in the black. They just replaced the heating and air conditioning unit this summer and updated the cybex strength machines with state of the art matrix machines that use a less resistance smooth pulley system ideal for seniors, no one else has it. New gravity machines were just installed and the pools regrouted. Please do the right thing. Don't let them bulldose the health club.The communities Handicapped, Babybomers and Seniors,retired or not need it to keep their Mobility,Job's and Health which is their Wealth!

Sincerely, William J. Kane

William J. Kane
15629 South Hollyhock Court
Orland Park, Il. 60462-5090
708-429-6879
camperkane@hotmail.com

February 12, 2016

RECEIVED
FEB 16 2016

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

Dear Ms. Avery:

I am writing to let you know how many people are dismayed by the planned closure of the Palos Health & Fitness Center in Orland Park. This facility is the only one in the area that serves members with a wide range of disabilities as well as the healthy. The instructors are highly qualified in working with people suffering from MS, Parkinson's, heart disease, arthritis, fibromyalgia, stroke and other inflictions. There is a wide range of classes that are geared towards members with these disabilities.

Although, I am lucky enough not to have the disabilities listed above at this time, these members were an inspiration to me when I first joined the club. I had major back surgery eight years ago and I am fused at 16 levels and live with rods and 32 screws in my back. Coming back from this surgery was a challenge. I was living with chronic pain and didn't even want to get out of bed much less exercise. I was ready to give up on life when a friend convinced me to try PHFC stating that exercise would actually help alleviate some of the pain. When I joined the club and witnessed members with walkers, wheelchairs, oxygen tanks and amputations exercising daily, I knew I had much to be thankful for and was motivated by them to give it a try. I have been a member for four years and have found that exercise is exactly what I needed.

Because of my limited range of motion, I found that water classes suited my needs. PHFC has a full size pool as well as a therapeutic pool and offers 33 water classes per week. With the planned closing of the club we have been referred to other fitness centers in the area, however, no other fitness center has a therapeutic pool nor do they offer even half the number of classes. In addition, many of the other clubs' pools are much smaller and will be unable to accommodate all of the Palos members that will be joining their clubs. One club in the area has implied that they don't want us, stating that "their club will become too crowded and that Orland Park needs to provide for their own seniors and disabled people."

As you know, exercise is vital to not only the physical well being of the members but also the emotional well being. Many friendships have been made through this club and are now being dissolved due to its closing. There is a definite need for this club in the area and I am asking that you please encourage Palos to reconsider its decision to close it.

Sincerely,

Lois Foley

Lois Foley
Member, Palos Health & Fitness Center

February 11, 2016

RECEIVED
FEB 16 2016
HEALTH FACILITIES &
SERVICES REVIEW BOARD

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

Dear Ms. Avery:

We are writing to you to encourage you to realize the negative impact of destroying the Palos Health and Fitness Club. PHFC is designed uniquely to help the good health and wellbeing of over 5,200 members. PHFC offers special classes in the cold water pool, the warm water pool and on land to encourage each person to maintain the best health for that person.

For seniors and arthritis sufferers, there are stretching classes, balance class, and gentle yoga. Members with MS use machines chosen for their abilities and attend specific water classes designed for them. My friend who suffers with MS was directed to PHFC by her physician and her insurance pays her dues. When she inquired at Sportsplex about programs they told her "they could not accommodate persons with disabilities". I have used trainers both pre- and post-surgery to be better prepared to heal properly. PHFC is a medical fitness center; not just a health club.

Please deny the plan to raze it. We cannot find the same quality facility anywhere in the area. Thank you, Margie and Richard Burnett 708-349-2213

Margie Burnett
Richard D Burnett

10847 Crystal Ridge Ct
Orland Park, IL 60467

FEB 1 3 2016

Feburary 12, 2016

Ms. Courtney Avery, Administrator

RE: "Opposed to Palos Hospital South Campus expansion"

I recently joined Palos Health and Fitness Center and the name says it all. This Medically accredited center offers help to many people recovering from illness or injury and also services individuals suffering from multiple sclerosis and other chronic conditions.
For those of us simply wishing to continue with a healthy lifestyle the center is equipped with state of the art machines, wellness classes, walking track + pools.
As you can see many people depend on this facility, including myself.
I am opposed to the closing of Palos Health and Fitness Center

Sincerely,

Joyce Kopera
14430 Morningside Rd
Orland Park, Illinois 60462

RECEIVED
FEB 16 2016
...ES &
...BOARD

Opposed to Palm Hospital South Campus Expansion

Dear Sir,

PHFC has meant that I get the care I need after knee replacement. It has helped me so much in the 8 years that I have been coming here. The warm therapy pool has been a blessing for my health. Please keep the pool opened, there is not another pool in the area for many miles that is like this one. I do not have the ability to go to another facility that is any farther than PHFC. Please keep PHFC opened help us.

A member Barbara Heilman

Illinois Health Facilities and Services Review Board 2nd Floor
525 West Jefferson Street Springfield, Illinois 62761
Phone 217-782-3516 Fax 217-785-4111
courtney.avery@illinois.gov or telephone at 217-782-3516.

FEB 16 2016

Feb 18th/March 29: Palos Community Hospital's Permit Application Meetings Comments

CONCERNING THE CLOSING OF PALOS FITNESS CENTER Feb 9, 2016

Both my wife and I are extremely disappointed to learn the Palos Health and Fitness Center is closing on May 1st after 15 years of service.

In order to find an equivalent staff or facility, I would be forced to travel to Maywood's Loyola's fitness center from Palos Heights, IL. This is an extremely unnecessary hardship when the Palos Fitness Center is currently more readily accessible for many Cook County Southwest community residents. Many seniors & the infirm patrons have come to rely on the PHF Ctr facility to maintain and preserve our physical health, so we can remain actively independent as long as possible; and not just for, "body beautiful" appearance.

Furthermore, I believe Palos Community Hospital has abandoned its commitment to Aging Medical Geriatric treatments and the infirm/rehab issues, in favor of "greater profit margins" medical care; i.e., like Cancer care.

In order to perform public due diligence, I hope you will ask Palos Hospital to justify the cost/benefit of tearing down the existing PF Ctr to build a Cancer treatment center; rather then, built it at near-by vacant land on the West side adjacent to the PF Ctr location; or, even the old Andrew Corp site. The new proposed Cancer Treatment projected Revenue should be reviewed by an independent knowledgeable party to insure the Palos Hospital's new Cancer treatment center cost/debt burden will be covered without adversely affecting the current Palos Hospital's quality of care to the point, where they will have to resort to "whatever the market will bear" or "predatory pricing" in order to recoup their fixed cost/debt; such as, billing patients $15 for aspirin or Kleenexes.

Also, does the Southwest community really need another Cancer treatment center? Is there truly a need for another Cancer center or is the area so saturated that the area market cannot fiscally justify supporting it? I am not adverse to competition to control consumer's cost or to improve "medical access benefits"; never-the-less, I wish to be assured I am not losing my "go to hospital."

Just as hospital patients are required to demonstrate "the ability to pay medical care" with proof of insurance prior to hospital admittance, so should the public be assured that this new Cancer Treatment Center will "stand on its own two feet "without impacting the level of care from the existing Palos Hospital. As a nearby area resident, I have come to depend on them for my family's health care. Therefore, I have a vested interest in raising these concerns.

Sincerely,

Frank & Barbara Chiappetta 12101 S. 69th Court Palos Heights, IL 60463

Frank & BARBARA Chiappetta

February 12, 2016

William Kean

9377 Bradford Lane

Orland Park, Il 60462

Ms. Courtney Avery, Administrator

Illinois Dept. of Public Health

525 West Jefferson 2nd Floor

Springfield, Illinois 62761

RECEIVED
FEB 16 2016
HEALTH FACILITIES & SERVICES REVIEW BOARD

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

Feb. 12, 2016

(REF. project 16-001)

I am **opposed** to the Palos Hospital Certificate of NEED application (project 16-001) for the South Campus expansion in Orland Park. Expansion of the campus without the continued existence of the MEDICALLY BASED "PALOS HEALTH AND FITNESS CENTER" is a major step back for all, both the members and the southwest suburban communities Palos Community Hospital serves.

Back in 1999, Palos Health and Fitness was formed over major obstacles. Sister Margaret Wright and the Board of Palos Hospital believed in the need of a health based club that would be open to all, young and old, people from all walks of life, people with different sets of health situations, all with the same goal of working out side by side to make their lives healthier and happier. During one of the times when Palos Hospital was dealing with a major setback in launching the medical based health club, Mr. Timothy Brosnan, The Vice-President of Planning, was quoted saying "THIS IS TRULY A LOSS FOR THE COMMUNITY." That quote was before one lap was swam, before one weight was lifted or one exercise class was given. That statement was so right then and even more so today! Thankfully, Sister Wright and her leadership board's vision that a medical based health club with services for all would be the best medicine for all came to fruition.

The need for Palos Health and Fitness is told in the many, many success stories of its members. I would be greedy to speak of the need for this club for myself. With a family history of different ailments, I am very blessed. I am 56 years old and have never spent a night in a hospital. Not on any pill and to this point no sign of any problems. My doctor calls me one of his "one timer's"- once a year patient. I hope that continues - I owe this fact to my loving, supportive wife and to the Palos Health and Fitness Club.

Then there is a story of Ms Julie Ann Zvitkovits. When you walk in you will see a plaque of the smiling Ms Zvitkovits. It honors her as a proud member of the MS Aquatic group . Ms Zvitkovits life was cut way too short. I did not personally know Ms Zvitkovits, but I remember each time we passed

each other there would be that same bright smile and her hello brightened both of our days! That is no accident.

Last is my retired boss Vince. He is a 91 year old World War II army veteran (what a life story he has). He told me 25 years ago that the best medicine for your health is exercise. He has his exercise routine of lifting weights and then heading to the heated pool (loves to swim). His wife and he have suffered some major health setbacks these last few years, so it has been up to me to get him to the club. When taken to the PHFC he proceeds to do his thing and what happens is nothing short of a miracle. Vince is like a kid again. Just that short time of working out and talking to his fellow members brings him back in the game. Again, that is no accident!

Finally, after reading thru the application for **Project 16-001**, I am more firmly convinced than ever the NEED for Palos Health and Fitness to be part of the South Campus expansion. I ask this board to **REJECT** this application as it is written. To send the application back to the Palos Community Hospital Board for re-submission with the PALOS HEALTH AND FITNESS being included - for it is truly a extension of the VISION set by Sister Wright and Palos Hospital board of bringing the best medicine to all. There is no club in the southwest suburbs to match.

- **"PALOS HEALTH AND FITNESS IS NO ACCIDENT" -**
  " IT IS A CERTIFICATION OF NEED" !!!!

sincerely,

William Kean
Orland Park, Illinois

Ms. Courtney Avery, Administrator

Illinois Department of Public Health

525 West Jefferson 2nd Floor

Springfield, Illinois 62761

February 10, 2016

RECEIVED
FEB 16 2016
HEALTH FACILITIES &
SERVICES REVIEW BOARD

Dear Mrs. Avery,

I am hoping the content of my letter to you serves two purposes. The first being for you to be aware of how opposed I along with thousands (last I heard was the number was close to six thousand) of members of the Palos Fitness Center are too the Palos Hospital South Campus expansion and demolition endeavor.

I am an active 73 year old senior who has had two knee replacements and arthritis in the shoulders. I along with my doctor knew how important working out in the warm water deep therapy pool was and would be for me in my healing process. I was grateful for, and planned on working with, the senior aerobics classes in the warm therapy pool for many years to come. It has improved my movements and reduced my pain. This pool affords the opportunity for us seniors to feel good and to get WELL. This also holds true for the MS members in the cold pool.

Secondly, after the shock of hearing that our pools and building was going to be leveled; I along with the other members there, have diligently scrambled to find a warm therapy pool for us to go to. Please tell me why there is no other warm therapy pool to help our Illinois seniors. We certainly pay the fees and high taxes only to find out that only available pools are for children and the young but nothing for seniors with the warm pool temperature that helps the arthritis most of us have. This is a disgrace. The letter sent to us recommended going to a cold Moraine Valley pool and the sportplex which has no pool. Perhaps you could let us know why this situation exists and is it possible for Palos to build around the pools?

Thank you for any cooperation you can give us regarding this problem.

Sincerely, Janice M Christensen

Janice M Christensen

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February 1, 2016

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To Whom It May Concern,

I am writing this letter on behalf of the many members of the Palos Health & Fitness Club in Orland Park whose lives will be adversely affected by the closing and tearing down of the center.

I am an aquatic specialist and taught at Palos for 11 years before leaving the club 2 year ago. I did most of the water therapy classes in the warm water pool as well as taught water classes for Parkinson and MS. When I took over the MS class they had 6-8 regular class members. Today this number is closer to 40 and it is the biggest MS aquatics class in the country and one of the few that meets continuously throughout the year. I personally brought in grants to help fund tuition for those who otherwise might not have been able to continue at the club. The MS Foundation in Florida told me that the funding given to me for the group was more than they give any other group. They recognized my program as unique. Whereas other programs run a few sessions a year and cost members extra or participants only pay to attend the MS classes and can't use the rest of the heath club, my program provides classes three times a week as well as allows participants to attend other classes or use the workout facility wherever it helps them the most.

Leaving two years ago was a difficult decision, but I knew the instructors that I arranged to take over the classes would keep the same high standards that I had put in place. To think of this incredible program being taken away is devastating. Over the eleven years that I was at Palos I saw the MS program take basically "broken" people and strengthen and improve their bodies, their attitudes and improve their functionality. I won't say that the program takes away the MS, but it makes the participants healthier and stronger and able to live better lives. I can say the same for the Parkinson, arthritis, heart and rehab programs. People who come to the club for these programs come all the way from the Midway area, from parts of the city, and other suburbs. One MS student who moved to Palatine comes all the way back for the program since there is nothing of the kind near her. When asked by a reporter how the closing of this building will affect the MS programs, one of the ladies who is from the very first classes replied, "we will probably all eventually end up sitting on our couches and our MS will take over our bodies". We can't let that happen. We owe more to the members than that.

This club was founded by a hospital and doctors who wanted to provide a place for people to become healthier and maintain this level of healthiness. It is unique in the fact that those of us who teach or taught there are trained to work with specialized populations such as geriatric, arthritis, fibro. MS, Parkinson, recovery from cancer, joint issues or surgery, stroke, heart issues, and various other health matters. These members will not find this same level of care at a typical gym. The hospital even moved their aqua rehab to the facility and more recently their entire rehab department took over a large area of the club.

I have spent the last couple of weeks trying to locate pools for the people with specialized needs. Those who use and need the warm water pool, for instance do not just want the warmer water – they NEED it. The typical pool temperature is painful for some.

The MS group, for instance, has the need of parking that is not half a block away, showers without lips to trip them, and room in the locker room and on deck for their dozens of walkers, electric scooters, wheelchairs, etc. A good portion of them need the chair life – the ramps being build in many pools today to make them ADA acceptable won't help someone who needs a walker, scooter or wheelchair., The places that I found that "might" work for this group would mean a distance too far to make it feasible. Many rely on PACE and other public transportation that will not get them there. Ultimately the group (which is also an amazing support group for each other) will fall apart and I hate to think what will happen to these people a year from that time. I speak for the MS group, but they are only one part of the club membership. There is group after group after group with the same reason for being at this facility that went to the trouble, and brags about, being medically accredited.

I find it difficult to understand how the hospital that created this very facility and club could consider tearing it down to build a cancer center and/or parking lot. I understand the need for cancer centers (I lost my husband to cancer 8 years ago), but there are several cancer centers that have gone up in the area in recent years. Could Palos and their associate (Loyola?) not somehow use part of the health club or build it on other property in the area of the out patient hospital and health club? As for the parking garage why can't they use the massive parking area that they already have to do so? It just seems to me like they are throwing out the baby with the bath water so to speak. Instead of creating a truly strong and powerful healing center, they are willing to take the lives of those whom they have helped so much, and throw them away.

Sincerely,

Diana Duda

Diana Duda (signature specialist)