February 17, 2016

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

Dear Ms. Avery:

Subject: Opposed to Closing Palos Health & Fitness Center, Orland Park, IL, due to Expansion Plans

I became a member of Palos Health & Fitness Club in January, 2015, after going to that facility for physical therapy on my back, due to arthritis.

The therapist showed me which of the machines in the health club would be beneficial to me and even put together a list of the machines and the appropriate weights and seat positions for me. She also mentioned that as a member I could continue to use the physical therapy area and equipment to continue my daily exercises.

There are many free classes available to help people with the ongoing pain and stiffness of arthritis and MS; cardiac and COPD issues; as well as those recovering from various knee, hip, back and foot injuries. I used the therapy pool, the gentle yoga and balance classes.

Prior to joining PH&FC, I had been a member of LA Fitness in nearby Tinley Park, IL. The water in the pool for the water aerobics was very cold and not good for arthritis. The water therapy pool at PH&FC is maintained at 92 – 93 degrees, which is easier for exercising with arthritis or various injuries. While the name of the health club is Palos Health & **Fitness** Club, it is better described at Palos **Health, Wellness** & Fitness Club. Fitness clubs generally appeal to younger people trying to look buff. The majority of the people who go to PH&FC, go there to get well and maintain their health, and the staff is geared to meeting the needs of this type of member.

Each day, men and women with canes, walkers or wheel chairs, and some with oxygen tanks, are dropped off by senior buses, "senior wheels", or caretakers. You do not see this same level of activity at LA Fitness or Lifetime Fitness. The staff at a facility such as this, operated by a hospital, are much better trained to deal with the medical conditions of the senior members. They are extremely courteous and patient with them.

I strongly believe that Palos should keep the health club as part of the proposed South Campus expansion plan. The cancer patients they intend to serve with the new diagnostic center would also be helped in their recovery process by the wonderful services currently provided by PH&FC.

Please help the people of the south suburbs to maintain their health, and propose that Palos Hospital rework their plans and make the health club an integral part of the new South Campus Expansion Plan. Please oppose its demolition. As a club member, I thank you for your consideration in this matter.

Sincerely,

Rita Russo

Rita Russo
6066 W Forestview Dr
Oak Forest, Il 60452
Email: gpack1984@gmail.com

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

February 18, 2016

RE: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery,

I am so disappointed that Palos Hospital has decided to abandon their motto "Fitness Is The Best Medicine" in favor of destroying Palos Health and Fitness Center in order to build a parking lot for their planned expanded facilities. Obviously the administrators of Palos Community Hospital are out of touch with the needs of the community they should be serving.

I first went to PHFC in March of 2015 for aquatic therapy at the recommendation of my physician. I was never one to join a health club let alone go in a pool but I was in pain and my mobility was impaired from old injuries I sustained 40 years ago that reappeared. Given the situation I had no choice but to follow my doctor's recommendation and seek out the professional services and facilities this unique club provided.

It didn't take long for me to realize PHFC is the crown jewel of the Southwest suburbs regarding health and fitness. When my 5 weeks of one-on-one aquatic therapy ended I became a member of PHFC. I realized if I wanted to maintain the progress I had made in therapy I would need to continue with the warm water therapy pool.

I attend the WET (Water Exercise Therapy) class 3-4 times weekly. The class is taught by certified instructors and has become a lifeline for me and for the other participants.
I enjoy the camaraderie of the other members. I hear their stories and my heart breaks for them. Most have more serious issues than I have. I ask myself what will happen to us when we no longer have access to a therapy pool?

I believe the committee to expand is making a grave mistake by eliminating the PHFC. There is no comparison anywhere in the vicinity to other health clubs. I'm surprised Mayor Dan McLaughlin of Orland Park is unaware of the need the PHFC serves in our community. It is an insult to the members to suggest the Orland Park Sportsplex or the Moraine Valley Community College health club are capable of filling the function of PHFC.

I respectfully suggest the planning committee return to the drawing board and use their creativity to redesign their plans to include PHFC. I believe it would be to our mutual benefit; the members would retain use of their club and the expanded facility with Loyola Cancer Care would have an award-winning health and fitness center to offer to the new patients. It would be a win-win situation for all and would give Palos/Loyola the edge over other nearby competing medical and cancer centers.

Public Hearing Comments

- Good morning and thank you for the opportunity to speak here today. My name is Tim Brosnan and I am Vice President of Planning and Community Relations at Palos.

- We are excited for the opportunity to expand our south campus facility and improve and expand the available health care services in the southwest suburbs. The 4 story medical office building will house physician offices and diagnostic and treatment space for a variety of medical specialties.

- Already addressed has been the volume of services currently provided at our South Campus as well as the anticipated growth. It is also the site of Palos' outpatient behavioral health programs, a service integral to the needs of the community. This lower cost setting allows Palos to continue to expand these programs while other hospitals have reduced or eliminated them. The Loyola Cancer Center, which opened in December 2015, is enabling convenient access to specialty physicians and state of the art treatment in a comfortable outpatient setting and while radiation therapy is not currently available at Palos, it will be part of the program of services on this expanded campus enabling a comprehensive delivery model.

- Health care has changed dramatically over these past several years. Health care reform, changes in technology, increased costs and decreased reimbursement have all stressed our resources.

- What has not changed over these past years is Palos' commitment to provide access to quality medical care to the southwest suburban community.

- In fulfilling our mission, Palos carefully evaluates all the services we provide as to their need and our capability to provide that service with quality. We are obligated to consider how to best utilize our resources to serve the broadest number of people in the community. Under the leadership of our Board, we make choices on the services to provide as well as the ways in which we may collaborate with others to assure access to quality care.

- And as the community has grown both in absolute population as well as age, and the delivery of health care has changed over the past years, so too has our determination to deploy our resources to deliver the best medical treatment available.

- The ambulatory care project before the Health Facilities and Services Review Board is the consequence of evaluating the changing environment, needs of the community, and Palos' role in providing quality medical care now and into the future. This project is not about a building – it is about a vision of ambulatory care that incorporates primary care and specialty physicians, integration of physicians and hospital, collaborative efforts among providers, continuity and coordination of care, lower costs, improved access, efficiencies and information systems. Palos needs to accomplish all of these goals if it is to remain the strong health care system it is and the residents of the southwest suburbs deserve nothing less.

- The decision to close the fitness center was difficult. We are proud of the services that have been offered at the fitness center, we are proud of the staff that served members and most of all we are proud that we have provided the opportunity for many people to motivate themselves to participate in activities that have positively impacted their health and wellbeing. This was our goal when we started the fitness center in 1998.

- Since that time, there have been changes in the health care environment that require Palos Community Hospital to continuously adjust to be sure we remain effective and relevant in care delivery. Our goal is to stay ahead of the curve, to attract primary and specialty care physicians that our community needs by providing state of the art facilities for their practices.

- Keeping pace with these changes requires ongoing re-investment, focusing on better ways to respond to and anticipate improvements in health care delivery. To do so, our strategic plan cannot be stagnant.

- In looking at the community, there are many options available to provide fitness services. We appreciate the amenities provided by municipalities such as Orland Park, Palos Heights and Tinley Park, organizations like Moraine Valley Community College and the many private entrepreneurs and corporations who have embraced fitness facilities with enthusiasm and professionalism over these past several years and we thank them for their willingness to welcome and accommodate the needs of our members. There are now more than 30,000 fitness centers nationwide with over 50 million members. Fitness has become an integral part of wellness for those who have come to embrace it and we applaud each of you for your efforts on your fitness journey.

- We understand that there are many members of the fitness center who are closely connected to the facility and each other. We have worked to accommodate our members by providing ample notice and excellent opportunities to transition memberships to other excellent facilities. Palos will continue to support, endorse, host and collaborate with others, as we always have, to improve the well-being of our community.

Karen Jones

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Phone (708) 860-0361
randykaren92799@aol.com

February 18, 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

I am a 53 year old "young lady" and last year I was diagnosed with RA. It was a shock to my system and with lots of working years left, I knew I needed to start looking out for my health better! My doctor recommended PHFC, and I have not regretted it since, and I have made it my passion to go at least 3 to 4 days a week. I love the various fitness classes, YOGA, the instructors, the machines and most of all the therapy pool which helps me on days when my pain is at its worse.

Not only has this PHFC inspired me to become a healthier person, I have also met the most amazing people from the area. There are many folks older than me as well as a very respectable younger crowd. Everyone is so welcoming and the spirit at the club is one that is so encouraging, that if this facility closes, I can't even imagine if we would ever find this sense of community anywhere else!! There have been people coming here since it opened and for many it's their second home!! I can tell you that for most of these members, myself included, this will absolutely destroy our livelihood if this facility closes for good.

I am a business woman myself and believe me, I can understand that many times decisions are made for profit reasons. However, when making these decisions, the entire "costs of investment" must be weighed!! I wanted you to consider all these "soft costs", both negative and positive, which perhaps the board has not looked at:

1) With this community being so tight, have they considered that if this facility is torn down, if given a choice, because this decision will have upset over 4500+ members and their extended families and friends, would these families choose another hospital for their basic medical needs? Imagine the loss of revenue then!
2) With several other cancer centers in the area, again if given the choice, would the local community be willing to utilize the Palos Hospital cancer center, the very facility that tore down their beloved health club?
3) If this facility is closed, my fear is that this could have much more negative impacts on the community, ones that perhaps haven't been taken into consideration yet; i.e, people moving from the area to be closer to a medical wellness center that does care about the community, so additional loss of tax revenue!
4) On a brighter note, if the Cancer center is built, but could be designed on the property without affecting the existing PHFC (or in another location altogether), just think of the additional members that could be referred to the facility for their "extra special" health services, things like the spa, physical therapy, the therapy pool, YOGA, and any other machines or classes that could help them get feeling better faster from their chemo treatments! Now there's some positive additional revenue!!
5) Perhaps a new "welcoming" committee could be formed at the PHFC, to greet these new "members" with open arms to encourage them to get better faster. Trust me, the spirit inside the club is uplifting and the friendships formed will last their lifetime! This whole mess could be turned around and made into something positive!! ☺

When this special health club was being fought to be built, it was because the area needed a medical wellness facility. It has been so successful, and now the members and the community have a wonderful place where they can improve their quality of life. PLEASE, PLEASE, PLEASE, I am begging you, if Palos Hospital insists on building their new cancer center, **please do not do let them do it at the expense of the members who have fallen in love with their beloved facility!!**

I am just one person, but I too have fallen in love with this facility, the classes, the people, the therapy pool, and now I cannot imagine my life without the Palos Health and Fitness club. Please do **NOT** let them close it or tear it down; please help to keep the good health in the community up and "running"!!

Kindest regards,

Terri Sheppard
60 Romiga Lane
Palos Park, IL 60464

A thing is right when it tends to preserve the integrity, stability and beauty of the biotic community. It is wrong when it tends otherwise."
~ Aldo Leopold (American ecologist, 1887-1948)

February 18, 2016
BGuendling
Our Health Matters!
Oppose the #16-001 project in demolishing the Palos Health and Fitness Center.

Health Care is a business as we see mergers upon mergers gain market share with larger institutions, top shelf health care closer to home. Competition is good however not at the expense of Americans trying to maintain their health and prevent disease states.

1. Statement in Application - quote page 64 "Shift in Health Care Delivery"

2. Testimonial – 80 yo. Mother Pneumonia- COPD patient
    a. Attended Pulmonary Rehab and continues at Wellness Center
        i. Therapy pool warm water aerobic classes
        ii. Friends
3. Things to consider closing the Medically Based Fitness Center facility will impact Palos Community Hospital finances:
    a. Reputation, change of doctors, revenue loss etc....
    b. Readmission rates for co-morbidities will increase as those folks unable to exercise and attend other programs of support include: heart failure, COPD, Diabetes, Heart Disease, Multiple Sclerosis, Parkinson, Stroke, Cancer, Seniors and arthritis, and joint issues , folks with stroke residuals.
    c. Nearest Medically Based fitness centers with equivalent facilities: Too Far to travel!
        a. Advocate Good Samaritans – Downers Grove
        b. Edward-Elmhurst – Naperville and Woodridge
        c. Riverside – Bourbonnais

Loyola's Tagline: We Treat The Human Spirit
Now: You Destroy The Human Spirit

Section III, Background, Purpose of the Project, and Alternatives
Criterion 1110.230(a), Purpose of the Project

1. The Applicants proposed establishment of the South Campus MOB to expand the existing Orland Park campus is the culmination of focused planning, in response to the continued health care needs of a growing and aging population and changes in the health care delivery system. It is anticipated to provide improved access to quality, coordinated, efficient and cost effective services for the residents of the Southwest Suburban communities of metropolitan Chicago.

   Palos Community Hospital has been the primary health care provider for the Orland Park community for more than 40 years. The hospital, which is approximately six miles from the South Campus, was originally constructed as a 265 bed hospital. Over the years, it has grown to a licensed capacity of 425 beds. Palos Community Hospital is recognized as one of the top hospitals in the area through the delivery of quality inpatient and outpatient medical services, behavioral health programs, home health services and a wide range of community education and preventative services. With a medical staff of more than 500 physicians in a broad range of specialties, Palos has developed outstanding clinical programs in cardiovascular services, orthopaedics, primary care and behavioral health delivered in safe modern facilities with advanced technology.

   Increasing Population Growth in the Palos Service Area

   Anticipating the growing demand for outpatient care and in response to population growth, Palos was among the first hospitals in the area to expand to satellite facilities. Through the construction of the first primary care center satellite facility on the South Campus in 1985, along with subsequent expansions in 1988 and 1999, Palos responded to this growth with quality diagnostic and treatment services for both medical and behavioral health issues while assuring the presence of a primary care and specialist physician complement. Today, the South Campus houses the Immediate Care Center, outpatient lab and imaging services, outpatient behavioral health services including partial hospitalization and chemical dependency programs, pharmacy, infusion and cancer treatment services, and more than 70 physician and dentist offices.

   Population growth in Planning Area A-04, along with the corresponding need for medical services has been steady and is projected to continue. Historically, the population in Palos' service area, which consists of 25 communities located within Planning Area A-04 as well as parts of Cook and Will Counties, has increased 25% since 1990, from 498,185 residents in 1990 to 625,010 residents in 2015.

   This growth is projected to remain strong for the next ten years with the most rapid growth expected in those residential markets which are less mature – areas like Frankfort, New Lenox, Mokena, Lockport and Homer Glen. In the Applicant's key markets 10 year growth projections exceed 12%.

   In addition to population increases, this population of the market served by Palos Community Hospital is aging. The percentage of residents in the Palos service area in the 60+ age cohort is higher than the State average, and in ten years, 28% of the area's population will be over 60 years old. Given the aging population and the disease states associated with aging (e.g., cancer, cardiovascular conditions and degenerative

musculoskeletal disorders), the need and reliance on outpatient services and physicians will increase.

According to the Health Care Advisory Board Outpatient Estimator for Palos' service area, there is an anticipated projected ten year growth rate in the following outpatient service lines:

- Cardiology 15%,
- Dermatology 36%
- Endocrinology 29%
- Evaluation and Management 15%
- Gastroenterology 14%
- General Surgery 19%
- Neurology 7%
- Neurosurgery 41%
- Oncology 46%
- Ophthalmology 22%
- Orthopedics 12%
- Physical Therapy 41%
- Podiatry 30%
- Pulmonology 44%
- Spine 33%
- Thoracic Surgery 54%
- Trauma 18%
- Urology 35%
- Vascular 17%

Further, the number of annual outpatient visits in Planning Area A-04 is expected to grow by 700,000 to 5.7 million by 2018.

Palos is the principal health care provider for patients originating from within its service area. Palos' application to build the South Campus MOB is a direct response to the changing healthcare environment in which more care will be delivered in an ambulatory setting.

Shift in Health Care Delivery

In order to be responsive to the shift to value based reimbursement, consumer driven health care, high deductibles and payer controlled referrals, hospitals continue to move health care services from traditional inpatient settings to ambulatory care even as provider based ambulatory care is experiencing reduced reimbursement. Furthermore, demographic imperatives are forcing a redesign of the health care system. With advances in medicine, people are living longer and the management of associated chronic conditions, multiple comorbidities and difficulties with activities of daily living will continue to place increasing demands on health care systems. Managing chronic illness and care transitions from acute to post-acute settings has become a critical imperative requiring more resources, new approaches to care delivery and a greater focus on wellness and prevention.

Good Morning. My name is Anne Matty and I'm speaking to you on behalf of the dedicated members of the MS Aquatics class. What started as five people in 2002, has blossomed into 38 paid members to date. It is the largest MS Aquatics class, not only in this area, but in the state. Most of us were sent by our doctor because they know how beneficial this type of exercise is to people with MS.

We vehemently oppose tearing down our home away from home! This is not just a building, but a way of life for us. We work very hard at staying healthy. While a diagnosis of MS is not a death sentence it is a life sentence. It's the only facility that has everything we need to be, not only safe, but independent. We're able to get to the facility by driving, using Pace bus and in one instance, a scooter. There's enough room in the locker room to maneuver our walker, wheelchair or scooter with ease. The showers are very accessible, too. Your ability doesn't matter. It's safe.

We can only feel free from the worry of tripping and falling in the pool. It's the only place where we can, not only take a step without the aid of a device, but if you're unable to walk, you can in the water. We are also able to run, skip and hop in the water! We haven't been able to do that since being diagnosed.

The news was very difficult for us to hear because the alternatives given to us are not viable options. For one, the Orland Sportsplex doesn't have a pool and Moraine Valley, while they do have a pool, the air temperature is too hot for the majority of our heat sensitive members. When people with MS are heat sensitive, fatigue hits us very hard. Nothing works under those conditions. Plus, accessible parking is very limited.

We have found a pool that meets most of our requirements. It is 20 minutes further but Pace doesn't service that area. So, right off the bat I'm losing eight people who rely on the bus to get them to the pool.

Not all the people in our class have MS. We do have people with Parkinson's, Cerebral Palsy and recovering from a stroke. Plus, six amazing women who give their time to helping us get in and out of the pool.

It's been hard enough for us to go from walking on our own to using a cane. From a cane to a walker. From a walker to a scooter. From a scooter to, in some cases, staying at home. Please don't keep us at home. Please keep Palos Health & Fitness Center open for those who haven't had the opportunity to experience the best the Chicago area has to offer.

February 13, 2016

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

RE: Personally Opposed to Palos Hospital South Expansion & Destruction of Palos Fitness Center

Dear Ms. Avery,

Although I am a fairly new to Palos Heights Fitness Center in Orland Park, I have had amazing results in overcoming obesity and respiratory problems during my time there. The staff has been patient and understanding in helping me achieve my fitness and lifestyle goals while there. Having said that, I cannot conceive of a reasonable justification for the destruction of the fitness center in the name of medical progress when other nearby lands are available for use.

Is there a reason why the fitness center has to be torn down? Isn't there enough usable public land nearby that can be rezoned, restored and reusable for the medical office and treatment buildings Palos wants to complete? Why is the hospital so intent on disrupting the lives of so many people in the area in order to supposedly improve other lives? In surveying the area, I believe there are sufficient number of oncology treatment centers already in existence within a short distance away.

Thank you for your assistance in fulfilling the wishes of the majority of residents in this area.

Michael E. Swain
14537 Morningside Road
Orland Park, IL 60462-7414
708-420-4824 cell
meswain55@yahoo.com

APDA
American Parkinson Disease Association
MIDWEST CHAPTER

1800 North Main Street - Suite 215 - Wheaton, IL 60187

CALL 630-933-4392 EMAIL apdamidwest@apdaparkinson.org WEB www.apdamidwest.org
FACEBOOK www.facebook.com/APDAMIDWESTCHAPTER TWITTER Follow@APDAMIDWEST

Courtney Avery

Dear Ms. Avery;

The American Parkinson Disease Association (APDA), the largest Parkinson's grassroots organization in the United States has proven through its research along with other Parkinson's organizations, that exercise is one of the main proactive adjunct therapies a person with Parkinson's can do to help delay the onset of the disease. Parkinson's disease is a progressive, degenerative neurological brain disorder that effects motor skills and non-motor issues in about 1.5 million Americans. For people with Parkinson's, it is imperative that they exercise daily, and incorporate 150 minutes a week of cardio activity. Water exercise classes and land based classes are the lifeline for people with Parkinson's fighting this disease every day.

The people utilizing and benefitting from the use of the Palos Health and Fitness Center in Orland Park owned and operated by Palos Community and Loyola Hospitals will certainly suffer setbacks in their fight against their diseases. The members rely heavily on the water therapy pool, cardiac fitness, Parkinson's classes, and MS classes to stay active and help manage their symptoms.

The APDA Midwest Chapter supports the membership in keeping this facility open, as it is needed in the community and serves many people; many for the enjoyment of physical exercise, many for the medically required exercise to combat their illnesses. We implore the Illinois Health Facilities and Services Review Board to intervene on behalf of the members with Palos Community and Loyola Hospitals to keep this facility serving the needs of the community and to find a different location for the medical building. There are no other facilities that come close to matching the services provided, nor are there any nearby locations. This indeed constitutes a real and dire hardship to those depending on it for their medical care. We don't believe they should be stripped of their medical care.

Sincerely,

Lynn McHale
President APDA Midwest Chapter

February 16, 2016

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

Re: Application #16-001 Palos Community Hospital

Dear Ms. Avery:

This letter serves to oppose the approval of Application#16-001 in its present form. The proposed expansion of the current campus in Orland Park might potentially have a very positive effect on the community were it not for their plans to destroy the Palos Health and Fitness facility as part of this project. This part of the project appears to be missing from the application which is a major oversight as it clearly damages rather than improves community health. Destruction of Palos Health and Fitness does not conform to service to the community as required for a not for profit health facility. Palos Health and Fitness offers the area's strongest preventative and restorative health facilities and programs. Thousands of members have improved their health at this facility and I am one of those thousands. Many hundreds of seniors receive specialized therapy in the pools and physical rehab facilities that are not found elsewhere. This facility is truly a community where people come to improve their health and support others doing the same.

The surprise announcement of the closing of Palos Health and Fitness by April 30 appeared to be premature as this application and the proposed expansion project had not been approved at that time. This announcement results in a de facto decline of Palos Health and Fitness, with employees leaving to find new jobs and members seeking other facilities. This obviously weakens the position of Palos Health and Fitness as a viable entity during the expansion project review process. Be assured that the vast majority of members would return and employees could certainly be hired if Palos Health and Fitness is given a reprieve.

The site owned by Palos Community Hospital includes acres of surface parking and available land. There is more than enough space to design around Palos Health and Fitness with the use of underground parking and parking structures. Palos Health and Fitness is only about fifteen years old. It is still very functional and in good shape. Demolition would truly serve as the poster child for a throw-away society. In the application discussion in Section III, Background, Purpose of the Project, and Alternatives, none of the alternatives provided an option to keep Palos Health and Fitness open and build around it, again in keeping with lack of any reference to Palos Health and Fitness in the application.

As stated in the application, "Palos Community Hospital is recognized as one of the top hospitals in the area through the delivery of quality inpatient and outpatient medical services, ...and **preventative services**." Palos Health and Fitness is a provider of preventative services for thousands of area residents yet its elimination is referenced nowhere in the application.

The Notes to Financial Statements includes the following statement: "In January 2015, St. George Assurance, Ltd. was incorporated as a Cayman Islands-based captive insurance company that will provide professional and general liability coverage to the Hospital." They already enjoy not for profit status and avoid paying large sums in taxes. Usually basing something in the Cayman Islands means more tax avoidance. The taxes that Palos Community Hospital avoids paying are paid by other businesses and property owners.

When an entity enjoys the not for profit status, it is obligated to contribute something more to the community. Keeping Palos Health and Fitness open would provide such a contribution to the wellbeing of the community. In order to be fair, the Hospital does provide charity care as part of its community commitment. In Notes to Financial Statements, it states "The estimated cost of charity care provided during 2014 and 2013, was approximately $5,472,000 and $7,044,000 respectively." It isn't clear how much of this is required by law. In a later table in Section XII, the "Cost of Charity Care" in 2014 is listed as $5,172,296 and in 2013 as $5,888,760. It is unclear why those figures differ.

These figures must be based on values assigned to services provided for charity. There must be some standards to ensure accuracy of these values. If Palos Community Hospital is not getting the revenue it seeks out of Palos Health and Fitness, is it possible to similarly assign values to services provided by Palos Health and Fitness as part of its charitable contribution to the wellbeing of the community's health? Based upon the stated charity care numbers, it would appear to be within the capabilities of Palos Community Hospital, especially since they have now teamed up with Loyola.

In summary, if Palos Community Hospital allowed Palos Health and Fitness to continue providing effective preventative and restorative healthcare for thousands of area residents, I would wholeheartedly support their application for the expansion. However, the application in its present state does not warrant such support. Thank you for considering my letter in your deliberations.

Sincerely,

Robert E. Sullivan

2-18-16

HFSRB HEARING FOR APPLICATION # 16-001
PALOS COMMUNITY SOUTH CAMPUS
MEDICAL OFFICE BUILDING

MY NAME IS ISABELL CAPUTO. I HAVE WORKED AT PALOS HEALTH & FITNESS FOR ALMOST 14 YEARS. I'VE WORKED IN MANY FACILITIES FOR ALMOST 16 YEARS AND I CAN UNEQUIVOCABLY SAY THERE IS NO FACILITY THAT COMPARES TO PALOS HEALTH & FITNESS FROM THE BEAUTY OF THE FACILITY TO THE QUALITY OF THE CLASSES AND PROGRAMS TO THE STAFF AND MEMBERS PALOS REIGNS SUPREME; NUMBER ONE.

IF PALOS HEALTH & FITNESS CLOSES WHAT IS PARTICULARLY DISTURBING IS THE SPECIAL INTEREST CLASSES LIKE MS YOGA, PARKINSEN'S CLASSES, SENIOR CHAIR YOGA AND OTHER CLASSES WOULD END. WHERE WILL THESE PEOPLE GO? OTHER FACILITIES DO NOT OFFER THESE CLASSES.

EVERYONE KNOWS ABOUT THE IMPORTANCE OF EXERCISE IN MAINTAINING GOOD HEALTH AND EVEN IN PREVENTING DISEASE. NOT ONLY IS ONE'S PHYSICAL HEALTH IMPROVED BUT ALSO ONE'S MENTAL, EMOTIONAL, SOCIAL AND SPIRITUAL HEALTH IS IMPROVED.

THIS IS A CENTER OF FRIENDSHIP AND COMMUNITY. MANY PEOPLE DEPEND ON AND INDEED PLAN THEIR LIVES AROUND SPENDING TIME AT PALOS HEALTH & FITNESS.

THIS FACILITY IS NECESSARY FOR THE HEALTH OF THE COMMUNITY. OBESITY IS AN EPIDEMIC WITH 2/3 OF AMERICANS BEING OVERWEIGHT AND 1/3 OF THOSE BEING OBESE. OBESITY IS A PRECURSOR TO CHRONIC DISEASES LIKE CANCER, HEART DISEASE, DIABETES, ETC.

RESEARCHER, BIOCHEMIST AND AUTHOR OF THE CHINA STUDY AND WHOLE DR T. COLIN CAMPBELL OF CORNELL UNIVERSITY STATES THAT IN THE U.S. WE DO NOT, UNFORTUNATELY, HAVE A HEALTH CARE SYSTEM, WE HAVE A DISEASE CARE SYSTEM AND THAT THE CURRENT PARADIGM IS ONE OF "REACTION" TO DISEASE RATHER THAN PREVENTION AND FOCUSING ON "WHOLISM".

I CANNOT TELL YOU HOW MANY TIMES PEOPLE HAVE APPROACHED AFTER CLASS

SAYING HOW GREAT THEY FELT AND HOW THEIR ACHES AND PAINS WENT AWAY.

KEEPING PALOS HEALTH AND FITNESS OPEN IS A STEP IN THE RIGHT DIRECTION ONE TOWARD "WHOLISM" AS DR. CAMPBELL SUGGESTS. PLEASE RECONSIDER FOR THE WELFARE OF THE COMMUNITY. LET YOUR CONSCIENCE GUIDE YOU TO MAKE THE CORRECT DECISION.

THANK YOU,

ISABELL CAPUTO
13824 ROCKBLUFF WAY
HOMER GLEN, IL
60491
708-301-4273

I've always been impressed by Loyola Hospital's slogan, "we also treat the human spirit".

My wife and I met when we were letter carriers for the US Postal Service in Dolton. 5 ½ to 6 hours a day, up and down the stairs, along the sidewalks carrying our 35 pound mailbags, we walked our routes. Just after we were married, Coleen was diagnosed with Multiple Sclerosis. Soon, she needed a cane for balance and her steps became shorter. As the disease progressed, she needed a walker to maintain her balance and to provide a seat when her legs felt weak. Now, her walker is her constant companion, EXCEPT when she is in the MS aqua class in the exercise pool at the Palos Health and Fitness Center.

Her walker waits at the edge of the pool along with the canes, walkers, wheel chairs and power chairs of the other class members. While in the pool, all those disabilities almost disappear. There are smiles and a real spirit of camaraderie… a human spirit…the same goes for the folks using the hot pool for arthritis and the special needs kids as they practice for the Special Olympics. It seems to me that the new cancer patients would benefit from exercising in the pools too. Those pools are unique to all the south suburbs, no other fitness center has anything like it. There must be a compromise that would keep the health club and have the new cancer center built around it.

"We also treat the human spirit"; that is exactly what is happening now at the Palos Health and Fitness Center.

Thank you,

Terry Stoeff

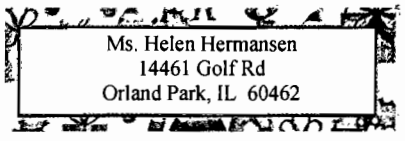
My name is Helen Hermansen and I have been a resident of Orland Park for 20 years. I am the voice of the young seniors, older seniors, and the disabled seniors. I am 90 years old, and have used the warm therapy pool to continue physical therapy for improved mobility of my legs. All of us young and old need the warm therapy pool. This pool contributes to our wellness and our ability to remain independent.

Thank you

Helen Hermansen

14461 Golf Rd

Orland Park, IL 60462



My mother Helen Hermansen has been a member of PHFC since it was opened. She is now 90 years old, and needs to use the warm therapy pool three times a week to keep her mobility intact. As a nurse for 40 years, I can attest that if she is unable to move her joints in the pool, her ability to walk deteriorates rapidly. I myself have been diagnosed with an autoimmune disorder, and having the pool available benefits my health as well. There is that saying that "Life is good." PHFC provides seniors and anyone with health challenges to improve, maintain and continue to have a good life physically, mentally, and socially.

Health wellness and preventive care is extremely important to all generations. The warm therapy pool, which is unique to this facility provides exceptional benefits through classes and Physical Therapy in water. This feature is not available anywhere else in our community.

I have worked as a nurse at Loyola Hospital in Maywood for almost 34 years. Loyola has a facility on their medical campus. Why should we destroy an established useful facility that serves our community in promoting health and wellness. We deserve the same. Please consider this in your decision.

Thank You.

Michelle Martin RNBSN

In 2003 I entered employment at Palos Health & Fitness Center. It was a new health center created by Palos Hospital to offer a place of health and hope to special populations, as well as those already healthy. During my eleven years there I helped develop and teach many of the aquatic classes for the M.S., Parkinson's, arthritis and rehabbed populations. Although I left two and a half years ago, these programs and the participants are still very important to me. These programs give the participants a better quality of life that they cannot and will not find elsewhere. There are not a lot of warm water pools available for those needing one. Very few places have pools 91 degrees or higher as well as a deep water end where one with spine issues can just hang to get relief. The MS population, which is very large has special needs such larger locker rooms, chair lifts to get in and out of the pool and close parking.

Now Palos Hospital wants to open a Cancer Center to offer health and hope to another special segment of the community, Although there will be several other places for these people to find help I do not object to this. What I object to and find difficult to understand, is why they would do so at the expense of those that they were already helping. What kind of hospital or organization closes the door on the many segments of the population that needs their help in order to help a single select segment?

Stated throughout the health club are the words "Fitness Is The Best Medicine." The rise of cancer is thought to perhaps have to do with the environment, how people eat and the lack of exercise. By closing the Health Club are we not contributing to the cause of cancer? Will the hospital not want a place to send their recovering patients to help them change their lifestyle and to aid with their post cancer care?

My message to Palso Hospital is this – build your Cancer Center, build your parking garage, but not at the expense of those you were already helping. Don't strand the very people you pledged to help when you fought to open your health club years ago. Why can't you continue to help them....providing a haven to help prevent cancer in the first place?

Diana Duda
Aquatic Specialist
dddanse@sbcglobal.net

Cindy Copenhaver LMT
Senior Recreation Supervisor for the Village of South Holland
Instructing fitness classes for 38 years
AFAA & ACE Personal Trainer and Group Fitness
AMTA Licensed Massage Therapist
Aquatic Fitness Instructor at South Suburban College, South Holland, IL
Involved with the Arthritis Foundation since 2002

- Started by becoming certified as a fitness instructor
- Arthritis Foundation Board of Directors in Chicago
- Heartland Regency Advocacy Committee
- IL Advocacy Chair
- PAC member (Physical Activities Committee)
- Spoke at a Congressional Briefing in Washington DC in 2008
    - On the panel with Dr. Janet Collins, Director of the CDC, Morbidity and Mortality report: Diabetes and Arthritis
- AF Trainer for Land Based & Water Based Classes, Researched based classes
- Currently instruct one of the 9 Arthritis Aquatic/Land based classes offered weekly SHRS

Fitness offers both social and physical benefits.
Arthritis definition is Joint Inflammation: a degeneration of cartilage of the bones, which causes pain, decreased Range of Motion and muscle atrophy.
To those with arthritis, exercise can help eliminate pain, delay disability allowing people to continue activities of everyday living, and allow independence. Not to mention lowering the cost medical expenses with doctor visits, medications, and physical therapy.
Aquatic exercise offers an affordable tool for participants to stay active.
Warm water therapy is extremely beneficial for those with arthritis and Fibromyalgia as water reduces edema or inflammation and swelling

The minimum temperature for an Arthritis pool is 83`.
Most public pools are 78` which is not joint friendly causing additional pain and stiffness.

How wonderful that this pool is actually a therapeutic pool with the temperature of 91-93`. I don't know of any other pool at this temperature in our area. If there are others, they would be clinical, needing a physician's referral which may make it cost prohibitive or not covered by insurance. This would limit the number of participants who could benefit from aquatic exercise. What a shame this would be to destroy one of the best in the area. This therapeutic pool is ideal for those with arthritis or low back pain, because it keeps the body core temperature up while the participant can do extremely low-intensity and low impact moves.
Other benefits of this warm water pool include decrease joint stiffness, relief of pain and muscle spasms, and assists in reducing inflammation.

Quality of life would be compromised to those who have benefited from aquatic exercise in this warm water pool if the pool was closed. Working out in the water allows participants to be able to move well on land as aquatic exercise trains the body to work with balance and coordination. Aquatic exercise builds strength, flexibility, endurance, and balance that cannot be accomplished on land alone and is important in a participant's well being.
Bone density in increased.
Water exercise dramatically decreases compression stress on weight bearing joints, bones, and muscles.

Cindy Copenhaver LMT
ccopenhaver@southholland.org

I was on the panel and spoke at a Congressional Briefing in Washington DC in May of 2002, with Dr. Janet Collins of the CDC. For those with arthritis, exercise, especially aquatic exercise helps the participant control other medical risk factors such as cardiovascular conditions, respiratory conditions, diabetes and obesity. If a person has arthritis and another medical risk factor or disease, they are less likely to participate in exercise to control this other conditions if their joints are hurting.
Therefore, exercise is extremely beneficial for quality of life and health.
Warm water helps relieve pain and stiffness because the muscle fibers become more pliable which helps reduce injury.
The deeper the water the less impact on the joints: This option is not available with land based exercise where gravity and body weight effect how the joint is "feeling"
Exercise lubricates the joint for smother movement by increasing synovial fluid in the joints.
And there is a Minimal risk of additional injury
If a joint is compromised during a motion, water helps support the joint that on land may increase deformity or pain.
When a person has a medical condition they rely on what they can take control of and taking away their aquatic work out may leave them feeling stranded and hesitant to explore new fitness options.

Water offers Buoyancy:
Decreases forces on joints to permit easier less painful movement.
Greater immersion results in less joint stress on the body
Assists or resists movements in the water.

Center of Gravity (navel on land) vs. Center of Buoyancy (chest in the water)
When centers vertically aligned, the body is relatively stable in the water
Resistance: water provides multi-directional resistance

- **Intensity:** These modalities are all possible in the water without compromising the joint. Biomechanical inefficiency increases exertion
- Low to moderate intensity is sufficient
- Impact: (on joints) Aquatics is low impact but can still be moderate intensity
- Change Intensity, Speed, faster vs. Slower without compromised ROM or alignment
- ROM: Wider vs. smaller
- Surface Area, broader vs. narrower, Slicing to webbed glove
- Change direction
- Turbulence: change directions.
- Force: Push harder = more resistance

General Benefits of Aquatic Exercise:
Do not have to know how to swim
Different ability levels can participate
Helps restore or maintains joint Range of Motion, lessened the effect of gravity
Pain and stiffness is reduced while being supported by the water's buoyancy and resistance.
Improves balance and coordination

Cindy Copenhaver LMT
ccopenhaver@southholland.org

Decrease fatigue and increase endurance
Decrease joint stiffness
Improve overall perceived health status
Water creates resistance in a multidirectional atmosphere allowing more muscle fiber to engage, which creates joint stability, lean muscle mass, loss of weight, increased metabolic efficiency
Fun, Friendly Atmosphere

Participants who benefit from a Warm Water Pool:
Anyone with arthritis, osteoarthritis being the most common
Osteoporosis:
Hip Replacement
Shoulder problems
Back problems
Related rheumatic diseases: inflammation of degeneration of the connective tissues; Lupus Fibro: Pain, Fatigue, tender points within muscles without joint involvement or active inflammation
Other Musculoskeletal conditions
Post surgery, post rehab

Benefits of a Warm Water Pool:
Improves physical parameters
Improves joint involvement
Improves unsteady or ataxic gait problems
Improves impaired joint motion; Flexibility Improves stamina & Breathing: Cardio Respiratory
Improves muscle tone and function: Strength = muscle balance in the joint
Improves Motion, ability to perform more repetition: Endurance
Decreases Body Fat: Body Composition by increase calorie burn
Counteracts a sedentary lifestyle
Decreases Fatigue
Improves confidence
Water creates a Safe environment
Enjoyable Social interaction
Increase felling of well being
Improves ADLs
Individuals can control the intensity of their workout

Benefits: More Specific to Aquatics
Participants learn joint protection and energy conservation
Proper posture and Body mechanics
Increased Flexibility: Joints are inflamed or damaged by arthritis have limited ROM
Tendons, Muscles, and ligaments shorten, increasing pain with movement
Strength:
Arthritis may cause a lack of normal muscle strength, decreasing activity and pain
Water creates resistance for muscle strengthening with isometric exercise
Water creates buoyancy for muscle strengthening with isotonic exercise
Cardio Respiratory:
To improve endurance, there must be sufficient joint flexibility, strength, cardiopulmonary capacity and coordination. Increased circulation of blood flow through out the body, and helps with the elimination of toxins

Cindy Copenhaver LMT
ccopenhaver@southholland.org

Balance & Coordination:
Proper body alignment for static positions (stationary) and Dynamic (moving) activities
Influenced by pain, decreased joint mobility, joint instability, and decreased muscle strength
Coordination exercises target the brain and nerves as well as muscles and joints
Breathing:
When activity decreases, so does lung capacity and function
Breathing also promotes general relaxation to help reduce stress and pain

Participants Learn:
Body Awareness: how their body is moving and responding to exercise
Joint protection and energy conservation: pain, stiffness and joint deformity interfere with ability to perform ADLs allowing them take control over their personal health and daily care.
Water provides a safe environment to simulate and perform these activities

Posture and Body Mechanics:
Posture should be effortless and cause minimal stress and strain on joints.
Arthritis may cause postural abnormalities placing stress unaffected joints

Weight Bearing Functional Activities in water involve upright posture activities, walking and standing, which stress is placed on weight bearing joins: Hips, spine, knees and ankles.
Water helps support weight bearing functional activities which help maintain bone strength/density, prevent osteoporosis, and improve balance and coordination.

Program Outcome
Reduced pain level
Improved ability to function independently in day to day life
Decrease in feelings of isolation and depression

NOTES:

Morbidity	Mortality
Morbidity refers to the state of being diseased or unhealthy within a population.	Mortality is the term used for the number of people who died within a population.

Reference:
Arthritis Foundation Aquatic Program
Take Control with Water Exercise
O 2009, 2005, 2002, 1996, 1990, 1985 by the Arthritis Foundation

Aquatics: The Complete Reference Guide for Aquatic Fitness Professionals
Ruth Sova
2000

Thank you,
Cindy

Cindy Copenhaver LMT
ccopenhaver@southholland.org

February 18, 2016

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

Subject: "Opposed to Palos Hospital South Campus Expansion"

My name is Sharon (age 57) and my mother Rosemary Hoffman have **been members of the Palos Health & Fitness Center for the last 8 years. Our main reason for joining the Palos Health and Fitness Center was their "UNIQUE warm water therapy pool" that provided us relief from our aches and pains.**

I am, (Sharon), a **current cancer patient**. I see an oncologist every three months for ovarian and uterine cancer. Because of my cancer, I suffer from **extreme foot neuropathy (pin & needle pain and numbness on the bottom of my feet) every day for the last year and half**. My pain is so extreme that it wakes me up at night and I have difficulty walking.

The 90 degree warm water therapy pool has **CONTRIBUTED to my RECOVERY** after my surgery. This pool helped heal and increase the flexibility of my foot long vertical incision, reduces the pain in my feet, and has improved my overall health. The beginning yoga and Tai Chi classes have also helped. **This therapy pool GREATLY BENEFITS ALL CANCER PATIENTS.**

My mother, **(age 87), has very bad osteoarthritis in both her shoulders and her right and left knees.** She cannot dress herself alone, because she cannot lift her arms above her shoulders. She uses a walker, because of knee stiffness, pain and to prevent her from falling.

She **enjoys** getting into the warm water therapy pool to exercise her arms and legs without having a lot of pain. **The warm water pool allows my mother to REDUCE her pain medication, INCREASE HER MOBILITY and keep HER ACTIVE.**

My mother has a very alert mind, but she does have certain physical limitations. **I am AFRAID that WITHOUT the UNIQUE warm water therapy pool, her condition will deteriorate and HER LIFE WILL BE SHORTENED. I know when you lose your mobility, this CAUSES your health to worsen and can shorten your life. The MAIN REASON why I take her to the WARM water therapy pool is to PREVENT this from happening.**

My mother and I have tried two recommended alternatives (Moraine Valley, Palos Hills and Riviera, Orland Park), but the water is much colder. **Riviera is too shallow, you have difficulty getting your entire body under the water to exercise, (this was the reason why we left Riviera after being a member for over 20 years). At Moraine the times available to swim the entire width of the pool are "LIMITED, even on weekends". Swim space is restricted and divided by pool ropes (the width) and lane lines.** On a Monday evening, **we went to Moraine and were asked (forced) to leave the pool, because of group swim lessons, only children were allowed. Also, my mother does not like the CO-ED whirlpool in the main pool area. She did not want to get into a whirlpool with 20 year old boys. (Separate whirlpools, NOT available).**

Please DO NOT CLOSE the Palos Health & Fitness Center, it is truly NEEDED by so many community people. Please make the decision to FIND ANOTHER LOCATION OR BUILD AN ADDITION ONTO THE CURRENT FITNESS CENTER.

Thank you for giving my mother and myself the opportunity to voice our opinion.

Sharon and Rosemary Hoffman - (708) 448-8421
13024 S. Comanche Drive,
Palos Heights, IL 60463-2610

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Neutral

02/18/2016

Good Morning,

Thank you for allowing me to speak today regarding the closure of Palos Health and Fitness. My name is Jason Fox and I am the General Manager of Life Time Fitness in Orland Park. We are located on LaGrange Rd approximately 2 miles from Palos Health and Fitness. We have been part of the Orland Park Community for the last 15 years.

I'm here today to simply say we are here to help and that Life Time can be a viable alternative for the members Palos Health and Fitness.

When the decision was announced January 15th, Lifetime moved quickly, and within a week's time, we introduced an on-boarding package that would allow Palos members an opportunity to get started at Life Time with a significantly discounted enrollment along with an array of complimentary services. Our Enrollment fee can be as high as $159. Palos members are now able to get started at Life Time for just $29.

Subsequent to that offer being introduced, Life Time has had over 100 Palos Members get started at Life Time. I wanted to briefly address the top 3 questions we've been asked by Palos members prior to them joining.

1. Is Life Time a place for Seniors?
2. Do you have a Warm Water Therapy Pool – access for disabled members?
3. What is the scope of your Group Fitness programming?

We are excited to work with the Palos members coming over to Life Time and have already begun the process of adding classes to our robust programming to help ease the transition.

I'm certainly happy stay back after this meeting, answer any questions, and offer an opportunity for those in attendance to come in and experience the club for free.

Thank you again for allowing me to speak today.

Respectfully submitted,

Jason Fox
General Manager
Life Time Fitness
16333 S. LaGrange Rd
Orland Park, IL 60467

Office: 708-675-3267
Cell: 630-751-9173
Email: JFox1@lifetimefitness.com

Good morning, my name is Trish Heerlein. I'm the Vice President of Clinical Services at Palos Community Hospital. I would like to thank you for the opportunity to speak on behalf of the expansion of service at our South Campus.

I have been a member of Nursing and Clinical Services at Palos for over 35 years, in both staff and leadership roles. Through those years, the one constant at Palos has been the focus on Clinical Excellence.

My responsibility at Palos is to ensure that our clinical staff provides extraordinary, compassionate, holistic care utilizing evidence based practice principals.

The care provided to our patients and community does not begin or end within the 4 walls of the hospital, rather, the majority of the care is delivered outside those 4 walls.

The dynamics of healthcare requires us to coordinate the care of our patients through a seamless continuum of primary, secondary and tertiary prevention. The agency for Healthcare, Research and Quality states the main goal of care coordination is to meet the needs of the patients through the delivery of high quality, high value healthcare. To achieve this goal we at Palos Community Hospital are developing and implementing a Care Coordination model that aligns healthcare resources with our patient's and community needs. This approach to disease and care management will create and promote a highly effective model of care.

We began our Care Coordination process in 2015 focusing on two patient populations: those with Congestive Heart Failure and Chronic Obstructive Pulmonary Disease. This high risk patient population is provided with multidisciplinary resources which include, pharmacists, nutritionist, cardiac and pulmonary rehab as well as home tele-monitoring. To date, Palos Community Hospital has recognized a 3% reduction in readmission for those patients who participate in this program.

The South Campus expansion is an essential component necessary to provide coordinated, patient-centered, cost effective care. This project will expand the essential primary and specialty services available in the community. This will enable us to provide advanced medical care by aligning our primary care physicians, advanced specialists, related diagnostic and therapeutic services together in one convenient location.

Thank you for your time and once again, I urge you to support this project so that we at Palos can continue to deliver this community with the best care imaginable.

my story is short but to the point

phfc.txt

Re: Opposition to closing Palos Health & Fitness Center

My name is Colleen Voith and 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., Parkinson's, Cardiac problems, have nowhere else to go.

Dr. Michael Schwartz -

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 you close. This is the only wellness center that has helped so many of us.

Instead of tearing it down Palos Hospital should be so proud of the Center. Nowhere else in Illinois is their a wellness center that helps so many people with their quality of life.

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.

Thank you so much for listening and I am hoping that the hospital will reconsider or help build a place for those of us who deperately need it.

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

My name is Paula Gardner and I've been teaching at Palos Health & Fitness for 14 years. I could teach wherever I want.

Many of my students, however, have special needs and don't have the option of going wherever they want. That's why we're here today.

Because Palos Hospital has changed their mind and is threatening to remove an incalculably valuable asset of this community and knocking it down to build a parking lot to accommodate an expansion of their cancer services among others.

There is a new cancer center being built at 143rd and Lagrange Road, 2 miles away.
There is another cancer center at 159th and Lagrange Road, 2 miles away.
There is yet another brand new cancer center 15 miles from here in Hinsdale.

My questions:
Why is there no mention of the fitness and wellness center in the hospital's application? Why is there no line item for the cost of demolishing the center?
Why the secret?

Why has there been no effort to INTEGRATE the current community asset of Phfc into the new plans? Research shows us how important community and access to fitness are. As recently as last weekend in Anaheim, CA, the Joint Commission on Sports Medicine and Science promoted the creation of centers just like PHFC as being integral to a healthy population, particularly the special populations. "Fitness is the best medicine." In 1999, the hospital felt strongly enough to fight for the CONSTRUCTION of this Center, citing how such a place would fill a gaping hole in the community. They did a beautiful job of creating an amazingly accessible place and an amazingly supportive and healthful environment. PHFC is the only medically integrated facility in this area.
Why is the hospital destroying what it created when doing so re-creates the gap they sought to fill not so very long ago and the new construction duplicates services already available in multiple forms, including those provided by Palos' affiliate in this venture, i.e. Loyola Hospital.

Back in 1999, Mr. Brosnan eloquently fought for Palos Health and Fitness. Today, he and the hospital have changed their minds. But my students and all the people here embrace and live the mission that Palos Hospital envisioned and brought to life.

If you were my kids, I would put you in time out until you worked with the community to create a way to integrate Palos Health and Fitness into the plans instead of demolishing the Center.

Thank you.

Paula Gardner

Exercise Center Isn't Fit Facility In Hospital Plan
State Thwarts Palos Community

January 08, 1999|By David Mendell, Tribune Staff Writer.

Saying hospitals should spend their money treating the sick and not the healthy, a state health care advisory board Thursday rejected a southwest suburban hospital's request to build a $14.5 million health and fitness center in Orland Park.

"I really believe that $14 million should go toward the health care of the ill," said Pam Taylor, chairwoman of the Illinois Health Facilities Planning Board just before board members voted 9-3 to reject the application.

Palos Community Hospital in Palos Heights had sought approval from the board to build an 80,000-square-foot fitness facility just south of its Primary Care Center, 15300 S. West Ave., Orland Park.

Hospital officials said they were disappointed by the board's ruling, but they are not giving up on the proposal.

"This is truly a loss for the community," said Timothy Brosnan, vice president of planning for the hospital.

Hospital officials now will explore whether to appeal the decision to a state administrative council, submit another application to the board or take legal action against the state, said Charlene Hill, a hospital spokeswoman.

The Palos proposal has been closely followed by other Chicago-area hospitals such as Good Shepherd Hospital in Barrington, that also want to build fitness centers.

Nevertheless, Palos Community officials conceded that they expected their submission to be rejected, even preparing a news release in advance to that effect, after the board had tentatively voted down the proposal in October.

Still, the officials argued vociferously Thursday that the expenditure merits approval.

Sister Margaret Wright, president of Palos Community, insisted that the fitness facility would not serve as an inexpensive luxury for healthy, affluent southwest suburban residents, but would prevent illness for residents of all economic levels.

Hospital officials said surveys they had commissioned showed 40 percent of all potential applicants have a health issue, such as diabetes, that could be treated by hospital staff in conjunction with a specialized fitness program.

They also said all applicants would be screened by medical personnel for health problems and the center would provide members with medical services such as cardiac rehabilitation, physical therapy and nutrition and exercise programs.

"We strongly believe that an ounce of prevention is worth a pound of cure," Wright said. "We believe that this can prevent illness in the community."

But most members of the state board, appointed by the governor to review proposed expenditures exceeding $2.6 million by health-care facilities, were not swayed.

Some said they saw no distinction between the hospital's fitness center and for-profit health clubs.

"There is nothing to differentiate what makes this different from a Bally's," board member Joyce Washington said.

Indeed, private health clubs in the southwest suburbs vehemently fought the proposal, even submitting to the board a petition of 800 signatures from area residents who opposed the facility. Hospital officials, however, countered with a petition of 1,400 signatures favoring the center.

The trend for hospitals to expand into the fitness market coincides with advances by private health clubs into health-service fields.

In recent years, as health clubs have proliferated, some have cooperated with local hospitals to provide cardiac rehabilitation and other physical therapies.

On the other hand, most of the 28 health and fitness centers affiliated with hospitals around the state have been built in the past 10 years, according to the Evanston-based Medical Fitness Association.

Mayor
Robert S. Straz

City Clerk
Thomas Kantas

City Treasurer
Frank Oswald

Aldermen

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Jeffrey Key
Donald Bylut

WARD 2
Jack Clifford
Robert Basso

WARD 3
Dolores Kramarski
Alan Fulkerson

WARD 4
Michael McGrogan
Jerry McGovern

February 18, 2016

Mayor Robert Straz, Palos Heights
Testimony in Support of South Campus Expansion

Good Morning, I'm Robert Straz, Mayor of Palos Heights and I'm here today to offer my support for the Palos Community Hospital South Campus plan. This new facility is an excellent addition to our region, providing convenient access to some of the best doctors available. My comments are not about the merits of the existing fitness center; rather, about the addition of services.

You may ask why I'm supporting a project within another community and the answer is quite simple: health care does not know town borders. It does not distinguish among ethnicity, income or geography. It is a resource for communities and we know that the more services we have, the healthier we will all be.

Second, this new facility will keep our community hospital strong and viable when others like Chicago Heights are closing altogether. Our south suburban communities needs more care and services, not less.

Lastly, I'm excited about the opportunity to expand the Palos' affiliation with Loyola University Medical Center, bringing their expert academic resources to our communities. That affiliation is a good thing for patients at Palos Hospital and a good thing for our community. We've already seen Loyola's renowned neurologists and oncology programs helping our local residents.

This project will bring improved and expanded health care to the people of the southwest suburbs and I am proud to support it.

Thank you

Testimony: Margie Zeglen, Administrative Director at Palos Community Hospital, Project 16-001
February 18, 2016

Good morning. My name is Margie Zeglen. I'm on the Palos Community Hospital executive team and I'm speaking in support of this proposal. In my analytics role at Palos Community Hospital, I identify the needs for services based on utilization and demographic trends.

- The communities we serve continue to grow and age and with that the demand for outpatient services grows. Our goal with this project is to increase access to ambulatory care for our patients.

- Our campus in Orland Park has been a central access point for outpatient services for over 30 years and with this project, we will expand those services. At this campus, we currently offer an immediate care clinic, behavioral health services, imaging, many specialty care physicians and most recently outpatient cancer treatment in collaboration with Loyola University Medical Center.

- Because prevalence of chronic disease is highest among the elderly, the fact that people are living much longer is increasing the demand for specialty care and drives the need for this project. For example, we are anticipating a 29% increase in demand for endocrinologists for, among things, diabetic care. Cancer care services will require 46% more oncologist visits and demand for pulmonologists will increase 44%. With this expansion, we plan to bring these services including specialists from Loyola to our Orland Park campus.

- The super outpatient model that we are striving to develop focuses on a patient-centered team approach emphasizing prevention and management of disease states, health information technology, care coordination and shared decision making among patients and their providers.

- With such efforts, we expect to lower hospital admissions and prevent readmissions. Improved outpatient care coordination and management can keep patients with chronic conditions healthier and where they want to be, out of the hospital and in their homes.

- Palos Hospital is dedicated, knowledgeable and constantly aware of the shifting landscape of health care. This project represents the exercise of our organization's stewardship responsibilities. Exercising these responsibilities is not an easy or simple job but Palos has designed this project to meet the needs of the communities we serve for years to come. This is the path that Palos Community Hospital believes will be successful and in the best interests of the communities we serve.

- Thank you for your time today.

Mary Ellen Smolinski
11508 Ashbury Court
Mokena Illinois 60448
February 18, 2016

I oppose the Palos Community Hospital's application to build a new medical office building on their south campus.

I am a member of the Palos Health and Fitness Center and saving that center should be the number one reason not to build the new building. But I know that Palos Community Hospital removed that form of health care from your purview when they took their case all the way to the Illinois Appellate court in order to build the wellness center.

However there is no need currently or in the next several years to add more medical office space within this area. Your board should have the exact numbers but simple internet searches reveal the current oversaturation. Yellowpages.com lists 148 medical clinics[i] near Orland Park. Healthgrades.com lists 180 group practices[ii] in Orland alone. A search for available medical office space turns up many thousands of empty square footage[iii]. Palos Medical Group itself devotes several pages on its website to recruit new physicians[iv].

This request simply looks like a chance for Loyola Hospital to get a larger footprint in this already competitive area and an attempt for Palos Hospital to recoup insurance and Medicare money they foresee they will be losing to newer competitors.

Their application citied that the Affordable Care Act requires a growing need for healthcare services. But instead they are ignoring the part of ACA which promotes Wellness as the true solution to good health.

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[i] http://www.yellowpages.com/search?search_terms=Medical%20Clinics&geo_location_terms=Orland%20Park%2C%20IL&s=distance#refinements=&page=1, http://www.yellowpages.com/search?search_terms=Medical%20Clinics&geo_location_terms=Orland%20Park%2C%20IL&s=distance#refinements=&page=2, http://www.yellowpages.com/search?search_terms=Medical%20Clinics&geo_location_terms=Orland%20Park%2C%20IL&s=distance#refinements=&page=3, http://www.yellowpages.com/search?search_terms=Medical%20Clinics&geo_location_terms=Orland%20Park%2C%20IL&s=distance#refinements=&page=4, http://www.yellowpages.com/search?search_terms=Medical%20Clinics&geo_location_terms=Orland%20Park%2C%20IL&s=distance#refinements=&page=5

[ii] http://www.healthgrades.com/group-directory/il-illinois/orland-park-7

[iii] http://www.loopnet.com/for-lease/office/?sk=9ec4014a1245c1108544903a6ba2c701&bb=9m_joyy-zJmys5k2Y&sc=804, http://www.officespace.com/map#zoom:12|center_lng:-87.85114090000002|center_lat:41.60257339741761|use_types:9

[iv] http://www.paloscommunityhospital.org/Palos-Medical-Group/physician-opportunities/benefits/

Joseph Smolinski
11508 Ashbury Court
Mokena Illinois 60448
02/18/2016

I oppose the Palos Community Hospital's application (#16-001) to build a new medical office building on their south campus. The purpose of this hearing is to assess if Palos Hospital meets the requirements of a "Certificate of Need". I say they don't and here is why.

Back in August 2014, the Affiliated Oncologists, LLC submitted a letter of opposition (see attached) to the IHFSRB against the University of Chicago's plan to build a four-story medical building where radiation oncology and infusion therapy would be provided. The location for this building is at 143rd avenue and LaGrange in Orland Park, IL.

In their letter, Affiliated Oncologist cited 11 other service providers within a 12 mile radius of the proposed the U of C site in Orland Park. Despite these facts the U of C application was approved. Here we are 18 months later and Palos Hospital wants to do the same thing. How many more of these Medical Office Buildings do we need in an already saturated market?

My Wife has a form of MS and the MS Aquatic and MS Yoga classes has been a Godsend for her and her fellow classmates. As stated on the first page of the PHFC website: "As the only medical-integrated fitness center in Orland Park....our 78,000 sq ft facility features state-of-the –art equipment, an aquatic area including a lap pool and therapy pool, spa, café, and endless group exercise classes."

Without this facility there is no other facility that offers the MS programs that PHFC does. If this facility is shut down, where do they go? Does it make sense that we are here today talking about the demolition of "the only medical-integrated fitness center in Orland Park" for the sake of another Medical Office Building in an already saturated market?

I strongly urge the IHFSRB to deny the Certificate of Need for Palos Hospital.

Affiliated Oncologists, LLC
Specializing in Medical Oncology, Radiation Oncology, Hematology & Coagulation

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HEALTH FACILITIES & SERVICES REVIEW BOARD

Hematology & Medical Oncology

Rami Haddad, MD
Amar Hamad, MD
Thomas Hoeltgen, MD
Mahmoud Mahafzah, MD, PhD
Ronaly Myint, MD
Mauna Pandya, MD
Jayanthi Ramadurai, MD
Amber Seba, MD
Nada Sherman, MD
Gary Steinecker, MD
Robert Stein, MD
Ghassan Zalzaleh, MD

QCP
QOPI Certification Program
Quality Cancer Care: Recognizing Excellence

Radiation Oncology

Elke Aippersbach, MD
Paul Crossan, MD
Jay Ginde, MD
Jason Kang, MD
David Morgan III, MD
Faisal Vali, MD
Harsha Varadhi, MD

Accredited by the
ACCREDITATION ASSOCIATION *for* AMBULATORY HEALTH CARE, INC.

August 1, 2014

Ms. Courtney Avery
Illinois Health Facilities and Services Review Board
525 W. Jefferson Street, 2nd floor
Springfield, IL. 62761

RE: **Opposition Project # 14-023**

Dear Ms. Avery,

The purpose of this letter is to express opposition to the University of Chicago Medical Center's construction of a four-story ambulatory care medical office building where radiation oncology and infusion therapy will be provided.

We believe there are sufficient services currently being provided within this particular market area. Following is a list of facilities providing radiation oncology and infusion therapy within the immediate market of the proposed site of the University of Chicago medical office building at 143rd Avenue and LaGrange Boulevard in Orland Park, IL.:

- **University of Chicago Comprehensive Cancer Center @ Silver Cross Hospital** in New Lenox, IL (radiation oncology & infusion center): Approximately **12 miles** from the proposed UCMC facility.
- **Southland Oncology** | 19060 Everett Boulevard, Suite 112 | Mokena, IL (radiation oncology & infusion center): Approximately **6 miles** from the proposed UCMC facility.
- **Alpha-Med** | 17333 LaGrange Road | Tinley Park, IL: (radiation oncology & infusion center): Approximately **4 miles** from the proposed UCMC facility.
- **Advocate Christ Medical Center & Cancer Institute** | 4400 W 95th St. | Oak Lawn, IL (radiation oncology & infusion center): Approximately **10 miles** from the proposed UCMC facility.
- **High-Tech Medical Park** | 11800 Southwest Hwy. | Palos Heights, IL (radiation oncology): Approximately **4.5 miles** from the proposed UCMC facility.
- **Advocate South Suburban Hospital & South Suburban Cancer Center** |17800 S. Kedzie Avenue | Hazel Crest, IL: Approximately **15 miles** from the proposed UCMC facility.
- **Ingalls Family Care Center** | 6701 West 159th Street | Tinley Park, IL (radiation oncology & infusion center): Approximately **6.5 miles** from the proposed UCMC facility.

Affiliated Oncologists, LLC
Specializing in Medical Oncology, Radiation Oncology, Hematology & Coagulation

- **Pronger-Smith Medical Care** | 17495 S. LaGrange | Tinley Park, IL (infusion center): Approximately **4.5 miles** from the proposed UCMC facility.
- **Advocate Medical Group** | 10745 165th Street | Orland Park, IL (infusion center): Approximately **4 miles** from the proposed UCMC facility.
- **Loyola Center for Health at Homer Glen | Loyola Medicine** | 15750 Marian Drive | Homer Glen, IL (infusion center): Approximately **8 miles** from the proposed UCMC facility.
- **Center for Prostate Cancer** | 10400 Southwest Highway | Chicago Ridge, Il (radiation oncology): Approximately **7 miles** from the proposed UCMC facility.

In addition to the eleven (11) facilities listed above that provide radiation oncology and/or have infusion centers, there are also ample facilities in the area that provide many of the diagnostic services the University of Chicago plans to offer including MRI, CT, Radiographic devices, Ultrasound machines, Mammography and a nuclear medicine scanner.

It is our belief that the addition of the University of Chicago facility in Orland Park would result in the over-saturation of the current services and medical care provided. We urge the Illinois Health Facilities and Services Review Board to deny the CON for the proposed University of Chicago Medical Center ambulatory care medical office building, **Project # 14-023** in Orland Park, IL.

Respectfully,

Amar Hamad, MD
Medical Oncology & Hematology
Affiliated Oncologists, LLC

Paul Crossan, MD
Radiation Oncology
Affiliated Oncologists, LLC

MORAINE VALLEY COMMUNITY COLLEGE
Health, Fitness & Recreation Center

Testimony, February 18, 2016

I am writing today on behalf of Moraine Valley Community College's Health, Fitness & Recreation Center. With the recent announcement of Palos Hospital's plans to expand their South Campus, we began to work with the Palos Health and Fitness Center to welcome members searching for a fitness home. This includes open houses and membership trials designed to give Palos fitness members an understanding of the wide variety of services we offer.

We understand that some people feel closely connected to the Health and Fitness Center, but I can say with confidence that you will find many of the same fitness programs, great amenities, and incredible health and fitness resources at Moraine Valley.

We know that there are many who value some of the specialty classes currently offered, including those designed for individuals with MS and Parkinson's. We are working to add programs similar to the MS aqua and MS yoga class to our schedule and are eager to work with Palos Health and Fitness members and current teaching staff to help facilitate a smooth transfer.

We know your health is important to you; and as part of this community, it is important to us too. We look forward to the addition of this new facility.

Thank you.

Michael Schneider
Director of Campus Recreation
Moraine Valley Community College

Opposed to Palos Health and Fitness Center Closing

Upon being diagnosed with cancer, my physician stressed a healthy life style. Exercise was strongly encouraged. With my arthritis, exercise is also encouraged. The 90 degrees of Palos Health & Fitness Center's therapy pool, allows me to exercise pain free.

The Orland campus is convenient. It is in a safe neighborhood. Therefore, I do make it a weekly priority to exercise there. Maywood is the nearest place that I've found a therapy pool. Will I drive the distance in inclement weather? That is extremely doubtful. Will not exercising adversely affect my health? Yes, definitely. However driving in traffic will be a burden.

PHFC is much more than just a health club. When told that I have cancer, my classmates were my sounding board; offering encouragement, sympathy, and strength. When classmates suffer the loss of loved ones, need surgery, or have other difficulties, we are there for support. A bond had been forged through working in the pool together for years.

Cancer is hell. So are many other diseases and illnesses that current PHFC members fight. The pools at PHFC are instrumental in these battles. Losing the therapy pool will be a set-back in my fight against arthritis and other ailments.

I am not asking that one disease be put over another. I am asking that we not demolish a fitness center that is utilized by multiple generations and abilities. Do not destroy opportunities for some without replacing those opportunities. In the words of *The Big Yellow Taxi*, "Don't it always seem to go that you don't know what you got 'til it's gone. They paved paradise and put up a parking lot."

Should the hospitals decide to create a new fitness center, what are the elderly, the infirmed, and the ones who depend upon PHFC to do for the three years during construction? Is there no way to work around the current facility? How are we to maintain a healthy lifestyle? We *know* what we have currently, and it is superior to a parking lot.

Thank you for this hearing. Is anyone listening?

Martha Krausz

12941 Parkside Dr.

Palos Park, IL. 60464

February 16, 2016

Thomas Pratt
14552 Mesquite Drive
Orland Park, IL 60467

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

Dear Ms. Avery:

Re: 16-001 Palos Community Hospital, Orland Park

I am writing this letter to you to request the Illinois Health Facility and Services Review Board disapprove the application requested in 16-001 by St. George Corporation and Palos Community Hospital. I have been a member of the Palos Health and Fitness Club (PHFC) for 13 years. Demolishing it and building a parking tower or additional medical offices in not a necessity to the community and should be blocked.

The reasons that this project should be disapproved are as follows:

1. I have been informed that the facility was originally chartered as a non-for profit facility. I have spoken with Mr. Brosnan, the director of the facility from Palos Hospital. He stated that one of the key reasons for their action is that the facility is not making money for the hospital and has actually been losing money and membership for a long time. If this is the case, it causes one to wonder why, in the past year or so, they installed concrete planters at the South entrance and a new landscape water feature in the main entry. Facilities losing money would not normally spend money on unnecessary items such as this.

2. The Health Facility serves as a key part of the recuperative and health maintenance of hundreds of its members that CANNOT be found in ANY other facility within a reasonable distance. Many of the members with muscular diseases, stroke victims, cardio / pulmonary rehab patients and arthritis depend on the physical therapy staff and the aquatic facilities to deal with their medical conditions. PHFC is key to their quality of life and continued recuperation. Specifically, the therapy pool is designed for use by people with these disabling conditions and is not available ANYWHERE else in the community.

Opposed to Palos Hospital South Campus Expansion

If the demolition of the Palos Health and Fitness Center takes place as proposed, it will be a devastating loss for Orland Park as well as for all the Southwestern suburbs. This beautiful facility welcomes everyone who wishes to maintain their health and quality of life; it cannot be replaced.

I became a member of Palos health and Fitness Center in 2005. I was amazed at the range of services that the Center provided. It was premiere in providing health practices now universally accepted.

The pools, machines, walking ramp and lessons provided in specific Yoga and Tai Chi classes by dedicated professionals have changed lives dramatically. Research has shown that activity improves your strength and agility. It slows the loss of function. Patrons become more proactive about their lives when they plan and schedule activities with a purpose, follow thru and feel successful.

Getting up and out of the house for a purposeful period of time is both productive and beneficial for the body and mind. This facility provides services for the Orland area and is open 7 days/wk.

We are fortunate to be living in a time where people are increasingly aware of ways in which we can maintain healthy lifestyles in order to avoid debilitating diseases such as Type II Diabetes, coronary heart disease and certain Cancers. Regular exercise, weight management and alleviating stress are all works in progress.

Members are fortunate when they discover Palos Health and Fitness Center and become members of a caring supportive community where they will receive education, encouragement, a sense of community and well-being. No monetary price can be put on well-being, but the price that the members of Palos Health and Fitness and the community at large will pay with the closing of its doors, will be phenomenal.

Respectfully submitted,
Flora Mortell
Member Government Relations Committee, Greater Illinois Chapter NMSS

I'm Dr. Terrence C. Moisan, the president of Palos Community Hospital and a member of the Palos Hospital Medical Staff for more than 37 years. I am board certified in Internal Medicine, Pulmonology and Occupational Medicine. I'm also an FAA senior flight surgeon who happens to have grown up a few miles from where we are meeting today.

Today, Palos is introducing the future of healthcare and how it's provided in our community. In the 1960's, 1970's and 1980's, medical care was delivered in small neighborhood doctor offices and the hospital was used for everything other than minor illness. More recently, rapid advances in medical technology and physician specialization, as well as changes in health insurance, have pushed almost all health care, at least 85%, to outpatient centers. The project we are proposing extends our services in the Orland Park area, the communities that we have been serving through Palos Hospital for over 40 years and through our South Campus for over 35 years, to become a center of excellence in the delivery of 21st Century health care. Essentially, the delivery of healthcare has gone from slow evolutionary advances to a revolutionary system where centers of excellence, such as this, will become everything that is needed in healthcare short of hospitalization. I have personally witnessed this trend beginning in the mid-1980's and it has exploded nationwide over the last five years. Centers of excellence with primary care entry points will be the mainstay of many metropolitan healthcare systems.

As an example, Palos Hospital's volume including brief outpatient stays is approximately 25,000 discharges per year. We also have approximately 57,000 emergency room visits per year. However, on our Orland Park South Campus alone, between our own medical group and the physicians in this complex, we see approximately 200-250,000 visits per year including 20,000 Immediate Care Center patients. It is anticipated that with this addition and modernization and with the support of our academic affiliate, Loyola University Medical Center, we will see approximately 400,000 patient visits per year including 15,000 imaging studies. We have simply outgrown our space and need to provide increased facilities for the current and projected healthcare needs of our communities with this project.

This project also brings a collaborative effort between Loyola University's tertiary specialty care models for highly complex illnesses to our local communities to work in concert with our excellent medical staff. It will allow us to focus on advanced cardiovascular, cancer and neurologic care but also allows us to deliver a much wider spectrum of primary health care delivery through our primary care physicians and non-physician providers. As we tackle more chronic health problems, one third of us will develop cardiovascular disease, cancer or neurologic disease with age. Treating these illnesses and chronic conditions outside the hospital dictates that we expand this Center. The key to doing this is to develop a system of care where the entire spectrum of health can be addressed from primary prevention to care for the seriously ill patients and support for their families.

The plan that we're presenting includes a new four-story complex to serve as a clinic model for the delivery of these high quality services. On the first floor there are plans for radiation oncology to be directed by the specialists from Loyola. This service will complement the Loyola Cancer Center we opened on campus last year and will provide advanced treatment for our patients without having to leave the community.

Expansion of our behavioral health program with increasing emphasis on intensive outpatient programs, partial hospitalization programs and addressing substance abuse are critical needs of the surrounding communities and it becomes our obligation and duty to address these issues. We already have and are expanding support for our local law enforcement departments with a variety of programs.

We also anticipate a significant increase in high-level professional jobs offered on this campus as well as a vast array of construction jobs during the process. Our Board of Directors and community partners stand behind us in this development. This geography puts us in the epicenter of the communities we serve and have served for 40 years. Our core mission is healthcare- we are thrilled to serve the community and to be a partner with you in delivering the right care, at the right time and in the right place.

Testimony: Alicia Klabunde, Director of Women's Health & Oncology Rehab at Palos Community Hospital

Good Morning,

My name is Alicia Klabunde, and I am the Director of Women's Health & Oncology Rehab at Palos Community Hospital. I am here today to discuss how this project will enhance the health and wellness within our community.

As a licensed Physical Therapist, I am acutely aware of the import role recovery and wellness play in overall health management. I am part of a team that oversees the physical therapy and Pulmonary rehab programs, including those currently offered on our South Campus. These programs are a vital component of recovery, helping patient's live healthy lives and develop a level of independence they may not otherwise have.

The MS programming we have heard so much about are not hospital-run programs; instead independently offered by talented instructors at the facility. We recognize the great value these bring to overall health and wellness for this select group of community members which is why we have helped to identify an alternative location for these programs.

In the short term, we will continue to offer these PT and pulmonary rehab services without interruption at another location. These programs complement many of our outreach programs such as the fall prevention fair, diabetes fair, cancer survivor event, Look Good, Feel Better programming, our lymphedema support group and more. We will continue to work with our community organizations to coordinate health and wellness care. Palos recently established a formal relationship with the Cancer Support Center to bring support services closer to our patients facing cancer. These programs help more than a thousand community members annually.

Our commitment to the members of this community is far reaching. Recently, Palos launched the employee volunteer program to support local non-profit organizations. The employee volunteer program provides opportunities for staff members to contribute their time or donate goods to support community organizations helping area residents in need. Employee volunteers helped at a number of events such as the American Cancer Association's Making Strides against Breast Cancer Walk. Food, coat and pajama drives were held to support Together We Cope, a local organization serving families in 27 communities of Chicago's south suburbs to help prevent homelessness.

The Palos Volunteer program provides more than 100 high school students with the opportunity to fulfill community service requirements annually. Additionally, hundreds of adult volunteers donate their time to Palos while having the opportunity to make new friends and experience the feeling of contributing to the community.

Palos assists the homebound and elderly in the community with two special programs, Home Delivered Meals and Lifeline. Home Delivered Meals are provided to people who are homebound, live alone and are unable to prepare their own meals. The program offers recipients two meals a day which are planned by hospital dietitians, prepared in the hospital kitchen and delivered by our volunteers five days a week. The meals are available at a discounted rate and are subsidized by the hospital. The Home Delivered Meals program has an average of 45 recipients living in the area.

To further support homebound and elderly area residents, Palos offers Lifeline, a medical alert system. The device, installed in participants' homes, can help detect falls and provide a simplified means to signal for assistance from a loved one or emergency services if needed. Palos can support up to 170 participants at a time.

Palos serves as a Senior Health Insurance Program (SHIP) site. This is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers. The hospital provides office space and other resources to support volunteers offering community members information and resources regarding applying for Medicare and Medicare coverage.

Each of the programs I mentioned demonstrates Palos' commitment to the community, many of which are designed to help individuals develop a level of independence to live healthier lives. The expansion our current campus is another way in which Palos can meet the goal of fostering independence.

Palos has served this community for 40 years, and with this expansion, we will continue to provide the quality care and support our residents need and deserve.

Thank you.

To: Senator Bill Cunningham

My name is Nicholas Lasala, a member of Palas 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, Moraine Valley and other Clubs, they have no accomadations for these fine citizens. They are just trying to live their lives as best they can with the great help of Palas Health and Fitness Center, their only hope.

Please don't leave us behind!

Thank You

Nicholas Lasala

a Korean Infantry Veteran

Wynell K. Whitmore
8918 Wheeler Drive
Orland Park, IL 60462
February 15, 2016

Dear Ms Avery,

My wife and I have been members of Palos Health and Fitness Center (PHFC) since we were in our mid-sixties and now that we are in our mid-seventies, our membership appears to be threatened and that presents a challenge for people our age.

You apparently have the power to preserve the PHFC where it is located and we are asking you to do just that.

When you reach our age you will probably have realized that time and your health are two of the most precious things we have and we can work on preserving our health at PHFC and you can protect our being only 10 precious minutes from doing just that, so please do that by keeping the PHFC open and not allowing it to become a parking lot.

When the Palos Hospital and the Loyola University partnership was formed, the Loyola CEO said "This will create a network of care that provides the right service for the patient at the right location at the right time." so I ask why not at PHFC right now?

Thank you,
Wynell Whitmore

Wynell Whitmore
8918 Wheeler Drive
Orland Park, IL 60462
February 14, 2016

Ms. Courtney Avery
Administrator Illinois Department of Public Health

Dear Ms. Avery.

Within the last ten years I was told that I have a congenital condition that necessitates continuous care, Lower Spine Stenosis.

Before receiving that diagnosis, I was given steroid injections in my back on a regular basis and they made me feel good for a little while and then I went to the doctor for more of those same treatments.

I also, had heat accompanied with body vibration and traction that helped for a while but stopped being effective after a while.

Then a few years ago my doctor wrote a prescription for working with a physical therapist to help with my continuous lower back pain. I took that prescription to the Palos Fitness physical therapist as my doctor, Daniel Troy, MD recommended. There I saw a lady named Kerry that has her PhD in Physical Therapy and she trained me in a routine that has allowed me to go as long as 3 and ½ years without any steroid injections in my back.

That therapy routine is done at Palos Health and Fitness Center that is less than 10 minutes from my home and with my being more than 75 years of age, that is extremely convenient and affordable.

Furthermore, when my doctor told me of the possible benefit of warm water therapy, he said that there are only about 7 such facilities in the greater Chicago area and I was blessed to have one within my community.

Now I want to keep that convenience to minimize my travel and keep this facility that is near enough that my wife will drive there for her workout routine even after having suffered a stroke last July.

Based on the information I have at this time, the nearest facility that will provide what I need is about 45 to 50 minutes away. I drove to one the other day and it took me 50 minutes to go just under 21 miles from there to my home. That means that my workout routine could cost about 4 hours a day, every other day in good weather.

So, I am asking that you consider denying the request to allow the total elimination of a not-for-profit facility owned by Palos Hospital and that has most certainly received some benefits from both the Village of Orland and Orland Township and is the only facility like that in the area.

It was just 12 months ago that this facility was recognized and accepted as a Certified Medical Fitness Facility on 2/2/15 and here we are now talking about keeping this worthy organization open?

That should not be the question and not considered but instead why destroy this certified necessary site when open unused land is less than ½ mile down the street from this location.

Sincerely,

Wynell Whitmore

Wynell Whitmore

Palos Medical Group

Testimony: Medical Group physicians

February 15, 2016

Re: Project 16-001

Ms. Courtney Avery
Illinois Health Facilities and Services Review Board
525 West Jefferson Street (2nd Floor)
Springfield, Illinois 62761

Dear Ms. Avery,

On behalf of the 47 member Palos Medical Group, I encourage support for Palos Community Hospital's planned South Campus expansion. Demand for services within the south suburbs continues to grow, with greater emphasis and need for physician offices, outpatient and diagnostic services. This new facility is vital to our ability to expand high-quality medical care directly to Orland Park and the surrounding communities.

These plans address the changing needs of care delivery and provide our patients with increased access to the high-quality care they have come to expect. Palos Medical Group offers a broad range of expertise including (Family Practice, OB/GYNE, Endocrinology, Immediate Care, Rheumatology, Occupational Health, Behavioral Health, Internal Medicine, Breast Surgery and Vascular Surgery). We firmly believe that this facility will allow for better coordination of care among providers while improving access to outpatient services in a centralized location where many of our patients call home.

Further, the percent of residents 60 years and older is disproportionately higher in this area than the state average. We know that in ten years, 28% of the area's population will be over 60 years of age. Given the diseases associated with aging such as cancer, cardiovascular conditions and degenerative disorders, the need and reliance on outpatient and physician services will only increase.

With a rapidly growing community and a variety of health care needs, the Palos Hospital outpatient expansion is crucial to the treatment and care of patients in and around the south suburbs. We expect the care and services provided by Palos Medical Group to grow and we urge the Board's support for this project.

Sincerely,

David Cornell D.O.

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

Re: Palos Health and Fitness Center

Dear Ms Avery,

Please please please do not let them close Palos Health and Fitness Center. Back in 2012 I had open heart surgery. This facility has helped me so much in my recovery from open heart surgery. The warm water therapy pool, treadmills, bikes and classes got me motivated to keep going to keep my health on the right track. I can now do spin classes and cardio aerobics and also cardio workouts. This gym is located right across the street from my house and is my heaven on earth to go to reduce stress and relieve tension.

This facility is the best in the area. I had in the past tried others but there is none like this one. Please have them build there parking garage around this facility without tearing this one down. This facility is such a wonderful place for families and friends to get together and do something more healthy than going to a restaurant.

I hope you will take into account each and every one of these letters you receive and realize the impact the closure of this facility will have on this community and the eyesore this parking garage will cause for our community.

Sincerely,
Carol M. Browne

Carol M. Browne
9949 West Treetop Drive
Orland Park, IL 60462

February 17, 2016.

Mrs. Sheryl Hill
13425 Hunt Master Lane
Lemont IL. 60439

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

Dear Ms. Courtney:
I am very opposed to the destruction of Palos Health and Fitness! As a member for several years having had 2 knee surgeries and 1 foot surgery, I have benefitted greatly from both the therapy and lap pools 3-5 times per week, as well as numerous fitness classes and machines.
I am especially saddened with the thoughts that the MS, Parkinsons and arthritic members would no longer have this opportunity to improve/ maintain this well-being level. As part of the Palos description, it is the only Certified Medical Fitness Facility in Orland Park and the surrounding areas. They can't find another piece of land suitable for their desires?
I am hopeful that another solution will be found.

Thank you sincerely for your attention,
Sheryl Hill
Sheryl Hill

February 11, 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 PFHC 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 PFHC 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 PFHC. 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 PFHC. 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, separate 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 offices fully occupied and rented. 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!

PCH,Loyola and the community will be better served in the future, if the hospital's today find a suitable plot of land upon which they 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 and PFHC 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 Sedgewick 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 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 PFHC 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 vacancy rate especially for cardio and ortho doctors.

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 PFHC and shut out the senior community who will lose their mobility without it. The present PFHC building should be patented and franchised. The concept should be copywrited, duplicated and brought to the Shark Tank 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 bulldoze PFHC.The communities Handicapped, Babyboomers and Seniors, retired or not need it to keep their Mobility,Job's and Health which is their Wealth!

There is adequate land to build the Cancer Center and the parking garage between the buildings & or immediately west of the health & fitness center. Please keep the pressure on Palos Hospital & Loyola to reconfigure it. Or best for all, find a more suitable land site upon which they can expand & grow as future need inevitably will arise. Then PCH will have <u>two</u> "top of the line health care options" To quote Mr. Brosnan's rebuttal in the Orland Park Prairie, 2/11/2016, page 17. How can the boards of two hospitals justify destroying "one" when at no additional cost they can have "two"! Actually less expensive saving the demolition cost.

Sincerely, William J. Kane

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

My name is Carol West-Saele. I am a senior who has Parkinson Disease who belongs to the Palos Health and Fitness Center for the past 10 years.

It is very imperative a person with PD to exercise regularly otherwise my muscles stiffen up and pain deepens. **Please see the attached letter from the National Parkinson Foundation whose study finds that regular exercise can slow the decline in the quality of life.**

Palos Health and Fitness offers me that opportunity that no other gym or health club can. At PHFC I take a balance class, chair yoga, ageless grace, young at heart which are all classes that no other club offers.

I feel we have been deceived by buying into Palos Hospital message about **"Your Health is Our Wellness"**. We seniors feel betrayed and cheated! One day you or a loved one may have special needs too!

I appreciate you taking corrective action today!

NPF Study Finds that Regular Exercise Can Slow Decline in Quality of Life

June 17, 2015

Data from the Parkinson's Outcomes Project Presented at the 19th International Congress of Parkinson's Disease and Movement Disorders

MIAMI, June 17, 2015—Data released today from the National Parkinson Foundation's (NPF) *Parkinson's Outcomes Project* shows that people with Parkinson's disease (PD) who start exercising earlier experience a significant slower decline in quality of life than those who start later. The study is being presented today by NPF researchers at the 19th International Congress of Parkinson's Disease and Movement Disorders in San Diego, CA.

"This study makes it clear that everyone with Parkinson's disease should be exercising. Patients suffer when they delay starting their exercise, and it doesn't seem to matter what they do, they benefit from just getting up and moving," said Michael S. Okun, MD, NPF's National Medical Director.

Researchers looked at data on nearly 3,000 patients receiving care for three years at NPF Centers of Excellence participating in the *Parkinson's Outcomes Project*—the largest clinical study of Parkinson's ever conducted. Over 1,300 of the study participants reported little regular exercise at the beginning of the study. Five hundred of those individuals began exercising greater than 2.5 hours per week within the next two years. The researchers compared participants who exercised regularly for the entire two years, to people who didn't exercise at the beginning of the study, but then started to exercise regularly.

In this study, they didn't separate what types of exercise were done, just the total exercise reported. Quality of life scores were compared using the Parkinson's Disease Questionnaire (PDQ-39). The PDQ-39 is a self-reported questionnaire that measures the impact of PD on daily life through multiple factors, including mood, movement and social interaction. Over the two-year study period, the PDQ-39 scores worsened 1.4 points in the early starters and 3.2 points in the late starters.

"This analysis is interesting because it is structured as a 'delayed start' trial, comparing people who start early versus those who start late. This design is the standard approach to show an intervention slows the disease: if it just improved symptoms, people who start late would get the same benefit as those who start early," explained Peter Schmidt, PhD, NPF's Senior Vice President and Chief Mission Officer and an author of the study. "We found that people who start exercise early get more benefit than those who start late."

Lead study author Miriam Rafferty, PT, DPT, whose doctoral research at the University of Illinois at Chicago focuses on exercise and Parkinson's, noted that this difference of almost two points on the PDQ-39 could be enough to make everyday activities feel harder.

"This is great news that people can have a positive impact on the course of their own disease," said Joyce Oberdorf, NPF's President and CEO. "It is tremendously empowering."

NPF's ***Parkinson's Outcomes Project*** is the largest clinical study of Parkinson's disease ever conducted with more than 8,000 patients with PD who receive care at 20 NPF Centers of Excellence in four countries. NPF issued care recommendations in 2012 around the issue of depression in PD after finding that it was undiagnosed in the patients tracked through the study. The goal of the *Parkinson's Outcomes Project* is to continue to identify best care practices for Parkinson's that could help get better care to more people affected by the disease. For more information about NPF's research initiatives, visit **www.parkinson.org/research**.

About the National Parkinson Foundation (NPF)
Founded in 1957, the National Parkinson Foundation's mission is to improve the quality of care for people with Parkinson's disease through research, education and outreach. NPF has funded more than $189 million in care, research and support services. For more information about NPF, visit **www.parkinson.org**, or call the NPF Helpline at 1-800-4PD-INFO (473-4636).

About Parkinson's Disease (PD)
Affecting an estimated one million Americans and four to six million worldwide, PD is the second most common neurodegenerative disease after Alzheimer's and is the 14th leading cause of death in the United States. It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression) as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for PD and 60,000 new cases are diagnosed each year in the United States alone.

MAYOR
Daniel J. McLaughlin
VILLAGE CLERK
John C. Mehalek
14700 S. Ravinia Ave.
Orland Park, IL 60462
(708) 403-6100
www.orlandpark.org

VILLAGE HALL

TRUSTEES
Kathleen M. Fenton
James V. Dodge
Patricia A. Gira
Carole Griffin Ruzich
Daniel T. Calandriello
Michael F. Carroll

January 28, 2016

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

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

Dear Ms. Olson:

I am writing on behalf of the Village of Orland Park to support Palos Community Hospital's Certificate of Need (CON) application for their South Campus expansion in Orland Park.

The proposed facility would be a great addition to our community. Palos has served our community for the more than 40 years and the expanded facility will help ensure that these services will continue to be available to area residents well into the future.

Palos Community Hospital's nationally recognized programs in many areas, including heart care and women's services, will be greatly valued in our community. The proposed new facility would be a significant boost for our local economy and will serve a growing population in the Southwest suburban region of Northern Illinois.

We enthusiastically support the project and appreciate the commitment to the health of our community.

Sincerely,

Daniel J. McLaughlin
Mayor

LOYOLA
UNIVERSITY
HEALTH SYSTEM

February 18, 2016

Ms. Kathryn J. Olson
Board Chair
Illinois Health Facilities and Services Review Board
525 W. Jefferson Street, 2nd floor
Springfield, IL 62761

Re: Letter of Support
Palos South Campus Medical Office Building

Dear Ms. Olson:

On behalf of Loyola University Health System, I am writing in support of the Certificate of Need permit application submitted by Palos Community Hospital to construct a medical office building on its South Campus in Orland Park. Loyola University Health System has a unique affiliation with Palos Community Hospital with the goal of improving access and convenience for patients requiring subspecialty and tertiary care in the southwest suburbs.

In April 2015, Loyola University Health System and Palos Community Hospital announced an affiliation to collaborate on the coordinated delivery of clinical programs and patient services in the southwest suburbs. This affiliation recognizes that LUHS serves a growing number of patients from the primary service area of Palos Community Hospital, many of whom seek specialized services not available in that area. Through this affiliation, Loyola specialist physicians collaborate with physicians on staff at Palos Community Hospital with the goal of providing quality, academic care while allowing patients to stay close to home or workplaces within the southwest suburban communities.

Since our agreement last April, there have been several innovative programs put into action. One is the Telestroke service, launched in October 2015. Working in close collaboration with Palos physicians and nurses, Loyola's stroke specialists use a telemedicine robot to conduct patient exams remotely, in real time. The robot is equipped with a microphone and a full color, high definition camera. The robot instantly transmits electronic medical records, lab results and CT scans over a secure, high speed internet connection. Loyola neurologists can see, hear and talk to the patient and the patient's family, doctors and nurses. Loyola has consulted on 45 patients with Palos physicians to provide advanced stroke care to patients in the south suburbs.

On December 7, 2015, the Loyola Center for Cancer Care & Research at Palos Community Hospital opened in an existing building at the Palos South Campus. At this Center, Loyola medical oncologists and specially-trained oncology infusion nurses see patients and administer chemotherapy as part of a patient's comprehensive care plan to control the spread of cancer, cure cancer, reduce cancer symptoms, or shrink a tumor before cancer surgery. As an academic medical center, Loyola also provides patients with opportunities to enroll in clinical trials of experimental drugs and treatment protocols that are not available in most community hospitals. Patients at the Loyola Center for Cancer Care & Research at Palos Community Hospital have access to these clinical trials.

LOYOLA
UNIVERSITY
HEALTH SYSTEM

Our relationship with Palos is one of collaboration. This affiliation is not an acquisition, merger or consolidation. Our financial, organizational structures and leadership remain separate. We do, however, have a common commitment to putting patients at the center of all we do and, as you can see, this relationship is already producing dramatic results to benefit the residents of Orland Park and other south suburban communities. Loyola and Palos physicians are working together, developing the trust, demonstrating teamwork and competence, and delivering quality care that patients expect and deserve from their clinical team.

Unfortunately, the availability of offices and work space for physicians at Palos Community Hospital and at the Orland Park campus is limited. We plan to have over 50 physicians who will be spending time on a weekly and bi-weekly basis at the Orland Park campus, working with physicians on staff at Palos Community Hospital to care for patients. The proposed new medical office building will provide the space needed to deliver this care. Moreover, the full operation of the cancer center requires radiation oncology, in addition to the current the infusion medicine service, to provide comprehensive, multidisciplinary cancer care to patients. It is proposed that the new medical office building have linear accelerator equipment for this purpose.

Loyola University Health System is very excited about the full development of the relationship with Palos Community Hospital, to extend its services to the south suburbs and to enhance the care of Palos Community Hospital and Loyola patients. For this reason, I encourage approval of the proposed medical office building by the Illinois Health Facilities and Services Review Board.

Sincerely,

Daniel J. Post
Executive Vice President, Network Development and System Integration
Loyola University Health System

February 18, 2016

Courtney Avery, Administrator

State of Illinois, Health Facilities

and Services Review Board

525 West Jefferson St.

Springfield, IL 62761

Dear Ms. Avery,

My husband and I have been members of Palos Health and Fitness for 13 yrs.

In recent years my teenage son has also been a member. We greatly enjoy the beautiful facilities, classes and trainers. We have regularly worked out 3 times per week since becoming members and will sorely miss the facility if it is demolished. I live in Orland Park and no other facilities come close to the variety that our health club offers.

I enjoy going to yoga classes and using all the cardio machines, weight training machines and walking on the track. My husband also use the cardio machines, track and swims in the pool.

My son Matt enjoys the free weight section, the basketball courts and the personal trainer.

I don't believe any other facility will fill our needs so close to home.

Please reconsider approving the closing of the center and replacing it with a new medical building.

Sincerely,

Barb, Jim and Matt Davis

Orland Park residents

Can't we engineer a healthier solution?

Good morning, my name is Barb Harper. I've been a member of the Palos Health and fitness miracle center for over 12 years....Yes a miracle center it is because it like you Loyola, it also treats the human spirit. I initially came here wanting a facility that would help me thru my medical challenges...bilateral hip replacement, knee replacement, cancer surgery and Palos was there to get me back stronger than I could ever imagine possible... I didn't want most of my limbs to be replace at such an early age...but I did it to survive the otherwise horrible crippling pain...but now, few people would suspect I've had 11 surgeries ...I can walk bike for 20 miles at a shot and I have a quality of life none of my doctors could imagine...its because of the miracle...the miracle pools.

In the process however, I've witnessed other miracles as well.. People who come from all walks of life and see transformation...James Pendergast for example, took nearly a half hour to walk into the building. But he like I was drawn to the holistic healing powers of the therapy pool.. and never gave up,,, watch him walk today...it's like a miracle. Men without legs, people in wheelchairs and canes and crutches all in a line coming for the healing powers like Lourdes to the water

SO we ask you now, to reconsider your engineering plans...anything and everything is possible if you just understand the impact your decision is making on my like and the lives of thousands of others with stories even more potent than mine,

.I have worked in the engineering field all my life, helping construct everything to Nuclear power plant to gas tanks in Abu Dhabi.. There's a solution to everything. There is a happy compromise in all of this. . We propose changing your existing plans to include all or even part the of gym and in particular the pools for the thousand s of people and reasons. I've outlined.

Please expand your facility to include our place of healing and health

Build around the facility ..they do it all the time now..soldier field. It's done all the time to buildings everywhere...think of Italy they would never dream taking down a beautiful structure...I am proud when I drive up to the center... it makes me proud to belong there...its' my refuge my home., and everyone I talk to knows about it and feels the very same way.

Keep the miracle alive for those who will surely perish without the miracles of Palos and the people who go there.

Disney World of health care -

- Think green -

Vertical integration reuse the lint in the dryer

vertical engineering we recycle -

highest level of academic care we reuse plastic bags

Doreen Damm
17328 Carlyle Ct
Tinley Park, IL 60487

February 10,2016

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

Dear Ms Avery:

I am opposed to Project#16-001 which would close Palos Health & Fitness Center. I lost 40% mobility of my left leg in an accident in 1969 . I still functioned pretty well until 2003 when I had to have knee surgery on my right knee. My physical therapists recommended hot water therapy at Palos Health& Fitness Center. Since then I have been a member.

For me, 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 improves balance. Besides physical improvements the pool gives psychological boosts. I feel more confident with less feelings of helplessness, and exercise helps relieve stress. For me the pool is the only place that I able to walk, to run, to dance, to catch a ball, and to just plain exercise without my cane. I feel like a normal human being.

My life will be greatly affected by the closing of this facility. Because of my physical limitations, a gym will not help me. Similar facilities are too far away. We need this facility. What happens to people like me? Don't we matter?

Sincerely,

Doreen Damm

Doreen Damm

Illinois Health Facilities and Services Review Board

Hearing for Application #16-001

Statement 2/18/16

My name is Nina Thorp. For the past 17 years, I have been a member of the Palos Health and Fitness Center. I am a cancer survivor, and the invaluable support I have received from the excellent, highly-trained staff has helped me to regain and maintain my health and to improve my fitness and well being. At the Fitness Center, I have found a caring community of friends, in addition to a wide variety of wonderful exercise classes, programs and equipment. This is a beautifully designed, medically-integrated health center, which is unique to this area.

This Fitness Center currently serves several thousand members, many of whom have physical disabilities and have benefited greatly from the availability of many carefully-structured classes and ongoing programs, as well as the warm-water therapy pool. None of this is available elsewhere in our community. The totally unanticipated, shocking news of the planned destruction of this facility, on which so many of us have depended, has been devastating.

I believe that preventive medicine should be the wave of the future. Health and fitness centers, such as the one we currently enjoy, should be an integral part of every forward-looking hospital. The environmental impact, including the high cost and the terrible waste involved in closing and tearing down this well-conceived and well-maintained facility, is both inconceivable and unconscionable. Surely there is a better alternative to destroying our beautiful and much-loved Palos Health and Fitness Center, which continues to provide irreplaceable quality health care to our entire community.

National
Multiple Sclerosis
Society
Greater Illinois
Chapter

February 17, 2016

To Whom It May Concern:

The National Multiple Sclerosis Society, Greater Illinois Chapter, was concerned to learn about the potential closing of the Palos Health and Fitness Center in Orland Park due to the proposed construction of a medical office building and underground parking garage. The Center has served as a convenient location for many individuals affected by multiple sclerosis to take aquatics fitness classes over the past decade. These classes have helped many within the MS community in Orland Park to maintain quality of life.

Research has demonstrated that exercise, including aquatics classes, is good for a person's overall health and for reducing other health conditions (co-morbidities). For individuals living with MS, research has also demonstrated that exercise training is effective for improving aerobic capacity and muscle strength, mobility, and symptoms of fatigue and depression.

The National MS Society is dedicated to providing the highest quality of care and services to all individuals affected by MS. If the Palos Health and Fitness Center does in fact close its doors, we are asking the City of Orland Park to work with organizations like ours to assure that clients who are misplaced by this closing are linked to other community centers and resources in the area that offer the same level and scope of exercise programs to maintain quality of life.

Sincerely,

Holly Messick

Holly Messick
President, Greater Illinois
National Multiple Sclerosis Society

525 West Monroe St., Suite 900 Chicago IL 60661 tel 312 421 4500 fax 312 421 4544 www.MSillinois.org

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

Hi my name is Ron Fuhrman and I have been a resident of Orland Park for 38 years and a member of Palos Health and Fitness for 15 years. All over Palos Health and Fitness there are banners that state "Fitness is the Best Medicine." **How ironic that a hospital that professes to be concerned about the health of its community members gave so little thought to the health consequences to so many by closing and tearing down this building.**

"Health Is The Best Medicine" Means even more to the many with **MS, Parkinson's, stroke victims, and many other** who depend on the special services provided **only** by Palos Health & Fitness such as the heated therapy pools, handicapped accessible swimming pool, and special classes.

I am not against expansion. However, I am **strongly, strongly against wasting this essential facility and services for so many people who use it daily. Keep Palos Health & Fitness open.**

"Southtown Newspaper"

In rebuttal to the article, the press should get their information correct before printing an article on the Fitness Center. It is Loyola Hospital that wants to tear down that building, which the first small article your paper printed, it was quoted by the Media person from Loyola stating they were taking that property and building a Loyola Hospital Medical Center with doctor offices and hi-tech medical equipment to insure excellent medical services. Secondly, Palos Fitness Center has a membership of 4,900 people from seniors, disability people, along with children who require a "Medical Membership" just as the adults do and there is no other facility that can offer what Palos Fitness Center can.

Loyola Medical Center has a large area where they have one Medical Center on 159th Street in Homer Glen that has more acres of available property and a medical building already there, and that is where their new "ideal" expansion should be added. As the application to the Illinois Health Facility and Services Review Board which the article states wasn't sent and then it was but it appears that the approval has changed due to the people who utilize this facility, which I am one of, and having many members place telephone calls to their government representatives stating the correct information on this proposal, this entire issue should be put to a "Special Vote" on the upcoming March voting day before Orland Park Officials pin another "Gold Star" on not being honest nor telling the truth. If residents want hi-tech medical tests, they can go to Pronger-Smith Medical Center in Tinley Park off of LaGrange Road as they are equipped with the newest forms of hi-tech machines that are available all the time.

It is my opinion that printing false information to the public, including the residents of Orland Park is not the way to achieve a project that is not needed. Palos Hospital is currently rehabbing the old part of the hospital and by combining the two buildings there will be ample space for Loyola's medical staff to occupy and place their hi-tech equipment.

The Open Meeting on this issue is scheduled for February 18, 2016, 10:00 A.M., at the Civic Center in Orland Park, and everyone should attend this meeting and voice their opinions. The residents who reside in Orland Park can see for themselves how this village handles and deals in running this suburb which all of us pay high taxes and the salaries of all working personnel in the Village of Orland Park.

not one of the articles has mentioned

Lastly, where is Palos Physical Therapy Dept. going to go? They are rated Number 1 and I along with many other individuals are currently utilizing their excellent programs for getting back on your feet and learning how to accomplish to handle getting around once you become disabled. There has not been any mention of that factor which is an essential issue for the staff and for all who need their help. Did Loyola Medical Center and Palos Hospital forget about that department?

Melanie, Orland Park

Note: Very rude chair person. 2 minutes is not enough.

Copy

last ¶

Note: this was suppose to be an "Open Meeting" for residents & members to "Speak out". Having no medical personnel, there would have been mentioned

Sent to "Speak out"

MELANIE F. MOBERK email MFM523@comcast.net

February 4, 2016

Mr. Tim Brosnan

Vice President of Planning

Palos Community Hospital

12251 South 80th Avenue

Palos Heights, IL 60463

Dear Mr. Brosnan:

As a resident of Orland Park and a retiree of the Village of Orland Park, I have attached a copy of a reply to the "Daily Southtown" articles reference the Palos Fitness Center.

Expressing wrong information is unacceptable to the people utilizing this Fitness Center and this is not Palos Community Hospital's project, it is Loyola's as the first article stated. Just how much more room do they need?

The Fitness Center was a costly project to be built and has provided quality programs for so many individuals who need all the specialized programs and equipment they have to offer.

And exactly where is the Physical Therapy Department going to be placed if the proposed project gets approved, or has everyone forgotten about them. They are rated "Number 1" in the area and if it wasn't for the qualified staff currently employed there, I would not be able to walk again, somewhat better now that I have returned to therapy after my fall in 2009 when I slipped on "bubble wrap" and broke my neck and back in three places, I am making better progress now than I did the first time around from Advocate Christ Hospital.

There is an old saying, "it's not over until the fat lady sings" and/or "don't count your chickens before they hatch."

Sincerely,

Melanie Mobeck

CC: Karen Kraemer, Palos Fitness Center

State Representative Fran Hurley

2/5/2026

Copy

State Representative Fran Hurley

35th District

16033 South 94th Avenue

Orland Hills, IL 60487

Dear State Representative Hurley:

As I reside in Orland Park but receive your updating monthly newsletters, I was hoping that you could offer the residents of Orland Park some assistance with the proposed Palos Health and Fitness Center coming down not by Palos Hospital, but for Loyola Medical Center to build a $133 million dollar office building, and place hi-tech equipment for patients who need certain tests done. Health care is important and progress is also, but that Fitness Center is the only one that has special programs for seniors, disabled individuals and children that no other Fitness Center can offer.

It also has the Palos Physical Therapy Department in there of which I am currently going to and they to me are rated "Number 1" in getting me back on my feet walking somewhat better than I did at Advocate Christ Hospital. However, the staff has not been informed as to where they are going to be placed.

Please get a copy of the Daily Southtown from 2/2/2016 and read the misleading article about this situation.

I have attached a letter that was sent to the media personnel who are going forward without any Board approval. I replied to "Speakout" and have enclosed a copy of my rebuttal to this issue.

If there is anything you can do to help our village out, or suggest that this issue be put to a "vote" it would be very helpful as we do not want this Fitness Center to be destroyed.

Sincerely,

Encs.

Backlash over Palos Health center closure still strong

BILL JONES, Editor

Nearly a month after the announcement that Palos Health and Fitness Center is to close at the end of April, to be knocked down to make way for a Palos Community Hospital South Campus redevelopment project in Orland Park, former members, as well as area politicians, are still speaking out against the proposed changes.

To start this past week, fitness center members reportedly met Jan. 31 at Barnes & Noble in Orland Park to discuss their options to fight against the closure.

Then, the office of State Sen. Bill Cunningham (D-18), announced the senator recently sent a letter to an official at Palos Community Hospital, urging the hospital to reconsider its plans, in what a press release issued Feb. 1 called an "attempt to protect the facility and the services it provides."

Members Jan. 15 received a letter stating the fitness center, 15430 West Ave., is to close after its last day April 30. Tim Brosnan, vice president of planning and community relations for Palos Community Hospital, said it is to be demolished as part of the project, which is to bring more physicians and ambulatory services to the site.

Cunningham's press release stated the facility helps those recovering from illness or injury, as well as those simply wishing to continue healthy lifestyles. He encouraged hospital leaders instead to consider a new office building elsewhere.

Cunningham represents portions of Orland Township.

At the Orland Park Village Board meeting Feb. 1, residents took time during public comments to speak out against the change, as well.

Stathia Xanos said she has attended the Palos Health and Fitness Center for years. She said it is user-friendly and meets the needs of its many members. She was disappointed to learn of its impending closure.

"This will negatively affect the lives of many members, because they will not have the workout routines and professional classes they attend to help them have better quality lives. The other fitness centers in the area are not as accessible and do not offer enough classes."

She also said Palos Health and Fitness Center helps those with disabilities become physically better because of the specialized care offered.

"That includes me, because I had a fractured foot, and I went there almost every day," she said. "Of course, I had physical therapy. But after that, I went over [to Palos Health] all the time, and I was lucky that the bone healed."

She claimed Orland's recreation programs — both the Village of Orland Park Sportsplex and Moraine Valley Community College's Health, Fitness and Recreation Center were offered to members as discounted alternatives following the closure — are not adequate and do not meet the needs of those with disabilities. She also claimed the Sportsplex does not have enough room, enough diversity in the equipment, enough staff and enough parking spaces for those with disabilities.

"The Orland Park [Village Board needs] to provide another health and fitness center for the thousands of people with disabilities, so they can become stronger, recuperate and have functional lives."

Mayor Dan McLaughlin said he agreed on a lot of her points and the overall sadness of Palos Health and Fitness closing. He did say, however, that it is not the Village's decision to close and demolish the building.

"It is a private business, and they can make improvements and come to us to petition for new buildings," he said. "Any business in town can."

He said it is the prerogative of that organization's board to determine what is the best plan for its future.

"Businesses are always changing their plans and trying to make improvements," he said. "I think it's a good thing that, between them, they are investing almost $70 million in Orland Park by making a state-of-the-art facility to address as many people as possible."

He said there are therapy pools in other towns like

Please see **PALOS, 16**

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This facility is used by individuals who suffer from a multitude of various health issues and are unable to drive, utilize the VOP bus, Old Township Dial-a-Ride transportation, Para Ambulance etc. They come inside on walkers, wheelchairs, scooters, someone pushing them. The pool is used for various exercise programs, but the accessibility of people impaired with for example Parkinson's M.S., severe strokes, obesity they are fully equipped to do what they can to make their daily lives as functional try & function to the best of their ability. The Sportsplex is not equipped to handle or have available all the specialized programs that are used by many disabled people.

Maybe you getting on this Board Kathy, spend a week there at Palos Fitness

PALOS

From Page 9

Maywood, Crestwood and others in the southwest suburbs. He also noted that while the board is looking into adding a pool to the Sportsplex, it may decide against it.

"We are looking at the cost, the value," he said. "We are studying it, but there's no decision that's been made to have a pool just yet.

"I will also tell you that once there is a vacuum, once there is a big need for this type of service — and Palos is going away — somebody else may pick up the slack."

Trustee Kathleen Fenton mentioned the public hearing on the new construction is 10 a.m. Feb. 18 at the Orland Park Civic Center, 14750 Ravinia Ave. Sign-in starts at 9 a.m. It is being held by the State of Illinois, McLaughlin said. Specifically, it is being held by the Illinois Health Facility and Services Review Board.

In the meantime, those looking to see the center stay in Orland Park have launched a Facebook page called "Save PHFC" to share information with those trying to save the center. Members also reportedly held a series of meetings Thursday, Feb. 4, in the fitness center's conference room to discuss more options.

On Feb. 3, Orland Township Supervisor Paul O'Grady also sent a letter, in this case to Brosnan, urging the hospital to reconsider the demolition of the fitness center, which he called "a critical resource for local residents."

In it, he cited similar concerns regarding the loss of services currently available to area residents.

"I can't overstate the benefits to our community of having these opportunities easily accessible in the heart of the southwest suburbs," he wrote.

He noted township seniors, in particular, make use of the facility for its extensive programs. He noted the building is neither in a state of deteriorating condition nor in need of a major investment. He noted "widespread public opposition to closure" and asked for creative solutions to preserve the building with a revised design for the redevelopment.

He also noted Palos Community Hospital is a nonprofit corporation, operating in accordance with the Ethical and Religious Directives for Catholic Health Care Facilities. He asked its management to reconsider its "obligations to the local community to a greater degree than a for-profit hospital might."

"The loss of this tremendous assets 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," he wrote.

A public relations representative working with Brosnan sent a letter Feb. 4 to *The Orland Park Prairie* on Brosnan's behalf. That can be read on Page 17 this week.

Staff Writer Jon DePaolis contributed to this story.

Seattle to see for yourself what [illegible]

You, your family and so forth may not have any medical issue at this time in your life, but "what goes around comes around" and it may hit you sometime, and you will be glad to have this Fitness Center close by.

Telling members they can travel to Maywood for the Aqua pool / & Yoga classes, is an insult. Better use Maywood to add your proposed medical center, or your home [illegible].

This facility should remain as is

Lastly, not one article has mentioned where the current Palos Physical Therapy Dept. would be housed.

FEBUARAY 17, 2016

MY NAME IS ANDY I HAVE PARKINSON, AS YOU CAN WELL GUESS, I HAVE MANY CHALLENGES BECAUSE OF THIS ILLNESS. SINCE JOINING PALOS HEALTH AND FITNESS CENTER AND ATTENDING CLASSES THAT ARE GEARED TOWARD MY DISABILITIES MY HEALTH HAS STABILIZED.

IF THE FITNESS CENTER CLOSES IT WOULD BE DEVASTING TO MY HEALTH, BOTH PHYSICALLY AND EMOTIONAL.

SO I ASK YOU PLEASE ~~DON'T~~ DO NOT GIVE PALOS COMMUNITY HOSPITAL A CERTIFICATE OF NEED, THEY ARE ASKING FOR BECAUSE INCLUDED IN THERE PLANS EVEN THOUGH IT IS NOT STATED SO, IS THE DEMLISHION OF MY FITNESS CENTER?

T. HOGAN

2-18-16

WE ARE WITNESSING IN OUR COMMUNITY WHAT SOME MIGHT CALL PROGRESS AND OTHERS MIGHT CALL " BENIGN NEGLECT."

IT IS IN SUPPORT OF THE LATTER THAT I WISH TO SPEAK.

PROGRESS DOES NOT HAVE TO BE NEGLECTFULL. THERE IS SUCH A THING AS A PROGRESS WHICH TAKES INTO ACCOUNT THE NEEDS OF ALL CITIZENS.

APPROXIMATELY 15 YEARS AGO - IT WAS DEMONSTRATED BY PALOS COMMUNITY HOSPITAL THAT THERE WAS A NEED FOR A FITNESS AND HEALTH FACILITY THAT WOULD CATER TO THE SPECIAL NEEDS OF THE AGING CITIZENS OF THE ORLAND COMMUNITY. PALOS HOSPITAL WISHED TO BUILD SUCH A FACILITY.

OTHER FITNESS CENTERS WERE NOT AT ALL PLEASED WITH THIS PROPOSAL. IT WAS FELT THE HOSPITAL CENTER WOULD PROVIDE UNFAIR COMPETITION - TAX BREAKS - LOWER PRICES.

PALOS COUNTERED THAT ITS FITNESS CENTER WOULD CATER TO THE SPECIAL HEALTH NEEDS WHICH COME FROM AGING OR ILLNESS - SUCH AS STROKES, HEART ATTACKS, ARTHRITIS, ASTHMA, PULMONARY COMPLICATIONS. THERE WOULD BE NO RIVALRY WITH OTHER FITNESS PROGRAMS. NO COMPETETION.

THIS CLAIM PROVED TO BE THE ABSOLUTE TRUTH. THE CENTER HAS SERVED A SPECIAL NEED THAT WOULD NOT BE ADDRESSED

2-18-16

AT OTHER HEALTH AND FITNESS CENTERS. THERE WOULD BE NO RIVALRY, NO UNFAIR COMPETITION. THAT THIS PROMISE HAS BEEN KEPT - THERE IS TOTAL AGREEMENT.

I HAVE OFTEN WITNESSED A WOMAN WHO SUFFERS FROM M.S. - WITH THE AID OF A PROFESSIONAL STAFF MEMBER - MAKE THE JOURNEY AROUND THE FITNESS TRACK. THE TRACK IS 1/10 OF A MILE. IT TAKES HER ALMOST HALF AN HOUR TO DO ONE LAP. ONCE, WHEN SHE WAS TRYING TO DO A LAP AROUND THE TRACK - ON HER OWN - SHE BECAME VERY WORN OUT - AND ASKED FOR MY HELP. I TOOK THIS OPPORTUNITY TO ASK HER: "IS THIS ALL WORTH IT? IT TAKES YOU SO LONG AND YOUR STRUGGLE IS OBVIOUSLY VERY PAINFUL - WHY DO YOU DO IT?" SHE ANSWERED - "IF IT WASN'T FOR THIS WONDERFUL PLACE AND THE THINGS THEY HAVE TAUGHT ME TO DO, I WOULD NOT EVEN BE ABLE TO WALK."

WHEN NEXT I SAW HER ON THE TRACK - THE LETTER CONCERNING THE CLOSING HAD BEEN POSTED. I ASKED WHAT SHE WAS GOING TO DO - SHE WAS VERY DISTRAUGHT - "THEY DON'T UNDERSTAND," SHE SAID, "THERE IS NO OTHER PLACE LIKE THIS - I HAVE NOWHERE TO GO."

MY WIFE WAS STANDING NEXT TO A GENTLEMAN - AS BOTH WERE READING THE CLOSING LETTER - HE WAS RECOVERING FROM A STROKE HE JUST BLURTED OUT - "YOU KNOW I HAVE RECEIVED EXCELLENT CARE HERE. I'M RECOVERING." THEN HIS VOICE BECAME FILLED WITH

EMOTION." YOU KNOW WHAT THIS MAKES ME FEEL LIKE? A PIECE OF DIRT BEING SWEPT OUT THE DOOR - A USELESS PIECE OF DIRT."

IT IS BEYOND IRONY - EVEN O'HENRY WOULD BE TAKEN ABACK - THAT THE VERY PEOPLE WHOSE NEEDS WERE USED AS JUSTIFICATION FOR THE CONSTRUCTION OF THE PALOS FACILITY - NOW ARE WITNESS TO THE STRIKING PHENOMENON THAT THE DESTRUCTION OF THAT SAME FACILITY SOMEHOW ELIMINATES - THAT THERE NEED BE ANY LONGER - ANY SERIOUS CONCERN - FOR THE NEEDS OF THE PEOPLE WHO HAVE FAITHFULLY GONE THERE FOR THE PAST 15 YEARS.

WE HAVE HEARD - "YOU CAN GO TO MAYWOOD; TO CRESTWOOD, LOCKPORT, CHICAGO HEIGHTS."
DO YOU KNOW WHAT THESE WORDS SIGNIFY: - "WE HAVE NO IDEA OF THE HURT, THE HARM, THE DISBELIEF THAT THE MEMBERS OF THE CENTER ARE EXPERIENCING." NONE!
SOMETIMES MORE UPSETTING THAT THE HARM ONE ENDURES IS THE WAY AND BY WHOM THAT HARM WAS INFLICTED.

I, FOR ONE, CAN'T IMAGINE SOMEONE RUNNING FOR OFFICE WITH THIS SLOGAN - "TELL ME YOUR NEEDS AND I'LL TELL YOU WHERE TO GO TO HAVE THEM TAKEN CARE OF."

ONE REASON GIVEN FOR THE CONSTRUCTION OF THE UNIVERSITY OF CHICAGO MEDICAL BUILDING IN ORLAND WAS - YES "TO SAVE OUR CITIZENS THE INCONVENIENCE OF HAVING TO TRAVEL TO THE CHICAGO CAMPUS... FOR MEDICAL CARE." THINK ABOUT THAT!

I OVERHEARD SEVERAL GENTLEMEN - I WOULD GUESS IN THEIR EIGHTIES - DISCUSSING THE CLOSING OVER THEIR MORNING COFFEE. I CAUTION YOU - EIGHTY-YEAR OLDS DON'T HOLD BACK! ONE SAID: "YOU KNOW THOSE BIG SHOTS HAVE AS MUCH UNDERSTANDING ABOUT HOW WE FEEL AS MARIE ANTOINETTE HAD ABOUT HER FRENCH CITIZENS WHEN SHE SAID: 'LET THEM EAT CAKE!'" NOT TO BE OUTDONE, ANOTHER GENTLEMAN, POUNDED THE TABLE - AND RETORTED - "DON'T THEY HAVE WORK HOUSES FOR THESE PEOPLE!"

THOUSANDS OF YEARS AGO, THE PHILOSOPHER SOCRATES WROTE - IN HIS USUAL QUESTION-ANSWER FORMAT:

"WHAT IS MAN'S GREATEST NEED?"

"MAN'S GREATEST NEED IS TO BE UNDERSTOOD."

THE DISPLACED MEMBERS OF PALOS HEALTH AND FITNESS CENTER WOULD AMEND OLD SOCRATES' ANSWER TO INCLUDE -

...AND BE HEARD."

Feb. 17, 2016

Edward George Nassar
6312 Carlsbad Dr
Tinley Pk. Il. 60477
(708) 532-8332

Dear Mayor of Orland Park:

I was very upset + saddened by the news Palos Health + Fitness Center may close.

I credit this facility + staff with my good rehab. status and good mental health. About several months after surgery to (R) below knee amputation the leg was fitted with a prosthetic leg. Meant one had to strengthen my body to walk all over again. My medical status will need strength training for a long time.

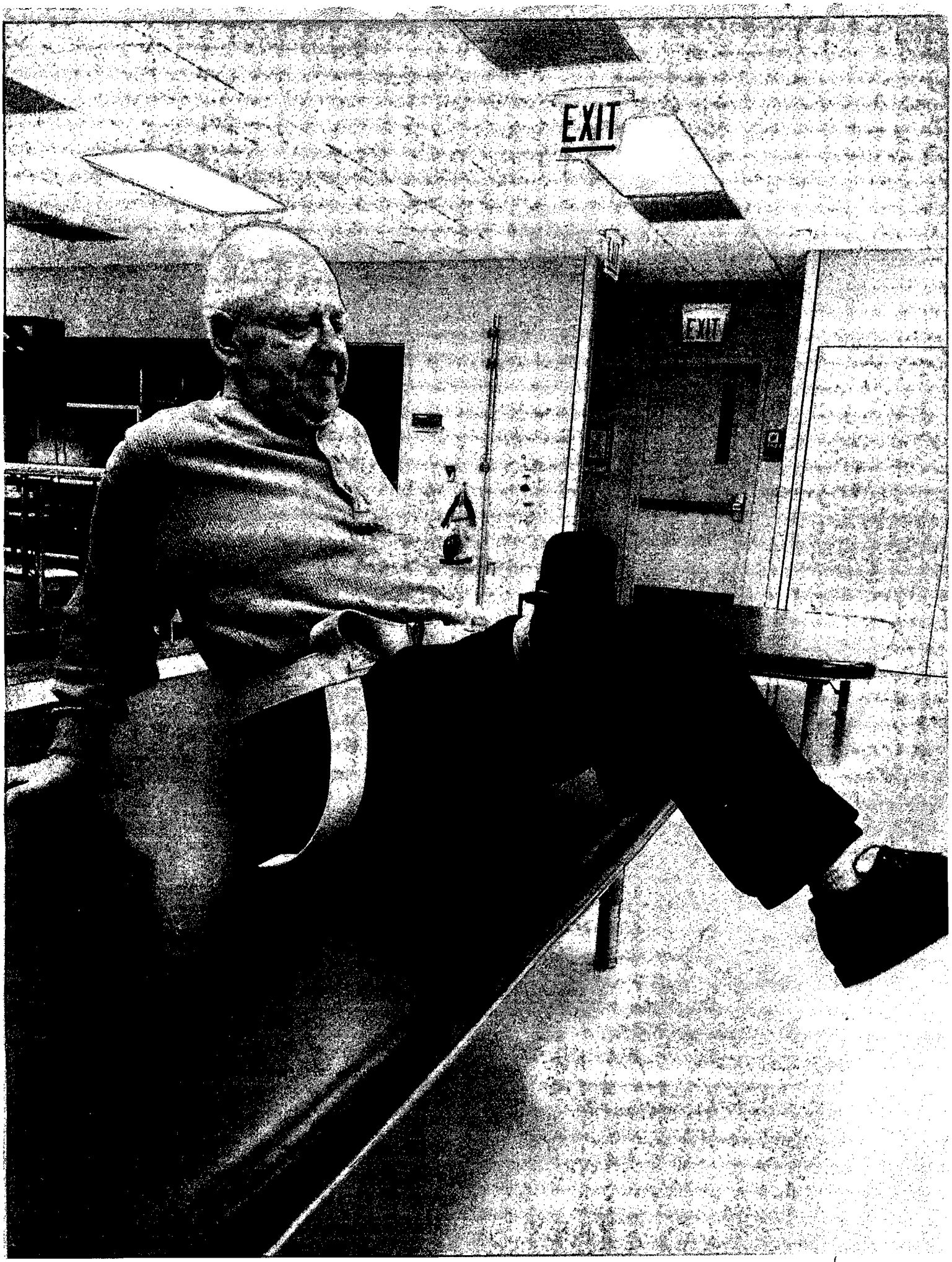
It was encouraging and helped me from becoming depressed by joining this organization. The staff, workout machines, large airy facility, pool and especially the steeple were wonderful.

Plea keep the fitness center open as it is a life line for me.

Sincerly,

Edward George Nassar

Copies # 2



Edward George N.

February 18, 2016

To the Health Facilities and Services Review Board

In reference to 20 ILCS 3960 and the project 16-00, Palos Community Hospital, Orland Park. I am submitting my written comments to the project in which voice my strong opposition to it.

8The part of the project that I object to is the closing and removal of the Palos Health and fitness club.

I have been a resident of Orland Part for 30 years, and the opportuni*ties that the Palos Health and Fitness Club has given to me since its construction has been immeasurable. I was diagnosed with relapsing-remitting multiple sclerosis over 20 years ago, and I know that it is important for me to exercise. The only type of formal exercise was at other health clubs that had exercise machines. With my type of MS, I am heat sensitive, so that type of exercise would wear me out quickly. When I heard about the aquatic exercise fitness program at Palos Health and Fitness, I joined it. I have found that I can exercise more in the pool, keeping cool, addressing balance, strength, mobility and endurance problems.*

If this project does get approved, It would be a great loss to me and other members like me. The only other pool that has the shallow

water in a large area is quite a distance from my home.

Thank you, John Polzin
15235 S. 82nd Ave, Orland Park, Illinois 60462