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HEALTH FACILITIES &
SERVICES NEW BOARD

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

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

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

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



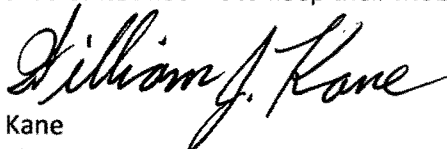
The following is important and something you should be aware of!

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

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

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

Sincerely,



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