

February 13, 2016

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

RECEIVED

FEB 18 2016

HEALTH FACILITIES &
SERVICES REVIEW BOARD

OPPOSED TO PROJECT 16-001 – Palos Community Hospital – South Campus Expansion

Dear Ms. Olson:

The current expansion plans include the demolition of the Palos Health & Fitness Club.

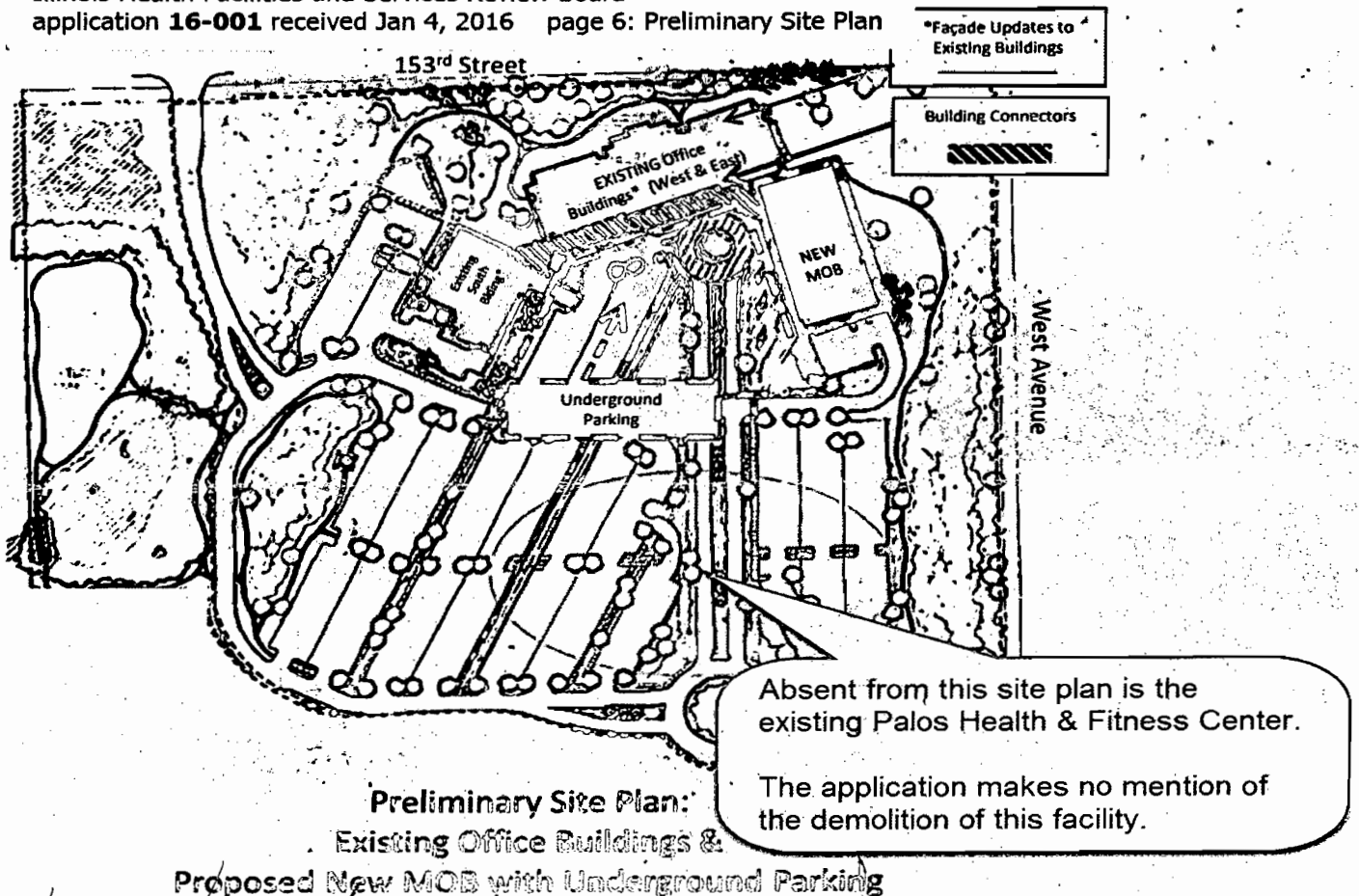
I retired 12 years ago – *a great career change!* Unfortunately, the reduction in activity had consequences. There were weight, blood pressure and cholesterol issues; between the urgings of my doctor and my wife (already a member at PHFC), I joined the facility 10 years ago.

I can still run a 10 minute mile (although it now takes around 15 minutes). *I'm among my peers!* I would guess a large portion of the members are 50 and over. I'm inspired by my fellow members - aspiring to keep moving. This atmosphere does not exist at the other health clubs. The demographics of this facility are a critical factor for us seniors to treat chronic conditions and improve our quality of life.

The club's motto, "*Fitness is the best medicine*" is why it should not be demolished.

PLEASE REVIEW THE SUBMITTED APPLICATION 16-001:

Illinois Health Facilities and Services Review Board
application 16-001 received Jan 4, 2016 page 6: Preliminary Site Plan



**Preliminary Site Plan:
Existing Office Buildings &
Proposed New MOB with Underground Parking**

William Jacobowski
William Jacobowski
249 Whispering Lake Dr
Palos Park IL 60464

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

February, 13, 2016

Dear Ms. Avery:

My name is Ray Morrison, I am 71 years old and have attended the Palos Health and Fitness Club for over ten years. During this time I have participated in the various fitness programs offered at Palos, together with the beneficial therapy facilities such as the therapy pool, steamroom and sauna. I have arthritis, and these therapy facilities have been a blessing to me. While I do not suffer debilitating health problems like many people of my generation, I know that these facilities once closed, will be a great loss, not just to me, but all the others, young and old who rely on this health club. No other club in my area offers a therapy pool and therapy classes.

I hope some kind of arrangement can be made to keep Palos open.

Sincerely,

Ray Morrison
16843 Richards Drive
Tinley Park, IL 60477

FEB 12-2016

MS COURTNEY AVERY ADMINISTRATOR

MS. AVERY:

I have suffered from back problems for years. In 2004 I had surgery for my back. However, a year later I was still suffering - not as severe - but still in pain.

I went to another orthopedic doctor and after an MRI he assured me that the surgery was done properly. He then suggested that I try water therapy, since all the physical therapy I had been doing was not helping me enough.

In 2005 I started at the therapy pool at Palms Health & Fitness Center in Orland Park.

What a change! I have been going twice a week since then, spending an hour in the therapy pool as well as working on some machines.

Now they have told us they are closing the facility!! How can we practice Preventive care when they are making it so difficult! The therapy pool has

February 15, 2016

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

Attention: Ms. Courtney Avery, Administrator

Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery:

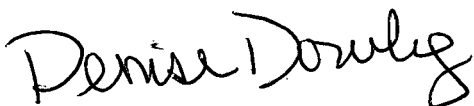
I currently attend support group meetings at Palos Health and Fitness Center in Orland Park for the South Cook MS Self Help Group and am appalled to find out they are tearing down this building to build an underground parking garage.

First I heard they are building a Cancer Center, then I heard it is an underground parking facility. I'm not really sure what is being built, but neither one makes sense. First of all, there at least two, if not more, other Cancer Centers in the Tinley Park-Orland Park area; how many more centers are needed? Secondly, an underground parking garage? Who is going to park in this garage? Only the Cancer Center customers? It doesn't make sense to tear down a crowded, frequently used fitness center for a garage or a cancer center when there are already these facilities in the area. Why not use an unused, empty strip mall storefront instead of tearing down a frequently used building? And these store fronts are right next to parking lots.

Not only does the PHFC serve as a fitness center, many groups hold support meetings, and also assist the physically challenged with yoga, swim classes and a variety of other classes to help the disabled. There are many, many people who depend on this facility to obtain care for their health issues. This facility is in the community they live in and convenient and easy for them to get to. I don't see the reason that so many disabled and physically challenged people are going to be displaced because of this ridiculous decision. I personally know several people who are very distraught that they are going to lose this center for their special health needs. It has become a family to many of the members and it sickens me to see how upset they are that whoever made this decision is taking this away from them.

I urge you to re-think your decision before tearing down this building. Maybe you should think of all the people's lives who are being affected by this, and not your own pocket book.

Sincerely,



Denise Dowling
Member of the South Cook MS Self-Help Support Group

Dear Ms. Avery:

This is a letter to oppose the Palos Hospital South Campus Expansion thereby destroying the Palos Health and Fitness Club.

I am opposed for the following reasons:

1. The facility is beautiful and very well maintained. It would be totally wasteful to destroy such a wonderful building. There is beautiful tile, wooden floors, excellent ventilation, two huge pools, a huge gym, a coffee shop where people gather and socialize.
2. The pool classes here are excellent. I love the aqua classes and they have been so important in getting me in shape and healthy again.
3. There is a therapy pool for members with physical limitations taught by excellent instructors.
4. The instructors here are certified and excellent at what they do! They are dedicated to our health!
5. There is land all around the facility. Please SPARE this facility and just build beyond it!
6. Palos Hospital should care about the health and fitness of our members. Destroying this building is completely contrary to caring about us!!
7. It would be hard to find a fitness center similar to what Palos Fitness offers. Not only is it convenient geographically, it offers cardio and strength training classes both in and out of the pool as well as yoga and Pilates classes. The program here is so comprehensive since it also provides nutrition counseling and individual fitness assessments on a regular basis. I don't know of any other facility that is so comprehensive!
8. Please please help us save this facility!

Sincerely,
Diane Lyons

12860 S. Newport Drive
Palos Park, IL 60464
708-574-6361



2-15-16

February 12, 2016

Opposed to Palos Hospital Expansion

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

Dear Ms. Avery,

I am writing today to express my absolute opposition to the Palos Hospital South Campus Expansion.

I am currently undergoing Physical and Occupational Therapy at the Palos Hospital Fitness Center. The Physical Therapy is currently in the therapeutic pool. It is the best therapy and is helping me get back the life I had prior to my illness.

My situation is very unique. I was diagnosed with melanoma in July of 2011. In February of 2015, lung metastasis were discovered and in March of 2015, brain metastasis were found.

Since February of 2015, I have undergone two lung surgeries, three rounds of brain radiation, one brain surgery for a brain bleed. In November of 2015, melanoma cells were discovered in my spinal fluid causing partial paralysis of my arms. I am a Registered

Pharmacist and cannot work in this condition. I am unable, at this time, to drive, dress myself, shower myself, wash my hair, put contacts in, hug my grandchildren, due to this partial paralysis.

I currently have no solid tumors and am undergoing chemotherapy. I am working so very hard to regain my health, and the therapeutic pool therapy is essential to obtain this goal.

Last week I began Physical Therapy at Palos Hospital Fitness Center in the therapeutic pool. The improvements in my movements, after only four sessions, are amazing. Prior to last week, I could not turn on a light switch. Today, I can reach that high. I cannot tell you how much the therapeutic pool and the therapy has helped improve my life in just four sessions and the hope for independence and a recovery. I cannot wait to get well enough to return to work, hug my grandchildren, cook, drive, dress, shower, live independently. I am certain I will continue to improve with this therapeutic pool therapy.

My husband takes me to all my PT/OT appointments. He can barely fit this into his work schedule now. At least one of us needs to work to pay the bills. Traveling to the next closest, warm, therapeutic pool in Maywood would be prohibitive since it is at least a 45minutes to an hour drive from our Orland Park home. Therapy is scheduled two to three times a week and, in total, we

need an hour and one-half to two hours for dressing and therapy. My husband cannot take a half day off two to three times a week to take me to therapy. Sitting in a car for that duration of time would not facilitate my recovery either. Palos Hospital Fitness center is five minutes from our home. We take later in the day appointments and can manage this schedule with his work schedule.

The pool at Moraine Valley Community College is at least 10degrees colder than Palos Hospital Fitness Center therapeutic pool. I currently am having a very difficult time regulating my body temperature and cannot tolerate the colder water.

So many people depend on this facility to regain and maintain their health. My 89year old mother does pulmonary rehab for COPD and utilizes, Oxygen in tow, the therapeutic pool at Palos Fitness center. It is amazing how far she has come and how independent she is due to the therapy. She lives in her own home, pretty much independently. She was in a life or death situation only fifteen months ago. She is an amazing mother, Busha and Busha the Great! I know the therapy in the pool gave her the opportunity to meet and hold her 17th great-grandchild. You should have seen the smile on her face.

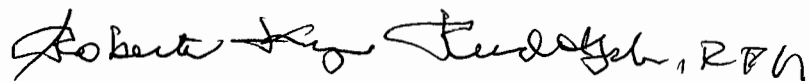
The Palos Hospital Fitness Center facility is essential to me and so many others, since it has such a wonderful,

warm therapeutic pool and wonderful staff, all working to get me and others in our community back in workforce and independent again.

I cannot express how much this therapy means to me and my future outcomes. Please, please reconsider the plan to raze this facility. I cannot wait to become a productive citizen again and get back into the workforce. I love taking care of my family and my patients. It is essential for me to continue this therapy in order to achieve these goals. It is essential that this facility remains open.

Thank you so very much for taking the time to read my story. Please feel free to call with any questions you may have for me. I look so forward to continuing my therapy and becoming a very productive member of society.

Most sincerely,



Roberta Krueger Rudolph, R.Ph.
11524 Fenwood Court
Orland Park, Illinois 60467
708.525.7020

14305 Blue Spruce Court
Orland Park, Illinois 60462
February, 12, 2016

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

Re: Opposition to Application 16-001
Palos Hospital South Campus Expansion

Dear Ms. Avery,

I am writing to express my opposition to the Palos Hospital South Campus expansion, which would involve the closing and demolition of the Palos Health and Fitness Center. This center is a state-of-the-art facility, which provides unique and necessary services that are not found anywhere else in the south suburbs.

I have been under the care of a rheumatologist for a variety of orthopedic issues, who told me, "You are so de-conditioned, you should be in a wheelchair." She ordered physical therapy in a heated therapy pool, which is why I joined Palos Health and Fitness. Being able to do my therapy exercises, and attending the Water Exercise Therapy (WET) classes, has done me a world of good. My flexibility, range of motion, and strength have improved greatly. I am devastated to learn that this facility is due to be closed and razed, if this expansion plan goes through. Being unable to continue my exercise program will have a negative impact on my health and quality of life.

I have researched other facilities in the area, including the two that were suggested by the hospital. There is no health club in the area that has a warm water therapy pool, to the detriment of myself and the many other people who depend on the therapy pool. There is no other facility in the south suburbs that meets the needs of its members like Palos Health and Fitness.

I urge you to stop the closing and demolition of the Palos Health and Fitness Center.
Save PHFC!

Sincerely,



Irene S. Wasserman

14305 Blue Spruce Court
Orland Park, Illinois 60462
February, 12, 2016

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

Re: Opposition to Application 16-001
Palos Hospital South Campus Expansion

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I urge you to stop the closing and demolition of the Palos Health and Fitness Center.
Save PHFC!

Sincerely,



Irene S. Wasserman

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

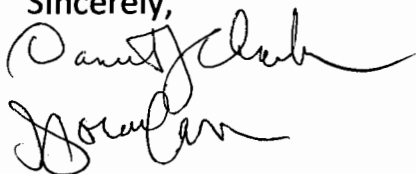
**Re: OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION,
Reference # 16001**

Dear Ms. Avery,

My wife and I request your support for opposing the proposed expansion of the Palos Hospital south campus expansion at the expense of shutting down the Palos Health & Fitness Center (PHFC) & razing of the PHFC facility. Being members of PHFC for the past 13 years has been very beneficial for our health & physical activity, and will become even more important to us as are very close to entering our retirement years. We are hoping better judgement & reason will prevail to allow PHFC operations to continue and not be shutdown. Hopefully our leaders will find a middle ground solution that would serve both interests -PHFC to remain open and the south campus expansion to be realized.

We would great appreciate your efforts to support the maintaining of the PHFC operation & facility.

Sincerely,



Daniel Chavka

Gloria Chavka

13601 Mohawk Lane

Orland Park, IL 60462

847-774-5430

February 15, 2016

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

Dear Ms. Avery,

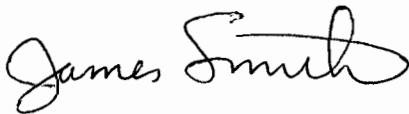
I am requesting that you keep open the Palos Health Club. It has been essential to my recovery from hip surgery. I had my hip replaced for the fifth time in August 2014. It was a very complicated surgery and I could have no activity for 10 weeks to allow for healing.

My doctor insisted that I began the rehabilitation with aqua-therapy. Fortunately, Palos Health Club has a therapy pool for cases like mine. The therapy pool's warm water temperatures and buoyancy allowed me to gradually build up my muscles after weeks of being bedridden. It is the only facility in our area that has a therapy pool.

I continue to do the physical therapy exercises on my own – three days a week in the exercise room and two days in the therapy pool. The exercise room has the same equipment that I used in physical therapy. The therapy pool allows me to do the exercises in the soothing, warm water environment without stressing the joints. The facility is very friendly to those with disabilities.

Please consider keeping the Palos Health Club open as it is critical to many people who can't use the facilities at other health clubs.

Sincerely Yours

A handwritten signature in cursive script that reads "James Smith". The signature is written in dark ink and is positioned above the typed name.

James Smith
8317 Lilac Lane
Tinley Park, Illinois 60477

February 15, 2016

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

Attention: Ms. Courtney Avery, Administrator

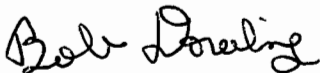
Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery:

I don't understand why the Palos Health and Fitness Center is being torn down. There are so many people who either exercise there or attend support group meetings, or who even obtain special treatments for their health issues. My daughter currently attends meetings at the PHFC for an MS Support Group and many of the members of her group use the PHFC for their special MS related fitness classes. These individuals are very upset to be losing their facility, as this is the only health facility like this in the south suburbs. Now these individuals are being displaced because of your decision to tear it down. I've heard that it is being torn down so Loyola can build a Cancer Center, or an underground parking garage. I'm not sure which is being built, but neither make any sense.

I really wish you would reconsider your decision to tear down this building. Think of all the lives you are affecting.

Sincerely,

A handwritten signature in cursive script that reads "Bob Dowling".

Bob Dowling

February 16, 2016

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

RE: Opposed to Palos Hospital South Campus Expansion

Ms. Courtney Avery:

I am writing to you in regards to the PALOS HOSPITAL HEALTH CLUB, located at 153rd Street West Avenue, Orland Park, IL.

This health club has been at this location for 15 years and has been a great serves to the people from the south and southwest suburbs. The health club will be replaced with a new medical office building, featuring diagnostic and treatment services. **This new medical office building could be built about one or two blocks away at the former site of Andrew's Engineering, which is vacant.**

The health and fitness club is special because it helps people suffering from MS, arthritis and other special medical problems. The therapy pool helps people suffering from arthritis, dystonia, fibromyalgia spinal disorders and surgical procedures of the back and knees. The warm water therapeutic pool has given people and many others wonderful relief, a chance to live life more independently. It has eased their physical pain and mental and emotional wellbeing of hundreds of people. There are many members who depend upon the warm water therapeutic pool and there are no therapy pools in the south and southwest suburbs.

The health club boast that it has earned a medical fitness facility certification from the Medical Fitness Association, the country's leading organization dedicated solely to medically integrated well and fitness facilities. The certification is a significant step forward in providing for the health of the entire community and to individuals taking responsibility for their personal health care. **EXERCISE IS THE BEST MEDICINE.**

I urge you to **STOP** the closing of PALOS HOSPITAL HEALTH CLUB.

Carol Austin
10631 Nebraska St.
Frankfort, IL 60423

February 12, 2016

Opposed to Palos Hospital Expansion

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

Dear Ms. Avery,

I am a Registered Nurse and, currently, a caregiver for my mother. I would like to express my opposition to the closing of the Palos Hospital Fitness Center and my opposition to the Palos Hospital expansion.

I currently take my mother to the therapy pool three times a week for pulmonary rehabilitation. This form of therapy is perfect for my 89year old mom. It keeps her independent and feeling great. The warm, therapeutic pool is great for her inherited chronic lung disease.

Why would you allow such a wonderful facility to be destroyed? My mom, and many other community members count on this facility and therapeutic pool to keep them healthy saving Medicare and Medicaid millions of dollars and keeping them independent.

I, personally have witnessed many handicapped and physically challenged members make improvements of their conditions, including my mother.

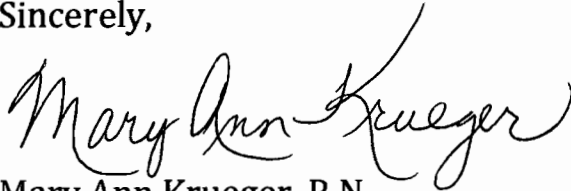
The Palos Hospital Fitness Center is the only facility with a warm, therapeutic pool. Other facilities do not offer such a great place for rehabilitation. Facilities that do are too far for practical reasons.

This facility has kept my mother healthy for over two years. We want to keep her and other community members active

and healthy. Why do you choose to close the only warm, therapeutic pool in the southwest Chicago region? Doesn't the southwest region deserve and need such a unique, wonderful facility?

Please stop the Palos Hospital expansion and keep the Fitness Center open, especially the warm, therapeutic pool.

Sincerely,

A handwritten signature in cursive script that reads "Mary Ann Krueger". The signature is written in black ink and is positioned above the typed name.

Mary Ann Krueger, R.N.

22 Cour LeRoux

Palos Hills, Illinois 60465

708.974.0408

February 9, 2016

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

Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery:

I have been a member of the Palos Health & Fitness Center for many years. This facility has meant everything to me. I have had breast and knee surgeries in the last 2 years and the water classes are my main source of exercise. The warmer pool is so valuable to my recuperation, especially for my knee.

This facility offers many classes in and out of the water of which I have participated in. I had physical therapy in the same facility and am able to use the equipment that I was trained on during my therapy.

I have made many friends at the Palos Health & Fitness Center and would surely miss working out at this location. I feel confident with the advice of the employees and teachers and am hoping I will not have to find another health club.

Thank you for your time.

A handwritten signature in cursive script that reads "Nancy Gorski".

Nancy Gorski

Debbie O'Connell



13747 Cog Hill Lane • Orland Park, IL 60462 • Phone: 708-403-0578 •
E-Mail: debbie.oconnell@advocatehealth.com

Date: February 15, 2016

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

Subject: 16-001

Dear Ms Avery:

This letter is in support of the Palos Health and Fitness Center (PHFC). I am a registered nurse as well as a certified water aerobics instructor. I am not an employee of the Fitness Center. However about 15 years ago, I was an employee of Palos Community Hospital. Under the innovative leadership of Sister Margaret Wright RN, president of the hospital, PHFC came to be. Her vision was to build a place of support for the community and to promote wellness in that same community. As a nurse and advocate for health, she realized the value of primary prevention. By promoting wellness, you prevent disease.

I joined PHFC before the current building was completed and re-joined about 8 years ago. In that time I have encountered only supportive and encouraging PHFC associates. They are dedicated to ensuring that all members feel welcome and take a personal interest in our wellness. I've worked with personal trainers; spa associates, attended multiple types of classes and interacted with everyone from the leadership team to the housekeepers. I've always felt a part of a community at the center.

I believe that there is an opportunity to further develop PHFC and its role in the community. In the past few years, the hospital has not put an effort into marketing for membership. They no longer offer community classes in the meeting rooms.

I've observed and participated in many of the water classes. This type of environment is so important to the physically challenged community. I've met members with MS, arthritis and other chronic diseases who are determined to maintain their highest level of wellness. They are absolutely supported by the facility associates and I've also seen members assist them. We work together; we help each other. One day we might all be in a similar position. Who will be there for us?

I would encourage anyone on the Board to pay this facility a visit. You won't find another like it in the south and southwest suburbs, maybe the entire city. Keep PHFC open!

Sincerely,

Debbie O'Connell, MSN, RN-BC, NEA-BC

February 15, 2016

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

Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery,

I have utilized the facility for their 8 wk clinical program. I found it most beneficial. Having programs for the "disabled" to maintain their health is unique in this facility. NO OTHER facility offers this. It is more of a Wellness Center than Health Club.

This is the future of healthcare—keeping people out of the nursing homes and hospitals. NO OTHER facility offers programs specialized for Parkinson's, Multiple Sclerosis, Arthritis, and other special populations. The facility was built with the handicapped in mind: plentiful handicapped parking, extra wide dressing rooms, a pool with the depth increasing width-wise, a separate pool for arthritic & physical therapy pts.

Your Dept. is to ensure proposals are not detrimental to the medically underserved and accessibility is at least maintained—NOT made more difficult.

You have a thankless job Ms. Avery. March 29th is when your final decision will be made known. I wish you well.

Sincerely,

Becky Panfil



OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

February 14, 2016

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

Dear Ms. Avery:

I am writing to you concerning the take over and closing of the Palos Health and Fitness Center
Located at 15360 West Ave., Orland Park, IL. 60462

This center is not your typical gym or exercise center, it truly is for the health and welfare of all the seniors in the community.

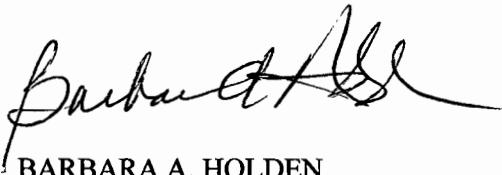
Members in the surrounding community. I live in Justice, IL which is about 10 miles away from the center which poses no problem for me due to the supreme care provide at the center.

In the early 90s I had several arthroscopic surgeries on my knees and ultimately had a knee replacement in 2011. After the surgery I spent three weeks in a rehabilitation facility and attended six additional weeks at a local physical therapy facility. Even though I had all this therapy I still was not able to walk, get up and down, or do stairs normally as others do.

I joined Palos Health and Fitness Center primarily because of their heated water therapy program and Other equipment, specific for my issues. Besides the various water programs, they provide many various exercise programs geared to the elderly population such as gentle yoga, sit and be fit, low impact fitness, etc. These classes are generally full daily. I have never gone to a class to have it cancelled due to there not being enough people participating.

I want to point out that after my first few surgeries on my knees and ankle it was obvious I could no longer do steps normally as I mentioned before. I joined the center in October, 2014 and can now Do stairs, not perfectly but I can do them. I actually sold my house in Chicago and bought a ranch because of the many stairs in my old house. I can also get up and down from a chair much easier than before. I was hoping in the next year those problems would have gone away because the wet therapy in the heated pool was working so well. After class my arthritis pain is very low, my flexibility has increased so much. I normally attend three times a week. I wish it could be more but do to time constraints I try for at least three times a week. If I have an exceptional amount of work to do around the house and my legs, which also suffer from peripheral neuropathy, will be too sore to do much the next day. All it takes is going to a wet therapy class and the pain subsides. I was reaching longer time spans of less pain and have wondered if I would ever quit... I told myself no, you'll never get those good feelings without keeping up with the program.

I beg of you, if there is anything that you can do to keep this facility from closing and being torn down, you will make the senior population extremely happy, more healthier, and most important, more mobile and active in the community as well as at home.

A handwritten signature in black ink, appearing to read 'Barbara A. Holden', with a long, sweeping underline.

BARBARA A. HOLDEN
7433 Figura Drive
Justice, IL 60458-1049
708-496-9556

OPPOSED TO PALOS HOSPITAL SOUTH CAMPUS EXPANSION

Dear Ms. Avery,

My wife is typing this on the computer because it would take me much to long.

I have been attending the Parkinson Stretching class for some time. It has really helped me. I do other forms of exercise but it is difficult to find things I can do. I used to walk a lot but now have trouble with "freezing" and can't complete the walk.

This class helps me loosen up my body and I really like the class. I have made many friends in the class who also have Parkinsons. We help each other with the exercises and with things like getting our coats on. It is good to see that I am not the only one with problems with movement.

It has really upset me that they are closing the facility to expand the Palos Hospital South Campus. I live in Tinley Park and we have a Health facility but it only has a few handicapped spaces and those are usually taken. We are having a difficult time finding a place for the class with handicapped spaces close to the facility and room for the class.

People with Parkinsons disease do not have many outlets for exercise that can help them.

Please reconsider the recent decision to close the fitness center.

Sincerely Richard L. Hutchison

February 14, 2016

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

RE: OPPOSITION TO THE CLOSING OF PALOS HEALTH & FITNESS CLUB!!

Dear Ms. Avery,

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 sister-in-law had told me about PHFC with all of its great attributes and so I checked it out and joined the day I walked in!! My doctor recommended it, 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)*

Karen A. Krenn
12749 S. Pebble Drive
Palos Park, IL 60464

Courtney Avery, Administrator
State of Illinois, Health Facilities
And Services Review Board
525 West Jefferson St.
Springfield, IL 62761

February 12, 2015

Dear Ms. Avery,

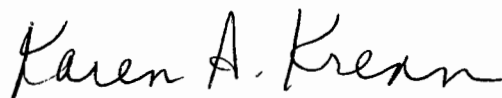
I am writing in regards to the closing of Palos Health Facility Center, Orland Park, IL. I want you to know that I am in favor of keeping my facility open. Yes, I am saying my facility because I do attend PHFC at least 5 times a week. I started about two years ago. My health issues have been a many. I have scoliosis, lordosis, arthritis, and a breast cancer survivor, minor lymphedema, and the health center have helped me to maintain my scoliosis enough to avoid to surgery.

Two years ago, I wasn't able to walk or lift my left leg to go up the stairs. My orthopedic doctor told me my scoliosis had curved 69 degrees and needed a full spinal fusion. You see my spine curves like the letter "S" and if you were to see me in person you think I wouldn't be that severe because my entire spine shift down several inches and my hip tips making one leg about one inch shorter but I look as though I am standing somewhat straight. I fight every day to hold my posture. This has effected on my lungs, breathing, and digestive system, too. So I had to attend physical therapy and had cortisone shot in my hip to reach my lower spine to relieve my leg and hip pain. Then I could raise my leg and lay on my side in bed. I had to work very hard in rehab to get moving and keep feeling better so I can continue walking and doing stairs. My progress was so improved that my doctor told me to continue exercising because that will help me in recuperating after surgery. I found a personal trainer at PHFC that was also a physical therapist, A.J. A.J. has helped me so much he is one of the many reasons that I need PHFC. The other factors are; at PHFC have stairs, tables, and a walking track. The stairs lead to a walking track and the stairs are one and half flights. The stairs are so important to me because I cannot do aerobics or strenuous movement because of my spine but I can climb the stairs, so my exercise routine is to climb the stairs 3 times and repeat 2 or 3 times sometimes with weights. The tables are also important because I have to do a lot of back stretches and floor exercises and I do have trouble getting up and down from the floor. Therefore, I use the tables to do these exercises.

You would think that I should find a physical trainer, stairs, and a walking track. You would be surprise stairs are the hardest to find, and a walking track is somewhat difficult, but my physical trainer is hard to replace. I had tried to find a physical trainer who understood lymphedema and my spinal limitations, I have no idea what I will do if this place closes. And guess what my last doctor visit showed my curve had corrected 4 degrees which means everything I have been doing is working to strengthen my back muscles. No I cannot correct my spine completely but if I can stabilize my spine I will not need a full spinal fusion. So PLEASE help to keep PHFC open me and many others need the facility to maintain a healthy lifestyle.

I appreciate you taking the time to read my letter.

Sincerely,



Karen A. Krenn

February 15, 2016

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

Dear Ms. Avery,

RE: Opposed to Palos Hospital South Campus Expansion

Until my husband was diagnosed with Parkinson's disease I really couldn't appreciate the importance of having a place like the Palos Health and Fitness Center. There is no health club or exercise facility that could begin to offer the comfort and support that is felt at PHFC; for folks with any sort of disability or "inability" (for that matter).

The benefits, both physical and mental, achieved by those suffering from MS or Parkinson's disease (particularly), is immeasurable. This place is HOME in so many ways.....to so many members. You almost have to see for yourself the people coming and going from there to appreciate the effectiveness of the physical exercise, the camaraderie, the "not being embarrassed" or ashamed to walk with a walker, or with oxygen, or a cane. Wheelchairs and scooters are no big deal and it's wonderful to witness everyone young and old, arthritic or not on the same level playing field. One gal put it the best: "You know, I'm self-conscious about my MS and don't really care to go out much; but when I'm here, I don't have MS". The coffee clutches after classes do more for these folks than any "Shrink" could. It's a gregarious, entertaining and fun support group.

Other facilities DO NOT offer a therapy pool, the conveniences for those handicapped, the classes or staff that not only want to help but are equipped/trained to do so. There's a reason why people from as far as Lockport, Midway airport, Oak lawn, Summit, Frankfort, Mokena and on and on travel to PHFC.

In closing, I wish to say that I do hope (and pray) that those involved in destroying PHFC are never in need of just this very type of facility. Please help us save PHFC.

Thank you, in advance, for all you can do for us.

Yours truly,


Beth Kryzak

February 15, 2016

16-001

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

RECEIVED

FEB 18 2016

HEALTH FACILITIES &
SERVICES REVIEW BOARD

Attention: Ms. Courtney Avery, Administrator

Re: Opposed to Palos Hospital South Campus Expansion

Dear Ms. Avery:

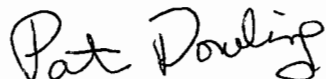
I've heard that the Palos Health and Fitness Center in Orland Park, Illinois is being torn down to build a cancer center, or maybe an underground parking garage. I'm not sure which it is, but I don't think either is a good idea.

There are many people utilize the fitness center for the exercise needs on a regular basis and there are many people with special needs that go to this facility because there are specialized programs for them. It doesn't make any sense that these people are going to be displaced so another Cancer Center can be built in the area. While I believe a Cancer Center is important, there are already a few that exist in nearby locations. Why build another one? And if it is being torn down to build an underground parking garage, that makes even less sense.

My daughter attends support group meetings there and many of the members of her group are extremely upset by the decision to tear down this facility. These people depend on the specialized classes and care that they receive at this facility. There are no other facilities like this in the area. Also, many people are going to lose their jobs and income because of this decision.

I believe you should rethink this decision and think about all the lives you will be affecting.

Sincerely yours,



Pat Dowling
A Concerned Citizen