



# News Release

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## **GERBER MEMORIAL HEALTH SERVICES COMPLETES \$8.5 MILLION MEDICAL WELLNESS CENTER**

*Fremont, Michigan...* Gerber Memorial Health Services has created an exciting and unique medical wellness and physical rehabilitation center, one for everyone who wants to live a healthier life. The new Center, named "Tamarac, The Center for Health and Well-Being", provides people with professional guidance, coaching and real-life, usable tools to improve health and healing in a compassionate, socially inviting environment.

"This is a totally new focus for Gerber Memorial and a unique initiative for a hospital-based organization," stated Ned Hughes, Gerber Memorial President. "Hospitals have historically focused on treating the sick and injured, not preventing illness or helping people stay healthy. That is about to change here in West Michigan."

Arising from the initial need for expanded physical rehabilitation facilities, Tamarac was created out of the former Wal-Mart store, located on the west end of 48<sup>th</sup> Street in Fremont. The building contains 72,000 square feet of space, 45,000 of which will be remodeled during the first phase of

construction, being managed by Lamar Construction. Gerber Memorial hopes to move in and begin services in late Fall of this year.

Tamarac was developed by Gerber Memorial with the help of Curt Meyer of Health Integration Partners. Designed by Integrated Architecture of Grand Rapids, the facility includes:

- Indoor Walking/Running Track
- Warm-water Therapy Pool
- Whirlpool
- Educational Conference Rooms
- Cardio-vascular area featuring the latest, high-tech cardio equipment
- Fitness Testing Rooms
- Aerobic Studio/Movement Room
- Nutritional Teaching Kitchen
- Locker Facilities
- Fully-staffed Child Watch Facility
- Social Area with Juice Bar/Café and wireless Internet access
- Spa with massage and foot care
- Cosmetic Laser Center for skin care
- Retail Health Shop
- Outdoor Labyrinth and Meditation Garden

“The challenge will be to educate and support people in changing behaviors,” states Sue Nieboer, Vice President of Clinical Operations at Gerber Memorial. “While we can improve people’s health through physical rehabilitation, the real changes will come when everyone adopts healthier lifestyles. What’s unique about Tamarac,” Nieboer reiterated, “is the medical wellness component. Using a personalized medical profile, we will partner with members to help manage their rejuvenation through medical oversight from a highly qualified and credentialed staff. This is much more than a health club with fitness trainers.”

Along with offering memberships, Tamarac provides state-of-the-art health, fitness and wellness programs for the community in a “Continuum of Care” that draws on all of Gerber Memorial’s medical and wellness expertise. “Moving people along the Continuum,” says Nieboer, “means we will, first of all, give people tools and information to get healthier and stay healthy. But if you

get sick, we'll take care of your medical needs, and then get you back up and functioning to the best of your ability following a surgery or illness.”

As employers and Medicare/Medicaid find the rising cost of health moving beyond the country's means, the medical community's focus must shift from “sick care” to “well care” Hughes said. “We can no longer afford the escalating cost of treating people only after they get sick, especially in Michigan, one of the unhealthiest states in the country. We at Gerber Memorial feel it is imperative to begin improving the health of everyone in our community.”

Tamarac, The Center for Health & Well-Being is among some of the first buildings in Michigan to attain LEED Certification. LEED is an acronym for Leadership in Energy and Environmental Design and the process for attaining certification includes rigorous evaluation by the United States Green Building Council to measure the environmental initiatives that were implemented both in the design and the construction of a building. Recycling waste from construction, improving air quality, reducing water consumption, and increasing energy efficiency beyond code are just a few of the strategies by which the Tamarac center will attain Certification.

Gerber Memorial Health Services is a 77-bed, acute care hospital and health care organization which serves the entire community of Newaygo County. Recognized as a Thompson Top 100 US Hospital (several years), its services include a 24-hour Emergency Department, Women's Health Center, Cancer Center, state-of-the-art surgical suites with the latest technology and accompanying ICU Unit, Birth Center, Tamarac The Center for Health and Well-Being, Physical Rehabilitation Clinics and Continu-Care Home Health Services. Gerber Memorial Hospital is located in Fremont, Michigan, 45 miles NW of Grand Rapids.

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