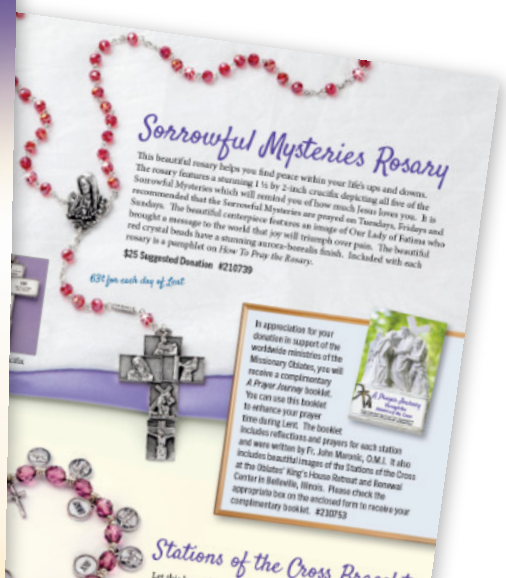


Scott Pfau

Cell: 618-830-0188  
[scottpfau@6studio6.com](mailto:scottpfau@6studio6.com)

MISSIONARY OBLATES OF MARY IMMACULATE  
 9480 North De Meunard Drive  
 Belleville, IL 62223-1160  
 oblatesusa.org  
 facebook.com/oblatesusa.org

New! Start Cop. US. Change PAID  
 Missionary Oblates of Mary Immaculate



Lenten intentions enclosed!

Fr. David P. Uribe, O.M.I.  
 MISSIONARY OBLATES OF MARY IMMACULATE  
 PO BOX 23004  
 BELLEVILLE IL 62223-0004



Please write your prayer needs on this Lenten Piece of Wood and return it by March 20 so that it can be displayed at the National Shrine of Our Lady of the Snows throughout Lent.

Lord, hear our prayers for the <<Last Name>> Family.

Dear <<Salutation>>:

In 2008 I attended the Oblate novitiate, a year away to examine my calling to religious life. At the novitiate I became good friends with two of my brother novices, Mathewas Zulu and Lucio Castillo.

Fast forward to today and I now have the honor of connecting benefactors like you with Missionary Oblates serving in some of the most difficult places in the world, including my friends Fr. Mathewas and Fr. Lucio. During the upcoming Lenten season, I ask that you consider making a small sacrifice in order to help my former classmates receive the poorest of the poor. Let me tell you about these wonderful men.

Fr. Mathewas is from Zambia and worked for three years as a hospital lab assistant. He found his calling to serve others at the hospital, especially the poor who struggled to pay for their medical care. He also worked at a hospital run by Mother Theresa's sisters. Called to religious life, Fr. Mathewas joined the Oblates because we work with the most abandoned while caring for their spiritual needs.

Today, Fr. Mathewas' primary mission in Zambia is as a hospital chaplain. He comforts the sick and the dying while caring for their spiritual needs.

Fr. Lucio spent most of his youth in San Fernando, California where he attended the Oblates' Santa Rosa parish. After graduating college, Fr. Lucio felt something was missing in his life, and began looking at becoming a priest. He decided to join the Oblates after making a mission trip to our mission in Tijuana, B.C., Mexico.

Today, Fr. Lucio is ministering to the poor at that same mission in Tijuana that convinced him to join the Oblates. He works tirelessly providing for the spiritual, physical and educational needs of his parishioners. How would you like to partner with Fr. Mathewas, Fr. Lucio and other Missionary Oblates in serving the poor? Here are just a few ways that your small Lenten sacrifice can do just that:

- A gift of \$1 for each day of Lent can provide clean water for two families for an entire year at our Zambia missions.
- A gift of \$2 for each day of Lent can feed three families in our Tijuana mission for a month.
- A gift of \$3 for each day of Lent can allow six young women in Zambia to attend high school while living at a dormitory built by the Oblates.
- A gift of \$4 for each day of Lent can cover the cost of building materials for a simple home in Tijuana.

(over please)

Please Pray for Me

Father David, please have the Missionary Oblates and Sisters of the National Shrine of Our Lady of the Snows address my needs at Mass and in their prayers. In the name of Jesus Christ, Amen. Fr. Lucio Castillo, O.M.I. pray for me

My personal intentions:

Make Lent More Meaningful

We invite your prayer needs on the Lenten Piece of Wood and return it with your prayer needs by March 20. Make a generous Lenten donation in support of the Missionary Oblates.

Our generous Prayer Journey booklet is appropriate for any age group. Please check the appropriate box on the enclosed form to indicate your preference for the booklet.

SEND ME THE A PRAYER JOURNEY BOOKLET IN THANKS FOR MY DONATION. #210753

SEND ME THE STATIONS OF THE CROSS BRACELET. #210745

SEND ME THE OLIVE WOOD RELIC CRUCIFIX. #210741

SEND ME THE SORROWFUL MYSTERIES ROSARY. #210739

SEND ME THE STATIONS OF THE CROSS BRACELET AND THE SORROWFUL MYSTERIES ROSARY. #210740

SEND ME THE OLIVE WOOD RELIC CRUCIFIX AND THE SORROWFUL MYSTERIES ROSARY. #210742

SEND ME THE SORROWFUL MYSTERIES ROSARY AND THE STATIONS OF THE CROSS BRACELET. #210743

SEND ME THE OLIVE WOOD RELIC CRUCIFIX AND THE STATIONS OF THE CROSS BRACELET. #210744

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## Thanks be to God I AM HERE

Father Eleazar Manuel López, O.M.I. describes his life as one of transitions. On January 11, 2020 he made the biggest transition yet when he was ordained the newest Missionary Oblate for the United States Province.

"It has been quite a journey, but thanks be to God I am here," said Fr. Eleazar on his ordination day.

Father Eleazar was born and raised in Mexico in a family with three sisters and two brothers. As a young man, his life lacked focus, and he wasn't sure what path he would eventually take.

"As a teenager I was distant from God," said Fr. Eleazar. "I would go to church sporadically but I was never committed to my faith. I felt lost."

At the age of 20 Fr. Eleazar thought the military might be a good place for him to gain focus in his life. He joined the Mexican Army and served for four years. He was part of a Special

Forces operation focused on curtailng drug trafficking.

"Ironically, in the Army I was trained to kill people, but eventually I found my true calling in saving people through Christ," said Fr. Eleazar.

After moving to the United States, Fr. Eleazar's life changed dramatically when he stumbled across the Oblate's Santa Rosa Parish in San Fernando, California. He got involved with the youth ministry program at the

St. Eugene De Mazenod, because of the founder's focus to treat people as humans first and then to meet their spiritual needs.

When Fr. Eleazar told his family that he was interested in becoming a priest, they were at first unsupportive. He had almost no contact with them for four years. But eventually they warmed up to the idea, and began supporting his decision to serve God as a Missionary

After a year at the novitiate, Fr. Eleazar made First Vows and became a student at Oblate School of Theology in San Antonio, Texas. He joined an Oblate seminarian community with students from around the world.

Father Eleazar's long journey to the priesthood concluded when he was ordained in January at the Oblates' Our Lady of San Juan de los Lagos Parish in San Antonio. Presiding at the ordination was a brother Oblate, Fr. Michael D. Pfeifer, O.M.I.



## The Faith Blooms In The Desert

Left to Right: Fr. Jerzy Kotowski, Fr. Rafal Chlilmonik, Fr. Pawel Zajac, Fr. Andrzej Maszaj

Father Andrzej and two other Oblates are the only Catholic priests working in Turkmenistan, a country of over five million people. When the Oblates celebrate Mass at their Chapel of the Lord's Transfiguration in Ashgabat, there is no other Catholic celebration within a thousand miles in all directions - truly an oasis of faith in the desert.

The population of Turkmenistan is about 90-percent Muslim along with members of the Orthodox Church and some Protestant denominations. The

government watches these religious institutions closely. Though there are no outright bans on these groups, the government does nothing to encourage them either. New churches or buildings are almost never approved for construction and even the importation of Bibles and other religious material is strictly regulated.

Father Andrzej, along with Frs. Rafal Chlilmonik and Jerzy Kotowski, are officially Vatican diplomats who maintain a ministry of pastoral and missionary activity in a "low profile" style which is limited to their home and chapel.

"We have a Catholic community of about 150 persons. They attend Mass in Russian and also in English," said Fr. Andrzej. "Our community worships in a rented house. In spite of the lack of space our community maintains its enthusiasm, as the number of people coming continues to grow."

Continued on page 10

## Over time I saw a community rise before my eyes

Pope Pius XI gave the Missionary Oblates the title of "specialists in the most difficult missions." And there may be no greater example of that difficult mission than the Oblate mission in Turkmenistan.

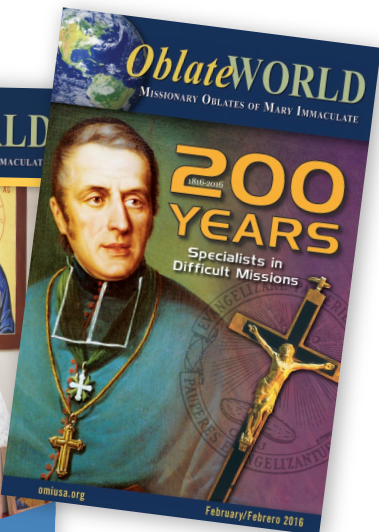
For generations, no Catholic priest was allowed to work in the country while it was part of the Soviet Union. When Communism collapsed, a small group of Catholics wrote to Pope John Paul II asking him to send priests to Turkmenistan to administer the Sacraments.

The Vatican began to ask religious congregations if they were interested in starting a mission in Turkmenistan. They asked 38 communities for volunteers, and got rejected by all 38. On the 39th try, the Vatican finally

got a positive response, from the Missionary Oblates.

"When I arrived 23 years ago there were only a handful of Catholic faithful. Over time I saw a community rise before my eyes," said Fr. Andrzej Maszaj, O.M.I. "Being a witness of this birth was a great grace of God, because it means having participated in a birth that was troubled but full of hope. We live the experience of the Apostolic Church, which starts from scratch and is based on the power of the Word of God."

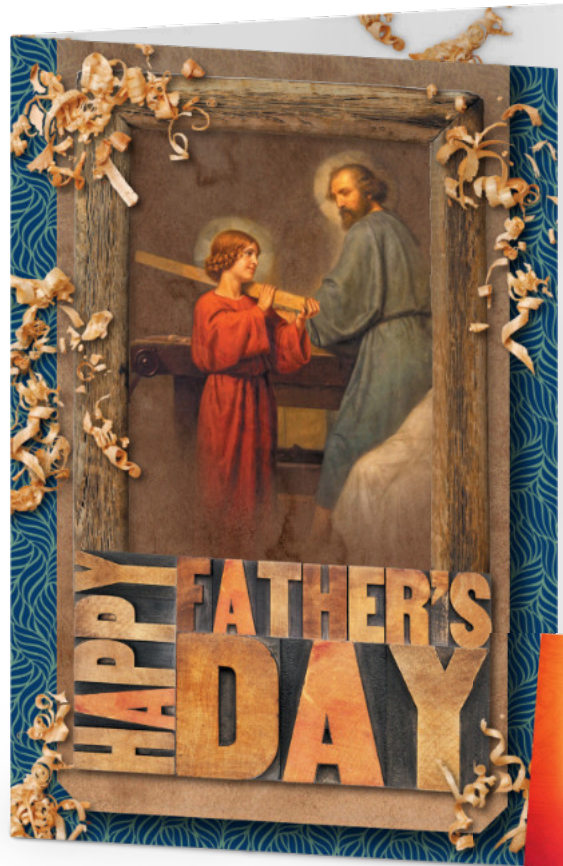
The Turkmenistan mission is entrusted to the Oblates' Polish Province which provides priests who can speak Russian. The United States Province collaborates with the mission primarily by providing financial support.



Missionary Oblates of Mary Immaculate  
32-page, small-format, tri-annual magazines

Missionary Oblates of Mary Immaculate

- Father's Day appeal card
- Ordination celebration card
- Christmas card





THE NATIONAL  
**SHRINE**  
OF OUR LADY OF THE SNOWS

MISSIONARY OBLATES OF MARY IMMACULATE



- |   |   |
|---|---|
| 1 Church of Our Lady of the Snows   | 9 Way of the Cross                                      |
| 2 Lourdes Grotto  | 10 Agony Garden   |
| 3 Our Lady of Guadalupe Hill  | 11 Resurrection Garden                                  |
| 4 Annunciation Garden   | 12 Guild Center   |
| 5 Mother's Prayer Walk  | 13 Visitors' Center/Gift Shop/<br>Shrine Banquet Center |
| 6 Father's Memorial Wall  | 14 Shrine Guesthouse                                    |
| 7 Millennium Spire  | 15 Children's Memorial Playground                       |
| 8 Shrine Amphitheatre Church/<br>Christ the King Chapel/<br>Santo Niño de Cebu Chapel | 16 Benedictine Living Community - At the Shrine         |
|   | 17 MindsEye   |

**Shrine Visitors' Center**  
442 South DeMazenod Drive  
Belleville, Illinois 62223  
Phone (618) 397-6700  
snows.org

**Shrine Guesthouse**  
451 South DeMazenod Drive  
Belleville, Illinois 62223  
(618) 397-1162  
snows.org

**Benedictine Living Community - At the Shrine**  
726 Community Drive  
Belleville, Illinois 62223  
(618) 394-6400  
theequilline.org

**Oblate Formation**  
Henri Tempier House of Formation  
451 South DeMazenod Drive  
Belleville, Illinois 62223

Missionary Oblates of Mary Immaculate  
Our Lady of the Snows Shrine grounds map (Illustrator vector)



*Inspired*  
Wood Fired  
Gourmet Pizza

Fresh and inventive fare, made from scratch, wood fired in a real 800° brick oven. Unique pizzas, sandwiches, pasta and wings. Diverse selection of craft beers and fine wines.

Open Tuesday - Sunday  
921 South Arbor Vitae  
in the Park at Plum Creek, Edwardsville  
618-659-8561  
peelpizza.com

*Gift cards available*

peel  
WOOD FIRED PIZZA

Newspaper/magazine advertisement

peel  
WOOD FIRED PIZZA

peelpizza.com

Edwardsville

Billboard

peel  
WOOD FIRED PIZZA

*Inspired*  
Wood Fired Gourmet Pizza

What is a Peel?  
It's a chef's tool for bringing heat to your pizza. It's a long-handled peel that's used to slide pizzas in and out of the oven. We use a wood peel to get your pizza in and out of the oven. We couldn't make our pizzas without the peel!

Hours  
Tuesday - Thursday 11am - 10pm  
Friday & Saturday 11am - 10pm  
Sunday 11am - 8pm

Website

peel  
WOOD FIRED PIZZA

Home About Us Menu Beer & Wine Reviews Contact Us Find us on

**Our 800° Wood Burning Pizza Oven**

Unique to restaurants in the St. Louis area, we have our own creation in a 800-degree wood burning pizza oven, for authentic Old World Italian baking. The oven can get as hot as 800° at times, though we try to keep it at a roasting 600° for the best possible results. We use real hardwood logs to add a deep woody flavor to our foods.

Turning this wood burning pizza oven took a lot of training and refining our skills, since it takes only 90 seconds to bake the perfect pizza, and just a few more seconds to burn it! Pizzas don't just pop in the oven, bake and come out done. The stone is on one side of the oven, and the fire is on the other. Every pizza has to be rotated during its brief time in the intense heat to ensure even doneness. In the beginning, before we mastered the art of the wood burning pizza oven, before the delicate timing became second nature, many pizzas were blackened and discarded!

The blaze of the oven leaves a signature mark on many pizzas -- a charred bubble in the crust. This is not a sign of a burnt pizza (and never serve one that isn't perfect)! It happens when a bubble rises out of the crust, gets closer to the heat and flame, and blackens. Many customers find the charred bubble to be delicious -- and fun to pop!

You may wonder how the chefs and other food preparers don't overheat working next to an open 800° wood burning pizza oven. That's because the oven is so incredibly well insulated, the heat stays inside.

The oven never stops. At night, the mouth of the oven is shut off with a form-fitting door to slow the burning of the wood inside. It may cool off overnight to around 300° before being fired up for the next business day.

Only one of the St. Louis area's best restaurants -- in Edwardsville, IL.

Hours  
Tuesday - Thursday 11am - 10pm  
Friday & Saturday 11am - 10pm  
Sunday 11am - 8pm

The food is outstanding. Bring friends so everyone can get a different pizza for each person to try.

peel  
WOOD FIRED PIZZA

peel  
WOOD FIRED PIZZA

Home About Us Menu Beer & Wine Reviews Contact Us Find us on

**Our Menu**

**Base is only:**

- 11" Wood Fired Pizzas
- 12" Wood Fired Pizzas
- 13" Wood Fired Pizzas
- 14" Wood Fired Pizzas
- 15" Wood Fired Pizzas
- 16" Wood Fired Pizzas
- 17" Wood Fired Pizzas
- 18" Wood Fired Pizzas
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- 95" Wood Fired Pizzas
- 96" Wood Fired Pizzas
- 97" Wood Fired Pizzas
- 98" Wood Fired Pizzas
- 99" Wood Fired Pizzas
- 100" Wood Fired Pizzas

**NEW! Seasonal Pizzas**

**Brussels Sprout**  
Serrano ham, Brussels sprout leaves, fontina and manchego cheeses \$13.99

**Pizzanera**  
Caramelized onion, sausage, roma tomatoes, fontina, garlic olive butter \$12.99

**11" Wood Fired Pizza**

**Farmington**  
Mozzarella, tomato, jalapeno, tomato sauce, fresh oregano \$8.99

**Maple Bourbon Pork**  
Slow roasted pork, house cured bacon, mozzarella, cheddar cheese, roma tomatoes, maple bourbon glaze \$13.99

**Margherita**

peel  
WOOD FIRED PIZZA

## Bridging Resources and Community Needs

**YOUTHBRIDGE**  
COMMUNITY FOUNDATION  
Bridging Resources and Community Needs  
FOUNDED 1877

## Bridging Resources and Community Needs

**For Your Business**  
Investing in Corporate Giving

**For Advisors**  
Strengthening Client Relations

**For Donors**  
Creating Custom Giving Strategies

**For Nonprofits**  
Reaching for Financial Sustainability

**Your Resource for Philanthropy**

**Your Resource for Capacity Building**

**Partnership with today's business**

**Partnership with today's donors**

**Partnership with nonprofits**

**Helping You Meet Your Mission**

**Helping Donors Make the Most of Their Giving**

**Empowering Nonprofits to Reach for Financial Sustainability**

youthbridge.org

**YOUTHBRIDGE**  
COMMUNITY FOUNDATION  
Bridging Resources and Community Needs  
FOUNDED 1877

**Pamela Reynolds**  
Director of Marketing & Communications

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Mon: 314-985-6778  
Cell: 314-972-4339

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COMMUNITY FOUNDATION  
Bridging Resources and Community Needs  
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**Pamela Reynolds**

youthbridge.org

**YOUTHBRIDGE**  
COMMUNITY FOUNDATION  
Bridging Resources and Community Needs  
FOUNDED 1877

12685 Olive Blvd.  
St. Louis, MO 63141

## What YouthBridge Community Foundation Can Do for You.

We serve as philanthropy advisors, helping individuals and businesses pursue their philanthropic visions; and as social investors, helping nonprofits become more financially sound through enhanced business practices and solutions.

YouthBridge works with its community partners to secure charitable gifts from individual and corporate donors, and then invests and distributes a portion of the returns from those funds throughout the community as grants, scholarships and social investments.

**Helping Donors Make the Most of Their Giving**

As philanthropy advisors, we work with individual donors and families to create custom giving strategies that provide for maximum tax advantages while benefiting their charities of choice. Our capabilities allow us to facilitate even the most complex forms of giving. Unlike many charities, we can also accommodate gifts in the form of illiquid assets — such as real estate, fine art and partial business ownership stakes — in addition to stocks, bonds and cash.

YouthBridge philanthropy advisors can help private donors:

- Define their near- and long-term philanthropic goals
- Create a custom giving strategy based on preferred charities
- Identify tax-advantaged solutions
- Set up charitable funds and identify ongoing funding opportunities
- Coordinate overall wealth management and estate planning with family advisors
- Leave a personal or family legacy

**Empowering Nonprofits to Reach for Financial Sustainability**

Through YouthBridge, nonprofits have access to the technical guidance and support they need to become more operationally efficient and financially sustainable. With a focus on capacity building, our goal is to help nonprofits build stronger balance sheets, create steady, more reliable revenue streams; and reduce their reliance on annual fundraising so they can focus their resources on executing their missions.

Our philanthropy advisors can help nonprofits:

- Establish an effective planned giving program
- Focus on endowment building and income diversification
- Set up and administer endowment and other charitable funds
- Lower costs and improve returns on investments
- Create a social enterprise to help support their mission
- Cultivate donor relationships and foster multi-generational giving
- Strengthen agency leadership and staff business skills

**What Should You Look for in a Community Foundation?**

**Trusted Governance**

With a heritage dating back to 1877, YouthBridge is widely regarded as a trusted, consistent steward of charitable funds. Today, YouthBridge Community Foundation is governed by a board of directors that is comprised of local leaders representing diverse backgrounds, interests and professional expertise. Our foundation staff members partner closely with nonprofit organizations, private donors, community leaders and area businesses to ensure our activities are focused on the needs of the communities we serve.

**Social Investing Results**

Our investments in nonprofit capacity building have resulted in more than \$1 million in grants for social enterprise start-ups and educational seminars and mentoring for hundreds of agency executives and their staff. Investments in HavenHouse St. Louis, Missouri Alliance for Children and Families, Good Shepherd School for Children and many other entities have helped to create meaningful, measurable results.

“Nearly 8,000 patients and their loved ones call HavenHouse home each year while receiving life-saving treatment in St. Louis. HavenHouse is only able to accomplish this because of the large seed grant we received from YouthBridge and the continued generosity of YouthBridge in providing its 25,000 square-foot building to shelter, feed and care for these families. HavenHouse simply would not be where it is today without the generosity and partnership of YouthBridge Community Foundation.”

— Kathy Spindel, Executive Director of HavenHouse St. Louis

Pocket folder, with interchangeable inserts and multi-page brochure, business cards, name badges and envelopes

## What legacy are your clients leaving?



### The value of partnership.

With a heritage dating back to 1887, YouthBridge Community Foundation works with attorneys and other family advisors to help their clients fulfill their most important philanthropic wishes as part of an overall financial and estate planning strategy.

For a personal consultation, contact us at 314-985-6778 or [youthbridge.org](http://youthbridge.org).



Building strong, vibrant communities by bridging the resources of generous donors with the needs of worthy nonprofit organizations

### YouthBridge philanthropy advisors partner with St. Louis area lawyers to:

- Strengthen client relationships through specialized services
- Identify tax-advantaged giving options
- Establish donor-advised funds
- Maximize the value of client bequests
- Time charitable giving with major liquidity events
- Execute complex charitable transactions
- Facilitate social investments in the St. Louis area
- Help individuals and families leave a lasting legacy



## Sometimes the smartest decision we make is the choice to give.

### Your resource for philanthropic giving.

With a heritage rooted in youth causes dating back to 1887, YouthBridge Community Foundation offers private donors the expertise they need to realize their lifelong philanthropic passions. We work with individuals, families and advisors to identify tax-advantaged giving options that benefit their charities of choice — all within the context of an established financial and estate planning strategy.

#### Bridging Resources and Community Needs

YouthBridge Community Foundation is dedicated to building strong, vibrant communities by bridging the resources of generous donors with the needs of worthy nonprofit organizations.



For a personal consultation, contact us at 314-985-6778 or [youthbridge.org](http://youthbridge.org).



Keeping up with us has never been easier.

Be in the KNOW!  
Get a FREE GIFT and  
win up to \$500!

Go to [knowROHO.com](http://knowROHO.com)!



New products. New innovations. New connections. New opportunities!

Want to stay on top of ROHO product innovations? Want to share your story, skills, or leadership experiences with the ROHO Community and become a ROHO Elite?

*Bob Vogel and Sarah on a 9-day, 2000-mile father-daughter road trip with Shatzie the dog. Bob's skin was protected by his ROHO® QUADTRO SELECT® on his chair and a custom ROHO in his car.*



Register at [knowROHO.COM](http://knowROHO.COM) and you could  
**WIN \$50 or even \$500!**

*And you'll get a free gift!*

Register by January 31, 2011 to be eligible to win!

*Carol Hickey, a U.S. paralympic athlete, uses the new ROHO® Hybrid Elite® to provide the essential positioning and stability she needs while fencing and throughout all of her daily activities.*



Drawing will be on February 1, 2011. ROHO will give away 20 \$50 prizes and one \$500 prize. Must be 18 to win. Parents may enter on behalf of minors. Name, address and valid email address are required to qualify for prizes and gift. Offer good while supplies last.



Prsrt Std  
US Postage  
PAID  
St Louis MO  
Permit XXXX

Direct mail promoting [knowROHO.com](http://knowROHO.com) and used as a way to verify the accuracy of ROHO's customer database.



ROHO Group — sleepmatterzzz pillow packaging



ROHO Group — AirHawk seat cushion packaging



**AIRHAWK**  
COMFORT SEATING SYSTEM

**ADJUSTABLE MULTI-CELL  
AIR SEAT FOR TRUCKS**

EXTRAORDINARY COMFORT  
REDUCES NUMBNESS





**We've Solved the World's Most Difficult Seating Problems — Imagine What We Can Do for You.**

**SELECT SHIPMENTS**  
The AirHawk System is available in select regions. Please contact your distributor for more information.

**Motorcycle Comfort Seating System**  
The AirHawk System is designed to provide extra support and comfort for motorcycle riders. It features a unique design that allows the rider to adjust the seat to fit their individual shape.

**Truck Comfort Seating System**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Office Equipment Comfort Seating System**  
The AirHawk System is designed to provide extra support and comfort for office workers. It features a unique design that allows the worker to adjust the seat to fit their individual shape.

**DO NOT OVER INFLATE**  
The product must be inflated with a manual pump or air tank. Do not use an air hose or any other device to inflate the seat.

**CAUTION**  
The AirHawk System is not to be used on any surface that is not designed for use with the AirHawk System.

**WARNING**  
The AirHawk System is not to be used on any surface that is not designed for use with the AirHawk System.

**Step 1** Unpack the AirHawk System from the original packaging. The product must be inflated with a manual pump or air tank.

**Step 2** Adjust the AirHawk System to fit your individual shape. The product must be inflated with a manual pump or air tank.

**Step 3** Place the AirHawk System on the seat. The product must be inflated with a manual pump or air tank.

**Step 4** The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Step 5** Check the AirHawk System for proper inflation. The product must be inflated with a manual pump or air tank.

**One year limited warranty**  
The AirHawk System is covered by a one year limited warranty. The warranty covers the AirHawk System and its components.

**Easy-to-use hand pump included**  
The AirHawk System includes a hand pump for inflating the seat. The pump is easy to use and provides extra support and comfort for truck drivers.

**Seat included**  
The AirHawk System includes a seat cushion for truck drivers. The seat is designed to provide extra support and comfort for truck drivers.

**Strap to secure AIRHAWK to truck comfort level**  
The AirHawk System includes a strap to secure the seat to the truck. The strap is designed to provide extra support and comfort for truck drivers.

**Air valve adjust seat to your specific**  
The AirHawk System includes an air valve to adjust the seat to your specific shape. The valve is designed to provide extra support and comfort for truck drivers.

**Reduces numbness and pain (OHIO ORY FLOATION)**  
The AirHawk System is designed to reduce numbness and pain for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Proven medical technology**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Unsurpassed comfort**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Comfort, from the first mile to the last!**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**medically proven design assures constant shape and contour. The totally new and is designed to perfectly match your body, made of soft PVC interconnected air cells.**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**The AIRHAWK Comfort Seating System, medically proven design assures constant shape and contour. The totally new and is designed to perfectly match your body, made of soft PVC interconnected air cells.**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Illustrates the difference!**  
The AirHawk System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

ROHO Group — AirHawk seat cushion packaging insert



**LTV SEAT**  
A ROHO GROUP PRODUCT

**ADJUSTABLE MULTI-CELL AIR SEAT**

EXTRAORDINARY COMFORT  
REDUCES NUMBNESS





**The secret is the valve!  
Lets you adjust the seat to fit your individual shape.**

**We've Solved the World's Most Difficult Seating Problems — Imagine What We Can Do for You.**

**SELECT SHIPMENTS**  
The LTV System is available in select regions. Please contact your distributor for more information.

**Truck Comfort Seating System**  
The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Office Equipment Comfort Seating System**  
The LTV System is designed to provide extra support and comfort for office workers. It features a unique design that allows the worker to adjust the seat to fit their individual shape.

**DO NOT OVER INFLATE**  
The product must be inflated with a manual pump or air tank. Do not use an air hose or any other device to inflate the seat.

**CAUTION**  
The LTV System is not to be used on any surface that is not designed for use with the LTV System.

**WARNING**  
The LTV System is not to be used on any surface that is not designed for use with the LTV System.

**Step 1** Unpack the LTV System from the original packaging. The product must be inflated with a manual pump or air tank.

**Step 2** Adjust the LTV System to fit your individual shape. The product must be inflated with a manual pump or air tank.

**Step 3** Place the LTV System on the seat. The product must be inflated with a manual pump or air tank.

**Step 4** The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Step 5** Check the LTV System for proper inflation. The product must be inflated with a manual pump or air tank.

**One year limited warranty**  
The LTV System is covered by a one year limited warranty. The warranty covers the LTV System and its components.

**Easy-to-use hand pump included**  
The LTV System includes a hand pump for inflating the seat. The pump is easy to use and provides extra support and comfort for truck drivers.

**Seat included**  
The LTV System includes a seat cushion for truck drivers. The seat is designed to provide extra support and comfort for truck drivers.

**Strap to secure LTV to truck comfort level**  
The LTV System includes a strap to secure the seat to the truck. The strap is designed to provide extra support and comfort for truck drivers.

**Air valve adjust seat to your specific**  
The LTV System includes an air valve to adjust the seat to your specific shape. The valve is designed to provide extra support and comfort for truck drivers.

**Reduces numbness and pain (OHIO ORY FLOATION)**  
The LTV System is designed to reduce numbness and pain for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Proven medical technology**  
The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Unsurpassed comfort**  
The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**Comfort, from the first mile to the last!**  
The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

**medically proven pressure mapping illustrates the difference!**  
The LTV System is designed to provide extra support and comfort for truck drivers. It features a unique design that allows the driver to adjust the seat to fit their individual shape.

ROHO Group — LTV seat cushion packaging insert

# Comfort, Safety, Performance & Health



## Shape Fitting Technology

### Advanced Cushioning

We humans have forever been finding ways to cushion ourselves from the hard surfaces around us. Thousands of products contain some form of cushioning. The most modern materials have been memory foam, gel, and air-filled devices. While any of these can offer a buffer against a hard surface, none of them can offer the level of comfort and protection SFT provides.

SFT (Shape Fitting Technology™) is a system of soft, flexible air cells, interconnected by small channels, allowing air to flow from one cell to the other at a controlled rate. This allows pressure to fluctuate in proportion to make.



Shape Fitting Technology is a system of soft, flexible air cells, interconnected by small channels, allowing air to flow from one cell to the other at a controlled rate. This allows pressure to fluctuate in proportion to make.

### Redistributes Pressure

When any part of the body leans weight against a hard surface, air spaces are displaced, creating pressure points. These pressure points are off-kilter, and can cause pain, bruising, discomfort, pain, injury, and possibly pressure sores.

Any form of cushioning can temporarily redistribute pressure. But only the highest quality foam or gel cannot evenly distribute pressure, and will eventually compress or harden, losing its ability to provide comfort and protection.

When the body leans weight on SFT cushioning, the air gently redistributes to equalize the pressure, relieving pressure points. SFT cushions pressure points continuously, 24 hours a day, 7 days a week, 365 days a year.

### Created for Critical Medical Applications

The ROHO Group has been the leading provider in Shape Fitting Technology since 1973. The technology has been used in medical applications for safety and comfort in some very special situations, where proper cushioning is a difference between life and death.

The technology was originally invented in 1973. People who spend up to 20 hours a day at risk for pain and sometimes pressure sores. Robert H. Glendon, a 40-year-old inventor, spent years developing a solution to fit around a cushion that could hold weight-bearing areas of the body, reduce pressure points.

His cousin, the ROHO Group, was designed to provide a cushion to allow a patient to lie on air. The ROHO cushion became the medical profession, and the technology has since been used to create long-term care products, and other products.

### How SFT Can Transform Your Product

ROHO has conducted extensive research on the possible uses of SFT, and we have found its applications are almost infinite. Virtually any product that requires some form of cushioning for comfort, safety, performance or health can be dramatically improved with Shape Fitting Technology.

When your product is cushioned with SFT, your customers will enjoy it more, and be able to use it longer, in comfort, each day. The following examples are a few of the possible products we found that would benefit from SFT.

**Sports Equipment**  
Ski gear, snowboard pads and chest protectors, motorcycle, bike, football, sliding, balling can become more protective by reducing pressure with SFT.

**Footwear**  
Hiking boots, military boots, ice or roller skates, ski boots, athletic shoes, nurse shoes can become more comfortable, and reduce fatigue with SFT.

**Furniture**  
Dental chairs, massage beds, mammography tables, toilet chairs — any piece of furniture where the customer is seated for long periods of time — can benefit from the extreme comfort of SFT.

**Automotive, Aviation and Recreation**  
Seating in cars, boats, RVs, military vehicles and aircraft can be more comfortable, reduce fatigue, and increase the time of optimal comfort with SFT.

**Whatever You Can Imagine**  
Challenge us. We'll love to see what we can do for your product.

**Get a Jump on Your Competition. Innovate Now.**  
SFT is your product can give you a real point of difference and increase your sales. Contact Product Development specialists to set up an appointment.

SFT, Inc.  
200 N. Florida Ave., Belleville, IL 62221  
Phone: 618-251-3400  
In Belleville, call 618-277-0173  
Fax: 618-277-0543  
Email: info@shapefitting.com  
www.shapefitting.com

### Eliminates Friction and Shear

SFT also eliminates friction and shear, something foam, gel and other air-filled devices cannot begin to address. Friction comes from an object rubbing against a surface. Shear occurs when the force is uneven. The material and engineering of the air cells allow the body to shift around, and it naturally does without experiencing resistance. This is because the air-filled cells move with the body rather than becoming a force against it.

For example, if you press your hand into memory foam or gel, gel cushions, then shifts your hand slightly, you will feel resistance, which, over time will create friction. But if you press your hand into SFT cells, you can move your hand with very little resistance, because the cells give your movements rather than resist them.

If you put your elbow in some foam cushioning material, and move your arm side to side, you'll notice your skin sticks to the surface and is compressed or distorted and doesn't move with your arm like. Our cells, the hands to shear.

But the same goes for SFT cells, and your skin moves along with your bone because the air cushioning of SFT cushions that skin.

**Absorbs Vibration**  
Because SFT cushions the body with air, vibration is virtually eliminated. In applications where the body is in close contact with a machine or vehicle, vibration can create abnormal discomfort and pain, even leading to health problems. SFT takes the brunt of the vibration so the body feels only a cushion of air.



### Proven in the Transportation Industry

Shape Fitting Technology provides benefits not beyond pressure redistribution — it also absorbs vibration, making it ideal for transportation. People who drive trucks, motorcycles, boats, and farm or construction equipment experience a bumpy, back pain, and eventually spinal compression from long hours on the road or rough terrain.

Shape Fitting Technology was used to develop the AFFIRM™ Control Seating System, a portable cushion designed specifically for seating in tractors. With an AFFIRM, the last hour on the job is so comfortable and healthy as the first.

### High Innovation — Extreme Quality

SFT's parent company, The ROHO Group, Inc., holds 275 patents in 42 countries. The technology has never been successfully duplicated, though many have tried. The engineering and call design has been perfected over several decades of experience and innovation. Most materials used are formulated exclusively to our precise specifications. We put our products through strenuous testing to ensure they exceed all needs for strength, clarity and quality.



Cover and interior spread of eight-page B2B product brochure showing how ROHO Group's Shape Fitting Technology can be used in many different types of consumer products.



Lynda Tite, Steve Cooper, James DeMoulin, Terri Lowrance, Dennis Terry, Bill Barlow, Paul Abert, Lisa Fowler  
*Over 222 years combined business banking experience*

## Get Highly Experienced Business Consultants.

*Without the consulting fees.*

When we handle your business accounts and commercial loans, you don't just get the best in business products and services — you get one-on-one help in assessing your needs and developing solutions. Once you select the products and services for your business, we train your employees to use them. All free.

Our business banking staff is the most experienced in the community. We're part of this community, and the success of your business matters to us.

*See what it's like to have a community bank that works for your business.*

 First Clover Leaf Bank™  
 We're Better Together.

618-656-6122 firstcloverleafbank.com **FDIC**

Billboard and newspaper advertisement promoting the First Clover Leaf Bank's business services, products and the vast experience of the business department's staff.



**First Clover Leaf Bank™**  
We're Better Together.

See what it's like to have a community bank that works for you.

**The Green Team**

**First Clover Leaf Bank GREEN TEAM**

strengthening • supporting • sustaining  
**WE PUT COMMUNITY FIRST**

Part of our community spirit is embodied our Green Team. This is a group of First Clover Leaf Bank employees and their families, who donate their time and talents to worthwhile projects, fundraise, charitable causes and community events throughout the year.

The Green Team sponsors an average of 25 events per year, ranging from food drives for the local food pantries to organizing teams to participate in Relay for Life. Each and every event supports the communities where we live and work.

**First Clover Leaf Bank™**  
We're Better Together.

12 First Clover Leaf Bank

**First Clover Leaf Bank™**  
We're Better Together.

**All the sophisticated big bank services your business needs.**  
*Without the big bank.*

- Short Term Working Capital Loans
- Business Online Banking
- Treasury Management
- Lock Box
- Fixed Asset Term Financing
- Real Estate Construction and Development Financing
- Remote Deposit Capture
- Positive Pay
- Merchant Services
- ACH Positive Pay

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**FDIC**

*This trip's on you!*

**Identity theft isn't always so obvious.**

Secure Identity Systems Identity Theft Protection

**First Clover Leaf Bank™**  
We're Better Together.

**You from all kinds of identity theft**

**the #1 reported crime in America.**

...ity to shop, secure medical procedures. What a thief can up to 600 hours and

**Secure Identity Systems Platinum Protection**

The quicker an identity theft is discovered, the less damage can be done and the easier it is to resolve. Secure Identity Systems Platinum is a proactive service that helps discover identity theft quickly and includes resolution services to restore your name to pre-breach status, as well as reimbursement of any out-of-pocket expenses related to restoring your identity. It is the most complete identity theft protection program available today.

**What it includes:**

- Risk Assessment** available one day after each month afterward. The Risk Assessment lets you know if you are already a victim of identity theft so that resolution services can begin immediately.
- Total Identity Monitoring** gives you monitoring of over 1,000 databases for identity theft problems as soon as they happen.
- Expense Reimbursement** of up to \$1,000 of out-of-pocket expenses related to restoring your identity, including reimbursement of lost wages (up to four weeks) if you are unable to work to resolve an identity theft. Reimbursable expenses include attorney fees, notary fees, postage, long distance, and more.
- Resolution Services** - a personal investigator will work with you to undo any damage that has caused and restore your identity. Includes Power of Attorney forms which will advocate to work directly with creditors, law enforcement, etc. back to pre-breach status.

**Secure Identity Systems Identity Theft Protection**

**First Clover Leaf Bank™**  
We're Better Together.

**Sign up for Secure Identity Systems Identity Theft Protection online or at any**

**FDIC**

*This trip's on you!*

**Stealing your identity is easy. Getting it back takes a team.**

**Identity theft isn't always so obvious.**

**Sign up for Identity Theft Protection today!**

**First Clover Leaf Bank™**  
We're Better Together.

**FDIC**

**Meet our new mortgage guy. Anywhere.**

We have a brand new mortgage division, headed by our first upstart VP of Mortgage Services, Marc Kamp. He takes the whole community bank thing pretty seriously. It's always good to be the community helping customers wherever it's convenient to them. If you need a mortgage, give Marc a call at 608.455.7244.

**First Clover Leaf Bank Mortgage**  
More Choices. More Convenience.

- FHA and VA Conventional
- Home Equity Down Payment Assistance
- Rural Development New Construction

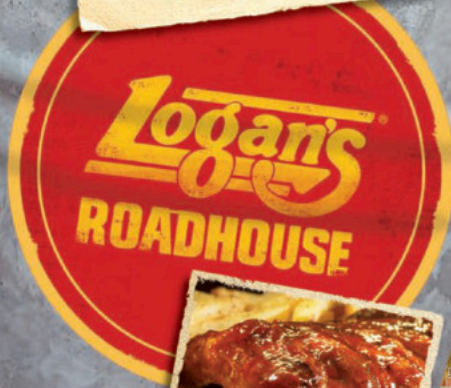
See what it's like to have a community bank that works for you.

**First Clover Leaf Bank™**  
Mortgage

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**FDIC**

Promotional brochures, posters and advertisements



Logan's Roadhouse  
 Special promotion menu set up with imprint area on the back panel for each store location.

**\$3 OFF LUNCH**  
 PURCHASE OF \$10 OR MORE.   
Not to be combined with any other offer or discount. Good on food purchases only. Not valid on alcoholic beverages or reward taxes and gratuity. Must present this offer to receive a discount. No cash value. Void where prohibited. Not valid in NC, SC or Augusta, GA Logan's Roadhouse locations. Good at participating locations through 12/30/07.

**\$5 OFF DINNER**  
 PURCHASE OF \$20 OR MORE.   
Not to be combined with any other offer or discount. Good on food purchases only. Not valid on alcoholic beverages or reward taxes and gratuity. Must present this offer to receive a discount. No cash value. \$20 money guaranteed. Not valid in NC, SC or Augusta, GA Logan's Roadhouse locations. Good at participating locations through 12/30/07.

# APPETIZER COMBO

REV UP YOUR TASTE BUDS WITH A TRIPLE SHOT OF FLAVOR!



**APPETIZER COMBO**  
Buffalo Hot Wings, Loaded Potato Skins, and Cheese Sticks. Comes with three great dipping sauces. \$8.49

## LOGAN'S SIGNATURE ROADHOUSE TEAS



**LOGAN'S TOP SECRET!**  
Our Originals made with premium spirits...  
BACARDI rum, Bombay Sapphire gin,  
Cointreau and ABSOLUT VODKA.

**LOGAN'S ORIGINAL** BIG MELON  
**SOUR APPLE** SOUTHERN PEACH  
**ROADHOUSE PUNCH** ROWDY RAZBERRY  
**BIG EASY BLUE** BQOL CRANBERRY

## FROZEN ROADHOUSE TEAS

FRUIT AND JUICE MADE WITH 100% NATURAL CITRUS JUICE

**ROWDY RAZBERRY** SOUTHERN PEACH  
**LOGAN'S ORIGINAL** BIG FROZEN MELON  
**JAMMIN' STRAWBERRY**

## LOADED LEMONADES

**LYNCHBURG LEMONADE**  
A Tennessee favorite made  
with fresh lemons, honey,

**BLUE SKYY**  
Nuttin' like this one. From  
now 'n' with SKYY VODKA.

**SOUTHERN BERRY**  
Only 2 Southern Counties  
can make cranberry cocktail.

**ROADSIDE STAND**  
Full over 700 at here and kick it up with  
Blue Wave Raspberry Vodka and more.

## MARGARITAS

**ULTIMATE MARGARITA**  
The ultimate blend of 100% Top Grade  
Triple and Citrus.

**PLATINUM MARGARITA**  
Cuban Vodka, Imported Tequila, Citrus Juice  
and Cranberry. So good as it gets.

**GOLD MARGARITA**  
Our 50:50 (50% of Fine Border) recipe  
with Jose Cuervo Top Grade and Citrus.

**FLAVORED MARGARITA**  
Additional over 100 of Granites,  
and your choice of Peach, Raspberry  
or Strawberry.

## OUR SWEET LITTLE ANSWER TO "I'M TOO STUFFED FOR DESSERT."

### NUTTER BUTTER® FUDGE SLIDE

This dessert with BIG flavor! We've filled a mini version of our signature peanut butter cookie with layers of chilled Chocolate Mousse, fudge, and Nutter Butter® Topping, then topped it off with whipped cream and a crunchy peanut cookie. The mini bucket is yours to keep!

**3 FOR \$5**  
OR \$1.99 EACH



(Actual Size)

**294 WAYS TO MAKE YOUR FRIENDS AND FAMILY HAPPY**  
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# FIRE UP FLAVORS

## STEAK & LOBSTER

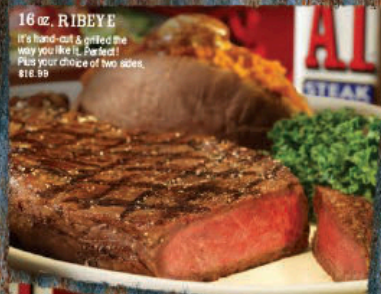
Logan's juicy 8 oz. Sirloin paired with a grilled Maine Lobster Tail served over rice. This mouthwatering combo comes with your choice of two sides.  
\$19.99



**LOBSTER WITH YOUR FAVORITE STEAK!**  
• 6 oz. Filet Mignon \$23.99  
• 9 oz. Filet Mignon \$26.99  
• 12 oz. NY Strip Steak \$24.99  
• 12 oz. Ribeye \$23.99

### 16 oz. RIBEYE

It's hand-cut & grilled the way you like it. Perfect! Plus your choice of two sides.  
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## BUTCHER BLOCK CUTS

**HAND-CUT FRESH NOT FROZEN**  
IN RESTAURANT

**12 oz. FILET MIGNON**  
Our most tender cut. \$28.99  
**18 oz. NY STRIP**  
A hearty USDA Choice Strip Steak. \$32.99  
**24 oz. SIRLOIN**  
Our big, mouthwatering USDA Choice Sirloin. \$28.99  
**32 oz. SIRLOIN**  
Our biggest cut of fresh USDA Choice Sirloin. \$29.99

### THE LOGAN® & DOUBLE LOBSTER

Logan's juicy 11 oz. Sirloin paired with two grilled Maine Lobster Tails served over rice, plus your choice of two sides. \$28.99



Logan's Roadhouse  
Special promotion menu



1



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3



4



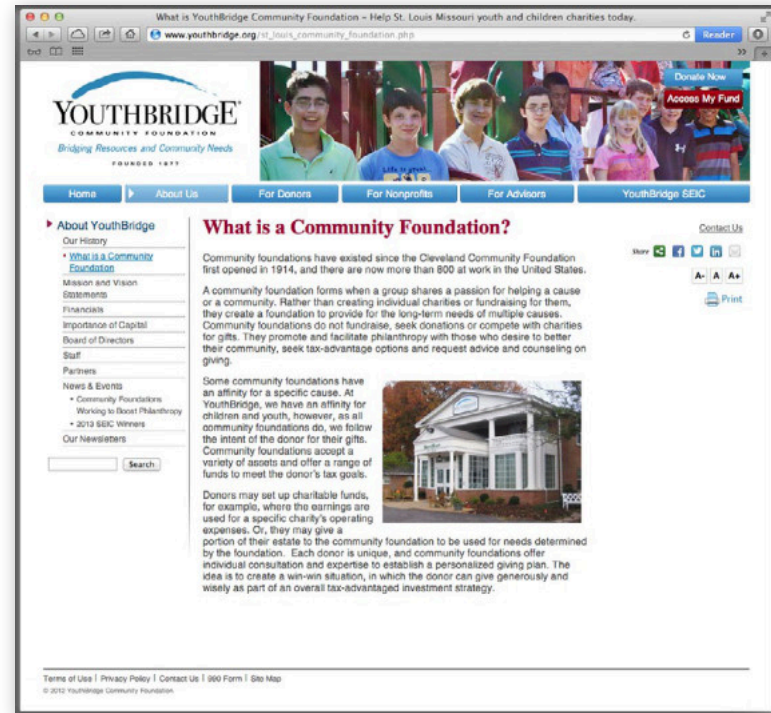
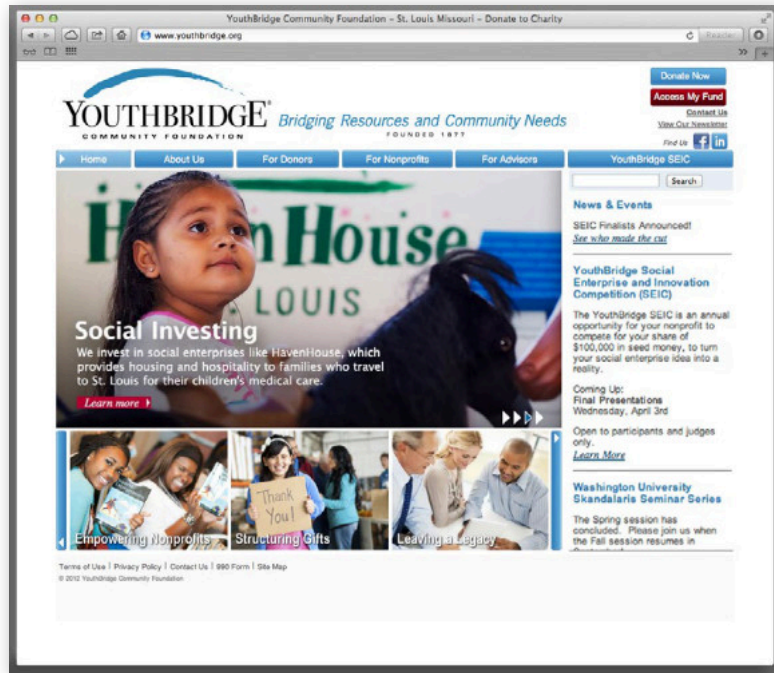
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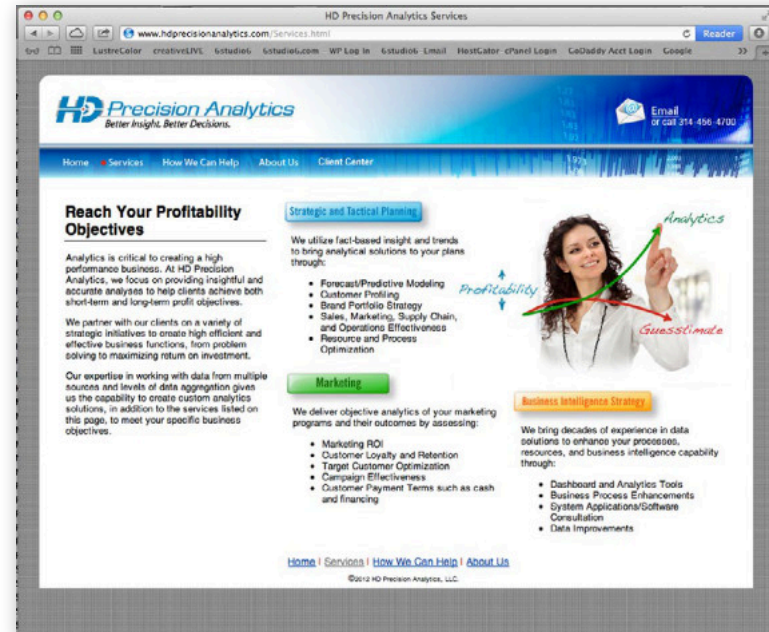
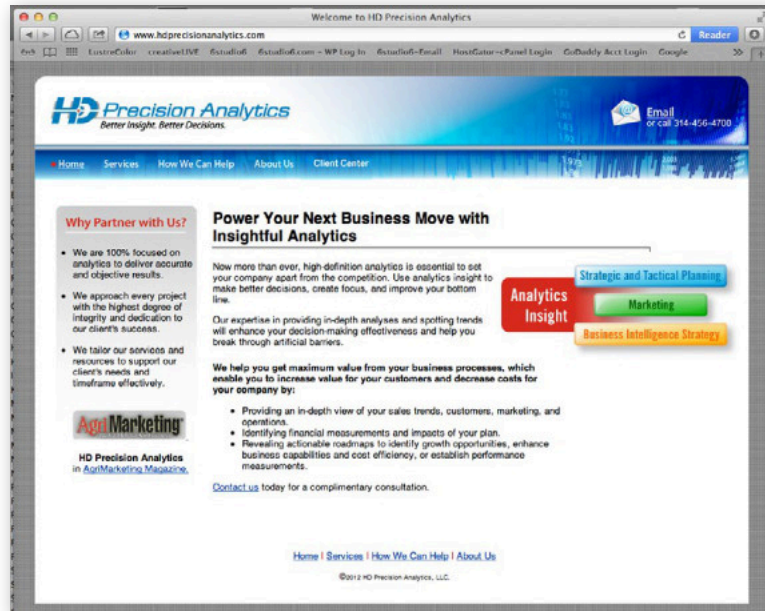
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Logan's Roadhouse

1. Die-cut table sign promoting gift card sales
2. Gift card
3. Billboard
4. Direct-mail postcard
5. Mobile billboard
6. E-mail advertisement used to build awareness and drive sales of gift cards in the holiday season



YouthBridge Community Foundation website



HD Precision Analytics website

Cancer Treatment Center - Swansea, Illinois

www.thecancercenter.com

MEMORIAL & ST. ELIZABETH'S  
CANCER TREATMENT CENTER

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Hours:  
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**Hope is Here**  
This is the future of cancer treatment.  
A place where the ease of care is as important as the quality of care.

Memorial & St. Elizabeth's Cancer Treatment Center provides the most advanced, lifesaving technologies, board certified oncologists, and PET/CT imaging services together into one single campus. All the care you need to beat cancer is in one place, with multiple services scheduled in one visit. Less driving, less waiting, more living.

**New Brainlab ExacTrac®**  
We can now provide micro-millimeter accuracy in targeting cancer cells, while leaving healthy cells unharmed. [Read more](#)

**Ahead of the Curve**  
Our Radiation Therapy Center and PET/CT Imaging Center are accredited 2 years before it's required by Medicare. [Read more](#)

**Get Connected - Feel Better**  
Sign up for yoga, Tai-Chi or other class, and join a Support Group. We're all here to help each other achieve wellness! [Read more](#)

Memorial & St. Elizabeth's Cancer Treatment Center is a comprehensive cancer care facility located in Swansea, Illinois, serving Southwest Illinois and the St. Louis, Missouri Greater Metropolitan area.

Our Radiation Therapy Center and PET/CT Imaging Center are Accredited by the American College of Radiology

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Cancer Treatment Center - Swansea, Illinois

www.thecancercenter.com/about/technology.php

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**Hope is Here**

**Fighting Cancer with State-of-the-Art Technology**

We are committed to staying on the cutting edge of lifesaving technologies. We invest millions in equipping our facility, and are frequently the first in the region to acquire new state-of-the-art innovations. Below are some of the capabilities and equipment available at the Cancer Treatment Center.

**Brainlab ExacTrac**  
This new system allows us to image and verify the patient's position within micromillimeters just prior to treatment to ensure it is the same as the original alignment.

**Big bore CT-simulator**  
The advantage of the new CT scanner is that it allows the patient to be imaged in the treatment position. Additionally, a laser system allows us to mark where the radiation will be delivered. Another advantage is the ability to perform 4D gated CT scanning.

**Up-To-Date High-Energy Linear Accelerator**  
A linear accelerator is the machine that delivers radiation for cancer treatment. "High-energy" linear accelerators can penetrate deep within the body. "Low energy" machines are used for superficial tumors. The Cancer Treatment Center has dual-energy accelerators to treat both deep-seated and superficial tumors.

**Multi-leaf Collimator**  
A multi-leaf collimator enables the radiation beam to conform to the actual shape of the malignancy. It helps reduce exposure to healthy tissue and, as a result, produces fewer potential side effects.

**Record & Verify System**  
This computerized quality assurance tool links the linear accelerator and treatment planning computer so that the prescribed radiation dose and treatment plan can be recorded and "checked" before treatment begins. This automated system dramatically decreases the possibility of human error.

**SonArray Ultrasound & Radio Camera**  
This combined system helps precisely pinpoint the exact location of "movable" organs, like the

Brainlab ExacTrac  
Big bore CT-simulator  
Up-To-Date High-Energy Linear Accelerator  
Intensity Modulated Radiation Therapy (IMRT)  
Multi-leaf Collimator  
Record & Verify System  
SonArray Ultrasound & Radio Camera  
3D + 4D Treatment Planning  
Magnetic Resonance Imaging (MRI) & CT Fusion Position Emission Tomography (PET)  
Virtual Simulation  
Image Guided Radiation Therapy (IGRT)

Our Radiation Therapy Center and PET/CT Imaging Center are Accredited by the American College of Radiology

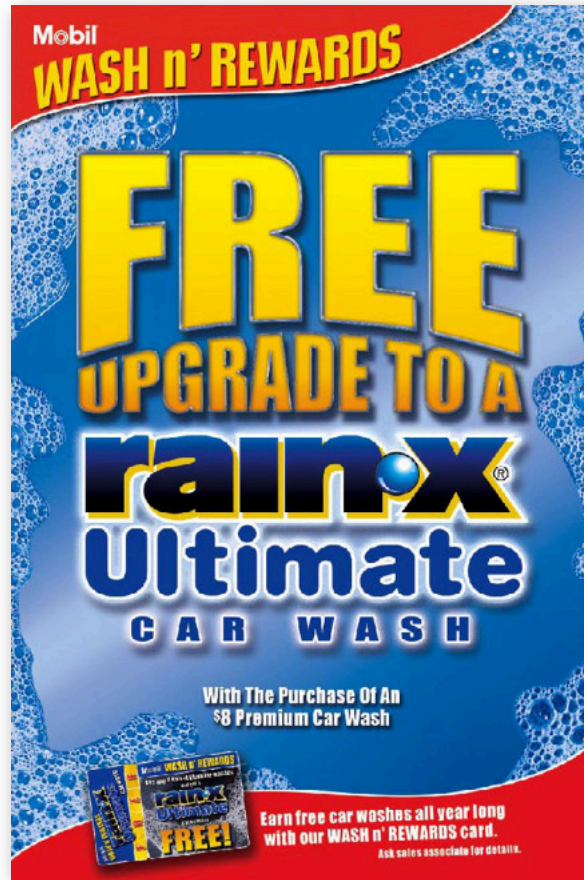
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© 2012 Memorial and St. Elizabeth's Cancer Treatment Center Site design by Team Creations, Inc.

The Cancer Treatment Center website

Posters and pump toppers for monthly and seasonal promotions at St. Louis area, Wallace Oil, Mobil On the Run convenience stores.



24"x36" Posters



27"x12" Pump toppers



Front of window cling

Vinyl window cling placed on vehicle windows at events. The recipients of the cling got a free car wash at their nearest Mobil On the Run store.

Designed to drive more traffic to local stores, this campaign was very successful in increasing sales within all participating stores and building brand loyalty with new and existing customers.

Back of window cling







Product display



Table banners



Additional signage



Main stage banners



Lightcore trade-show graphics



Roho trade-show graphics

your **GATEWAY** to **health** WINTER 2010

**GATEWAY REGIONAL MEDICAL CENTER**

*Special Orthopedic Issue*

# Meet the Bone & Joint "Dream Team"

*Ideal Patient Care in Gateway's New Bone & Joint Center* **8**

**Also in this Issue**

- Dr. Ginsberg's Innovative Treatment 12 for Osteoarthritis of the Knee**
- New, Rapid Recovery Hip Replacement Surgery 4**
- Senior Circle — Best 15 Bucks You'll Ever Spend! 14**

Quarterly magazine promoting Gateway Regional Medical Center's cutting-edge medical advancements and services.

The New Bone & Joint Center

## A Medical "Dream Team" and an Ideal Setting for Joint Replacement Patients

If you are ever in need of hip or knee replacement surgery, you are living in the right place to get the best quality care. Gateway Regional has long been known for its top-notch orthopedic surgery and excellent patient care. But recently, the hospital administration and the surgeons from Illinois SW Orthopedics decided to get their minds and resources together to create the absolute best in bone and joint care.

"We looked at the number of knee and hip replacement surgeries we've been doing over the years," says Sharon Brown, CEO at Gateway Regional. "And that number is growing. The population here is getting into their senior years, our seniors are more active, and hip and knee replacements are going to become more common. We wanted to make sure we're ready for them. And we want to give them the best possible care, and the best possible experience throughout the process."

The first step was to assemble an orthopedic "dream team." The foundation of the team is the six-board certified surgeons from Illinois SW Orthopedics, Ltd. who perform about 450 hip and knee replacements per year. Four of these surgeons joined at the renowned Mayo Clinic.

Dr. Charles Cosow, the Illinois SW Orthopedics, Ltd. surgeon, had been working with Gateway's medical staff for years, and was very familiar with each individual's particular skills and experience. They were able to select top nurses who've had special training in orthopedics, including an orthopedic coordinator. And, they selected physical therapists to specialize in post-operative hip and knee replacement therapy.

"What's unique about this team is that we've all specialized in bone & joint replacement surgery and care. That's all we focus on. We don't have any staff members who also work in other areas, or who come over here to help out now and then," said Shelley Melkus, Orthopedic Nurse Coordinator.

"It makes a huge difference when every staff member a patient encounters has a depth of experience in their particular type of post-surgical care."

Charles Cosow, from Granite City, had his right knee replaced on November 5 at Gateway Regional, and found the entire experience at The Bone & Joint Center to be excellent. And he has something to compare it to — he had his left knee replaced at another hospital ten years ago.

"The care I got here was much better. I had a better experience," Cosow said of his stay at The Bone & Joint Center. "From the first phone call I received to schedule the surgery, until the lady helped me out to the car, it was all excellent. Even the food was good!"

*From L to R: Shonda Lawrence, Post-Surgeon, M.D., Charles Cosow (patient), Shelley Melkus, RN, Sargent, Beth Lee, RN, For Lehigh, Gretchen Iskers, Kim Mahay, M.D., Carol Spence*

*Continued on page 10*

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The New Bone & Joint Center

The area of post-surgical care that The Bone & Joint Center is particularly proud of is their commitment to pain management. Pain control is absolutely key to rapid recovery. The Bone & Joint Center uses the latest equipment and pain control techniques after surgery and during recovery. The staff is diligent about monitoring the patient's comfort. A nurse or other staff member performs hourly rounding to assess each patient's pain level and tend to their personal needs.

"I had a night nurse, Deann Wiggins, who was just outstanding," Cosow recalled. "She was just real kind. Checked on me often. That's something you notice. You notice the difference."

The second step Gateway Regional made toward providing the best possible care was to create an ideal setting for post-surgical recovery. Gateway Regional renovated part of the fourth floor to create The Bone & Joint Center, all completely designed for the comfort and convenience of hip and knee replacement patients. The Bone & Joint Center has six spacious private rooms, all furnished with brand new furniture. Each room is equipped with a high-tech, special orthopedic bed and a flat panel TV. And, each room has a comfortable lounge chair that converts to a full size single bed, so the patient's spouse or other family member can stay all night in comfort.

"Our patients and their families have really enjoyed the privacy and comfort these new rooms provide," says Shelley Melkus. "And it means a lot to them that we can accommodate an overnight family member so conveniently."

Physical therapy happens in the same unit, which is very convenient for the patient. Patients can get out of bed and take a few steps to their physical therapy session, rather than having to go to another area of the hospital.

"It could've been in my room as far as I was concerned!" Cosow said of his post-surgical physical therapy. "But I like that it was right next door. It was just a little walk down the hall."

The Bone & Joint Center staff developed a continuum of care, to ensure that each patient has the absolute best experience. "Hip and knee replacement surgeries require a lot of planning and education for the patient," said Shelley Melkus. "It's not the kind of thing where they can show up for surgery one day and go home a few days later and be done with it. For the best outcomes, we make sure our patients arrive for surgery mentally and physically prepared, and they leave knowing how to take care of themselves for the best recovery."

The goal of The Bone & Joint Center team is to get the patient back to normal life as soon as possible. Most patients have had debilitating arthritic pain for a long time, leading up to the decision to have joint replacement surgery. "We want our patients to be able to do the things they need to do, before their joint pain stopped them," said Melkus. "We believe our facility and our dedicated team make a real difference in how quickly patients recover and get back to living healthy normal lives without pain."

Dr. Paul Scherer of Illinois SW Orthopedics performed Charles Cosow's knee replacement surgery, and his healing has been ahead of schedule. "Dr. Scherer was very, very good," Cosow said. "He did an excellent job. The arthritis pain is gone. I'm really impressed with him and his staff. I have nothing but good to say about them."

*The arthritis pain is gone. I'm really impressed with Dr. Scherer and his staff. I have nothing but good to say about them.*  
**Charles Cosow**

**10** • Your Gateway to Health • [www.gatewayregional.net](http://www.gatewayregional.net) **11**



# Patient Navigator

Everything you need to know before, during and after joint replacement surgery

From the Physicians of Illinois Southwest Orthopedics, Ltd.  
and your Gateway Regional Bone & Joint Team

Gateway Regional Medical Center  
44-page patient guide booklet

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Meet the Physicians of Illinois SW Orthopedics

Understanding Your Surgery

### Why Do You Need Surgery on Your Hip or Knee?

Most often, arthritis is the primary cause for problems with hips and knees.

**Osteoarthritis** is the most common form of arthritis. Symptoms usually occur after age 50 and gradually develop over the years. People with obesity are at higher risk, as are those with a family history of OA, previous surgery to the joint, or previous trauma to the joint area.

**Rheumatoid Arthritis** is a chronic inflammatory disorder that can affect the hips, knees, shoulders, wrists, hands and feet—all joints that are lined with a tissue called synovium. Often the body produces antibodies that irritate the synovium, which results in the destruction of cartilage around the joint. RA may develop at any age and can leave the joint stiff, swollen or painful with a decreased range of motion.

### Hip Surgery 101

**Total Hip Replacement Surgery**

A **total hip joint** is composed of two bones: the round head of the femur (the ball) and the acetabulum (the cup) in your pelvis. These are covered with smooth articular cartilage to reduce friction. This hip, using joint and decreasing range of motion due to the bone rubbing against one another.

In hip replacement surgery, an artificial joint with a metal ball component (the ball) and a plastic component will replace your deteriorated hip. A plastic liner may or may not be used depending on your age. This liner has a metal shell that is cemented to your pelvis. Once replaced, your artificial hip joint will work in the same way as your natural hip.

Recovering at Home

Medications

Wasting Signs

Blood Clots

Infections

Common Complaints

After Joint Replacement

Hip and Knee Replacement Care

Hip Disks and Disks

Knee Disks and Disks

Using Your Walker

Daily Activities

Recreational Activities

Modifying Activities

Diet & Nutrition

Post-Operative Check-up



*Time for a little audience participation!*



Tiffany Sapaugh-Charleville  
Larry Sapaugh



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*Enjoy the show!*

At Sapaugh GM Country, Everyone Leaves Happy!






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