



Paulette's *C of Blue* **VIRTUAL PACKET**



CentraState
Healthcare Foundation

RUNSIGNUP.COM/PAULETTE

Few people know the importance of maintaining your health and fitness even through the most difficult times, more than Paulette Stallone. For over a decade she has hosted a 5K/1 Mile event to benefit the colorectal cancer program at CentraState – a program she credits for saving her life when she was diagnosed with Stage 4 cancer.

Our event this Sunday is once again 100% virtual – because even though we cannot be together she still wants to inspire the community to get outside and run (or walk) and live your healthiest life. Although registration is FREE, donations will continue to support colorectal cancer programs and services at CentraState and will also benefit the cancer patient assistance fund.

Remember this run/walk has no minimum or maximum distance – whether you want to do 1 mile, 5K or a 10k - we only ask that you follow the distancing and safety protocols that are active in your area.

Included in this packet are our sponsor shoutouts,
instructions for the starting line, 5K time submissions,
door prize drawings and more!

Be well,
CentraState Healthcare Foundation

STARTING LINE—RACE RESULTS—RAFFLES

#CancerDoesntStopForCOVID

To join us for a virtual welcome and starting line— if you do not have a ZOOM account yet please visit [ZOOM.US](https://zoom.us) and create one **prior to** the event— test it with your team or your family!

Sunday, May 2nd at 10:00AM —

[Click this link](#) OR

open ZOOM on your device and enter

Meeting ID: **995 8573 0984**

Password: **Paulette**

#CancerDoesntStopForCOVID and #PalettesCofBlue:

Tag your photos on Instagram (make sure they're public!) or email them to nromano@centrastate.com to be included in our event posts!

5K Participants:

Submit your 5K time on <https://runsignup.com/vr/CENTRA5K> anytime between 5/1/21 at 10:00AM and 5/3/21 at 12:30PM

[Results will be posted on RunSignUp](#)

Raffles:

Door prizes will be drawn during the
Virtual Starting Line at 10:00AM on Sunday May 2

All registered participants for Paulette's C of Blue are entered to win.



CentraState Healthcare Foundation

BUSINESS FOR HEALTH PARTNERS 2021

Founder



Health Group

Benefactor



Princeton Radiology

Excellence in Imaging

Patron



CARING NEUROLOGY, LLC

Friend



THANK YOU FOR YOUR GENEROSITY

EVENT SPONSORS



FINISH LINE SPONSORS



REFRESHMENT SPONSORS



CARING NEUROLOGY, LLC



5K SPONSORS



1 MILE SPONSORS

The Lehman Law Firm, PC

Mary Ann
and
Bob
Demmett

SPONSOR SPOTLIGHT

THOMAS & JEANNE



ELMEZZI

foundation

is proud to support the
12th Annual

Paulette's
C of Blue

and cancer patient assistance
at CentraState!

Good luck to all the
runners, walkers and survivors
participating in this wonderful event!

GET SCREENED

THE KEY TO PREVENTION IS EARLY DETECTION

2021 Cancer Screenings at CentraState

Regular checkups and screenings are a vital part of cancer prevention. The Star and Barry Tobias Health Awareness Center offers low-cost preventive health screenings to catch cancer in its early stages. Mark your calendars and sign up today!

- **Head and Neck Cancer Screening:** A quick, painless screening for adults 18 and older who are exposed to tobacco, use alcohol heavily, or spend time in the sun.

Dates: Apr. 15 or Aug. 26

- **Thyroid Screening:** For those 18 and older who haven't been diagnosed with thyroid disease or thyroid cancer. A physician will conduct a blood test and thyroid examination.

Dates: Feb. 25 or Oct. 28

- **Skin Cancer Screening:** For those 16 and older. A physician will screen for suspicious lesions or moles and make recommendations based on the individual's history.

Dates: May 27 or July 15

- **Prostate and Colorectal Cancer Screening:** For men 45 and older who have never had a prostate-specific blood test and have no previous diagnosis of prostate cancer. The screening includes a blood test and digital rectal exam, as well as a take-home colorectal cancer screening kit.

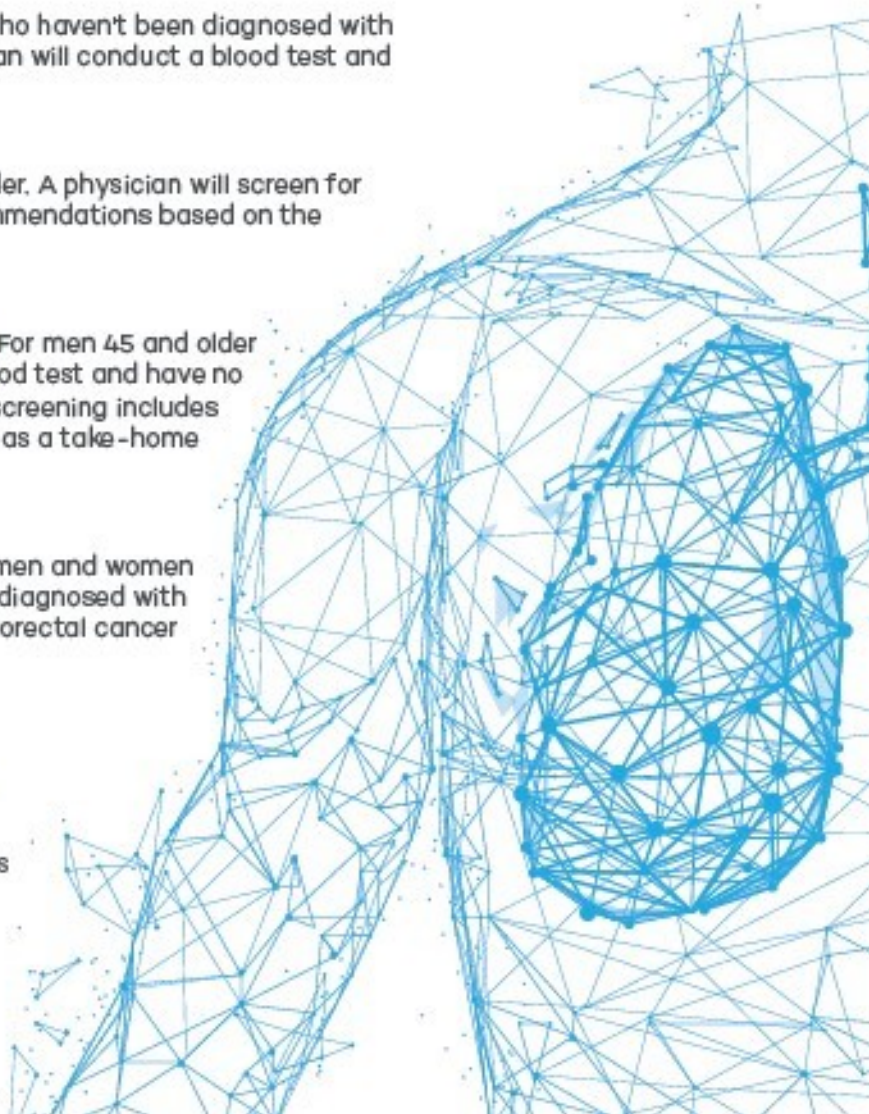
Dates: June 24 or Sept. 23

- **Colorectal Cancer Screening:** A lecture for men and women 40 and older who have not been previously diagnosed with colorectal cancer, includes a take-home colorectal cancer screening kit.

Dates: Mar. 25 or Nov. 18

Each screening is only \$10 (nonrefundable)
Learn more and register:

 732.308.0570  lifelifeinNJ.com/events



SPONSOR SPOTLIGHT

EXPERIENCE THE DIFFERENCE Features and Amenities

State-of-the-Art Fitness Floor











Wide Variety of Group Fitness Classes



Comprehensive Aquatics Center



Included with your all-inclusive month-to-month membership!

-  State-of-the-art Fitness Floor
-  Aquatics Center with salt water-filtered pools
-  Large variety of Group Fitness classes
-  Nurse and Personal Trainer assessments
-  Complimentary Childcare
-  Full-amenity locker rooms with sauna and steam room
-  Programming guided by Medical Advisory Board
-  And much more!

OUR PLEDGE OF PROTECTION



To ensure the safety and health of members and employees, the Center follows a five-pronged Pledge of Protection.

- Regular Screening
- Increased Level of Disinfecting and Sanitizing
- Controlled Capacity
- Physical Distancing
- Personal Protective Equipment

To learn more about this detailed Pledge of Protection, visit our Center's COVID-19 Resource Hub on our website.

Thank You For Participating In
Paulette's C of Blue
VIRTUAL 5K/1 MILE

Enjoy A 3-Day Complimentary Pass!

To activate this pass, contact:
Gail Goldstein at gailg@fitnessandwellness.org
or call the Center at 732.845.9400.

SPONSOR SPOTLIGHT

Aaron Niederman, CFP[®], CFS[®], AIF[®], CPFA
Financial Advisor

is proud to sponsor

CentraState Healthcare Foundation
and
Paulette's C of Blue Virtual 5K/1 Mile

Schedule your financial wellness checkup
732-922-6300, ext. 135
aaron.niederman@margfinancial.com

Lighting Your Way To Financial Growth & Stability



1800 Route 34, Bldg. 2, Suite 201, Wall, NJ 07719

P 732-922-6300 • F 732-922-3353

www.margfinancial.com

Aaron Niederman is a registered representative and investment advisor representative of Securian Financial Services, Inc.
Securities and Investment Advisory Services offered through Securian Financial Services, Inc., Member FINRA/SIPC.
Mid Atlantic Resource Group, LLC and its affiliated companies are independently owned and operated.
Aaron Niederman, Mid Atlantic Resource Group and Securian Financial Services are not affiliated with CentraState or
Paulette's C of Blue Virtual 5K/1 Mile.

TN 3567200 DOF04-2021

SPONSOR SPOTLIGHT

Drs. Tendler, Cencora, Gold, Pitchumoni, Vazirani and Tilara and the team at Advanced Gastroenterology Associates are proud to support Paulette's C of Blue!



The tireless efforts of the committee to raise awareness of the importance of colonoscopies and early detection is truly invaluable to our community. Thank you for all that you do!

**ADVANCED
GASTROENTEROLOGY
ASSOCIATES** *A Division of Allied Digestive Health*

Call 732-370-2220 to schedule
an appointment in Howell,
Marlboro or Old Bridge today!

SPONSOR SPOTLIGHT



Benefits & Insurance

- Benefits Consulting
- Payroll Services
- HRIS Technology
- Property & Casualty
- Retirement Plan Services
- Talent & Compensation Solutions

PROUD SPONSORS OF THE 12TH ANNUAL PAULETTE'S C OF BLUE

LOU AMATO, JIM O'CONNOR,
TERRY BROWN, TRACI VOSTENAK
& YOUR CBIZ TEAM

CBIZ
2421 Atlantic Ave.
Manasquan, NJ 08736
732.223.0070
www.cbiz.com

our **business**
is growing **yours.**

SPONSOR SPOTLIGHT



*Physicians' Practice
Enhancement, LLC*

Physician Management Services

PARTNER WITH US...

PPE is committed to providing high-quality, cost-effective physician and practice management services that enhance the collective efforts of the group, its physicians, the hospital and its medical staff.

732-212-0060
www.ppenet.com

SPONSOR SPOTLIGHT

Visiting Nurse Association Health Group

is pleased to support

CentraState Healthcare Foundation's

Paulette's *C of Blue*

supporting cancer patient assistance
and colorectal cancer programs and services.



Health Group

Visiting Nurse Association Health & Hospice

vnahg.org 800.862.3330

SPONSOR SPOTLIGHT

Congratulations to
Paulette, Mike, family and
committee on your
12th Paulette's C of Blue!

We were there physically for
the majority of the years and
with you virtually last year, as
we will be this year. We are
proud to call you our friends.

Love,
Mary Ann and Bob
Demmett

SPONSOR SPOTLIGHT

Paulette and Nicole

**Great cause and congratulations
on a job well done**

Thank you for including us



Office Equipment | Copiers | Printers
MPS Contracts | OEM and Compatible Toners
Authorized Service for All Printers

SHARP | Canon | xerox |  Business
Partners |  |  | brother | LEXMARK | 

Central Technology



Printers | Service | Supplies
Manages Print Services



Copy | Scan | Print Solutions
Document Management
Digital Workflow Consulting

843 Route 33 – Suite 11 Freehold, NJ 07728
732.431.3339

Lasersave.com LasersaveMPS.com Picassobusinesssolutions.com

SPONSOR SPOTLIGHT

PATHOLOGY
MANAGEMENT
SERVICES

PATH  *link, llc*

Learn more at pathlinkllc.com

SPONSOR SPOTLIGHT

We are honored to support
CentraState Healthcare Foundation
and Paulette's C of Blue!

Congratulations to the committee
and best wishes to all of the virtual
runners and walkers participating
in this inspiring event.



Bank

TD Bank | Healthcare Financial Services Group
1068 Stelton Rd, Piscataway, NJ 08854
(609) 689 6352

SPONSOR SPOTLIGHT

*We are Pleased to Support
CentraState's 12th Annual Paulette's C of Blue 5K/1 Mile*



*Experience you can trust
Compassionate Care
An Award-Winning Continuum of Care*

*• Skilled Nursing • Post Acute Care • Hospice • Inpatient • Outpatient
Rehabilitation • Assisted Living • Independent Living • Memory Care •
Respite • Pulmonary Therapy • Home & Community Based Services*

Bartley Healthcare
175 Bartley Road
Jackson, NJ 08527
732-370-4700

The Orchards at Bartley
100 N. County Line Road
Jackson, NJ 08527
732-370-1700



SPONSOR SPOTLIGHT

A BETTER IMAGING EXPERIENCE FROM START TO FINISH



**EXPERIENCE
THE DIFFERENCE**
Find out why patients
give Princeton
Radiology a
**satisfaction rating
of 9.8 out of 10.**

 Princeton Radiology proudly supports
CentraState Healthcare Foundation's Paulette's C of Blue
and is proud to be "working together to bring **empathy**,
compassion and a **remarkable imaging experience** to
the communities we serve."