



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



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A Physical Challenge and Personal Connection



"I'm certainly not the best swimmer," says Jenny Goldstein, of Fairfield, Connecticut. "I am slow, but I am dedicated. And I'm inspired by the cause and by the incredible swimmers and athletes I'm participating with."

On August 3, Jenny's team, Sound Stormers, will relay their way across Long Island Sound from Port Jefferson, NY, to Captain's Cove Seaport in

Bridgeport in the 2024 Swim Across the Sound Marathon. This will be Jenny's 2nd time participating, so she knows what she's in for – from start to finish.

Starting requires inspiration. Like so many swimmers, Jenny feels a personal connection to the challenge. "My dad battled three different cancers in a decade. He ultimately passed away from leukemia. It feels good to support others who are struggling with a cancer diagnosis while doing something I love. It's important to me."

So, what's it like crossing the finish line? Jenny describes that feeling for us. "There is nothing better than making your way into Captain's Cove that day and feeling that energy. Feeling part of something bigger than myself and knowing what we have accomplished, individually and collectively – there's nothing quite like it."

While we may not all be up to the task of swimming across Long Island Sound, we can all

get in on supporting the cause.

Click here to make a donation



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Swim Across the Sound August 3, 2024

Register by the deadline of June 13th to join a dedicated group of swimmers and volunteers as we trek 15.5 miles across the Long Island Sound to raise funds for cancer patients and their families!

[Click Here to Register your Swim Team](#)

HOW ELSE CAN I PARTICIPATE?

There are several ways you can help Swim Across the Sound raise money to support cancer patients in our community. Here are just a few:

- Donate toward a swimmer or make a general donation by visiting: **<https://charity.pledgeit.org/SwimAcrossTheSound>**
- Participate virtually in an activity of your choice. Register and set your own fundraising goals at: **<https://charity.pledgeit.org/VirtualChallenge24>**
- Volunteer as a boat captain, medical support or on-land. Volunteers make the difference in helping us keep our swimmers safe as they cross Long Island Sound: **<https://swimacrossthesound.org/marathon2024>**

For more information about how you can help, please call 203-576-5451

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We are so grateful for the support of **Sea Tow Southern Connecticut** and all they do for boaters and Swim Across the Sound.

We connected with John Bilski, business owner of Sea Tow, to learn more...



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An annual membership is \$199. Learn more here:

<https://seatow.com/membership>

John is proud to be supporting Swim Across the Sound for the 6th season. In his role, he works with the Swim Committee to set up the swimming channels, check on them throughout the day, and confirm the last boat is in at the end of the event. As John said, their only rule at Sea Tow is "safety, safety, safety".

[READ COMPLETE ARTICLE HERE](#)

Thank you to the generosity of our Corporate Sponsors.

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We look forward to seeing you August 3rd!

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