



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



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Swimming in the wake of a legend



Benjamin Casey will be swimming solo in this year's Swim Across the Sound Marathon, and he'll be swimming in wake of a marathon legend of sorts – his uncle, Tom Casey.

Tom Casey was a beloved and familiar face to Swim Across the Sound. His passion for swimming and raising

funds for the underserved were second to none. He first participated in the marathon in 2001. After being diagnosed with stage IV renal cancer in 2012, Tom returned to swim in 2015 with his team, The Survivors. Last year would be Tom's final marathon. He lost his battle to cancer in December of 2021.

Tom's nephew, Ben, was born and raised in Bridgeport. His family moved to Florida in 2006 when Ben was just 10 years old. "I swam as a kid, but not competitively," Ben said. "But in 2008, when Michael Phelps was competing in the Beijing Olympics, I fell in love with the sport." After that, Ben asked his parents to sign him up with a local, recreational swim team and went on to join the competitive team in high school.

"I set a goal for myself to achieve team captain and to break a school record," recalls Ben. "I achieved both of those goals in my senior year." Ben went on to swim at Florida State University and also participated in water polo.

After college, Ben was looking for more opportunities to swim and that's when he reconnected with his uncle Tom back in Connecticut. In 2017, Ben and his father committed to swim in the marathon with Tom on his relay team. "It was a picture-perfect day in Connecticut. I'll always remember that. It was cool to be together with family and be a part of it all."

Although the Swim Across the Sound Marathon was forced to take a hiatus in 2020 due to Covid, Ben returned to swim with his uncle last year. Since then, Ben knew he wanted to swim the marathon as a solo swimmer. "My uncle had

mentioned that he hoped one day he would either be able to swim the event solo, or that someone in the family would," Ben said. "I know it will be emotional without my uncle there, but I'm proud to be able to achieve this goal for both of us."

Crossing the finish line

"It was a true sense of accomplishment," Ben recalled. "Seeing Captain's Cove, and my family and friends, it's a real thrill. Even though I'm swimming solo, I don't feel as much pressure this year. My uncle got to see me swim last year and that meant a lot. He was such a warm, friendly presence. He never really let on how sick he was. He would still get in the water and still be training and fundraising. I use his mindset as my own, personal motivation."



To add your support toward Ben's fundraising goal, please visit:

<https://charity.pledgeit.org/BenCasey>



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Swim Across the Sound 2022

We are in need of additional boat captains to help keep our swimmers safe as they make the trek across Long Island Sound. If you have a power or sail boat, please consider joining us on Saturday, August 6th.

[Click Here to Register as a Boater, Swimmer or Volunteer](#)

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://runsignup.com/supportswimacrossthesound>**.
- Purchase a banner to honor your loved one that will hang in Bridgeport or Trumbull by visiting: **<https://swimacrossthesound.org/banner>**
- Make a donation toward our Radiothon Giving Hour and have your loved ones name announced live on WICC on June 17 between 8-9am. Donations of \$50 or more can choose to receive a Bridgeport Ferry Pass. Donate today at: **<https://swimacrossthesound.org/wicc-radiothon>**

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Covid Update

Our top priority continues to be the safety of all and that includes following COVID-19 guidelines by Hartford Healthcare, The States of CT and NY and CDC.

**COVID vaccination is required to participate in the Swim in any capacity.
Please be prepared to show proof of vaccination in order to participate.**

To send proof of vaccination, please follow these step-by-step instructions:
[Vaccination Verification Instructions](#)

We look forward to seeing you August 6th!

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