



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



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A Sense of Dignity and Normalcy During an Incredibly Difficult Time

"I was able to stand beside her looking and feeling like myself, not defined by cancer." - Kelly G.



In December 2021, I was diagnosed with breast cancer, and the next 15 months became a whirlwind of surgery, chemotherapy, radiation, and infusions. **My oncologist, Dr. Zelkowicz, recommended Cold Cap therapy to help prevent the hair loss that comes with chemotherapy.** Thanks to a generous grant from Swim Across the Sound, I was able to receive this amazing treatment.

What a gift it was—financially, emotionally, and mentally. Being able to keep my hair during a time when so much felt out of my control was something I can never fully repay. It allowed me to continue working part-time and to share my story and diagnosis on my own terms.

Most importantly, it allowed me to attend my daughter's nursing school graduation without the visible hair loss that comes with cancer treatment. This support gave my family and me a sense of dignity and normalcy during an incredibly difficult time.

The greatest gifts came in May, when I attended my daughter's nursing school pinning ceremony— just one day before my final chemo treatment — and then her graduation two days later. I was able to stand beside her looking and feeling like myself, not defined by cancer. Those moments, and the photos from those days, mean more to us than I can express. You can see the love, pride, and gratitude on our faces.

I am sincerely indebted to Swim Across the Sound and in awe of everyone who participates in and supports this remarkable organization. Their generosity made a profound difference in my cancer journey, and I will always be grateful for the kindness that helped me through.



Swim Across the Sound, a community-driven program that supports cancer patients and their families, exists for moments exactly like this. Funded by swimmers, boaters, volunteers and donors who rally each year in support of neighbors facing cancer, the program ensures that no one has to navigate treatment alone — or carry the financial weight by themselves.



IMPORTANT UPDATE

Due to recent damage sustained at Danfords Marina in Port Jefferson, we have had to **adjust our traditional route**. To ensure a seamless and safe experience for all, we are **moving the entire event to the Connecticut side of the Sound this year**.

We will, however, maintain the full schedule of events you look forward to each year.

Make a meaningful difference in the lives of local cancer patients and their families

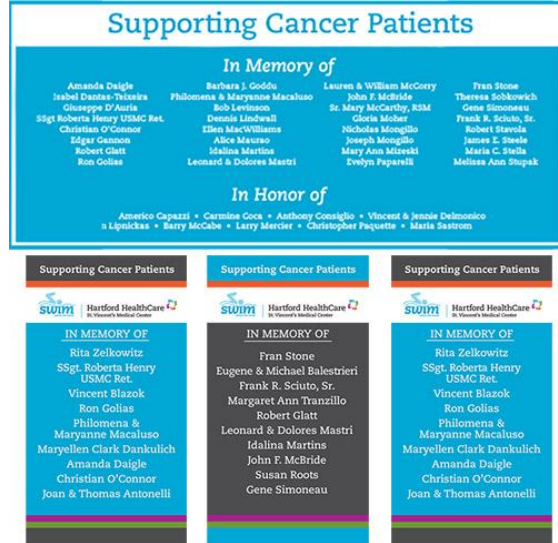
At Swim Across the Sound, we believe in the power of remembrance and the enduring spirit of those we cherish. That's why we invite you to join us in supporting our mission by making a donation **In Memory of** or **In Honor** of a loved one.

In Memory, We Give. In Honor, They Live. We offer two meaningful ways to give and honor your loved one:

- \$50 Donation – Your loved one's name will be proudly displayed at Captain's Cove on a banner at the Swim Across the Sound Marathon and Memorial events the weekend of August 1-2, 2026. **See top image for sample of banner from 2025.**

\$125+ Donations – For donations of \$125 or greater, your loved one's name will have a year-round presence displayed on a banner at Captain's Cove Seaport beginning on August 1, 2026. **See bottom images for sample of banners from 2025.**

Donations of \$50 or more will receive a complimentary **Family Package for same-day roundtrip walk-on tickets to the Bridgeport/Port Jefferson Ferry**, a value of more than \$150.



<https://giving.stvincents.org/annual-campaigns/in-memory-we-give/>

Deadline to ensure your loved one's name is included on a banner at Captain's Cove is June 29, 2026

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Thank you to all who participate or donate toward our Swim assistance program and events.

Your contribution makes a meaningful difference in the lives of cancer patients.

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