Swim Talk NEWSLETTER

swim across the sound

Hartford HealthCare
St. Vincent's Medical Center

October 2026 Published by the Swim Marathon Committee

Get ready for the 40th annual

SWIM ACROSS THE SOUND MARATHON

July 31, 2027

We're excited to share that plans are underway to return to our traditional swim from Port Jefferson to CT in 2027!

Why I Swim

A personal commitment to helping families navigate the challenges of cancer.

Katherine Tarnacka with her team, the Goofy Goobers

Swim Across the Sound is one of the most rewarding things I've done. It takes a lot of time, hard work and planning, but it still feels like the bare minimum I can do. **I'm blessed to be able to swim** and to have a support system that allows me to do this each year. The least I can do is take something I'm good at and use it to help others. The work I put into this swim is nothing compared to the hardships cancer brings to people, families and communities.

My favorite part each year is the celebration after the swim. Seeing **families, friends and loved ones supporting one another** is truly heartwarming. It's the

culmination of all the hard work, and you can really see the impact. Those moments bring joy during difficult times and are why I keep coming back.

Over the years, I've seen the impact of cancer on family and friends. First, my family friend was diagnosed, then most recently, my aunt was diagnosed with cancer. Seeing how her treatment has been both physically and financially difficult, has made this mission even more personal. Because she lives in another country, supporting her financially from afar is very hard and almost impossible. **Our family does what we can by sticking together through these challenging times.**

I started swimming at 15, and turned 19 shortly after this year's event. As cancer becomes more present in my life, this swim means more than ever.

I'll keep doing my part for as long as I can, hoping that families like mine can find some financial relief and focus on what matters most: supporting one another.

Yacht Rock Party

November 21, 2027

A Night of Music is ready to set sail at Penfield Pavilion in Fairfield

Put on your captain's hat, bring your best moves, gather your crew and set sail for the ultimate Yacht Rock Party. A Night of Music for a great cause featuring Connecticut's premier Yacht Rock band Anchor Management**!**

This night is about more than great music. Every ticket purchased makes a difference! Your support helps cancer patients and their families by providing financial assistance for essential expenses, including rent and utilities.

A NIGHT OF MUSIC

For more information and to purchase tickets, visit:

https://giving.stvincents.org/event/a-night-of-music/

$50 General Admission ticket

For more information, contact:

Amy.Knorr@hhchealth.org

Location:

Penfield Pavilion

475-210-7308

323 Fairfield Beach Road
Fairfield, CT

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