



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



2024 Special Edition Published by the Swim Marathon Committee

"I Was Told That I Would Never Swim Again"



I have participated in the Swim Across the Sound Marathon about 10 times. I love and value friendship, the spirit of addressing a major cause of disease, the extensive community involvement and the pure joy of swimming!

This year is a special one for me. I was treated for a melanoma in 2006, and then for prostate cancer in 2021. For the last 12 months, I have been receiving chemotherapy, radiation, immunotherapy and also had surgery for esophageal cancer.

I was told at the start that I would never swim again. It was clear that the risk of reflux, a big fear after an esophagectomy, was real. I started swimming slowly with lots of water aerobics at the Westport YMCA. After four weeks, I returned to swimming - but only on an empty stomach.

I am now confident I can complete this year's marathon with my relay team, Survivors, and I'm back training in the frigid waters of Long Island Sound.

I have learned a lot through cancer treatment. Friends, swimming and faith all matter. The early dawns are therapeutic and inspiring. I've learned that swimming lowers the risk of side effects, promotes healing and may extend quality of life. As an epidemiologist, I am excited by extensive data showing just this.



All too often, cancer patients retire from activity and friends and lose hope. The daily swim can provide meaning and purpose every day. I know that many people with cancer will have tougher experiences or be diagnosed at later stages. But even for them, swimming, friends and faith can help.

Being part of St Vincent's Swim Across the Sound elevates me from my own issues and provides a pragmatic way to help others and those benefits run deep.



To add your support to Derek's fundraising goal, click here:
<https://charity.pledgeit.org/f/DerekYach>



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Boater's Needed!

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 3rd.

[Click Here to Register](#)

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>.
- Make a donation toward our Radiothon Giving Hour and have your loved ones name announced live on WICC on June 14 between 8-9am. Donations of \$50 or more can choose to receive a Bridgeport Ferry Pass. Donate today at: <https://swimacrossthesound.org/radiothon>

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

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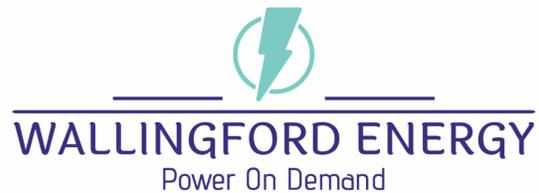
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**Thank you to the generosity of our
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We look forward to seeing you August 3rd!

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