



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



May 2025 Published by the Swim Marathon Committee

A Battle Lost, A Legacy Lives On



Jon T. Barnard was a proud naval veteran and a loving husband, father, grandfather and great-grandfather. Jon fought metastatic prostate and bladder cancer for 13 years. That final battle was lost last month.

After 10 years of remission, the cancer came back and spread to Jon's bones, causing him to fight cancer once again alongside his family.

Jon was always very grateful for the assistance he received from Swim Across the Sound during his initial surgery and treatments with Hartford HealthCare. "These funds helped to cover multiple expenses throughout his courageous fight," said Jon's daughter, Ann Moreno. "That gave my father and my family more than support – it gave us peace of mind."

During COVID, Anne swam in his honor by participating in the Virtual Swim Across the Sound. Anne pledged to swim one mile in Long Island Sound for each donation in honor of that donor's loved one, totaling an incredible 18 miles.

Prior to Jon's passing on April 28, 2025, Jon, his family, and Velo-CT had planned to honor his memory by raising funds through an inaugural Swim-a-thon in support of others as they navigate their fight against cancer. Jon, knowing this would be



done in his memory and honor, could not have been



more proud that his legacy would live on to provide resources and help to others.

The Jon T. Barnard Swim-a-thon fundraiser will take place as planned on Sunday, May 25, at Velo-CT in Norwalk.

All proceeds benefit Swim Across the Sound. Those interested in participating or donating can contact Mike Powers at mike@velo-ct.com or Anne Moreno at yankeesgirl3291@sbcglobal.net.

Click here to download the Swim-a-thon Flyer and join today!



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**Swim Across the Sound
August 2, 2025**

We are still in need of power boats and sailboats 20' and up for the Swim. Please consider volunteering as a boat captain to help us keep the swimmers safe as they make the trek across the Long Island Sound.

[Click Here to Register your boat](#)

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:

- Register as a swimmer, 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/VirtualChallenge25>
- 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://giving.stvincents.org/swim-marathon/swim-marathon-registration/>

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

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Exploring Long Island's Waters



We are so grateful to Paumanok Tours and all they do for Swim Across the Sound! We connected with founder and owner, Kevin Stieglemaier, to learn more ...



Tell us about your company and the service it offers:

I started Paumanok Tours 10 years ago after my kayaking guidebook to Long Island was published. I was receiving so many calls and emails asking for advice and help planning paddling trips that a tour company just seemed like a logical next step to take.

We have since grown and now have a decent-sized fleet of a few different size and style kayaks. We rent these out all summer long, but also run guided tours across a good portion of Long Island. We run programs for local libraries as well as Boy Scout and Girl Scout troops. We organize kayaking birthday parties, family outings, and have even done a few bachelor and bachelorette parties. Basically, if you get a group together, we will get you on the water!

How long have you been supporting Swim Across the Sound?

This will be the fifth year we have supplied kayaks to help at the start of the Swim Across the Sound.

[READ COMPLETE ARTICLE HERE](#)

Thank you to the generosity of our Corporate Sponsors.



We look forward to seeing you August 2nd!

St. Vincent's Medical Center | Philanthropy Department
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