



Hartford HealthCare  
St. Vincent's Medical Center

# Swim Talk NEWSLETTER



June 25, 2025 Published by the Swim Marathon Committee

## A Gift of Connection and a Brotherly Bond

*"I've missed the camaraderie, the purpose, and the spirit of this incredible day."*

*by Zach Munroe*



I swim in honor of my dear friend James Malaney, who courageously battled cancer with a strength that inspired everyone around him. James benefited directly from the services provided by the Swim and the St. Vincent's Foundation during his fight. Their support helped ease the heavy burden for James and his family, offering comfort and care when it was

needed most. Honoring his memory is one of my strongest motivations. Throughout the day of the swim, I wear several shirts with James's name proudly printed, as a way to carry his spirit with me across the Sound.

I also swim for others we've lost - my aunt Victoria Arteta and family friend Michael Dennehy, whose battles with cancer touched our family deeply. And I swim for those still fighting, in the hope that one day, fewer people will have to endure the hardship this disease brings.

The event has also given me the gift of connection - something I've come to cherish. During my first swim in 2019, I had the privilege of being captained by Dave Collings, a man whose love for



the water matched our own. We stayed in touch after the event, and when Dave passed away following his own health battle, his family, gracious and generous, stepped in to support us during our second swim. We named our team after Dave's beloved boat, the Hilbre Island, and we'll always carry his memory with us. Stories like his remind me why this event is so important.

Beyond the honorees, this swim has deepened my bond with my brother Albert. Preparing for and completing the swim together has allowed us to grow as brothers and teammates. The clear purpose, the open water training, and the shared commitment has helped us build something stronger than just athletic endurance.



On Saturday, August 2, I'll once again dive into the waters of Long Island Sound for something much bigger than myself - the *Swim Across the Sound*, hosted by St. Vincent's Medical Center. This will be my third time participating in this powerful event, and my first since 2021. After a few years away, I'm grateful for the opportunity to return - and I'm especially excited to be swimming once again with my younger brother, Albert, as part of **Team Cardinals**.

**What keeps bringing me back? It's the people. The memories. The mission.**

The Swim Across the Sound is not just a physical challenge - it's a tribute, a celebration, and a promise.

I am fortunate to be healthy, to be surrounded by the unwavering support of my family and to have the strength to swim. With every stroke I take and every dollar I raise, I'm reminded that this is more than a fundraiser - it's a pledge.

**The funds go directly to services like transportation to treatment, early detection screenings, counseling, grief support and more. But perhaps most importantly, they provide *hope*.**



To anyone unfamiliar with the Swim Across the Sound, I want you to know this: It's a community of people who believe in showing up for one another in times of unimaginable need. And I see no greater calling than that.

Please consider supporting **Team Cardinals** as we swim with love, with purpose and with the hope of creating a world where fewer families suffer the pain of cancer. Thank you for helping us get closer, one stroke at a time.

**To support Zach Munroe and Team Cardinals, please visit:**

<https://charity.pledgeit.org/SwimAcrossTheSound/@Zachary->



## 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.

Hartford HealthCare   
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[Click Here to Register your boat](#)

## In Memory, We Give. In Honor, They Live.

*Honor Loved Ones, Support Local Cancer Patients.*



You can make a real difference for local cancer patients and honor someone special. With a donation of just \$50 or more, your loved one's name will be proudly displayed on a banner at the **Swim Across the Sound event on Saturday, August 2nd, at Captains Cove in Bridgeport.**

To learn more and make your donation, visit our campaign site: [In Memory, We Give. In Honor, They Live.](#)

**Deadline to ensure your loved one's name is included on a banner is July 21, 2025.**

You can also download the form and return with payment by the deadline: [Download Form Here](#)

## 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/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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**We look forward to seeing you August 2nd!**

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