



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



July 8, 2025 Published by the Swim Marathon Committee

From Wall Street to Open Water

by Thomas Ferrell

Tom Ferrell grew up in Woodbridge, Connecticut, and spent much of his youth in the water. "I have many fond memories of my competitive swimming days in the 1960s and 70s," he says. Decades later, and now a resident of Manhattan, Tom would be taking to the Connecticut waters again with a new outlook – and a new challenge ahead.

Three years ago, Tom faced his own battle with prostate cancer. "I began swimming again to clean up my Wall Street lifestyle and lose weight," he explains. Tom was aware of Swim Across the Sound – and the formula fit. "It gave me the opportunity to add purpose and meaning to my personal health goals while raising awareness and support for others battling cancer."



Last year, Tom participated in his first Swim Across the Sound Marathon as a relay swimmer with the team **Barbara's Bunch**. This year, he's feeling even more inspired and he's ready to do it again. Tom's teammates each shared some personal insights with him. His boat captain, Mario Viola, was participating on behalf of his brother who received cancer treatment at St. Vincent's Medical Center. His fellow swimmers had stories of friends and family affected by cancer and who benefited from critical resources made possible by Swim Across the Sound.

"I am committed to my lifestyle



change and my effort to bring new purpose by making a difference," says Tom. "My training is now more than just personal but helping to bring about cancer awareness and support - and helping others recover to better health."

To support Tom Ferrell and Barbara's Bunch Relay Team, please visit:

<https://charity.pledgeit.org/SwimAcrossTheSound/@ThomasFerrell>

Warrior Woman: A College Friend's Remembrance

I have wanted to volunteer for Swim for years but was never in town for the event. I finally got my chance last summer. Little did I know, less than one year after volunteering for my first Swim, I would captain a **Virtual Team Challenge, the Oxford Cardio Crusaders**, in memory of my dear college friend, Sue Pearson, who passed away from multiple myeloma in March 2025. This is her story.

In 1978, five women met in college. Four at the University of Vermont, one at Champlain. Three were friends in high school in Vermont. The other two, including myself, were fortunate enough to have met as freshmen. We became friends within weeks and shared so many good times. Sue was fun, outgoing, and always ready to have a good time. She was never afraid to make fun of herself. She had a great smile and an infectious laugh. She was someone you wanted to be around.

Life happened after college and each of us settled in different states. Sue moved to Florida and met her future husband, Mark, the love of her life. They were total opposites: she was outgoing and talkative; he was reserved and quiet. When I met Mark, I wondered, "How the heck did these two get together?" but their relationship worked, and they were together until the end.

Sue was diagnosed with breast cancer, followed by multiple myeloma but cancer did not slow Sue down. She loved to travel, and she was always on the go. She visited family in Vermont, did charity runs and ski trips. We took a cruise to Alaska and the Caribbean.

Unfortunately, Sue started having neck pain late last year. Scans confirmed the cancer was back and aggressive. That heartbreaking diagnosis started her decline but somehow, gave her strength beyond my comprehension, to fight with all she had.

With every step forward Sue took, there were major setbacks. She remained

optimistic and we all followed her lead of hope, faith, courage and encouragement. I kept telling her I admired her strength and thanked God; he made her a fighter. My college roommate, in a group text told her she was a "Warrior Woman." Being a breast cancer survivor herself, she was the only one in our group who knew some of what Sue was going through.

This story is not unique to cancer patients and their families, but for those who loved Sue, her courage and strength demonstrates the will of the human spirit. Until researcher's find a cure for cancer, we can support causes like St. Vincent's Swim Across the Sound, which provides programs and financial support not covered by insurance. Every dollar makes a difference. Please give what you can, in memory of, in honor of, or to pray for those with cancer, their families/friends and for cancer survivors.

Until we meet again Sue, this challenge is for you.

To support Sharon Johnson and the Oxford Cardio Crusader Team, please visit:

<https://charity.pledgeit.org/VirtualChallenge25/@SharonJohnson>



Hartford HealthCare 
St. Vincent's Medical Center

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

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

Every **Swing** Helps With 'Swim'

JOIN US
July 10-13
Great River
Golf Club,
Milford CT



ALL PROCEEDS GO TO
HHC
**SWIM Across
the Sound**

GET YOUR TICKETS NOW
hhcwomenschamp.com/tickets

SHUTTLE PARKING AVAILABLE • SET YOUR GPS TO:

 180 Herbert Street, Milford CT

Hartford HealthCare 

Thank you to the generosity of our Corporate Sponsors

| BUILDING SOLUTIONS TODAY |



We look forward to seeing you August 2nd!

St. Vincent's Medical Center | Philanthropy Department
2800 Main Street | Bridgeport, CT 06606

FOLLOW US



Hartford Healthcare | St. Vincents Medical Center 2800 Main Street Department of Philanthropy
| Bridgeport, CT 06606 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!