



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



October 2025 Published by the Swim Marathon Committee

"I was feeling so weak and sick, I was unable to work, I could only imagine those in treatment who have bills to pay."



When **Lisette "Liz" Hernandez** received a breast cancer diagnosis at 37 years old, her fight quickly extended beyond her health to include her **financial stability**.

"I was feeling so weak and sick, I was unable to work," the **mother of two** recalled. "I could only imagine those in treatment who have bills to pay."

It was during her treatment at **St. Vincent's Medical Center** that a nurse named Brandy told her about the **Swim Across the Sound patient assistance**

program, which provides financial aid to cancer patients. The help is a lifeline for cancer patients. For Liz, it sparked a deep desire to help others and pay it forward.

Liz, a professional hairdresser, knows the profound struggles of a breast cancer diagnosis all too well.

With both her mother and grandmother having battled the disease—a fight her grandmother tragically lost after a second diagnosis—Liz felt compelled to act. "I wanted to do something; I wanted to help. I wanted to give back," she said. Her idea was simple yet powerful: **"I thought I**

could cut hair as a fundraiser and donate to the Swim Across the Sound."

This October, Liz is doing something special—she's offering free haircuts to anyone who donates to the Swim Across the Sound fundraiser. You can catch her at VIP Barbershop, 464 Huntington Turnpike in Bridgeport, Tuesday through Saturday. And the

most amazing part? She will not be taking a paycheck for herself. "I am not getting paid at all this month at the barbershop," she stated emphatically. "Why? Because I have chosen to help and give back to those with a cancer diagnosis. **All proceeds while in my chair will be donated! Yes, donated!**"



This is Liz's third year running this powerful fundraiser. The first fundraiser was in 2023. "After the first week, I opened the webpage and when I saw the amount I had raised, I started to cry. Finally, finally I did something that I really wanted to do with the kindness of my heart to give back." Her efforts have grown exponentially, raising **\$8,000 in 2023** and **\$10,000 in 2024**.



To celebrate the community's generosity and to raise even more funds, Liz is hosting a **Cancer Benefit and Thank You event** on **Thursday, October 24, at Joey C's in Stratford**.

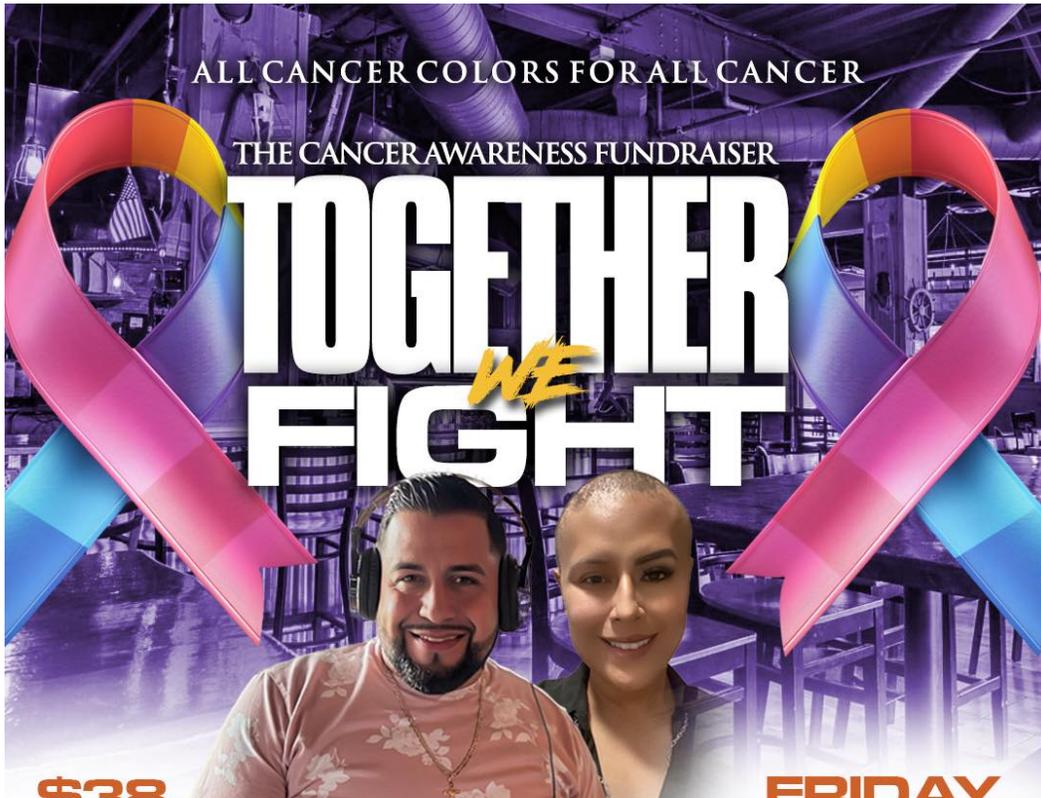
Starting at **6 p.m.**, attendees can enjoy a buffet for \$38, with a portion of the cost going directly to the fundraiser. She will be giving out cancer-logo hats and bracelets as a token of her gratitude. Guests are encouraged to wear the color that represents their fight or the fight of a loved one.

Beyond her fundraising efforts, Liz has also been posting [inspirational videos](#) on social media, candidly sharing her fight and offering practical advice on topics like applying makeup and putting on wigs.

To support Liz's fundraiser directly, donations can be made online at <https://charity.pledgeit.org/Liz2024>.

For more information on the October 24th benefit, you can contact her at (203) 903-8040.

To view her facebook page, visit:
<https://www.facebook.com/lisette.hernandez.982845>



ALL CANCER COLORS FOR ALL CANCER

THE CANCER AWARENESS FUNDRAISER

TOGETHER WE FIGHT

\$38
INCLUDES
BUFFET
DINNER

FRIDAY
OCT.
24TH



MUSIC FOOD & LIVE DJ
MUSIC BY DJ VIC

A PORTION OF PROCEEDS GO TOWARDS CANCER FUNDRAISER



BUFFET
STARTS 6PM



DJ VIC
STARTS 9PM

ST VINCENT SWIM

DANCE PARTY



955 FERRY BLVD. STRATFORD, CT.



*For more information on the October 24th benefit,
please contact Liz at (203) 903-8040.*



SAVE THE DATE
for the **2026**
Swim Across the Sound
August 1, 2026

To learn more or to donate to support cancer patients, visit:

<https://giving.stvincents.org/swim-marathon/>

Hartford HealthCare 
St. Vincent's Medical Center

A NIGHT OF MUSIC

Sponsored by:
Town Fair Tire Foundation

In Memory of:
Keith Lebo and Jimmy DeSantie

Presented by:
The Sabia and Lebo Families

November 15, 2025 | 6:30-10 PM

Join us for a great Night of Music featuring two of the top bands in our area: The Heavy Hitters and Hazzard County.

Every dollar raised at this event will go directly to helping local cancer patients in the Greater Bridgeport area cover their living expenses regardless of where they receive treatment. Your participation makes a real difference in their lives.

For more information, visit:
<https://giving.stvincents.org/event/a-night-of-music/>

**\$50 General Admission ticket or
\$150 VIP ticket which includes open bar & appetizers**

**For more information,
contact:
475-210-7308**

Location:
Fairfield Theater Company
70 Sanford Street | Fairfield

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