



Hartford HealthCare  
St. Vincent's Medical Center

# Swim Talk NEWSLETTER



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## Hot Summer, Cold Water: Florida Swimmer to Take on Long Island Sound



Jessica Kennedy, a Hernando, Florida resident, is participating in her first Swim Across the Sound Marathon on August 6, 2022. She's got her flights booked, an Airbnb for her family - and she's ready to go. Jessica's brother will be monitoring her progress from her escort boat, while her sister and Jessica's three teenage children will be cheering her on from start to finish.

While this is not Jessica's first open water swim - it will be her longest yet. The 15.5 miles across the Sound tops her previous swims around Key West and Charleston, South Carolina. "I've been a runner all my life, and after some injuries, a friend introduced me to open water swimming and I've been hooked ever since," Jessica explained. "I'm ready for this new challenge."

### Why Connecticut? Why Swim Across the Sound?

"I wanted to do something for my family and to swim for my dad who is struggling with pancreatic cancer and dementia," said Jessica. "It's been hard on all of us, and this is a great opportunity to bring us together for something fun - and to let him know how much he means to us."

Jessica shared how her father has influenced and supported her love for endurance sports since she was a young girl. "At age 10, my father had me running and even competing against his friends. I credit him with my endurance and athleticism. He has supported my passion for endurance sports all my life."

Raising funds seems to be yet another of Jessica's talents. She has raised more than \$2,000. "What we went through with my dad was so difficult. We never expected it," Jessica recalls. "While it brought us all together, we depended on

the people around us to help. This is an opportunity to bring some light and hope to someone else's life – doing something I love, for someone I love, and giving back.”

## The First Stroke Is The Deepest

August may be hot – but the waters of Long Island Sound are not, averaging just 74.1°F. “That first mile is a struggle knowing you have so far to go,” Jessica said. “The water is cold, and the anxiety of dark, open water can be daunting.”

Elements aside, Jessica is prepared to go the distance. “I am an endurance athlete – it's what I do. I will have some songs in my head that will get me through the first part. Above all else, I have my dad to think about, and all the people who support and believe in me to get me across the finish line.”

You can support Jessica or another swimmer or team [here](#)

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## Swim Across the Sound 2022

There is still time to register a team to swim the 15.5 miles across the Long Island Sound. Join us on August 6th and help cancer patients in our community!

[Click Here to Register your Swim Team](#)

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## 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://runsignup.com/supportswimacrossthesound>.
- Volunteer as a boat captain. We are still seeking boaters to help keep our swimmer safe as they cross Long Island Sound: <https://swimacrossthesound.org/boat-captain-form>

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

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## Sponsor Spotlight Recognizes



Swim Across the Sound would not be possible without our incredible partners at **AMR** who dedicate their time, resources, and services to help make our event a safe place!



*We spoke with Bill Schietinger, Regional Director of Southern, CT to learn more:*

**Tell us about AMR:**

AMR of Fairfield County provides emergency and non-emergency medical transportation services for the City of Bridgeport and Town of Fairfield. We also provide mutual aid and non-emergency medical transportation to all communities in Fairfield County. We employ over 200 Emergency Medical Technicians, Paramedics, Wheelchair Van Drivers, and Support Staff who all provide care to over 50,000 patients annually.

**How long has AMR been supporting Swim Across the Sound?**

AMR has been supporting the Swim Across the Sound since our predecessor days of Bridgeport Ambulance. Our friend, Marilyn Goldstone, was a strong

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## **Covid Update**

Our top priority continues to be the safety of all and that includes following COVID-19 guidelines by Hartford Healthcare, The States of CT and NY and CDC.

**COVID vaccination is required to participate in the Swim in any capacity. Please be prepared to show proof of vaccination in order to participate.**

**We look forward to seeing you August 6th!**

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