



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



March 2023 Published by the Swim Marathon Committee

Former Army Swimmer on a Personal Mission to Help Others



Dan Head, a resident of Stratford, CT, has been participating in the Swim Across the Sound Marathon since 2015. In 2022, Dan was captain of Team RBG – short for “Rock the Black & Gold” a four-man, all veteran team.

Dan has some serious swimming cred that predates Team RBG. He swam at West Point on the Army Swim Team, Class of 1995.

The Swim Across the Sound Marathon is a more personal challenge that fits the bill for Dan, in more ways than one. “I enjoy open water swimming - and I believe in the cause,” he says. “Let’s face it, cancer sucks. Helping patients and families hold their lives together during treatment is important.”

It’s not difficult to feel the sense of camaraderie Dan and his teammates exhibit. It’s also very clear why his passion for the cause runs deep. “Cancer took three of my grandparents, my mother, and the wife of a very good friend,” Dan explains. “My dad also had cancer but survived. I’ve seen how much havoc it can create. I’m just trying to do my part to make life a little easier for folks who are struggling.”

For those looking for inspiration to tackle the 15.5 mile swim from Port Jefferson, NY, to Captains Cove in Bridgeport, CT, Dan has got some. “We’re all just trying to do the right thing. If you’re a former competitive swimmer and/or a boating enthusiast, consider joining the cause. It’s not hard to find a team. It will help you get

into better physical shape in your own life and it's a fun day out on the water. Plus, Cancer is a nightmare. If you can, I would ask that you try to do your part and help patients and families who are just trying to survive."

You can support Dan and Team RGB by visiting their fundraising page [here](#)



Hartford HealthCare 
St. Vincent's Medical Center

Swim Across the Sound July 29, 2023

Register today and join a dedicated group of swimmers and volunteers as we trek 15.5 miles across the Long Island Sound to raise funds for cancer patients and their families!

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

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/VirtualChallenge>.
- 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://swimacrossthesound.org/marathon2023>

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

[Sponsor Spotlight Recognizes](#)





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.

We are honored to partner with **AMR** in all we do. Their team gives their time and resources to help keep all of our events safe. Thank you AMR for your time and generosity!



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

[READ COMPLETE ARTICLE HERE](#)

Thank you to the generosity of our Corporate Sponsors.

BUILDING SOLUTIONS TODAY



We look forward to seeing you July 29th!

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

[Unsubscribe anthony.cernera@hhchealth.org](mailto:anthony.cernera@hhchealth.org)

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

Sent by christine.howard@hhchealth.org in collaboration
with



Try email marketing for free today!