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Media Contact: Danielle Swift

(475) 210-6431 / cell: (203) 464-8510

danielle.swift@stvincents.org

Trumbull Resident and SWIM Veteran Kathy Micinilio to SWIM Across the Sound...Again!

Bridgeport, Connecticut – August 1, 2018. Nothing can stop Trumbull resident Kathy Micinilio as she returns yet again to SWIM Across the Sound. On Saturday, August 4th, 2018, Micinilio and her dedicated team, Team Triumph, will join approximately 150 swimmers, accompanied by a fleet of approximately 100 boats, and take turns swimming 15.5 miles from Port Jefferson, New York, across Long Island Sound to Captain's Cove Seaport in Bridgeport. All are participating in the St. Vincent's SWIM Across the Sound marathon to raise money for cancer patients. The money they raise from pledges goes to St. Vincent's SWIM Across the Sound, which helps cancer patients and their family deal with the non-medical challenges that cancer brings and that insurance does not cover.

Participating in the SWIM is nothing new to Kathy. In fact, she is a seasoned swimmer in this marathon. Having begun her participation back in 1998, swimming in honor of her father-in-law, Micinilio cannot seem to stop – nor does she want to. "Once I got involved and saw how much the SWIM did for others, I knew I wanted to keep swimming," stated Kathy. Since then, Kathy has participated in the event as often as she can, recalling at least fifteen times she swam for the cause.

Micinilio credits both her family and teammates as her inspiration to continue with the SWIM each year. While her father-in-law's passing from pancreatic cancer started her SWIM journey in 1998, Kathy returns time after time to swim in honor and support of her other family members who have and are still are battling with various types of cancer. This year is particularly important to Kathy as she is swimming for her brother-in-law and mother-in-law, both of whom recently passed away.

"My mother-in-law was a patient at St Vincent's Swim Center throughout all of her battles with cancer, and she always supported me in the SWIM," recalls Micinilio. "She generously donated to it; she requested donations for the SWIM in her obituary, and she always was sitting at Captains Cove waiting for me when I finished, along with my mom, sister and the rest of my family. So, this year, I really had no choice but to swim."

As for Team Triumph, the five-man relay team, their team motto "We keep coming back" is holding true. "We won't win, not even close, but everyone on my team is so reliable and committed to the cause and



to each other," states Kathy. The team is a tight, committed group and cannot let each other down which is why they are always back swimming together and supporting a cause that is passionate to them.

Micinilio keeps swimming in hopes that it brings people the support they need. "It is so cliché to say I hate cancer, the suffering and the loss... But while my family has suffered huge losses to cancer, we have also been inspired by all the love and support that so many people gave to us," she said. "We never had to ask; people just helped us, cooked us meals, took our kids places, let us vent, gave us advice, gave us hugs, and all of their love and support gave us the ability to keep fighting for our loved ones and helped me to find the good when I didn't think I could. I know the money raised from the SWIM helps cancer patients and their families in the same way that my friends and family have always helped me, and that's why I keep swimming."

Help Kathy and her team today by supporting SWIM Across the Sound. Donations can be made at <https://give.stvincents.org/marathon2018>.

Come and cheer on all the swimmers on Saturday, August 4th, 2018, at Captain's Cove in Bridgeport.

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About St. Vincent's SWIM Across the Sound

St. Vincent's SWIM Across the Sound is a charitable not-for-profit 501(c)(3) organization run by the St. Vincent's Medical Center Foundation of Bridgeport, CT. Since 1987, the SWIM has had a unique niche helping individuals and families struggling through the difficult changes that cancer brings with it. The SWIM serves approximately 30,000 people annually by providing over 45 programs, including cancer education, screening, prevention and support programs at low- or no-cost for the uninsured and underinsured. In addition, the SWIM helps individual cancer patients on a case-by-case basis with specific financial assistance, funding of wigs and prostheses, medication assistance, free transportation to treatments and appointments, day-care scholarships, support groups and more. For more information, contact the St. Vincent's Medical Center Foundation at (203) 576-5451 or visit www.SwimAcrossTheSound.org.