



Dear Friends and Family,

This August will mark the 25th anniversary of the start of my fitness swimming hobby. At the age of 37, after being sedentary since high school, I started lifting weights. In order to get some aerobic exercise, I added the swimming—going to the local high school pool in the early morning before work. Eventually, as life became more complicated and the demands of my work schedule became greater, the weight training fell by the wayside, but the swimming continued, and became a hobby I still enjoy. About 15 years ago, I talked Lindy into giving it a try, and she has become a devotee also, swimming a mile at a time, just as I do.

I am celebrating this anniversary by participating in our regional hospice's "Swim a Mile for Hospice" event. This is a non-competitive fund-raising one mile swim that will take place August 7, 2010, in the Racquette River in Hanawa Falls, just outside Potsdam, NY.

Swimmers who participate are asking for sponsors to make a donation to Hospice and Palliative Care of the St. Lawrence Valley. The donations can be made in honor of, or in memory of, the person of the donor's choice.

Hospice is a wonderful organization. It provides care that might benefit any or all of us at the end of our lives. Surely we all know someone who has benefited from the comfort and care it offers.

And so, dear friends and family, I am asking you to consider making a donation to Hospice and Palliative Care of the St. Lawrence Valley to sponsor me in this undertaking. This does not have to be a large amount. Your \$5, \$10, or \$20 will add up and be appreciated.

Online donations can be made at www.swimamileforhospice.com

Alternatively, donations payable to "Hospice of the St. Lawrence Valley" can be mailed or given to me for forwarding.

If you are receiving this note by email, I am attaching an image of a poster from Hospice advertising the event and depicting myself and three of my friends who will be among the participants. If you are a swimmer or a boater and would like to participate, please join us for a fun morning on August 7!

Thank you for considering this request!

Dick