

# FISHLINES



2430-B Periwinkle Way, Sanibel, FL 33957  
FISH OF SANCAP is an equal opportunity provider

## 12<sup>th</sup> Annual 10K Race Success Despite Virtual Format

NOVEMBER 2020



Runners near and far participated in the 10K Race 4 F.I.S.H. virtually this year, due to the COVID-10 pandemic. FISH reports participants from 14 states and as far as the United Kingdom running the race logging times through Oct. 31. The virtual road race allowed runners from other areas to run the race, determine their own route, and track their time via the RaceJoy app, all from the location of their choosing. Many participated in groups, using the app to track each person’s time.

Left: Members of the Sanibel Spoonbills Run Crew

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- Walk-In Center & Food Pantry Closing @noon Wed Nov 25-Fri Nov 27

The local Sanibel Spoonbills Run Crew, with members Roger Timm and Tim Barrett, support ‘Memories of Honor’ by donating race medals to families of fallen military. “While we will not have FISH 10K medals this year, those of us that run this race in remembrance of a fallen hero will use last year’s medal,” says Timm. The goal of Memories of Honor is to remember the sacrifice military and their families make for freedom. Memories of Honor is a program started by Amy Cotta, who began running in combat boots after her then 18-year-old son left for the Marine Corps boot camp. “It gives us a higher purpose to run and train, plus the medal is proof to a family that their fallen military hero has not been forgotten,” said Timm.

Long-time 10K participant Tom Kelly completed his virtual running of the 10K in mid-October, making the 2020 race his 144<sup>th</sup>, just two short years after he ran the 2018 10K for his 100<sup>th</sup>. “I’ve been doing the FISH 10K for several years because this wonderful organization helps so many people in need, including meals, financial assistance, holiday baskets, and the food backpack program for children, and counseling. There are always people who need assistance, some desperately; and with the pandemic raging through our country, the need has become critical. Organizations like FISH are more vital than ever,” said Tom.

The race’s premier sponsor was Cielo and community partners included the Fort Myers Track Club and The Sanibel Community House. “We couldn’t be happier with this year’s race,” said Race Committee Chair Diane Cortese. She ran her 10K course with first time racer Gretchen Strong-Betten. “From our generous sponsors and partners, to those that creatively hosted 10K days in support of the race, and of course, the runners, we couldn’t do this without them.”

New this year were the ‘10K Days’, promotions/specials by local businesses supporting the race. Participating businesses included Bailey’s General Store, The Island Therapy Center, R.S. Walsh Landscaping, The Great White Grill, Joey’s Custard, Tips and Toez, MacIntosh Books, Rosie’s Café, Island Paws, Over Easy Café, and Suncatchers’ Dream. Sanibel United Congregational Church of Christ hosted a YouTube concert entitled Wild Coffee Duo’s Presentation and kids from the Children’s Education Center ‘ran’ their own version of the race, both raising funds for FISH.



2430-B Periwinkle Way • Sanibel, FL 33957  
239-472-4775 • [info@fishofsancap.org](mailto:info@fishofsancap.org)





12th Annual • Sanibel Island, Florida

# 10K RACE 4 E.I.S.H.



# Thank You to Our Sponsors

## Premier

# CIELO

FRESH FARE  FUN DRINKS

## Gold



**Suzie & Vince Nowell**

## Silver



**Megan & James Doss**



**Hortoons**

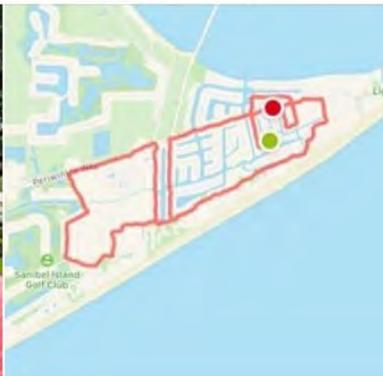
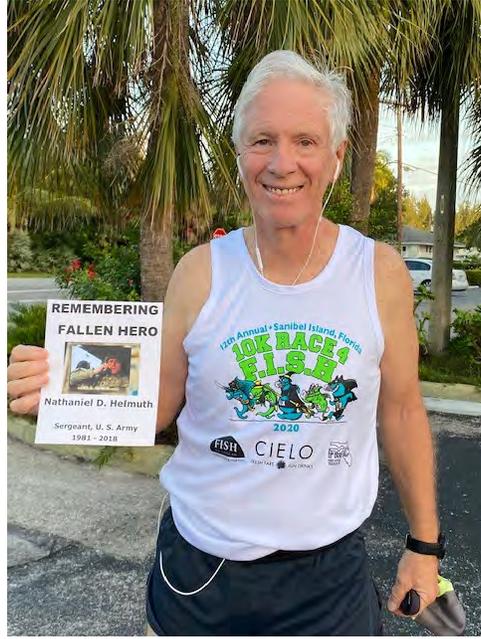
## Promotional



Tips and Toes



# 12<sup>th</sup> Annual 10K Race 4 F.I.S.H. Photos



# NAVIGATING UNCHARTED WATERS TOGETHER



## neighbors helping neighbors **THROUGH COVID-19**

In these times of uncertainty and growing needs, FISH remains steadfast in providing both **help and hope** to our island communities. Thanks to generous donors, volunteers and neighbors like you, **these FISH programs—our largest and most critical—have not missed a beat:**

- Food Pantry
- Meals-by-FISH meal delivery
- Food backpacks for children
- Emergency financial assistance

Whether feeding families, providing financial relief for rent and medical bills, or making daily phone calls and visits via FaceTime, Skype or Zoom, we continue to help our neighbors in meeting their physical, mental and emotional needs. As always, we are committed to being a safety net for all. ***At the end of the day, our message is simple—FISH is for everyone.***

IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit **fishofsancap.org**.



neighbors helping neighbors

**food programs** • **island based education** • **social & senior services** • **helping hands & financial assistance**

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### FISH FACTS

*Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.*

#### FOOD PANTRY

January - October

2020

**196,007** lbs

equating to

**163,339** meals

#### BACKPACKS DISTRIBUTED

January - October

2019

2020

916

**1512**

#### MEALS-BY-FISH DELIVERY

January - October

2019

2020

2624

**5453**

#### EMERGENCY FINANCIAL ASSISTANCE

January - October

**406** Instances

sponsored by:

Jim & Mary Nelson



# Neighbors Helping Neighbors You Make It Possible

## Congratulations Nicole McHale, ENPY Board Leader of the Year



We are pleased to announce board member Nicole McHale as the recipient of the 4th Annual ENPYs Board Leader of the Year award. Facilitated by the Cape Coral Community Foundation, the awards are designed to recognize outstanding nonprofits doing the work in the community. The Board Leader of the Year award honors an outstanding nonprofit board member who has served on for a minimum of one year and gives unconditionally to the nonprofit organization their time, talent and treasure. Other finalists included Eileen Webster of Family Initiative and Dan Stuckey of ARCHway.

“I’m honored to receive the distinguished award from the Cape Coral Foundation,” stated Nicole McHale, Past Board Chair. “I am privileged to be part of FISH's dedicated team who work so hard to ensure neighbors help neighbors.”

McHale was appointed to the Board in July 2013 to complete an unfinished term, was Board Vice Chair January-May, 2017 and was Board Chair June 2017 – December 2019. Says Maggi Feiner, President & CEO, FISH, “We are very proud Nicole has been awarded this great honor. Her dedication and service to FISH and our community is exceptional and exemplifies service over self.” Under Nicole’s leadership, she furthered the reach and network of FISH through her commitment to raising awareness of the organization. Nicole leads by example as a board member who is always ready and eager to share information about FISH when out in the community as well as an active FISH volunteer.

The ENPYs ceremony was held Tuesday, October 20, 2020 featuring mistress of ceremonies Wendy Fullerton, News Director for the News-Press on a special live televised broadcast. FISH thanks the Cape Coral Community Foundation for shining a light on those who make a positive impact in our region and congratulates all finalists and winners in each category.

## CECI Students 'Run' To Support 10K, FISH



Children’s Education Center of the Islands organized a school-wide nature trail hike. Thanks to their friends at FISH, CECI has been supplied with an array of snacks delivered since June! They held a canned food drive during Summer Camp to say “thank you!” Participating in the 12th annual 10K was another way to show their gratitude towards their community friends at FISH. CECI asked families to either register their children for the race or to directly donate to their organization. CECI’s campus is located on 4.46 acres of land that they utilize weekly for nature-hikes. During their hikes, CECI students are observing, investigating, learning, and exploring all that Sanibel’s natural world has to offer. For this particular hike, students focused their journey on the theme of “helping others.” Their educators set the intention for the hike by reading a book about helping others and discussed the importance of being kind. Tying in the FISH organization and how they help CECI, was another way to connect to the overall reason for the hike. Children and teachers hiked their way through the trails and took note of how different plants and animals help one another. At the end of the hike, children were awarded FISH 10K ribbons by Diane Cortese, and Joey’s Custard donated a special treat for the kids to enjoy after their hike.

# Neighbors Helping Neighbors You Make It Possible

## Welcome New Staff Members Susan Alexander, Laura Rodriguez



Welcome new members Susan Alexander, Senior Services & Community Engagement Director and Laura D. Rodriguez, Accounting Manager. “We’re very fortunate to welcome two talented members of the SWFL non-profit community here to the islands. Susan and Laura both bring with them years of non-profit experience and will ensure we are able to better serve Sanibel and Captiva,” said Alicia Tighe Orgera, FISH Executive Director.

Susan, in her position at FISH, will oversee senior programs and community engagement, actively working with community stakeholders to ensure FISH continues to meet the needs of island seniors. Susan was born and raised in South Florida. Before joining FISH, Susan ran the Beyond School Walls program, for five years, at Big Brothers Big Sisters of the Sun Coast. She helped many students in the Lee County School system follow their dreams to attend college and higher education certification programs, obtain careers and be good stewards to the community. She attended the College of Wooster, Ohio and obtained her bachelor’s degree in Communications and Public Relations from Duquesne University in Pittsburgh, PA. She has a graduate certification from University of Pittsburgh in Elementary Education. Susan has also been active in the SWFL non-profit community in a volunteer capacity as VP of the Auxiliary board for Golisano Children’s Hospital and President Elect for the Auxiliary board for Lee Memorial Hospital, HealthPark Hospital, and Golisano Children’s Hospital. She also lends her talents as a FutureMaker for the Southwest Florida Community Foundation. She and her husband enjoy spending time with their three children and doing whatever they can to give back to the community. “It’s an honor for me to join FISH and provide educational, entertaining and innovative programming to the Sanibel and Captiva community. I’m excited for this opportunity and I look forward to working with all of the people and the businesses on the islands,” stated Susan.

Laura will maintain FISH’s day-to-day financial operations and fiscal integrity through her role as Accounting Manager. Laura was born in San Juan, Puerto Rico. She is a mother of 3, one with special needs. She was a stay at home mother who worked from home, baking to help make ends meet and pay for her son’s medical bills. She learned her love of accounting when she started working for Jackson Hewitt preparing Tax Returns for individuals and small businesses and later with H&R Block. She graduated Magna Cum Laude from South Florida Community College with an AAS Degree in Accounting and was recruited to work right after graduation at Saint Catherine’s Catholic Church, Sebring, Florida. As their bookkeeper, she had to reinstate policies and procedures from the Diocese of Venice to make sure they complied and passed their audit. Laura has always been a firm believer of honesty, responsibility and accountability while following policies and procedures. She also worked as a Distribution Administrator at Coca Cola Refreshments in charge of Payroll for the Fort Myers and Sarasota warehouses. During the last 6 years she worked at The Foundation for Lee County Public School as their Fiscal Manager keeping them in compliance and helping them achieve their Platinum status with Charity Navigator. “Joining FISH is an opportunity of a lifetime; a positive change. Becoming a part of this organization gives me the opportunity to help people in a direct way. It is a privilege that brings fulfillment to my heart,” stated Laura.

## COVID-19 Safety Reminder

As we continue to monitor the COVID crisis, we share our concern for the safety of all of our staff, volunteers, clients and community members. Please be assured that we continue to follow safety measures including mask wearing, hand sanitizing and social distancing. Should any volunteer become exposed to the virus, please notify us immediately so that we can reassign duties as quickly as possible. All workshops and events will be held virtually until further notice.



# Neighbors Helping Neighbors You Make It Possible

## Lee County Sheriff's Office Workshop on Virtual Internet Safety



You're invited to a workshop discussing Virtual Internet Safety. Join the Zoom call on **November 18**, 2020, beginning at 2:00p with Peggy Lince from the Lee County Sheriff's Office. Safeguarding your computer against viruses and malware is only one part of internet safety. Knowing what is safe to post and view, as well as how to present yourself while interacting within the internet community could affect your personal safety and assets. This presentation will teach participants how to use technology in a manner that protects them from too much exposure that could unwittingly lead to identity theft. At a time when more and more people are conducting business and personal transactions virtually, this information will prove useful for anyone using the internet. During the Zoom call the presenter will discuss easy solutions to the current time challenges of staying safe while online.

Due to COVID restrictions on large gatherings and out of an abundance of caution for our community, this is a virtual Zoom workshop. Please register in advance by contacting Susan Alexander or Anthony Morales at the FISH Walk-In-Center, 239-472-4775. Once registered, we will provide an emailed link and meeting ID number for access. For more information or for assistance with registration and/or Zoom instructions, please contact FISH.

## Friendly Faces Luncheon Goes Virtual—Lunch Is On Us!



FISH, with George & Wendy's Seafood Grill, is bringing back the community-wide Friendly Faces Luncheon in a new format! We postponed the face-to-face luncheons in March due to the COVID-19 pandemic, and are now offering the very popular social gathering in a virtual format.

Please join us and community members on **Tues., Dec.15** for our first ever virtual Friendly Faces Lunch. The lunch, prepared by George & Wendy's and delivered by FISH volunteers, will include activities, games and lots of good 'ole conversation. Due to COVID restrictions on large gatherings and out of an abundance of caution for the community, the lunch will take place via Zoom. "We hope community members won't let technology get in the way, as we want everyone to join us and have fun," says Susan Alexander, Senior Services & Community Engagement Director, FISH. "Our staff can help you with any technology concerns.

*Photos, left, from pre-COVID luncheons*

The Friendly Faces lunch consists of an entrée, side, non-alcoholic drink and dessert. As a welcome back incentive, FISH is buying and delivering lunch to **all island participants** for the Dec. 15 virtual lunch.

Reservations and meal choices are required by Dec. 8 to Susan Alexander or Anthony Morales at the FISH Walk-In-Center, 239-472-4775. Once registered, we will provide an emailed link and meeting ID number for access. For more information or for assistance with registration and/or Zoom instructions, please contact.



# THANK YOU

to all our partners  
in helping protect our  
island neighbors with

# FREE face masks & hand sanitizer



neighbors helping neighbors



The City of Sanibel has received an allotment of **COVID Personal Protective Equipment (PPE)** from Lee County, and has proudly partnered with FISH of SanCap, CHR, The Rotary Club of Sanibel-Captiva and Bailey's General Store to distribute these items on

**Friday, November 13th — 10a-4p** as supplies allow

**outside of Bailey's General Store—2477 Periwinkle Way**  
with a walk-up, contactless pick up.

These PPE packets are an important tool to help stop the spread of the COVID virus and will include multiples of disposable facemasks, reusable cloth facemasks, and a 16oz bottle of hand sanitizer. **Packets are FREE to individuals and households that live or work on Sanibel Island.**

*If anyone is interested in assisting on distribution day, including youth seeking community service volunteer hours, please contact Maria Espinoza at FISH—239.472.4775.*



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# Nov-Dec 2020

## community events & workshops

**food programs** • **island based education** • **social & senior services** • **helping hands & financial assistance**

### **COMMUNITY EVENT: *Thanksgiving Holiday Baskets***

Through Nov 25—FISH Walk-In Center, 2430-B Periwinkle Way, Sanibel

Baskets of stuffing, rolls, vegetables, pies and a gift card to purchase a turkey or other holiday protein will be distributed for the holiday.

### **COMMUNITY EVENT: *Adopt-a-Family Program***

Through Dec 4—FISH Walk-In Center, 2430-B Periwinkle Way, Sanibel

Donors “adopt” a family and provide gifts for the holidays, giving one of the many joys of the holiday season.

### **COMMUNITY EVENT: *Toy Drive Program***

Through Dec 4—FISH Walk-In Center, 2430-B Periwinkle Way, Sanibel

Help bring the magic of the holiday season by donating new, unwrapped gifts for children of all ages.

### **COMMUNITY EVENT: *Christmas Holiday Baskets***

Through Dec 23—FISH Walk-In Center, 2430-B Periwinkle Way, Sanibel

Baskets of food and a gift card to purchase a holiday protein will be distributed.

### **WORKSHOP: *Taking Charge of your Financial Health***

Thurs, Nov 12, 5:30p-7:00p—Virtual via Zoom

Led by Ruben Perales, Financial Wellness Manager of Fifth Third Bank, this discussion will introduce financial strategies for budgeting, saving and boosting credit scores. RSVP required by Nov 9.

### **WORKSHOP: *Internet Safety***

Wed, Nov 18, 2:-3:00p—Virtual via Zoom

Peggy Lince, Crime Prevention Specialist, Lee County Sheriff's Office will discuss easy solutions to current time challenges of staying safe while online. RSVP required by Nov 16.

### **COMMUNITY EVENT: *Friendly Faces Luncheon***

Tues, Dec 15, 11:30a—Virtual via Zoom

The lunch, prepared by George & Wendy's and delivered by FISH volunteers, will include activities, games and lots of good 'ole conversation. **FISH is treating all participants to the Dec 15 lunch.** Reservations and meal choices are required by Dec 8.

*For more info or to RSVP for workshops and events, contact FISH at 239.472.4775*

### **SPECIAL ANNOUNCEMENTS**

***Walk-In Center & Food Pantry will be CLOSED:***

Wed, Nov 25 at noon

Thurs-Fri, Nov 26-27

Thurs-Fri, Dec 24-25

Thurs, Dec 31 at noon



# Neighbors Helping Neighbors Program Highlights

## HOLIDAY TOY DRIVE MAKING HOLIDAYS MEMORABLE

### neighbors helping neighbors **TOY DRIVE**

FISH OF SANCAP is hosting a toy drive to fill Santa's bag with gifts for our neighbors who are struggling due to health issues, work-hour reduction or job loss and other crises.

Each year we hear from parents that their holidays wouldn't be the same without our help. Your donations will bring smiles to all as our neighbors feel the joy of the season made possible by your generosity.

You can help bring the magic of the season to our neighbors by participating in the FISH Toy Drive. New, unwrapped gifts will be accepted at the Walk-In Center located at 2430-B Periwinkle Way through December 1st.

For more information, please contact Maria Espinoza at FISH, 239-472-4775.



**DATE:**

Oct. 13 - Dec. 1

**TIME:**

8:00am-4:00pm

**LOCATION:**

FISH Walk-In Center  
2430-B Periwinkle Way

**INFO:**

Maria Espinoza at FISH  
239-472-4775



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FISH continues to help our neighbors in meeting their physical, mental and emotional needs. As always, we are committed to being a safety net for all. ***At the end of the day, our message is simple—  
FISH is for everyone.***

# Neighbors Helping Neighbors Program Highlights

**'MAY ALL YOUR HOLIDAYS BE BRIGHT'**

## neighbors helping neighbors **ADOPT-A-FAMILY**

The FISH Adopt-A-Family Program helps to make the holidays merrier for island residents and workers by providing holiday gifts for families. This program can provide a wonderful team building opportunity for companies, service clubs, youth groups and more.

FISH will supply a wish list from Adopt-A-Family clients; from there, the process is simple:

- Donors shop for gifts; all items must be new purchases.
- Donors drop off unwrapped gifts at the FISH Walk-In Center located at 2430-B Periwinkle Way, by Friday, December 4th between 8:00a-4:00p

For those interested in becoming an Adopt-A-Family donor, please contact Maria Espinoza, 239-472-4775.



**DATE:**

Now through Dec. 4

**TIME:**

8:00am-4:00pm

**LOCATION:**

FISH Walk-In Center  
2430-B Periwinkle Way

**INFO:**

Maria Espinoza at FISH  
239-472-4775



neighbors helping neighbors

FISH continues to help our neighbors in meeting their physical, mental and emotional needs. As always, we are committed to being a safety net for all.

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**food programs • island based education • social & senior services • helping hands & financial assistance**

# Neighbors Helping Neighbors You Make It Possible

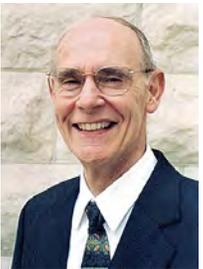
## In Memory Of . . .

It is with much sadness and sympathy that we announce the recent passing of two wonderful and valued FISH volunteers, Anne Bresslau and Jim Salzman. Both were long time FISH volunteers giving their treasure of time in various capacities for our organization. Our thoughts and prayers are with their families during this time of sorrow and loss.



*Always smiling and dressed 'to the nines', **Anne Bresslau** became a volunteer with FISH in 2010, working in our Walk-In Center. A true Sanibel lady, Anne was eager to help island neighbors and find a way to make everyone laugh and giggle. Anne would often act as the ambassador to newcomers at our Friendly Faces lunch, making sure all felt welcome and included. We will miss you Anne. Services for Anne will be held on November 13 at St. Isabel Catholic Church, 3559 Sanibel Captiva Rd, Sanibel.*

***Jim Salzman\*** became a volunteer with FISH in 2010, working in our Food Pantry, delivering medical equipment, manning the desk at our Walk-In Center and driving neighbors on and off-island for medical appointments. Jim offered great ideas for program improvement and was always willing to assist in any capacity. He later began delivering meals and became one of our regular phone duty volunteers. We will miss you Jim.*



*It is with sympathy that we announce the recent passing of **Ed Godwin**, husband of FISH volunteer Chris Godwin, who passed away peacefully October 19, 2020 at his Sanibel, Florida home after a long illness. Our thoughts and prayers are with you, Chris, and your family during this difficult time.*



*It is with sympathy that we announce the recent passing of **Jim Gryzmala** and **Tom Secrease\***, long time Sanibel neighbors and friends of FISH. Both Jim and Tom were involved with FISH for many years and regular guests of our Friendly Faces Luncheon. Our thoughts and prayers are with their families during this time of sorrow and loss.*

*\*Photos of Tom Secrease and Jim Salzman\* unavailable.*

# We Couldn't Do It Without You— Volunteer Page

## About FISH

For over 38 years, FISH OF SANCAP has been the social service organization on Sanibel and Captiva. Started in island residents' kitchens and out of their cars, FISH has continued to grow to meet the demands of our community thanks to the generosity of our donors and volunteers. We are proud that 92 percent of each dollar spent goes directly to our programs and services.

With programs ranging from emergency financial assistance to our food pantry; educational workshops and social events, it is our goal to offer services that can assist, educate, and enrich all our island community.

**At the end of the day,  
our message is simple:**

**FISH is for everyone.**

*We accept donations to help  
stock our Food Pantry.  
Items must be unopened,  
unexpired non-perishables.*

*Other drop off sites include:*

- *Bailey's General Store*
- *Bank of the Islands*
- *Sanibel Fire Station*
- *South Seas Main Gate*

*Perishable items accepted  
Mon-Fri from 8am-3:30pm at  
the Walk-In Center*

## **WE NEED YOU! Looking for great people!**

Although certain duties are limited during the COVID crisis, we still need volunteers! Please consider our opportunities, including phone duty, meal delivery, food pantry stocking, and more.

Contact Maria Espinoza, 239-472-0404, for information.

## **Resources**

Below are online shopping links to make your generosity that much easier. An online account is required for ordering. For direct shipments to our Food Pantry, please send to F.I.S.H. c/o Food Pantry, 2430-B Periwinkle Way, Sanibel, FL 33957. Please include a gift note so we know who it's from and can acknowledge accordingly! As always, thank you for thinking of our neighbors in need.

[Amazon Prime Pantry](#)  
[Jerry's Foods](#)

[Bailey's General Store](#)  
[Publix](#)

## **Food Pantry**

Food is one of our most basic survival needs, yet there is a significant portion of our community who struggle to put food on the table. We are working daily to reduce that number by providing assistance through our food programs thanks to our generous donors, volunteers, community partners, and staff. We are proud to offer supplemental groceries to our island neighbors five days a week by way of our 'Choice' Food Pantry. We are open from 10:00am-3:45pm Monday—Friday, allowing our clients to shop according to their own life schedules that may otherwise prevent them from getting the resources they need.

Our Food Pantry is always in need of the following items. Please visit our Food Pantry Page to learn more:

- Canned protein
- Nut butters and jellies
- Canned fruits and vegetables
- Pasta, rice, beans
- Cereal and breakfast items
- Ready-to-eat meals and soups
- Crackers and snacks

*(During the COVID-19 health crisis, Food Pantry patrons will not be allowed to shop but instead will be handed bags of food.)*

Stay Connected Through Our [Website](#)  
and [Facebook Page](#)