

JULY 2021

FISH LINES

NEWSLETTER

NEW LOCATION FOR EQUIPMENT PROGRAM



For many years Sanibel City Hall has graciously stored our medical equipment and the Sanibel Fire and Rescue District has accepted and stored equipment returns, keeping them until FISH volunteers can clean and ready them for the next user. We cannot thank the City enough for their support and assistance with our Equipment Program.

As FISH programs continue to evolve and grow, we have secured a new location for our Equipment Program located at **2330 Palm Ridge Road, Unit 16**. While the new space will be used mainly for equipment distribution, it will also provide additional space for storage and assembly of our Smile Box, Holiday, School Supply and Toy Drive Programs.

Requests for medical equipment will remain the same. Those needing medical equipment must call the FISH answering service, available 24-hours a day, at (239) 472-0404. An equipment volunteer will return your call, confirm your request, and arrange to meet at our new equipment space, where a check out area will be located.

For now, all equipment must be returned to the FISH Walk-In Center, located at 2430-B Periwinkle Way, Sanibel. Please bear with us as we continue to build out our new space and iron out the details of our pick up and return process.

Complimentary medical equipment loans is one of the many services offered by F.I.S.H. of Sanibel-Captiva, Inc. Islanders and island visitors alike may borrow equipment temporarily, on a first come first serve basis. FISH medical equipment loans include: Wheelchairs and transport chairs (requires a person to push); walkers (non-wheeled, 4-legged with wheels, with wheels and seat, and 3-wheeled); canes (standard adjustable, 4-legged and 3-legged with a fold down seat); adjustable crutches; bath bench, bath transfer bench, shower chairs; commodes and elevated toilet seats (with and without arms).



- 2 School Supply Drive
- 3 School Supplies Distribution
- 4 10K Race 4 F.I.S.H.
- 5 Cooking With Leslie
- 5 Smile Boxes
- 5 Father's Day
- 6 Butterfly Project
- 7 Friendly Faces
- 8 Hurricane Program
- 9 Great Nonprofit
- 10 Volunteer Page
- 10 Volunteer Calendars
- 10 Resources
- 11 Volunteers in Action
- 12 FISH Team in Action
- 13 Outstanding Women Award
- 14 Food Programs

2430-B Periwinkle Way

Sanibel FL 33957

239.472.4775

fishofsancap.org

email: info@fishofsancap.org



BACK TO SCHOOL SUPPLIES DRIVE



Announcing our Back-to-School Supplies Drive for the 2021/2022 school year. Beginning now through July 25, members of the community can drop off basic school supplies between 9:00am-4:00pm at the FISH Walk-In Center located at 2430-B Periwinkle Way, Sanibel.

Items such as paper, glue sticks, pens, pencils, rulers, notebooks, etc. are requested. We are also accepting new socks and underwear for boys and girls in grades K-12, as well as cash donations, to ensure enough supplies are available on distribution day. Please contact Maria Espinoza, 239-472-4775, for additional information.

Last year, the FISH supplies drive assisted over 130 students and the organization expects an increase in requests this year. "We are extremely grateful to our community partners for their assistance and contributions for our upcoming school supply drive," states contact Maria Espinoza, FISH Assistant Executive Director. "With the support of businesses, service clubs and individuals, students will feel confident and organized for the school year."

"Our neighbors are still trying to catch up financially from strain caused by the COVID crisis," continues Espinoza. "Many students will be returning to in-person learning this August, and having the right supplies can help them feel more prepared and less anxious as they re-enter the on-campus learning model." Families who are in need of back to school supplies are encouraged to contact FISH at 239-472-4775. Distribution of supplies will take place July 26-30 at the Walk-In Center.

Financial assistance for specialized equipment, scientific calculators, SAT prep books, instruments, clothing and school uniforms and more is available to those showing a financial need. Please contact FISH for information. For additional information on FISH programs and services please visit www.fishofsancap.org.





BACK TO SCHOOL! FISH OF SANCAP CAN ASSIST WITH SUPPLIES

neighbors helping neighbors SCHOOL SUPPLY ASSISTANCE DISTRIBUTION JULY 26-30

Families who are in need of back to school supplies are encouraged to contact FISH at 239-472-4775. Items such as paper, glue sticks, pens, pencils, rulers, notebooks, etc., new socks and underwear for boys and girls in grades K-12, will be available. Financial assistance for specialized equipment, scientific calculators, SAT prep books, instruments, school uniforms, etc. is available to those showing a financial need. Please contact FISH for information.

DATE:
July 26-30

TIME:
9:00a-4:00p

LOCATION:
FISH Walk-In Center
2430-B Periwinkle Way



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.

At the end of the day, our message is simple— FISH is for everyone.

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

2430-B Periwinkle Way, Sanibel FL 33957 **239.472.4775 • fishofsancap.org**





Announcing 13th Annual 10K Race 4 F.I.S.H.



We are pleased to announce the date for the 13th Annual 10K Race 4 F.I.S.H. The race will be run on October 23, 2021 in conjunction with the Fort Myers Track Club. We will be offering both an in-person and virtual option for this year's race.

As in years past, Hortoons creator Dave Horton graciously designed the 13th annual 10K Race 4 F.I.S.H. logo depicting his lovable animal characters. Horton has been crafting amusing cartoon drawings for newsprint since he was in high school, starting with his school newspaper and eventually landing a deal with Hallmark when he was just a teenager. Says Race Chair Diane Cortese, "Dave is a multi-talented artist and we are grateful to have him design our race logo each year. His artistic talent and sense of humor add something special to our race with each design." Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front.



Cielo is the premier sponsor of the race. Cielo focuses on farm to table dining of the highest caliber, including their craft cocktails, and has received countless awards for their carefully curated and expertly executed cuisine. "We are so grateful to the Boler Family, Marcus, and the entire Cielo team for continuing to be such outstanding community partners of FISH and the annual 10K race," Cortese added

Information on sponsorship opportunities as well as 10K Days – opportunities for island businesses to showcase their establishments while supporting FISH – is available on our website, fishofsanap.org. For additional information on the 10K Race including sponsorship, please contact Diane Cortese, Race Committee Chair, at Dianerc10@gmail.com.

Shown below, Runners for Fallen Responders (L) and Spoonbills Team (R).





SOCIAL SERVICES

FISH LINES

COOKING WITH LESLIE



We are excited to present our second Cooking with Leslie Zoom presentation on Thurs., July 22 from 2:00-3:00pm. Tasty recipes will be presented in a cooking class style as participants cook together, virtually, as a group with Leslie Adams, chef and owner of Sanibel Captiva Catering, LLC/Catering leading the lesson. Ingredients can be provided, compliments of FISH, and home delivered to those living on Sanibel or Captiva the day of the event, or participants can purchase them on their own with a list provided by FISH. This month's recipe is Pecan Encrusted Salmon, Creamy Risotto, Hericot Vert (French Green Beans) and Mascerated Berries for dessert.

SMILES FOR MILES - OUR SMILE BOX PROGRAM

Smile Boxes, distributed monthly, are appreciated throughout our community! Launched last year to help combat the growing issue of isolation, particularly among seniors, the program is growing. We received this beautiful note from one of our Smile Box recipients! "Thank you so much for another wonderful gift bag. Since I live alone, with the 4th holiday coming up, your thoughtfulness is especially important to me. I have no family or friends visiting for the holiday and most of my neighbors have gone North. So this is very special to me. Have a wonderful 4th of July!" *A special thank you to MacIntosh Books & Paper for providing the Waterbirds of Sanibel & Captiva book at a reduced cost.* If you know someone who would benefit from the program, please contact Susan or Manuela at the FISH Walk-In Center, 239-472-4775. *Below, Volunteer Shirley Bohnert delivers Smile Boxes*



IN HONOR OF FATHER'S DAY

We enjoyed celebrating our Island seniors and dads visiting the Food Pantry by providing fun Father's Day gifts!





BUTTERFLY PROJECT AS PART OF FRIENDLY FACES

We launched a Butterfly Project as part of our monthly Zoom Friendly Faces lunch last month. Guests had the pleasure of learning about Butterflies from the Thrifty Garden and Butterfly Estates. Everyone attending the lunch received their own butterfly habitat and milkweed plant containing caterpillar eggs. The Friendly Faces guests took care of the habitats and watched the progression as the eggs transformed into beautiful Monarch butterflies which are now flying around Sanibel. This meant so much to those involved. "The butterfly habitat was a brilliant choice for our activity at the Friendly Faces luncheon! I only had one caterpillar hatch, but that one ate every leaf and a lot of the stalks. Now there is a green chrysalis...it has been so enjoyable watching all this unfold! I so appreciate FISH and its care of the island's seniors," notes guest.





COME ONE, COME ALL! VIRTUAL FRIENDLY FACES LUNCHEON

neighbors helping neighbors

FRIENDLY FACES

Everyone is invited to our popular community-wide virtual social gathering!
Please join Friendly Faces on

TUESDAY, JULY 20 AT NOON

George & Wendy's will prepare a delicious meal and FISH volunteers will deliver meals to all islanders between 11:30am-noon. **The cost of the July luncheon is waived and complimentary to all participants.** Call log in begins at noon.

Our guest speakers, Nick and Lori Adams, have taken beautiful drone footage of Sanibel and Captiva and will share wonderful stories and history about the Sanibel Lighthouse.

All community members are welcome and we'd be happy to have you! Please join us for lunch, activities, fun and lots of laughs!



DATE:
Tuesday, July 20

TIME:
Meal delivery beginning at 11:30 am
Call log in begins at Noon

LOCATION:
Virtual Zoom Call

RSVP:
By July 16 to FISH
239-472-4775

Meal selections and Zoom instructions will be provided when you RSVP



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.

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

2430-B Periwinkle Way, Sanibel FL 33957 239.472.4775 • fishofsancap.org





ARE YOU PREPARED? GET A HURRICANE PREPAREDNESS PACKET

neighbors helping neighbors

HURRICANE SEASON IS HERE!

Each year, FISH OF SANCAP works with officials and others to plan for hurricane season. They develop a Hurricane Resource Packet providing information on where to go, what to do, and how to prepare in the event of an approaching storm. Annually, FISH verifies evacuation routes, flood zones, hotels with generators, shelters, pet accommodations, etc.

PLANNING IS KEY!

It's very important to create an evacuation plan, gather emergency supplies, update contact lists, keep prescriptions on hand and prepare ahead of time. Check frequently with local officials or FISH to ensure the most up to date information is available, as things may change due to COVID-19.

PACKETS ARE AVAILABLE!

To receive a FISH Hurricane Preparedness Resource Packet, please contact the Walk-In Center at 239-472-4775 or visit the FISH website, www.fishofsancap.org. Packets are available to anyone who requests one.



Available Now!

LOCATION:

View on FISH website
Request a mailed copy
Arrange pick up

Contact:

Susan Alexander
Manuela Martinez
FISH OF SANCAP
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.

At the end of the day, our message is simple— FISH is for everyone.

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

2430-B Periwinkle Way, Sanibel FL 33957 239.472.4775 • fishofsancap.org





WE NEED YOUR HELP! PLEASE REVIEW OUR ORGANIZATION

neighbors helping neighbors

HOW WOULD YOU RATE US?

FISH OF SANCAP is seeking our 2021 Great Nonprofits Recognition award and we need your help! If you've had a positive experience with us, please let the world know!

The 2021 Top-Rated Nonprofit Award will help us make even more of a difference in our community. Your review will be visible to potential donors and volunteers, and will help us create awareness, generate funding, and attract volunteers to support our mission.

REVIEWING IS AS EASY AS 1-2-3!

Go to <https://greatnonprofits.org/org/f-i-s-h-of-sanibel-captiva-inc> to get started!

- Click: Share Your Story (Orange Button)
- Rate us by highlighting stars
- Write about your experience with us (at least 50 characters)
- Optional but highly recommended: Add your photo
- Choose your role from the dropdown menu
- Click post review
- Sign up using your Facebook link or by creating a user name and password
- That's it!

We cannot thank you enough for helping us receive this high performing nonprofit award.



Please take a moment to applaud our work by rating us on [Great Nonprofits!](#)



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.

At the end of the day, our message is simple— FISH is for everyone.



WE NEED GREAT PEOPLE LIKE YOU!

Although certain duties are limited during the COVID crisis, **we still need volunteers!** Please consider our volunteers opportunities, including phone duty, meal delivery, food pantry, and more. *Contact Maria Espinoza, 239-472-0404, for details. Click on the links below for a calendar download for the following services:*

[July Phone Duty](#)

[July Meal Delivery](#)

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: *FISH 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](#)

[Bailey's General Store](#)

[Jerry's Foods](#)

[Publix](#)

FOOD PANTRY DONATIONS NEEDED

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:

- Canned protein
- Canned fruits and vegetables
- Cereal
- Crackers
- Nut butters and jellies
- Pasta, rice, beans
- Ready-to-eat meals and soups
- Visit our [FOOD PANTRY PAGE](#) to learn more

You shop. Amazon gives. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your charitable organization by starting your shopping at smile.amazon.com



neighbors helping neighbors



stay connected to FISH by visiting us on or at our website: fishofsancap.org

ABOUT FISH

FISH of SanCap is a nonprofit, staffed by more than 170 volunteers. Professionals staff the Walk-in Center and are available Mon. through Fri. to assist islanders and visitors with an array of services and programs. FISH is Sanibel and Captiva's only *neighbors helping neighbors* organization offering a range of human services including:

- **Temporary Emergency Financial Assistance**
- **Food Pantry**
- **Medical Equipment Loan**
- **Hurricane Packets**
- **Hot Meals Program**
- **Kid's Food Backpack**
- **Community Seminars**
- **Youth Scholarships**
- **Referrals & Resources**
- **Monthly Luncheon and much more!**

FOOD PANTRY DROP-OFF INFO

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

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

Other drop off sites include:

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





OUR VOLUNTEERS IN ACTION!

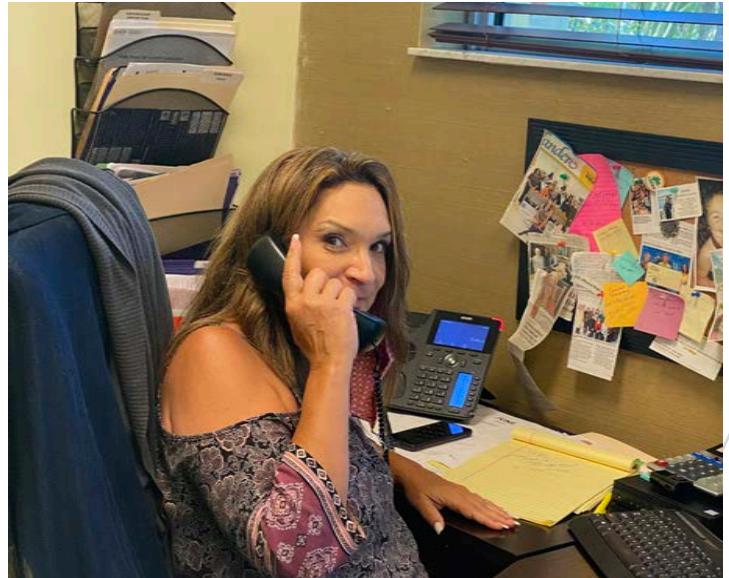
In 2020, our volunteers provided 4,433 hours of service on behalf of clients. They delivered 6,412 meals to island neighbors for a total of 19,382 miles that year. Undoubtedly our volunteers are the lifeblood of FISH!





FISH TEAM MEMBERS IN ACTION!

From helping shoppers to making hurricane calls, our team is ready, able and willing to assist! Below, Heike Gosselin -- Office Assistant & Receptionist, helps shopper (L); FISH team members make calls to islanders to inform about Tropical Storm Elsa





THANK YOU FOR YOUR VOTES! MAGGI FEINER RECEIVES AWARD



The count is in! Thanks to those who voted, Maggi Feiner has been recognized as one of the Top 12 Outstanding Women in our community! Says Sunny 106.3, "There are many Outstanding Women in our community who are inspiring leaders. They implement positive change, celebrate diversity, and represent all walks of life. Sunny 106.3 wanted to celebrate and recognize these outstanding women in our community."

Thanks to your votes, our own Maggi Feiner was highlighted along with a diverse group of inspiring women in Southwest Florida who represent different careers, backgrounds, volunteer activities, family lives, and passions. Log on to [Sunny 1063](http://Sunny1063) to learn more.





neighbors helping neighbors **FIGHTING FOOD INSECURITY**

FISH FOOD PROGRAMS

People are often surprised to hear the island communities are home to food assistance programs. They are even more surprised to hear *how often these food programs are utilized by a wide range of people with varied circumstances*. No community is immune to food insecurity, and we at FISH work daily to ensure that no islander is deciding between feeding their family or paying rent, childcare or medical bills. Nourishing our community is just another example of neighbors helping neighbors.



FOOD PANTRY

FISH offers nutritious supplemental groceries at our Walk-in Center five days a week from 10a-3:45p allowing islanders to shop for the resources they need. *In 2020, FISH distributed 246,545 pounds of food through 6,407 visits to our food pantry, and over 3,000 individuals were served equating to 205,454 meals.*



MEALS-BY-FISH

Our Meals-by-FISH program ensures all islanders, regardless of mobility constraints, have access to at least one hot meal per day, and fresh meals seven days a week. Whether for island seniors who no longer cook or drive, or residents who could temporarily use assistance—such as following surgery or illness—our volunteers deliver nutritious meals to neighbors. *In 2020, volunteers delivered 6,412 meals.*

For information on pantry needs, drop-off locations and how YOU can help feed the need, visit fishofsancap.org

BACKPACK PROGRAM

Nutrition is fundamental to academic achievement. Our backpack program gives island children in need nutritious foods and snacks to sustain them over the weekends and school breaks. In addition, each family receives a weekly kid-friendly fresh meal to prepare together. *In 2020, students received 1,974 backpacks.*

ad sponsored by:



HOLIDAY FOOD BASKETS

Guaranteeing a holiday meal to our island neighbors in need is not only a warm way for our community to give back during the holiday seasons, but also relieves families of the stress of providing it during what can be a financially strained time. *In 2020, 517 baskets with all the fixings for Easter, Thanksgiving and Christmas meals were distributed.*



2430-B Periwinkle Way, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org

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