

FISH LINES NEWSLETTER

Celebrating The History of FISH *The Making of a Dedicated Team*

FISH OF SANCAP plays an important role throughout southwest Florida because of the assistance offered, not just to residents of the islands, but also to the workforce and visitors. Forty years ago FISH of SANCAP started in island residents' kitchens and out of their cars. Understanding the need to have a location to be more accessible to the community, the Board of Directors opened the first Walk-In Center in 2007. The 680 sq. ft. office was painted by Board Members and volunteers. Furnishings were donated by the community. FISH volunteers who are the "life blood" of the organization worked to meet, greet and assist our community with a smile.

Lyn and Bob Kern, long time island residents, joined the FISH organization nearly 15 years ago as volunteers and were trained by Maggi Feiner, FISH President, at her home. You would always see Lyn driving the islands in her white VW Cabriolet, with the top down, of course, delivering meals, equipment or driving someone to a doctor's appointment.



Lyn wanted to help more so she began volunteering at the Walk-In Center assisting with organizing volunteer schedules and recruiting volunteers. "When I mentioned I was going to look for a part-time job, Maggi offered me a position in the office, which was an instant yes," recalls Lyn. As FISH's first employee, she assisted with all

the "normals" including helping out wherever, however, and whenever, one resident at a time and one need at a time. "The phone and door were open to all, and the needs were there from the start. I learned everything from Maggi," continues Lyn.

The Food Pantry, now the organization's largest program, began just after high season ended in 2008. "It was an idea brought to us by a snowbird leaving the island for the summer who wanted to drop off food at our office," says Lyn. With the recession hitting our seniors and families FISH asked other volunteers and friends to drop off what they could before leaving for the summer and the idea quickly grew. "There was a small room with one shelf, a desk, a sink and that's about it. FISH rapidly added 3 more shelves and CHR donated a used refrigerator for much-needed perishables," adds Lyn.

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2430-B Periwinkle Way

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by Brian Johnson

Friends In Service Here (FISH) celebrated the one-year anniversary of its walk-in center in The Village shops on Thursday, January 22 by holding an open house.

"We opened it one year ago to give us more visibility," said FISH President Maggi Feiner. "Before this we were working out of kitchens, garages, cars. It was hard for people to put their arms around us as an organization. We've grown in leaps and bounds since then - now people have a place to come to when they want to speak with us."

Located at the back of The Village shops, the FISH offices are tidy and attractive and include a food pantry. The federal government recognized FISH in 2008 for its human services work.



Shirley Bohnert, Maggi Feiner and Annie Schreck

Former Board Member and Volunteer, Shirley Bohnert, recalls "Lyn, although working part-time, filled a big need. She saw first-hand how families were struggling. Lyn scheduled weekly volunteer shoppers, volunteers to stock shelves and track inventory. Working with volunteers she engaged businesses to put out food bins for donations and volunteers to pick up and stock the shelves.

Lyn sought out more volunteers to help facilitate all programs including Meals-by-FISH, a hot meal delivery service, volunteers to answer phones, schedule rides, equipment delivery/pick up and many other services.

With Easter holidays quickly approaching the Board of

Directors approved providing the very first holiday meal for clients. Lyn was most helpful in gaining the information we needed to provide for all the family members. Easter meals were a complete meal purchased at Winn Dixie. Lyn provided the names and ages of the children and we assembled Easter baskets, trying to match them with age and gender. It was a small operation back then, but Lyn organized the program and even helped with delivery. Seeing the appreciation of the families, especially the smiles and laughter of the children, we knew this was a program that would rapidly grow in years to come."

Lyn has many favorite moments with FISH. She embraces "the FISH Annual Volunteer meeting where the room was filled with an exquisite array of generous, kind and beautiful folks who are celebrated for being there for others. FISH is special to our islands because of our mission to help others and have an impact to make lives better. We all need to be needed and that's what our clients bring to us."

"Although Lyn has retired as an employee at FISH she is still driving around with her top down delivering Smile Boxes, helping with medical equipment, and much more as a dedicated volunteer. Lyn was invaluable in getting the Walk-In Center organized, enlisting volunteers and streamlining our programs and services. Lyn's passion and commitment helped many of our neighbors. She was there to listen, help, laugh and sometimes cry with everyone. Lyn became a friend to many, including me. I am honored to have worked beside Lyn for so many years." says Maggi Feiner, President & CEO.



Now, 40 years later, we employ eight professional staff members with Maggi Feiner (who accepts no salary) at the helm. Our volunteer force, now over 150 individuals, are critical to the success of the organization and truly valued members of the FISH team. Lyn and Bob Kern remain FISH volunteers and continue to offer assistance in any way they can from delivering Smile Boxes, helping with medical equipment, and just as important, ensuring that islanders are aware of FISH's services throughout the community.

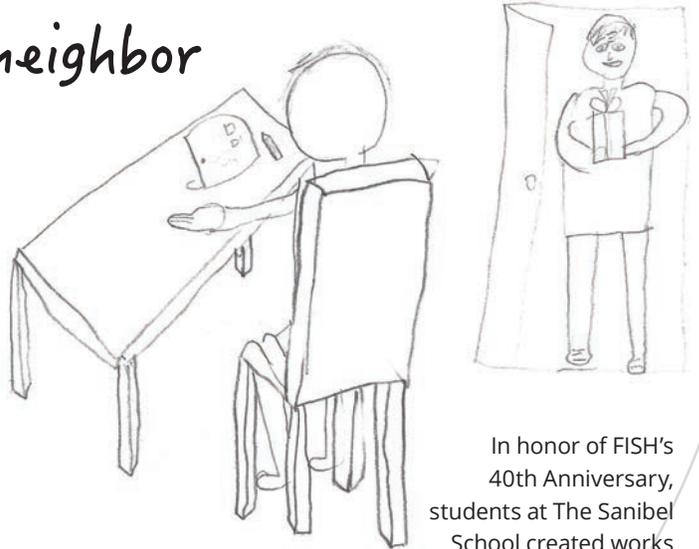
We look forward to the next 40 years of serving our island neighbors thanks to the support of their community. For additional information on the FISH organization and their programs and services, please contact Maria Espinoza, Executive Director at 239-472-4775.



CELEBRATING OUR 40TH ANNIVERSARY Sanibel Students Artwork On Helping Others

When I was having class, a neighbor came over with a gift to congratulate us for moving here and told my dad about a lot of things here.

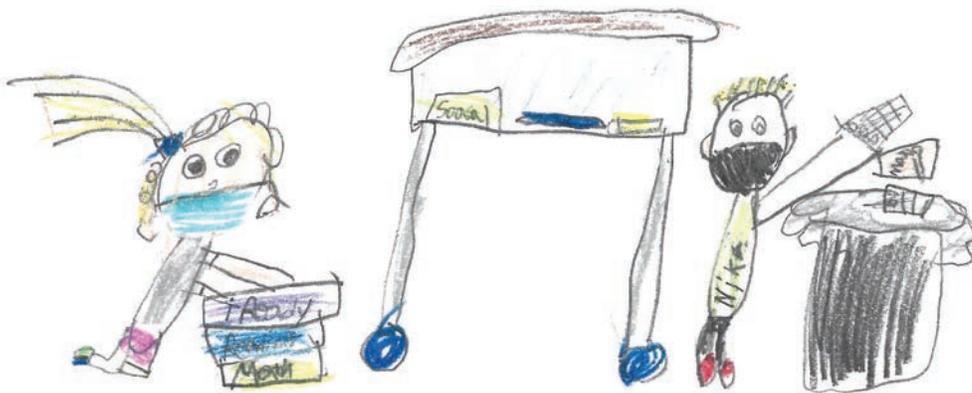
—Max from *The Sanibel School*



In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.



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I helped my friend clean his desk so the janitor didn't have to do it.

—Turner from *The Sanibel School*

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COMMUNITY: Announcing Our 14th Annual 10K Race 4 F.I.S.H.



We are pleased to announce the date for our 14th Annual 10K Race 4 F.I.S.H. The race will be held on October 22, 2022 in conjunction with the Fort Myers Track Club who partners with FISH annually for the event. The Fort Myers Track Club was founded in 1978 to promote health and fitness through running. Membership is open to all ages and abilities and range from speedy racers to recreational joggers and walkers. For additional information, please visit ftmyerstrackclub.com.

As in years past, Hortoons creator Dave Horton graciously designed the annual 10K Race 4 F.I.S.H. logo, this year with his alligator character holding the FISH 40th anniversary banner. 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 Committee 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 race tank, with the Hortoon 10K logo on the front.

We have had great fun with our annual 10K Race. For the last two years, however, the race was held virtually out of an abundance of caution for participants and islanders due to the COVID pandemic. "We are looking forward to this year's hybrid race with both in-person and virtual options," continues Cortese. We are hoping to add a kids run, business expo and other opportunities to make this year's 10K an extra special event centered around FISH's 40th anniversary. 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, fishofsancap.org.

For additional information on the 10K Race including sponsorship, contact Diane Cortese at Dianerc10@gmail.com or Nicole McHale at noel2me@icloud.com.

CLICK HERE TO SPONSOR



COMMUNITY: Sanibel School Interact Club Assists FISH with Hurricane Program Preparation



The Sanibel Interact Club, sponsored by the San-Cap Rotary Club, assembled 400 FISH OF SANCAP Hurricane Preparedness Resource Packets. The club challenges middle school students to identify places of need within the community and find ways to help. Through their work, the Club develops young leaders making valuable connections in the community and elsewhere and highlights their important role in making positive change.



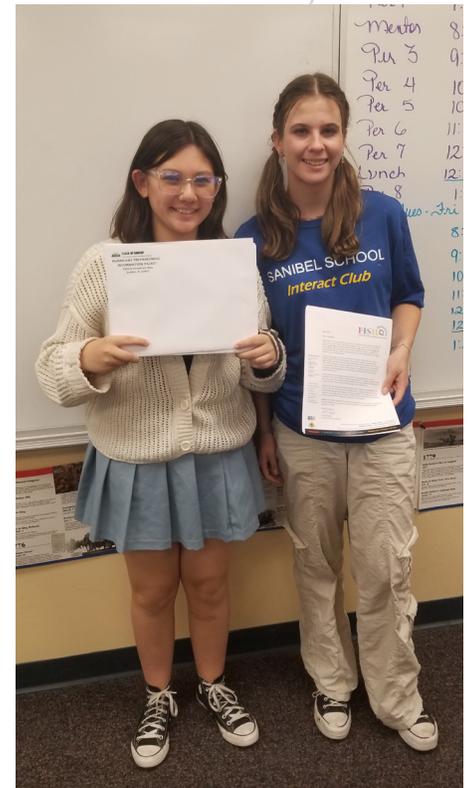
Barb Ellis, liaison between the Interact Club and Sanibel-Captiva Rotary Club, suggested the community project as a way for students to fill a very important community need. The resource packet contains important information on evacuation routes, flood zones, hotels with generators, shelters, pet accommodations, and more.

“We are so thankful to the Interact Club for helping us with this project,” says Erika Broyles, Senior Services Director, FISH. Broyles oversees the program and coordinates the efforts of the FISH hurricane committee and volunteers. “It’s heartwarming to know that our youth are

interested in finding ways to connect with our island community and want to make sure everyone has reliable information in case a storm approaches.”

To receive a free Hurricane Resource Packet, please contact the FISH Walk-In Center at 239-472-4775 or email erika@fishofsancap.org.

Packets may also be downloaded from the organization’s website, www.fishofsancap.org.





neighbors helping neighbors

WITH FISH HURRICANE PREPAREDNESS PACKETS

FISH is committed to the safety and well-being of our island neighbors, and hurricane season is no exception. Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, etc.

It is essential to be ready before a storm approaches. FISH can help.



WEATHERING THE STORM together



Our annual **FISH Hurricane Preparedness Packet** is a valuable island resource available to anyone who requests it. The packet provides detailed information on where to go, what to do, and how/when to begin preparing for hurricane season, including:

- Suggested Do's and Don'ts
- List of Hotels
- Check Lists
- Pet Information
- Evacuation Routes
- City of Sanibel Hurricane Pass Application
- Special Needs Application
- List of Shelters/Map
- Hotline Numbers

If you or someone you know could benefit from this packet or program, please contact us. Packets can be picked up at the FISH Walk-In Center and are available for download at fishofsancap.org. For a packet by mail, contact FISH by calling **239.472.4775** or email clientservices@fishofsancap.org.



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COMMUNITY: SCWBA Brings Smiles To Neighbors

Since we began 40 years ago, FISH OF SANCAP has been finding ways to lift the spirits of island neighbors suffering from isolation and other adversities in their lives. The aging process is difficult and complicated for even well-supported seniors but can be especially complicated for those who have no family or support system nearby. Our variety of senior services are available to assist with any island senior in order to help residents age in place with the support of their neighbors.



“In the beginning, our organization visited and called vulnerable islanders who were alone, mainly during the summer months, when snow birds return home and the islands get a bit quieter,” recalls Maggi Feiner, President & CEO. “Those services – visitation and person-to-person calls – grew very quickly to become year-round offerings. We also added the monthly Friendly Faces luncheon many years ago, offering a socialization opportunity to our community members.” FISH continues to offer these services and more to help combat isolation of our most vulnerable and senior community members.

Smile Boxes, a program that began at the beginning of the COVID crisis, was inspired by the subscription box trend where participants receive boxes of products and goodies regularly. FISH quickly realized its positive impact on the community and has incorporated the Smile Box program into a regular monthly offering. The Smile Box program has grown substantially since it began in August 2020, now with over 60 participants. The boxes, often themed toward time of year, contain gifts, projects and activities for recipients to do throughout the month, household items, crafts and sometimes a sweet treat.



*To all Fish volunteers,
many thanks for the
wonderful box of goodies
you delivered to my home -
can't begin to tell you
how much I've enjoyed
all the items especially
the lovely throw. All of
your efforts are really
appreciated
many thanks.*



This month, The Sanibel Captiva Business Women’s Association (SCWBA) members ‘adopted’ the Smile Box program as their community project and provided 65 bags of summer themed goodies for island neighbors, delivered by FISH volunteers.



As space is limited at FISH, it was extremely helpful to the organization to have an off-site partner collect and store items until Smile Box delivery day. “Our members were so passionate about this project, and we truly enjoyed selecting items and filling all 65 Smile Boxes for June,” says Kathy Rice, SCWBA member. “I stored everything at my house until delivery day, and it just made me smile each morning knowing SCWBA was doing its part to help our neighbors.”

Above, Kathy Rice, SCWBA

“We are so grateful for the enthusiastic response from SCWBA for filling all Smile Box requests this month,” says Erika Broyles, Senior Services Director, FISH. “I know our island neighbors truly appreciate this program and all those that help us fulfill it. From the partners that provide products to the volunteers that deliver monthly smiles, everyone is making a difference in the lives of our seniors.”



Along with FISH’s other senior services programs and services, FISH views clients with a holistic lens and seeks to address root problems versus symptoms. FISH continues to find ways to combat senior isolation—an issue for seniors all of the time. The issue is particularly critical now, due to the seasonality of the islands summer months, generally May through October, when many snowbird neighbors return to their northern homes while others stay on the islands year-round. Whether through the Smile Box Program, senior technology assistance program, daily reassurance calls, or one of the many other programs offered, FISH feels strongly they have something for everyone.



COMMUNITY: Mental Health Awareness Week at FISH



In honor of Mental Health Awareness Month, May 1-31, we provided green ribbons to all that visited our Food Pantry and Walk-In Center. The green ribbon is the international symbol for mental health awareness. FISH volunteers, wearing green, helped decorate the Food Pantry with posters and quotes about mental health. Green symbolizes the continual awareness of mental health in order to help fight the stigma that is often associated it.

For the next several weeks we will distribute an anonymous questionnaire to help assess the relationship between food insecurity and mental health. According to Hunger & Health by Feeding America, 'food insecurity and mental health share a bilateral relationship—Mental Health conditions are worsened by food insecurity, while food insecurity can also be worsened by mental health conditions.'

We play an important role throughout southwest Florida because of the assistance offered, not just to residents of the islands, but also to the workforce and visitors. Our Food Pantry is a vital service for many households and we work around the clock to keep pace with increased demands. Since the last two years of pandemic living, we've received increased of stress, isolation and uncertainty from those we serve, all of which can lead to changed health and wellness conditions. "By honoring Mental Health Awareness month, we hope to reinforce that FISH is here to help with resources and referrals," continues Espinoza. If you, or anyone you know, is experiencing symptoms of depression, anxiety, stress, mood or panic disorder or any other concerning conditions, please contact a health professional. For additional information, please contact Maria Espinoza, Executive Director at 239-472-4775 or visit www.fishofsancap.org.





COMMUNITY: End of Season for Farmer's Market FISH Food Pantry Feels Impact

SANIBEL ISLAND FARMERS



MARKET

Established in 2008, the Sanibel Farmer's Market, has become a Sunday morning ritual for many, providing delicious fruits, vegetables, breads, cheeses and more to islanders and visitors alike. The market, located at Sanibel City Hall, 800 Dunlop Road, is run by Betsy Ventura and Jean Baer, owners of Local Roots, which operates ten Lee County Farmers' Markets. The Sanibel Farmer's Market is open every Sunday from Oct. through May from 8 a.m. to 1 p.m. and offers something for everyone, from fresh fruits and vegetables, honey and cut flowers, to meats, seafood, prepared meals, cupcakes, bagels, fresh guacamole, native plants and more.

Annually, the Market coordinates with FISH OF SANCAP to provide fresh products to the islands' only Food Pantry. At the recommendation of Betsy and Jean, vendors pack boxes of unsold fruits, vegetables and goodies for the FISH food pantry. At the end of every market Sunday, FISH volunteers pick-up, sort and stock donated items at the Food Pantry, located at 2430 Periwinkle Way.

Participating vendors that donate to FISH include European Bakery, operated by the Foerschner Family; Straight From NY York Bagels, operated by the Sexton Family and Aurora's Produce, operated by the Zuniga family. "We are so grateful for the products provided by the Market vendors," says Maria Espinoza, Executive Director, FISH.

The FISH Food Pantry is a vital service for many households; the organization receives requests for assistance daily from island residents and workers struggling to afford the skyrocketing cost of groceries. FISH has increased the purchase of products weekly and now must place limits on how much one family can take to ensure staples are available to all Food Pantry patrons. The organization works to keep pace with increased demands but also has experienced procurement issues at times due to shortages as well as increased spending correlating to the increased costs of food.

Last year, the Pantry program distributed 255,980 pounds of food equating to 213,316 meals.

"The continued support from the Farmer's Market and their eagerness to help is an integral part of our success. We also are so appreciative of our volunteer teams who pick up from the market and organize our food pantry on Sunday afternoons. We could not provide these wonderful products to our community without their help," continues Espinoza.



In addition to the Pantry partnership, FISH and several vendors worked together to provide a themed Smile Box to island seniors. Vendors donated and provided reduced cost items such as soap, pears, mini pumpkins, bread, candles, honey, jam, beet and okra chips, all tucked into a Farmer's Market reusable bag. Smile Boxes contain gifts, projects and activities for recipients to do throughout the month, household items, crafts and sometimes a sweet treat. Participating vendors included Paradise Candle and Soap Co.; House of Nuts; Aurora's Produce; Euro Bakery Stand; and Jean and Betsy's Sanibel Farmer's Market booth.



"FISH and our neighbors greatly appreciate the generosity of the Farmer's Market. We cannot thank Betsy, Jean and the generous vendors enough for helping supply healthy choices for those that use our Pantry, and again for supplying items for our Smile Boxes," adds Espinoza.

The Sanibel market is welcoming open-air environment that is spread out to create social distancing. Hand sanitizer is available everywhere, and visitors are asked not to gather due to the ongoing pandemic. In addition. Shoppers are encouraged to bring any dry and canned foods to the market booth or give a monetary amount on Sundays that will be donated each week to FISH of SANCAP. For more information, visit online at <http://buylocallee.com>.





the inflation STRUGGLE is real

* "The challenge is huge, but FISH is here to help. With our community's support, we can meet the needs of everyone who is counting on us."

—Maria Espinoza, FISH Executive Director



Our local average gas price per gallon is \$4.58, the highest it's been since 2008

source—AAA

FISH HELPS NEIGHBORS COPE

The rising cost of household basics—housing, food, energy, child care, healthcare, transportation, technology and taxes—already outpaced wages in Lee County before the pandemic. With inflation over 8% in the past year, low- and middle-income families face tough choices. Food or medicine? Rent or utilities? Gasoline or doctor visit?

As inflation keeps spiraling, more people will slip below the **ALICE** threshold. **More households will slide into poverty and fall behind.** **ALICE** stands for *Asset Limited, Income Constrained, Employed*—people who work and earn enough to stay *above the Federal Poverty Level but not enough to be financially stable*. These are workers we count on every day, from retail employees to restaurant servers.

That's where FISH is making a difference and helping to ease the burden, providing critical social services.

In 2021, FISH responded to more than 25,000 requests for help.

So far in 2022, demand for services is up 20% year over year.

More than ever, FISH depends on donors to keep pace with the need.

Please consider a gift today.

HOUSEHOLD SURVIVAL* BUDGET		
	1 adult	2 adults, 2 children (no child care)
monthly	\$2,080	\$4,992
annual	\$24,960	\$59,904
hourly wage	\$12.48	\$29.95

20% of island residents (55 and older) responding to a recent FISH survey indicated not having enough money for daily expenses



FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

*source—2018 ALICE Report, Lee County, United for ALICE, <https://bit.ly/3LT1NT6>. HOUSEHOLD SURVIVAL BUDGET includes minimal housing, food, child care, health care, transportation, technology and miscellaneous costs. HOUSEHOLD STABILITY BUDGET includes better quality basics plus savings for building long-term financial stability.

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COMMUNITY ASSISTANCE: Youth Summer Scholarships

With Lee County Schools wrapping up the school year, FISH is busy working with households to ensure they have plans for kids during the summer that keep them safe and active. For those who qualify, FISH offers scholarships to send children to various summer camps throughout the county. The program offers limited financial assistance for families who cannot afford the rising cost of summer childcare and camps.



“Many households struggle to find balance between work and childcare particularly during the summer months. Some facilities and camps that closed in 2020 due to the COVID pandemic have not re-opened, while others are open with less staff meaning fewer children can attend,” says Nitza Lopez, Social Services Director, FISH. “Summer months for island employees can often bring about a reduction in hours at work for our clients, and with rising costs it’s becoming difficult to afford childcare.” The uncertainty that surrounds summer care for children adds additional stress to working families and many do not have a plan in place, even though school is closing for summer recess. FISH understands the challenges of finding appropriate programs and the costs associated with summer childcare, and continues to provide financial assistance in the form of youth scholarships.

“We offer scholarships for summer programs every year to ensure children remain active and in enriching environments when they’re out of school,” continues Lopez. FISH is in close contact with area camp directors both on and off island so they can provide families with appropriate options. “We work with the Sanibel Recreation Center, Sanibel Sea School and CECI, as well as off-island locations, so that our families have an array of options,” added Lopez. “It’s all about finding a balance that makes sense, keeps children engaged, and most importantly keeps them safe.”

The FISH Summer Youth Scholarship Program is supported by private donors and grant funding from the Sanibel-Captiva Kiwanis Foundation. “Last year FISH helped with a portion of the costs associated with camp for my three boys,” says Patti, program participant and island worker. “We still haven’t caught up with expenses from the incredible loss of income we experienced throughout the height of the COVID crisis and through some other unexpected medical costs. I’m grateful that FISH can help us again this year as it will keep the boys active and engaged while giving us the opportunity to pick up more hours.” Scholarship assistance is evaluated on a case-by-case basis. The FISH Social Services Department determines eligibility for need-based financial assistance through a review of a family’s income and expense documentation. Scholarship amounts vary depending upon the length and cost of the program and the family’s financial status. Available funding is limited, and scholarships may cover only a portion of the cost. To learn more and to determine eligibility, please contact Nitza Lopez, Social Services Director, at 239-472-4775.



WORKSHOP: Learn about the Sanibel Sea School at FISH Virtual Friendly Faces Luncheon



All islanders, friends and family are invited to the community-wide FISH OF SANCAP Virtual Friendly Faces Luncheon, scheduled for Tues., June 14 beginning at noon via Zoom. Lunch, prepared by George & Wendy's, consists of a cold entree, side, water bottle and dessert. The cost of the luncheon is waived and complimentary to all participants. FISH volunteers will deliver meals to islanders beginning at 11:30am.

Guest speaker Shannon Stainken, M.A., Youth Education Director, Sanibel Sea School, will share her love for the ocean and dedication to education as she discusses the programs of the Sanibel Sea School. The Sanibel Sea School is dedicated to vibrantly teaching children and adults about marine ecosystems – animals, people, plants, land, ocean and weather. They give students an opportunity to touch, feel and interact with natural surroundings.

In early 2020, Sanibel Sea School merged with Sanibel Captiva Conservation Foundation (SCCF) and in August of 2021 Shannon took on the role of Youth Education Director which includes leading Sanibel Sea School. She is excited to continue to grow Sanibel Sea School for future generations to come and to be a part of the SCCF Family.

Shannon grew up moving from place to place every two or three years – the one thing that remained constant was the deep connection she felt to the ocean. She obtained a degree in marine biology from the University of Miami, and a Master of Professional Science in marine conservation at the University of Miami's Rosenstiel School of Marine and Atmospheric Science. She believes that experiential education is the key to a better future for our planet and began working for Sanibel Sea School as a Marine Science Educator in the fall of 2017.

"It's so exciting to have the Sea School in our community and to share their vision of a world where all people value, understand and care for the ocean," says Erika Broyles, Senior Services Director, FISH. Sanibel Sea School provides an experience that fosters an intimate connection with the ocean planet and a wellspring for lifelong stewardship, with a mission to improve the ocean's future, one person at a time. To learn more about the organization, visit <https://www.sanibelseaschool.org/>

The FISH Friendly Faces luncheon is a great way to catch up with friends, make new connections and learn about exciting offerings in the area. Reservations and meal choices are required by Fri., June 10 to the FISH Walk-In-Center, 239-472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.



Get into the Independence Day spirit and enjoy a morning of reminiscing about America's history at the Sanibel Community House!

WHERE:
2173 Periwinkle Way, Sanibel, FL 33957

For more information or to RSVP please call:
(239) 437-3007

In partnership with:





VOLUNTEER OPPORTUNITIES: Open Call For Assistance!

Hello FISH Friends! We certainly hope you all are doing well and getting ready for our 'slower' summer months.

This time of year, the 'end of season' for the islands, comes with mixed emotions for us. Beginning in late April, we witness our volunteers, many of whom are 'snowbirds', return to their northern homes, meaning that we lose almost half of our volunteer team! Volunteers are the essence of our organization and we couldn't exist without the people who share their time and hearts with us and our community.

We are reaching out today with an urgent request for assistance, particularly in our Food Pantry and with on/off island driving opportunities. Food Pantry volunteers help with stocking, unpacking, unloading, and organizing while drivers pick up from vendors and load/unload products at our main facility. Shifts for these opportunities are generally a few hours in length, but the rewards of assisting our islanders can last a lifetime.

Might you have a few members that can spare some time this summer to help us so we can in turn help others? We would love to have groups come in for a shift or create a rotating schedule for ease in planning. Of course, we'll snap a picture or two for sharing on social media highlighting your commitment to our island community and the assistance you provide to our organization.

For additional information, please contact Kim Ouellette, kim@fishofsancap.org, 239-472-4775 our Operations and Volunteer Manager, who supports us by engaging new and existing volunteers with a rewarding experience.

Respectfully,

Maria Espinoza
Executive Director





WE NEED GREAT PEOPLE LIKE YOU!

As we move toward summer and many of our volunteers return to their Northern homes, we have many opportunities, and hope you can help!

- Flyer distribution
- Phone Duty volunteers
- Product pick-up, load/unload
- Food Pantry stocking, inventory
- Hurricane Committee Members
- Medical equipment volunteers
- Backpack and Fresh Meal assembly

Please contact Kim Ouellette, Operations and Volunteer Manager to sign-up or with questions. Thank you for your continued support, we appreciate all of our volunteers! Click below for current volunteer calendars.

[June Phone Duty](#)

[June 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!

[Bailey's General Store](#)

[Jerry's Foods](#)

[Publix](#)

[Amazon Prime Pantry](#)

Food Pantry Donations Requested

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 and snacks
- Nut butters and jellies
- Pasta, rice, beans
- Ready-to-eat meals and soups
- Visit our [FOOD PANTRY PAGE](#)



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](https://www.amazon.com)

ABOUT FISH

FISH of SanCap is a nonprofit, staffed by more than 150 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**
- **Jerry's Foods**



FISH Volunteers In Action

Thank you to all of our wonderful, dedicated volunteers. You are undoubtedly the lifeblood of our organization, and we could not do what we do without you!

