

# FISH LINES NEWSLETTER

## Celebrating The History of FISH

*Delivering Meals for 40 Years*



Elaine Parente, Meals Manager states "Meals are such a simple, basic need, yet many go without". The Meals-by-FISH program assists older adults and residents with disabilities who no longer cook to ensure they receive nutritious meals throughout the week. Additionally, those who are experiencing a shorter-term scenario like recovering from a procedure take part in the program as they recuperate.

For over 40 years, FISH OF SANCAP has provided Meals-by-F.I.S.H. which delivers daily hot, nutritious meals to island neighbors. The program, which doubled in size during the COVID pandemic, remains as critical today as was 40 years ago and takes a dedicated team of volunteers and a volunteer Meals Manager to keep it running smoothly year-round. "The FISH meals program was one of our first services and truly a community effort,"

states Maggi Feiner, President, FISH. "When it began, the islands' churches provided the meals on a rotating basis to residents of Sanibel and Captiva.

As the need for this service grew FISH partnered with Bailey's General Store who began preparing the meals. "Back then – over 20 years ago -- we called each participant to take their order for the following day," recalls Feiner. Chefs Karl, JT and Ethan of Bailey's work diligently preparing the Meals-by-F.I.S.H. menu, while their staff sorts, bags and labels each meal on a daily basis. Each meal consists of a protein, starch and vegetable.

Today, this large, multi-faceted service is managed and coordinated by FISH volunteer Elaine Parente, who has been a dedicated FISH volunteer since 2013. Originally from Pittsburgh, Elaine had been visiting Sanibel with her family since the 80s, but once her husband visited, it was clear the island was where they wanted to start their next chapter. Initially considering Sanibel as part-residents, Elaine notes that it didn't take long before they decided to make the full-time transition.

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2430-B Periwinkle Way

Sanibel FL 33957

239.472.4775

[fishofsancap.org](http://fishofsancap.org)

email: [info@fishofsancap.org](mailto:info@fishofsancap.org)





"I decided I wanted to volunteer someplace on the island but didn't know where," recalls Elaine. "A friend told me about FISH's ice cream social at the former Zebra Frozen Yogurt – which is now Joey's – and I met Lyn Kern and Nicole McHale, who told me all the exciting ways I could help my community." Elaine joined FISH initially working in the Food Pantry every Monday morning and at the Walk-In Center reception desk some afternoons.

As she learned more about FISH and other volunteer opportunities, Elaine added meal delivery to her volunteer responsibilities and eventually became the Meals Manager. "It takes a great deal of



coordination between those needing meals and the FISH volunteers that deliver them, to keep this program running smoothly." Erika Broyles, Seniors Services Director. "The Meals Programs also brings a smiling volunteer who may chat a few minutes with our neighbor." Last year, FISH distributed 5,090 meals to Sanibel and Captiva households. *Left, Maryanne Daly delivers meals*

When asked why she stays involved with the FISH organization, Elaine states she particularly enjoys helping those who live here but don't have family close by. "Since I'm not close enough to always be of help to my mom, who still lives in PA, I can be a help to someone else's parents." Elaine notes her volunteer position with the organization gives her a way to express her appreciation for the community. "Even though I help FISH, I feel it has

helped me too. The people I've met, the friends I've made, what I've learned as well as the help I've been able to provide, has made such a difference. All of the service organizations on Sanibel are worthwhile and provide much needed help and education. I guess what makes FISH unique is everything they do, they do to help people directly. Their services make an impact immediately."

"The first thing I would tell anyone considering volunteering with FISH is that it can be so rewarding," says Elaine. "Everyone is assured to find a service area they enjoy because FISH offers so much to the community. Also, if someone is new to the community, volunteering provides an opportunity to meet people and make new friends, people you might not meet otherwise." Elaine goes on to say that FISH provides so many valuable services from loaning medical equipment, providing nourishment through several food programs, assisting with financial needs, possibly being someone's sole daily contact, helping people understand and prepare for emergency situations and so much more.

"Volunteers are the lifeblood of FISH in providing services throughout the community. Our volunteers meet the neighbor they are helping, get to know them and form a heart-warming kinship. Elaine, as do all of our volunteers, not only gives time, but also their hearts. We are truly lucky to have dedicated and caring volunteers," states Maggi Feiner.







FISH LINES



# the inflation STRUGGLE is real\*



*"Generous donors make it possible for FISH to serve hungry individuals and families. Anyone wanting to help can make a cash gift, which FISH can use to purchase the most in-demand items. You'll also find a list of specific needs at [www.fishofsancap.org/food-pantry](http://www.fishofsancap.org/food-pantry)."*

—Maria Espinoza, FISH Executive Director

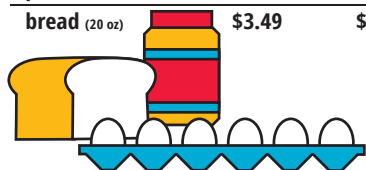
## FISH HELPS FEED THE NEED

### INFLATION STRAINING FOOD BANKS

food banks reporting declines in donations	55%
demand on food banks	↑ 15%
spending on food by food banks	↑ 40%
donations to food banks by manufacturers	↓ 20% projected
federal commodities to food banks	↓ 45% projected

### IMPACT ON LOCAL FOOD PRICES

ITEM	PRICE (Apr 2021)	PRICE (Apr 2022)	INCREASE
eggs (12 ct)	\$3.68	\$4.29	14.3%
peanut butter (16.3 oz)	\$3.11	\$3.49	11%
bread (20 oz)	\$3.49	\$3.89	10.3%



**Food prices rose 10% overall** in the 12 months ending March 2022, driven by an *inflation rate that hit a 41-year high*.

*When a person lives each day unsure of when—or if—they'll get to eat because they lack money or access, that's food insecurity.* As inflation drives prices higher, more people are taking two or even three jobs, struggling to keep up. Others are making impossible choices between feeding themselves and their families, or paying costs like housing or health care.

Food pantries are being hit hard, too. According to Feeding America, **pantries are paying 40% more for the same volume of food supplies as last year, while demand is up 15% on average.**

*The FISH Food Pantry is the most used program, hosting nearly 6,000 visits last year alone.* The Food Pantry receives donations from food banks and grocery stores, as well as through local food drives and direct gifts. These are essential to keeping hungry people fed in our community.

As high demand and spiraling costs strain the program, more help is needed now.

***Please consider a gift today.***



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\*sources—U.S. Inflation Calculator based on U.S. Bureau of Labor Statistics data, <https://bit.ly/3yLmjrN>; local vendor information; Feeding America, <https://bit.ly/3kgTyX>



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## CELEBRATING OUR 40TH ANNIVERSARY

### Sanibel Students Artwork On Helping Others

While Mom was sleeping,  
I helped by taking out the  
trash, letting my dogs out and  
doing the dishes. When she  
woke up she was surprised!

—a student 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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Picture of me and  
my parents doing a  
beach cleanup.



—Lucy from *The Sanibel School*

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## COMMUNITY: Cielo Added as Premier Sponsor of our 14th Annual 10K Race 4 F.I.S.H.



"Cielo is proud to sponsor the race in support of the FISH organization and everything they do for our community. FISH's ability to provide assistance as a 'neighbors helping neighbors' organization truly shows their commitment to those that live on, work on and visit our special islands." [Read the entire article on our blog.](#)

For additional information on the 10K Race including sponsorship, contact [Diane Cortese](#) at or [Nicole McHale](#)

# CLICK HERE TO SPONSOR

## COMMUNITY: FISH Honors National Men's Health Month

In recognition of National Men's Health Month, a month-long recognition of men's health held during the month of June annually, FISH acknowledged the importance of health and wellness by providing information about how to take care of health through exercise, diet, and regular visits to the doctor.

[Read the entire article on our blog.](#)







## COMMUNITY: FISH Celebrates 4th of July With Neighbors

FISH celebrates Independence Day by handing out watermelons and American flags to Food Pantry patrons and by participating in the Sanibel 4th of July parade, a long time tradition that returned to the islands this year.



## COMMUNITY: FISH Honors Children's Month



In honor of *National Make a Difference to Children Month*, observed in July, FISH OF SANCAP is providing positive reinforcement tips focused on child advancement to those that visit their Walk-In Center and Food Pantry. Additionally, the organization is providing fresh snacks for children attending CECI and encouraging children to participate in a coloring activity throughout the month. Completed coloring projects will be on display at the Walk-In Center.



## BACK TO SCHOOL! OUR CHILDREN NEED YOUR HELP!

### neighbors helping neighbors **SCHOOL SUPPLY DRIVE** **NOW THROUGH JULY 29**

**DATE:**  
Now - July 29

**TIME:**  
8:00a-4:00p

The new school year for Lee County begins August 10 and many families cannot afford essential items. FISH helps families in need with school supplies and some clothing to begin their new school year.

Items such as paper, backpacks, pens, pencils, rulers, notebooks, etc. are requested. FISH is also accepting new socks and underwear for boys and girls in grades K-12, as well as monetary donations, to ensure enough supplies are available on distribution day.

Donations can be dropped off at the FISH Walk-In Center located at 2430 Periwinkle Way Suite B. For additional information, contact Manuela Martinez, Program Coordinator, FISH, 239-472-4775.



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

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## WORKSHOP: SCCF Coastal Wildlife Director/Sea Turtle Program Coordinator to Present at FISH Friendly Faces



Guest speaker Kelly Sloan, SCCF Coastal Wildlife Director/Sea Turtle Program Coordinator, will discuss the Sea Turtle Program on Sanibel and why conservation is important to the environment at the July Friendly Faces Virtual Luncheon.

Sea Turtle season on Sanibel lasts from April – October and residents are asked to do their part to keep the beaches dark and free of disturbance for nesting sea turtles.

[Read the entire article on our blog.](#)

## COMMUNITY: Open Call For Volunteers!

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 with an urgent request for assistance, particularly in our Food Pantry and with on/off island driving opportunities. For additional information, please contact Kim Ouellette, [kim@fishofsancap.org](mailto:kim@fishofsancap.org), 239-472-4775 our Operations and Volunteer Manager, who supports us by engaging new and existing volunteers with a rewarding experience.



## COMMUNITY: In Memory of Chuck Papier

It is with great sorrow that we announce the passing of Charles (Chuck) Papier who passed away on June 25. Chuck, and his wife Judy, are longtime supporters and volunteers of FISH, having joined our organization in 2008 to assist with our transportation, meal delivery, food pantry and equipment programs and services. Chuck was a delight to work with and always had an extra moment to spare with those we serve. Many appreciated his conversation and sense of humor, not to mention his infectious smile. Please join us in sending condolences to his family. Additional information can be located at [Dignity Memorial](#).







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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](https://fishofsancap.org). For a packet by mail, contact FISH by calling **239.472.4775** or email [clientservices@fishofsancap.org](mailto:clientservices@fishofsancap.org).



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interfaith  
OUTREACH OF SANCAP



## This Month's Memory Café

**Join us for a summer morning at the Sanibel Community House as we share conversation and laughter with friends, old and new!**

**WHERE:**

**2173 Periwinkle Way, Sanibel, FL 33957**

**WHEN:**

**July 26th, 2022  
10:00-11:30 a.m.**

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

In partnership with:







## 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.

[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!

[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](#)



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## 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 Loans
- 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



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## 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!



neighbors helping neighbors





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## FISH Volunteers In Action

