

NOVEMBER 2023

FISH LINES NEWSLETTER

onward and upward

FISH Provides Thanksgiving Meal Baskets



The impacts on islanders' livelihoods due to ongoing recovery from Hurricane Ian brings continued financial and emotional strain as the holiday season approaches. We want to ease that strain by providing **Thanksgiving Food Baskets to island residents and the workforce as well as a Community Thanksgiving, scheduled for Nov. 17 with our partner, the Sanibel Community House.** "These traditional holiday offerings will hopefully bring a sense of normalcy to what has been a very abnormal 12+ months," says Maria Espinoza, Executive Director.

Thanksgiving, a day of gratitude often shared by family and friends, may look and feel a bit different for the second consecutive holiday due to the disaster. Many survivors continue to rebuild and repair and may not be planning a traditional festive dinner.

"For many that receive a basket, particularly our senior population, the realization that our organization, volunteers and community members care about them is almost secondary to the food we provide. It's heartbreaking to learn that our neighbors will be alone or struggling for the holiday. With support and donations from the community, FISH can provide a Thanksgiving Day festive meal for many that we serve," continues Espinoza.



FISH supporters have been dropping off donations and financial contributions to support the holiday basket, and Sanibel Captiva Community Bank and Doc Ford's have been holding food drives for needed items including canned fruits and vegetables and side dishes such as stuffing, rice, gravy, cranberries (canned), etc.

Last year, because the Thanksgiving holiday was on the heels of Ian's landfall, the FISH meal basket offering included a pre-cooked meal. This year, as many once again have cooking and heating sources, the organization is returning to their traditional holiday basket. Basket distribution will take place at FISH on Sanibel until 3pm on Mon., Nov. 20 and Tues., Nov. 21, with last minute pickup available until noon on Wed., Nov. 22.

"We are pleased that we can provide this program to those needing assistance during the holidays. With such uncertainty in the air, it warms my heart to know that we can help," says Espinoza.

If you or a family you know is in need of a Thanksgiving Holiday Food Basket, please contact Merari at FISH at 239-472-4775 or merari@fishofsancap.org.

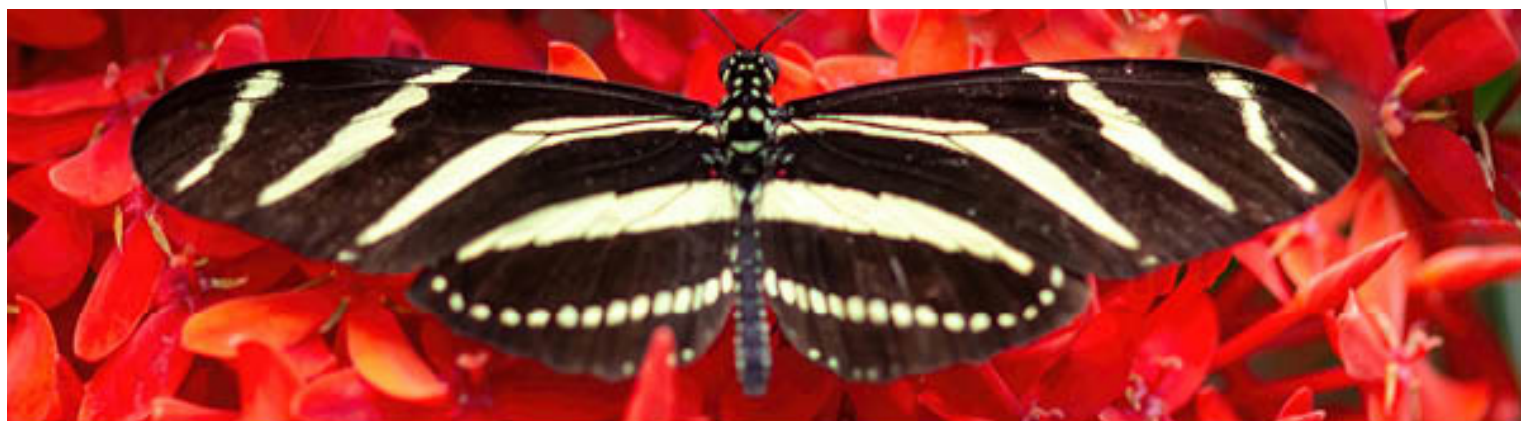
2430-B Periwinkle Way, Sanibel FL 33957
Temporary Mailing Address: 15550 McGregor Boulevard, Suite 204, Fort Myers, FL 33908

239.472.4775 ~ fishofsancap.org ~ email: info@fishofsancap.org





FISH LINES



Thanksgiving

CELEBRATION

& butterfly release at **The Community House**

SANIBEL COMMUNITY ASSOCIATION

2173 Periwinkle Way, Sanibel

The community is invited to come celebrate Thanksgiving with a wonderful meal and a special butterfly release symbolizing **transformation, hope and connection**—all the things we are most thankful for.

FRIDAY, NOVEMBER 17

2PM—TRADITIONAL TURKEY DINNER BEGINS

turkey with all the fixings provided by Jerry's Foods

4PM—BUTTERFLY RELEASE BEGINS

giving the Zebra Longwing species a "fresh start" on the islands after Hurricane Ian

Please RSVP to merari@fishofsancap.org



Ribbon Cutting at FISH's Ancillary Location - 2422 Periwinkle



You're invited to a ribbon cutting for our recently purchased ancillary building located at 2422 Periwinkle Way, Sanibel. The celebratory event will take place on **Thurs., Nov. 16 beginning at 12:00pm**. Light refreshments, provided by Catering by Leslie Adams, will be served. Parking is available at the FISH Walk-In Center building next door at 2430 Periwinkle Way.

We purchased and refurbished the building, formerly "Gene's Books", to create a one-stop shop serving local families. Our food pantry program as well as staff offices will operate out of the new space. FISH notes special thanks to The American Red Cross who, through a grant award, helped offset the cost of the building; Genesis Restoration, who helped ready the space for use; and the City of Sanibel. Eventually, FISH will create a welcoming setting to house programs that address immediate and long-term needs.

Maggi Feiner, President & CEO states, "Our existing building (2430 Periwinkle) was severely damaged by Hurricane Ian and requires a long-term rebuild. As we begin the rebuilding process, we have shifted operations to the former Gene's Book building and continue to remain fully operational to serve our island community. It's extremely important to us to maintain a consistent island presence to better serve our community, as we've done for over 40 years."



L to R
Greg Blurton, Treasurer; Kathy Samson, Director; Ellen Sloan, Board Vice Chair; John Morse, Board Chair Emeritus; Maggi Feiner, President & CEO; Maria Espinoza, Executive Director



Lingering Effects of Ian - FISH Can Help



We provide hands-on services to disaster survivors including long-term recovery assistance and mental health counseling and resources to island residents and workforce. Says Nitza Lopez, our Social Services Director, "When community members come to us for support and assistance, we observe signs of emotional stress, anxiety, and depression due to the traumatic experience of Hurricane Ian. These psychological effects can have a huge impact on the family unit as a whole, but can be managed with the help of professionals."

Recently a married couple with two young children returned to Sanibel after Ian forced them to evacuate and destroyed their island rental home over one year ago. "The family, who wishes to remain anonymous, had not returned to the island since the disaster," continues Lopez. "They had no idea how the homecoming would affect them, but were hopeful enough to purchase a home and begin remodeling. Unfortunately the memories of Ian and destruction of the island took its toll on the husband and father William (not his real name). He suffered a nervous breakdown and fled, leaving his wife and children. Although he surfaced several weeks later, he had already filed for divorce."

The wife and mother, Janet (not her real name) was devastated. She found herself abandoned and scared not knowing what to do. She works from home and was uncertain how long she would be able to pay bills with just one income. The divorce had yet to be finalized and child support was not established. The family used all of their savings to buy the house and make minor repairs, and she now needed to pay for a divorce attorney. Thankfully, she was introduced to FISH who was able to assist with utility payments and offer food pantry and youth food backpack assistance. Lopez, noticing the anxiety of not only Janet but also the children, referred them to community partner SalusCare provides who provides 1:1 therapy focusing on hurricane related topics including PTSD, trauma, and loss. Held at The Gathering Place on Sanibel, Laura Guarino, MA, LMHC, leads the sessions by appointment. Available each Wednesday between 11:00 - 4:00, sessions last 30 minutes. For appointment times email or call [Erika Broyles](#).

According to the Centers for Disease Control and Prevention (CDC), "Experiencing a disaster can cause stress for families. Young children, under 8 years of age, are at particular risk for mental health issues. Some children may develop disorders like anxiety, depression, and post-traumatic stress disorder after a disaster. Stress and emotional problems affect children's physical health, quality of life and how they do at home, in school, and in their communities."

If you or someone you know needs assistance, contact FISH at 239.472.4775. For questions related to emergency financial assistance, please contact Nitza Lopez, 239.472.4775 or nitza@fishofsancap.org.



FISH Assists Residents, Island Workforce

Our Executive Director Maria Espinoza attended the 2023 Sanctuary Golf Club Employee Seasonal Kick-off and Benefit Fair last month to share how FISH assists island residents and the workforce. T

FISH is answering all requests for assistance such as hands-on services to disaster survivors including long-term recovery assistance and mental health counseling and resources. Additional services available include temporary financial assistance for medical, housing and utility expenses and programs representing the organization's four major pillars -- Food, Island Based Education, Social and Senior Services, and Helping Hands to ensure no need goes unmet.

If you or someone you know needs assistance, contact FISH at 239.472.4775.

If you or your business would like information or would like to request a presentation to your team, please contact Maria Espinoza, Executive Director, 239.472.4775 or maria@fishofsancap.org.





JOIN FRIENDS & NEIGHBORS FISH OF SANCAP FRIENDLY FACES LUNCHEON

neighbors helping neighbors

FRIENDLY FACES LUNCHEON TUESDAY, DECEMBER 12, 11:00



You're invited to our community-wide Friendly Faces Luncheon, offered at the Rec Center and virtually by Zoom. The cost of the luncheon, provided by community partner Sanibel Deli, is complimentary to guests.

In a discussion titled The Bailey-Matthews National Shell Museum: What's Now, What's Next, Executive Director Sam Ankersen will present about the state of the Museum including educational programs and outreach, rebuilding since Hurricane Ian, a new vision for the permanent exhibit hall of shells, and other plans for a post-Ian future.

to that he was Deputy Director at the Norton Museum of Art in West Palm Beach, Florida. He and his wife Emily, who is Executive Director at the Captiva Civic Association, have two grown daughters and live on Sanibel with two cats and two dogs.

Sam joined the Bailey-Matthews National Shell Museum as Executive Director in March 2021. Prior

Note: Meal selections will be provided upon RSVP. Zoom instructions for those joining virtually will be provided with RSVP. Unfortunately, there will be no meal delivery for virtual participants. Future Friendly Faces luncheons will be held on the second Tuesday of each month throughout 2023.

DATE:
Tuesday, Dec. 12

TIME:
Beginning at 11:00 am

LOCATION:
Sanibel Rec Center
3880 SanCap Road
also
Virtual Zoom Call

RSVP:
To Erika Broyles, FISH
By Dec. 8
239-472-4775
erika@fishofsancap.org




WEEKEND LINEUP

kick off the season with some light island fun!

FRIDAY, DECEMBER 1

- Sanibel Historical Museum and Village Holiday Celebration
4:00-6:00p — includes luminaries by SanCap Chamber, St. Michael's, Big Art and Sanibel Community House
- Jerry's Tree Lighting
time to be announced

SATURDAY, DECEMBER 2

- FISH 10K/5K race (\$) 
7:30a race begins — at The Community House
- Family Fun Day
10:00a-2:00p — at the Rec Center
- Sanibel Captiva Motor Club Cruise-In
10:00a — at Periwinkle Place
- Youth Reindeer Run (\$)
11:00a — at the Rec Center
- FISH Sound+Waves Music Festival (\$)
5:00p — on the beach at Tween Waters followed by fireworks

2023
FISH
10K/5K

SUNDAY, DECEMBER 3

- Farmer's Market
9:00a-1:00p — at City Hall

MONDAY, DECEMBER 4 at the Captiva Civic Association

all are encouraged to bring a non-perishable item to CCA events for FISH's food pantry

- 1st Annual Holiday Bazaar
2:00-7:00p (& Dec 5 from 10:00a-4:00p) — featuring local artists & artisans
- The Sanibel School's Seahorse Chorale
4:30-5:00p — middle school choir performs to raise awareness of spring trip to Carnegie Hall in NY
- Porch & Patio Social "Jingle & Mingle" Party
5:00-7:00p — live music, bar & light fare for festive enjoyment while people "shop local" & support community — sponsored by Pfeifer Realty Group



FISH LINES

REGISTER TODAY!



2023

FISH

10K/5K

Saturday, December 2

RACING BEGINS 7:30a *race day registration from 6:30-7:15a*

Come celebrate the islands at our 15th annual road race! Join us for a great day including a 10K & 5K run followed by a kids' fun run & family day hosted by—and in partnership with—the Sanibel Recreation Center.

Visit RunSignUp.com for details and to register, *or simply scan this code!*

The earlier you register, the less you pay! Registration pricing is as follows:

- In-person 10K/5K—through Sept 25th—\$45
- In-person 10K/5K—Sept 26th through Dec 1st—\$50
- In-person 10K/5K—on race day, Dec 2nd—\$55
- Virtual 10K/5K—\$50
- 18 and under in-person 10K/5K—through Dec 1st—\$35

Sponsorship opportunities are available. For additional information, contact:
Diane Cortese, dianerc10@gmail.com OR *Leah Winkler, leahwinkler12@gmail.com*



SCAN HERE!



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

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



FISH PRESENTS

SOUND+WAVES

MUSIC FESTIVAL

at Tween Waters



tickets at FISHmusicfestival.rsvpify.com

\$125

ADMIT ONE

SAT, DEC 2 @ 5P

- concert on the beach followed by fireworks
- food for purchase
- band includes—
 - JESSICA JONES (Jessica Jones Project)
 - JOE MARCINEK (George Porter Jr.)
 - WILL MONTGOMERY (Arrested Development)
 - MARCUS WHITE (Marcus King Band)
 - SHANE PLATTEN (Melody Trucks Band)
 - WILL NEAL (Fantasia Barrino)
 - RICK BENNETTO (KC and the Sunshine Band)
 - CHRIS SGAMMATO (Displace)

sponsorships available—proceeds support FISH—for info, visit fishofsancap.org



SANIBEL REC HOLIDAY Event

- ACTIVITIES**
 HOT COCOA BAR (SPONSORED BY BAILEYS)
 PIZZA/BBQ (SPONSORED BY ISLAND PIZZA)
 PICTURES WITH SANTA
 YOUTH REINDEER RUN
 BOUNCE HOUSE
 FACE PAINTING
 CRAFTS

FREE

HOLIDAY EVENT & YOUTH REINDEER RUN

DECEMBER 2ND | 10 A.M.-2 P.M.

**SANIBEL RECREATION CENTER
3880 SANIBEL CAPTIVA RD.**

FOLLOWING THE FISH 10K/5K
RACE JOIN US FOR A YOUTH
REINDEER RUN! CLICK HERE OR
SCAN THE QR CODE TO SIGN UP



MacaroniKID
Cape Coral, Florida

THANK YOU SPONSORS/PARTNERS





YOUTH REINDEER RUN



DECEMBER 2ND, 2023



11:00 A.M.



AT THE SANIBEL RECREATION CENTER
3880 SANIBEL CAPTIVA RD.



AGE BRACKETS

- 3-5 YEAR OLDS (5 MIN RUN)
- 6-7 YEAR OLDS (5 MIN RUN)
- 8-10 YEAR OLDS (10 MIN RUN)
- 11-13 YEAR OLDS (10 MIN RUN)

THE REINDEER RUN WILL TAKE PLACE INSIDE THE RECREATION CENTER GYMNASIUM. THE RUNNER THAT COMPLETES THE MOST LAPS WITHIN THE TIMEFRAME WILL WIN A PRIZE!



REGISTER TODAY!



SANIBEL TOY DRIVE

TM



2440 PALM RIDGE RD – SANIBEL, FL. 33957

DECEMBER 13, 2023

5:00 – 8:00 pm

SUPPORTING



HOSTED BY



JOHN NADER



ASHTON KIRCHNER GROUP



5 ways to give to



neighbors helping neighbors



Give time.

Sign up to volunteer for FISH to deliver meals, answer phones, stock shelves, and more!



Give voice.

Participate in surveys to help us determine the best way to serve the community. Surveys are linked in our bio.



Give resources.

Donation options available at fishofsancap.org/donate.



Give goods.

Donate products such as nonperishable food, personal hygiene items, holiday gifts, technology devices, medical devices, and more.



Share our mission.

Help us spread the good works of FISH throughout our community. Follow us on social media, invite your friends to volunteer with you!

Nov 28, 2023

GIVING
TUESDAY





We Need Great People Like You!

We're always in need of additional volunteers to assist with our programs and events. Please contact us to sign-up as a FISH volunteer or to answer any volunteer questions you may have. It's a great way to connect and serve the community!



ABOUT FISH

FISH of SanCap is a nonprofit, staffed by more than 200 volunteers. Professionals staff our Sanibel site and our temporary Fort Myers location 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
- Disaster Assistance
- Limited Food Pantry
- Mental Health Services
- Medical Equipment Loan
- Hot Meals Program
- Friendly Faces Luncheon
- Kid's Food Backpack
- Youth Scholarships
- Referrals & Resources
- Furniture Distribution
- Tools For Loan Program
- VITA (Income Tax Preparation)





Our Volunteers, Partners & Team in Action



THANK YOU