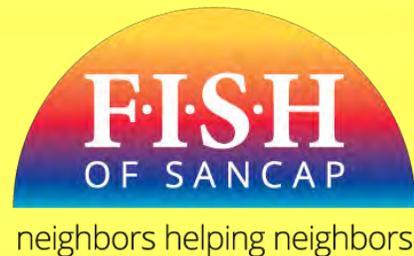


FISHLINES



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

2020 'Virtual' 10K Race 4 F.I.S.H. Registration Open

SEPTEMBER 2020

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12th Annual • Sanibel Island, Florida 10K RACE 4 F.I.S.H.



The 10K Race 4 F.I.S.H. Committee announces the opening of registration for the 12th annual race, this year in a virtual format, supporting FISH. Runners may now register on the Fort Myers Track Club web site at fmyerstrackclub.com. Cost is \$40 for those who register before Oct. 20, prices increase to \$45 after Oct. 20 at 11:59pm EDT. Runners participate virtually through the RaceJoy app on their smartphones and log their time at any point from when they register through October 31st.

The FISH 10K Race, out of an abundance of caution and care for participants and islanders, will be taking place virtually this year due to the COVID pandemic. While the 10K is a different format than usual, we are already seeing runners from across the country registering to lace up their running shoes in support of a great cause. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees) which will go to FISH of SANCAP. Additionally, for every 5 referrals a runner makes to others who sign up, they receive a \$20 discount (half-off). Also new is a 'carb' load dinner, hosted by community partner, The Sanibel Community House, on Fri., Oct. 23. Dinner will feature Grilled Chicken Breast with Citrus notes, Tomato Pasta & Vegetable Bake, Chef Jarred's 'Amazing Mac & Cheese', Salad and Garlic Bread, offered for dine in or car side delivery. For more information and reservations, visit the October calendar section at sanibelcommunityhouse.net.

Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering which will be mailed to directly to them. Funds raised through the 10K race will benefit FISH of SANCAP as they continue to meet the needs of islanders for nearly 40 years, including during disasters such as the current health crisis. For more information on the 10K or if you are interested in sponsoring the virtual event, please contact Diane Cortese, Race Committee Chair, at Dianerc10@gmail.com.



2430-B Periwinkle Way • Sanibel, FL 33957
239-472-4775 • info@fishofsancap.org



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**

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



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 - August

2019	2020
152,893 lbs	156,804 lbs
equating to	
127,410 meals	130,067 meals

BACKPACKS DISTRIBUTED

January - August

2019	2020
634	1242

MEALS-BY-FISH DELIVERY

January - August

2019	2020
2147	4575

EMERGENCY FINANCIAL ASSISTANCE

January - August

356 Instances

ad sponsored by:
Jim & Mary Nelson



Neighbors Helping Neighbors You Make It Possible

Cielo Supports 10K Race as Premier Sponsor



Cielo, located at 1244 Periwinkle Way, Sanibel, focuses on farm to table dining of the highest caliber, including their craft cocktails. They're proud to locally source their products to offer guests a fresh, dynamic and hand-crafted meal for all of their guests. Cielo has received many 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," said 10K Committee Chair Diane Cortese. "The generosity of Cielo during these difficult times for islanders is incredible and we're thankful for their support," Cortese added.

"Cielo is proud to sponsor the FISH 10K for the 3rd year as a premier sponsor. FISH's commitment to all residents and employees of Sanibel and Captiva, with the motto of "neighbors helping neighbors" really shows how they care about our community," states Marcue Preece, Cielo. "Neighbors helping neighbors" is extremely important at this moment and a motto we should all be living by.

Cielo recently re-opened dine-in service on September 1st after offering take-out only as a precautionary measure related to COVID. The take-out and curbside service is still offered in addition to the dining room seating. **Cielo continues to prioritize the safety and well-being of customers, staff and our community by following CDC recommended guidelines to ensure a safe and sanitary dining experience.** To learn more, visit <https://cielo-sanibel.com/>.

The 10K Race will be held virtually this year, and runners can participate and log their time at any point from when they register through October 31st. Registration is now open through the Fort Myers Track Club at ftmyerstrackclub.com. Cost is \$40 for those who register before Oct. 20, prices increase after Oct. 20 at 11:59pm EDT. Participating runners receive a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering which will be mailed to directly to them. Incentives this year include a refund of registration fee to any runner if they fundraise \$250 or more (excluding processing fees). Additionally, for every 5 referrals a runner makes to others who sign up, they receive a \$20 discount (half-off).

FISH OF SANCAP provides services to anyone who lives, works or visits Sanibel & Captiva Islands as the only wrap-around social service agency provider. For more information on the 10K including sponsorship opportunities, please contact Diane Cortese, Race Committee Chair, at Dianerc10@gmail.com.



Neighbors Helping Neighbors You Make It Possible

'Rosemary's Ride' Challenge Benefits FISH



In May, one of our neighbors, Rosemary Evans, who is 95 years young, took the FISH motto 'neighbors helping neighbors' as a challenge to herself to set a personal fitness goal in order to generate support for her neighbors in need.

Rosemary, who rides her recumbent tricycle through her neighborhood on a regular basis, wanted to reach 96 miles ridden in time for her 96th birthday in September. Her daughter-in-law and son alerted friends and family of her goal and asked that, in support of her birthday mission, they raise awareness and funds for those assisted by FISH.

In early July, Rosemary had already ridden her bike 61 miles! "In May, she road 25 miles, so we figured that 96 miles was a reasonable, but challenging goal for her to meet," states Joe Evans, Rosemary's son. "She rode her bike on all but three out of 30 days for 36 miles in June. This far exceeded everyone's expectations and, as you can imagine, she was quite surprised she rode so far. At this rate, she will far exceed 96 miles."

As Rosemary's 96th birthday arrived on September 2nd, Rosemary had exceeded her 96 mile goal by riding 113 miles! In celebration of her accomplishment, Rosemary led a bicycle parade in her neighborhood with friends, family, supporters, and even the FISH van. Guests were able to wish her well, a happy birthday, and grab an individually wrapped treat to enjoy safely from home after the parade ended.

In total, Rosemary's challenge raised over \$5,000 for FISH from friends all across the country. Funds will be used to assist island neighbors in need of the array of social services FISH offers including food, emergency financial assistance, youth tutoring and educational scholarships, and more. All of us at FISH are incredibly moved by the generosity and determination of Rosemary and so grateful to have her and the Evans family as part of our FISH family!



Neighbors Helping Neighbors You Make It Possible

Community Partners Donate To Pantry and Programs



Thank you **The Sanibel School** for encouraging families to bring cans for the FISH Food Pantry to the 'welcome back' pep rally!



Thank you **Sanibel Congregational United Church of Christ** and **Bat Yam Temple of the Islands** for hosting a Food Drive on behalf of FISH



Thank you **Friends Who Care** for donation gift cards for our back to school supplies drive! FISH distributed school supplies and hand made face masks to families that live or work on Sanibel and Captiva.



Midwest FOOD BANK

Thank you **Midwest Food Bank** for providing an abundance of produce for our Food Pantry!

Neighbors Helping Neighbors Program Highlights

Hurricane Preparedness Program

neighbors helping neighbors

WITH FISH 2020 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.

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

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
- City of Sanibel Hurricane Pass Application
- Special Needs Application
- Check Lists
- List of Shelters/Map
- Pet Information
- Hotline Numbers
- Evacuation Routes

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 Anthony Morales by calling **239.472.4775** or email info@fishofsancap.org.



Senior Boxes Are A Huge Success!

Senior Boxes, a new offering, were distributed in August and the response was outstanding. Everyone that received a box was so grateful and touched by the thoughtfulness and generosity of the community.

Thank you to everyone who donated and volunteered for this program.



We Couldn't Do It Without You— Volunteer Page

About F.I.S.H.

F.I.S.H OF SANCAP is a non-profit, 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. F.I.S.H. is Sanibel and Captiva's only 'Neighbors Helping Neighbors' organization offering a range of human services including:

- Temporary Emergency Financial Assistance
- Food Pantry
- Transportation (Non-Emergency)
- Medical Equipment Loan
- Hurricane Packets
- Hot Meals Program
- Kid's Food Backpack
- Community Seminars
- Youth Scholarships
- Referrals & Resources
- Monthly Luncheon
- **And Much More!**

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 volunteers opportunities, including phone duty, meal delivery, hurricane program calls, and more. Contact Maria Espinoza, 239-472-0404, for information.

Calendar Downloads

[September Phone Duty](#)

[September 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 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 Page

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, please call for hours of operation. Food Pantry patrons will not be allowed to shop but instead will be handed bags of food.)