

Welcome To 2020 From F.I.S.H. Board Chair Sheridan Snell



On behalf of our Board of Directors and Staff, **thank you!** We couldn't have accomplished all that we have without the loyal support of our island community. Your generosity of time and dollars is most appreciated.

Thank you to our Board of Directors, especially Nicole McHale, who has served as our Chairman for over two years. And, to Maggi Feiner and our staff who have worked tirelessly to respond to thousands of requests for assistance through our programs and services.

F.I.S.H. IS FOR EVERYONE. We could not be our islands' social services agency without our more than 175 dedicated volunteers, financial backing of our generous donors and our community partners. From our Food Pantry, to Helping Hands, to our educational programming and senior services, we remain committed to offering something for ALL our neighbors.

We look forward to a new year which will see a larger, remodeled food pantry, enhanced service offerings, and an increase in our collaborative impact with other island non-profits. F.I.S.H. looks forward to your being an integral part of our continued success. With your support, we will build a better future for all in our community.

With gratitude,

Sheridan Snell

The following individuals have retired from the Board. We thank you for your dedicated service to our community!

Chris Coile, John Morse, Ed Ridlehoover and John Schmidlin



Nitza Lopez is now our Social Services Director

Maria Espinoza is now our Food Programs Director



JANUARY 2020

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JAN. OFFERINGS

COMMUNITY

Wednesday Jan 8
Suicide Prevention
@Community House
10:00am-12:30pm

COMMUNITY

Tuesday, Jan. 14
Friendly Faces Lunch
@George & Wendy's
11:30am

WORKSHOP

Saturday, Jan. 11
Intro to Fermentation
@Captiva Civic Association
10:00am-1:00pm

COMMUNITY

Wednesday, Jan. 22
First Annual Senior Expo
@Community House
11:00am—3:00 pm

WORKSHOP

Monday, Jan. 27
Understanding Alzheimer's
@Captiva Civic Association
10:00am-11:30am
Virtual Dementia Tour
@Captiva Civic Association
9:00am-1:00pm

Walk-In Center and Food Pantry Closed
Thurs. Jan. 1 all day



Community Event Highlight—Senior Expo



F.I.S.H. OF
SANIBEL/CAPTIVA

FIRST ANNUAL SENIOR EXPO

'The Best is Yet to Come! Keeping Active, Staying Healthy'

Date: Wednesday, January 22, 2020
Time: 11:00 a.m. - 3:00 p.m.
Location: Sanibel Community House
2173 Periwinkle Way, Sanibel

Showcasing:

- HEALTHCARE
- RECREATION AND VACATIONS
- LEGAL SERVICES
- SENIOR EMPLOYMENT
- SAFETY & SCAMS
- MEDICAL ALERT OPTIONS
- NUTRITION
- END OF LIFE PLANNING
- INDEPENDENT, ASSISTED LIVING & LONG-TERM CARE FACILITIES
- VIRTUAL DEMENTIA TOUR
- AUDITORY SCREENING
- VISUAL SCREENING
- BALANCE SCREENING
- MEMORY SCREENING
- SKIN CANCER SCREENING
- SANIBEL'S OWN BILLY'S RENTALS
- FREE RX PRESCRIPTION CARD INFORMATION

TRANSPORTATION AVAILABLE WITH
ADVANCE NOTICE BY 1/15/2019

We are pleased to announce our first Annual Senior Expo, will be held on **Wednesday, January 22** from 11:00am – 3:00pm at the Sanibel Community House, 2173 Periwinkle Way. This Expo will exhibit senior services, represented by approximately 40 area agencies and businesses.

Exhibitors will offer information on various topics, including healthcare, recreation/vacations, end of life planning, legal services, senior employment opportunities, safety, scams, medical alert options and nutrition. Additional information about independent and assisted living and long-term care facilities will also be available. Interactive opportunities for participants will include a virtual dementia tour, skin cancer screenings, auditory, visual, balance, memory screenings and more.

“The main purpose of this event is to provide a setting where our more mature neighbors, their families and friends will have the opportunity to learn about services, activities and businesses that touch their lives. Sanibel’s own Billy’s Rentals will showcase senior friendly products. This is going to be informative, fun and exciting and we hope you will join us. Feel free to bring your friends,” states Kathy Y. Monroe, Program Director, F.I.S.H.



FOR ADDITIONAL INFORMATION CONTACT
KATHY Y. MONROE OR ANTHONY MORALES
(239) 472-4775

Rides may be provided with advance requests by January 15.

Please contact Kathy Y. Monroe or Anthony Morales at F.I.S.H., 239-472-4775 for more information.

Annual Meeting and Volunteer Recognition

Save The Date! Evites Going Out Soon!

Our Annual Meeting & Volunteer Recognition Luncheon is scheduled for **Wednesday, February 19, 2020, 11:30am—2:00pm at The Sanibel Community House, 2173 Periwinkle Way, Sanibel.**

We will celebrate our volunteers, who tirelessly provide treasures of time, and discuss our 2019 successes and plans for the future. Special guests include The Big Arts Chorus who will entertain guests prior lunch, catered by Sanibel Catering by Bailey’s.

Check your email and be on the lookout for your **‘evite’ invitation** with an RSVP link and meal choices. We hope to see you there!



F.I.S.H. OF SANIBEL/CAPTIVA
Neighbors Helping Neighbors

F.I.S.H. of Sanibel-Captiva Inc.
Cordially Invites You to Attend Our
**Annual Meeting and
Volunteer Recognition Luncheon**

Wednesday, February 19, 2019
11:30 to 1:30 p.m.
at the Sanibel Community House
2173 Periwinkle Way, Sanibel Island

Catered by Sanibel Catering Service

Neighbors Helping Neighbors You Make It Possible

Thank You To All Who Participated In Our Holiday Programs

Our Holiday Programs — Adopt-A-Family Program, Food Baskets and Toy Drive — made the holidays merrier for island residents and workers. Through these programs, donors provided gifts and joy for the holiday season. Thank you to all that contributed to our Holiday Programs. This year gifts and baskets were provided to over 200 families.

Pictured below, community contributors to, and recipients of, our Holiday Programs.



Neighbors Helping Neighbors You Make It Possible

A Note Of Gratitude

From our donors to our volunteers, we have witnessed an increasing number of supporters who help us by assisting our neighbors who live, work or visit our islands. Here's a look back at 2019, highlighting how your generosity helped us fulfill our mission, and some of our plans for 2020.

Workshop and Seminars - Expert Speaker Discussions

Keeping Our Community Informed!

Held throughout the year and open to the community, our workshops offer information presented by expert speakers. In 2019, we began our Mental Health Series, teaming up with SWFL's leading educators in the field. Beginning in the 2019/2020 season, we are teaming with the Robert Rauschenberg Foundation to offer a three-part series focusing on food waste and sustainability entitled, Cooking for the Planet: Healthy, Affordable and Climate-Friendly Kitchen Techniques. We are thrilled with the opportunity to collaborate with local experts on these important series of conversations.

New in 2020 is our First Annual Senior Expo, planned for January 22 from 11:00am – 3:00pm at the Sanibel Community House, 2173 Periwinkle Way, Sanibel. The Senior Expo will include an exhibition of senior services, represented by approximately 40 area agencies and businesses, offering information about healthcare, recreation/vacations, end of life planning, legal services, employment opportunities, scams, medical alert options, nutrition, independent and assisted living, long-term care facilities, and more. Interactive opportunities for participants will include a virtual dementia tour and auditory, visual, balance and memory screenings. The main purpose of this event is to provide a setting where our more mature neighbors, their families and friends can learn about services, activities and businesses that touch their lives, all in one place. This is going to be informative, fun and exciting and we hope you will join us. Those needing transportation to our event may request a ride up through January 15 by calling 239-472-0404.

Food Programs - Fighting Food Insecurity

Keeping Our Community Healthy!

Our **Food Pantry Program** witnessed extraordinary demand in 2019, and we anticipate an astonishing food distribution figure. Food is one of our most basic survival needs, yet there is a significant portion of our community who struggle to consistently put food on the table. According to Feeding America, over 12% of Lee County residents are considered food insecure, meaning they're without access to a sufficient quantity of affordable, nutritious food. F.I.S.H. is working daily to reduce that number by providing assistance through our various food programs thanks to our generous donors, volunteers, community partners, and staff.

Our **Friendly Faces Luncheon** combines nutritious food with island socialization. The number of neighbors joining our monthly gathering increased throughout the year, and we're looking forward to meeting new neighbors in 2020. Held monthly on the 2nd Tuesday throughout the year, George & Wendy's Seafood Grille and F.I.S.H. host the luncheon, which is open to everyone.

Our **Holiday Food Basket** distribution increased tremendously, as did participation in our Adopt-A-Family and Toy Drive Programs. Over 200 families received food and gifts to make their season bright.

Other programs, including (but not limited to) the **Backpack Program, Helping Hands, and Transportation** requests continued throughout the year with high service requests. We expect our 2019 Amazing Results will be available in late January 2020, showing the increase in demand and continued need for all types of assistance. We thank you again for your support of our community neighbors. Each of you contributes to the success and well-being of our island community.

YOU MAKE EVERYTHING WE DO POSSIBLE!

Neighbors Helping Neighbors You Make It Possible

Community Partners of the Month—Thank You!

Susie Freund hosted a beautiful tea get together with a very talented pianist performance to bring awareness to the F.I.S.H. organization. Guests brought donations for our Food Pantry Program, and we are so thankful for the holiday food drive. The donations helped us tremendously.

Sanibel Police Department gathered gifts for our Annual Toy Drive that brought many smiles to our community children. The City of Sanibel Police Department proactively patrols all roadways, waterways and beaches with its available resources and enforces all Local, State and Federal laws and ordinances. For more information, please visit <http://www.mysanibel.com/Departments/Police-including-Emergency-Management/About-the-Department>



Case Study: Community Family Receives Assistance



A married couple, island workers for over seven years, have five children. They both work hard by providing housekeeping, landscaping, and handyman services on Sanibel and Captiva Islands; sometimes working as many as four jobs at a time to make ends meet. There are times in low season the couples' hours combined don't equate to one full-time job.

Due to of a recent medical emergency, the family has had a rough time getting back on their feet. In late summer, their son broke his arm in a nasty fall. Most expenses were covered by their KidsCare medical plan, but they still had a large sum of unpaid medical and living expenses. Unfortunately, the injury occurred during their slowest work time of the year, and both parents had to miss some of their few work hours to

care for their son.

Through our Adopt a Family program, a generous donor was matched with the family and provided all the children gifts for the holidays. Mom received the presents and, with gratitude says, "I'm so thankful for what F.I.S.H. has done for my family. Without their help, I don't know what my situation would be. I've received school supplies for my children at the beginning of the school year and now have a beautiful box of toys. I know my children won't be expecting any of this Christmas morning. Thank you for giving me the opportunity to give them this wonderful surprise."

The family will also participate in our Food Pantry Program and Children's Backpack Program. To learn more about our programs and services, please contact Alicia Tighe, FISH Executive Director, at 239-472-4775.

January Seminars & Programming

Something For Everyone

F.I.S.H. Workshop: Suicide Prevention—Getting Someone to Listen

Wed., Jan. 8, 10:00am-12:30pm; Sanibel Community House, 2173 Periwinkle Way, Sanibel
An interactive panel of experts including Julia Corbett, CEAP, LCSW, SAP, SalusCare; Kenneth Greenwood, MD, North Lee FACT Team; and a representative from AFSP will discuss recognizing suicidal signs, the symptoms of mental disorders and depression, developing better coping skills and how to seek help.



F.I.S.H. Community: Friendly Faces Luncheon

Tues., Jan. 14, 11:30am-1:00pm; George & Wendy's, 2499 Periwinkle Way, Sanibel
Meet new friends and reconnect with old ones. Held monthly on the 2nd Tuesday throughout the year, George & Wendy's Seafood Grille and F.I.S.H. host the luncheon, which is open to everyone. The \$8.00/pp price fixed lunch consists of an entrée, side, non-alcoholic drink and dessert.



F.I.S.H. Workshop: Intro to Fermentation—Cooking for the Planet Part II

Sat., Jan. 11, 10:00am-1:00pm; Captiva Civic Association, 11550 Chapin Lane, Captiva
This hands-on experience will explore the magic of fermentation. Fermentation is the transformation of food through beneficial bacteria, and an ancient cooking tool that is safe, healthy and delicious. Participants will learn to make yogurt, veggie pickles and fermented mustard and everyone leave with recipes and a jar of prepared goodies!

Limited to first 15 respondents.



F.I.S.H. Community: First Annual Senior Expo — The Best is Yet to Come;

Wed., Jan. 22, 11:00am-3:00pm; Sanibel Community House, 2173 Periwinkle Way, Sanibel
The Senior Expo is an exhibition of services, represented by approximately 40 area agencies and businesses, offering information about Healthcare, Nutrition, Recreation & Vacations, End of Life Planning, Legal Services, Independent & Assisted Living, Long-term Care Facilities and more. A Virtual Dementia Tour, and Auditory, Visual, Balance and Memory Screenings will be offered.

Please call 239-472-0404 by 1-15-20 if transportation is needed.



F.I.S.H. Workshop: Understanding Alzheimer's & Other Dementia-Related Diseases

Mon., Jan. 27, 10:00am-11:30am; Captiva Civic Association, 11550 Chapin Lane, Captiva
Virtual dementia tours will be offered between 9:00 am- 1:00 pm

Alvin A. Dubin Alzheimer's Resource Center defines and discusses the characteristics and stages of Alzheimer's and other dementia-related diseases. Emphasis will be placed on caregiver stress and community resources. An 8-minute virtual dementia tour, led and sponsored by Oasis Senior Advisors, will be offered beginning at 9:00 am – 1:00 pm. During the dementia tour, participants experience the daily routine of a person with a dementia-related disease. Participants may also sign-up to schedule a memory screening which will be held at later date.



**For additional information and to RSVP, please contact:
Kathy Y. Monroe or Anthony Morales at (239) 472-4775**

Educational Opportunities

Mental Health Series Part IV: Suicide Prevention — Getting Someone to Listen



American Foundation for Suicide Prevention (AFSP), SalusCare, and the FACT Team of Lee County, offers *Suicide Prevention: Getting Someone to Listen* on **Wed., Jan. 8th from 10:00am –12:30pm, Sanibel Community House, 2173 Periwinkle Way.**

F.I.S.H., with local mental health experts, developed a workshop series that focuses on the various aspects of mental health and well-being. The series provides a community forum to introduce reliable information and begin conversations to raise awareness and reduce stigma associated with mental and behavioral wellness. An interactive panel of experts including Julia Corbett, CEAP, LCSW, SAP, SalusCare, Kenneth Greenwood, MD, North Lee FACT Team, and a representative from AFSP will lead discussions about recognizing signs and symptoms of mental disorders/depression, developing better coping skills, and seeking help. Tara Sullivan, AFSP, says, “There is no single cause to suicide. It often occurs when stressors exceed the current coping abilities of someone suffering from a mental health condition. By creating a culture that is smart about mental health, we can reach those who suffer and encourage schools, workplaces and communities to make mental health a priority”.

United Way Volunteer Income Tax Assistance VITA—Free Tax Return Preparation



The United Way Volunteer Income Tax Assistance (VITA) Program offers tax assistance for qualified taxpayers. Households who make \$66,000 or less per year and who need assistance in preparing their tax returns qualify for the VITA program. These households may have their returns completed and filed for them **at no cost**. VITA preparers are IRS certified trained volunteers that can inform taxpayers about special tax credits that may be applicable such

as Earned Income Tax Credit, Child Tax Credit, and Credit for Elderly or the Disabled. Individuals scheduled to have their tax return completed must bring the following. Additional documents may be requested.

- Valid picture I.D. and birthdates for everyone on the tax return
- Social security or individual taxpayer identification number (ITIN) for each family member and working adult
- All earning statements (W-2, W-2G, 1099s)
- Total paid for daycare and provider business' EIN
- Did you buy insurance from the marketplace? Affordable Health Care Statements (1095-A) or Health Insurance Exemption
- Interest and dividend statements
- Last year's tax return
- Any other tax documents you received
- If you are filing a joint return, both you and your spouse must be present.

Beginning **Friday, February 7**, VITA will offer tax preparation at the F.I.S.H. Walk-In Center from 9 a.m. —1.p.m. Additional appointment times are February 14, 21 and 28; March 6 and 20; and Friday, April 3. VITA will also be available at the Sanibel Public Library on Thursday, March 12 and 19 from 3-7pm. **Appointments are required and fill up quickly! Please contact Kathy Y. Monroe or Anthony Morales at F.I.S.H. (239-472-4775) to make an appointment.**

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 200 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!

Please consider our wonderful volunteer and youth community service opportunities, including phone duty, food pantry shopping, sorting and stocking, meal delivery, office work and more. Contact Maria Espinoza, 239-472-4775, for information.



Calendar Downloads

[January Phone and WIC](#)

[January Meal Delivery](#)

F.I.S.H. 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 please send to F.I.S.H. OF SANCAP 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 Store](#)

[Bailey's General Store](#)

[Jerry's Foods](#)

[Publix](#)

[Walmart](#)

Below are links to our partners:

American Foundation for Suicide Prevention, Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. They are dedicated to saving lives and to bringing hope to those affected by suicide. For more information, please visit their website, <https://afsp.org/>.

SalusCare, the most comprehensive provider of behavioral healthcare services in SWFL, incorporated in 2013 after the merger of Lee Mental Health and Southwest Florida Addiction Services (SWFAS). Today they employ 400 professionals who provide hope and recovery to nearly 16,000 adults and children in outpatient psychiatry and therapy, residential programs, recovery residences, emergency/crisis services, detox and community-based services from multiple locations in Lee County. For more information, please visit their website, <https://www.saluscareflorida.org/>

Stay Connected Through Our [Website](#)
and [Facebook Page](#)

We Couldn't Do It Without You— Days of Giving

Happy Holidays
To You

Thank you Sanibel and Captiva community for your generosity and support of our Holiday Programs and everything we do. We could not continue our mission without you!



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