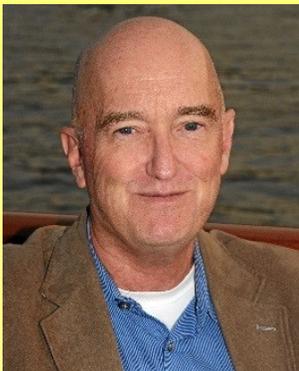


F.I.S.H. Welcomes New Board Members



Evan George: Evan relocated to Sanibel in 2018 with his wife Eva and their three young daughters. Evan is an attorney with 15 years' experience in immigration law and deportation defense. Evan operated his own law office for over a decade and is currently a partner at George & Cabrera PLLC. He has been a leader in North Florida in providing pro-bono legal services to indigent asylum seekers and battered migrant women. From 2015-2018, Evan served as an adjunct professor at the University of Florida Law School.

Previously, Evan spent three years in New York City representing individuals seeking asylum and deportation defense. Evan graduated from the University of Florida Law School, while concurrently completing a Master's Degree in Latin American Studies.



Dr. Jim Metzler: Jim earned his Ph.D. in Mathematics from Boston University, and was on the faculty for Drew Bentley and Northeastern universities. He also worked for the National Security Agency, AT&T, NYNEX, Prime Computer, Digital Equipment Corporation, and Yankee Group and was responsible for software development, mathematical modelling of computer networks, product management, and running a consulting organization. During the last half of his career, Jim operated his own company focusing on helping Fortune 500 companies

successfully negotiate technology transitions. Jim and his wife, Sarah Ashton, are full time residents of Sanibel since 2001 and co-chair "Ding" Darling Wildlife Society's advocacy committee where Jim is the delegate from the committee to the Everglades Coalition.



Kathy Samson: Kathy is the owner of K&J Samson, Inc., a full service advertising agency on Sanibel. When her family decided to move to FL, she sold her company, GreenStreet Marketing, after successfully running offices in Battle Creek & Kalamazoo, MI for 20 years. There she grew a diverse client base to over 70 clients, a motivated and productive staff and a solid regional reputation. Prior to GreenStreet, Kathy worked for the Gannett Company for 25 years. She was part of the USA TODAY launch team, served as The Worldwide Advertising Director, worked with the Gannett Media Sales team and was part of the strategic executive team. Kathy has served on the

Humane Society and Junior Achievement boards and currently serves on the Sanibel Community House boards. She has received a variety awards such as a Distinguished Alumni Award, Chamber of Commerce Business of the Year, as well as national and international industry awards for creativity. Kathy and her husband own Malia Island Fusion Cuisine at the Sanibel Golf Course and Spoonsdrift Island Bowls at the Bailey's shopping center.

DECEMBER 2019

Re-elected Directors	P.2
Travel With Kent.....	P.3
Coastal Design.....	P.3
Community Partners....	P.4
Scams & Safety	P.4
F.I.S.H. Offerings	P.5
Youth Mental Health	P.6
Adopt-A-Family	P.6
Volunteer Section	P.7
Resources	P.7
Partner Links	P.7

DEC. OFFERINGS

COMMUNITY

Thursday Dec. 5

Scams & Identity Theft

@SMAA

10:00-11:30 am

COMMUNITY

Tuesday, Dec. 10

Friendly Faces Lunch

@George & Wendy's

11:30 am

WORKSHOP

Wednesday, Dec. 11

Don't Forget our Children

@Community House

10:00-noon

COMMUNITY

Saturday, Dec. 14

Fighting Food Waste

@Congregational Church

10:00am—1:00 pm

Walk-In Center and Food Pantry Closed
Wed. Dec. 24 @Noon,
Thurs. Dec. 25 all day
Wed. Dec. 31 @Noon



Thank You For Your Service To Our Community

Re-Elected to the F.I.S.H. Board of Directors



Jack Alexander: Jack, a CPA with 28 years' experience, was appointed to the Board as Treasurer in January 2015. He recently joined BoatJunkie Sales & Service in Bonita Springs as their Chief Financial Officer. Before that, Jack was an audit manager with Stroemer & Company, LLC, which has a strong presence on Sanibel. Jack and his wife moved to Fort Myers in 2010 with their three children. With a firm belief in community service, Jack has also been involved with the Lions Club and Rotary and has served on various other boards and committees, as well as a member of

the United Way Allocations Team. His professional experience and his work with non-profit organizations give him unique and very valuable insights to our budgets and financial statements, making him an asset to the F.I.S.H. Board.



Jim Nelson: Jim has been a F.I.S.H. Board member and the chair of the Development Committee since January 2017. In this role, he has helped share the F.I.S.H. story with donors and prospective donors. Jim has thirty years of leadership and consulting experience with Hewitt, a global management consulting firm that specializes in human resources solutions. Jim's focus has been on helping Hewitt and targeted clients align their strategies, people, and reward systems. Jim graduated from the University of Wisconsin with a B.S. in Mathematics as well as a M.S. in Actuarial Science. Jim and his wife Mary divide time between Sanibel

and Door County, WI and are active members of St. Michael and All Angels Episcopal Church and The Sanctuary Golf Club on Sanibel.



Robert Bowden: After his early years in his business career at Monsanto, St. Louis, MO, Robert settled in Atlanta where he founded a millwork and building supply company that included manufacturing and distributing doors, windows and millwork for residential construction. In the forty years of living in Marietta, he was involved in the community through Church, Scouting, Rotary and more, but mostly through M.U.S.T., a similar organization to F.I.S.H., where he was a Founding Board member. Robert also served on the Board of The Tommy Nobis Center which provides job training for people with disabilities.

Robert serves on the Board of Trustees at Oglethorpe University where he did his undergraduate work – whose core curriculum he credits with expanding his world view. He has always held great respect for the many volunteers of organizations like F.I.S.H., whose community involvement represents the recognition of a greater good in the world. He and Dixie, his wife of 52 years, believe that helping others is the road to happiness. He is the father of four and the grandfather of seven.



Thank You For Your Service To Our Community

Travel with Kent Supports F.I.S.H. Through 10K Race



Travel with Kent is a full-service travel agency on Sanibel Island that offers a full range of vacation and group travel, including vacation packages, cruises, hotel and car rentals; insurance for travel and escorted or independent tours. They specialize in destination wedding or honeymoon travel and are certified Royal Caribbean, Universal Studios & Resorts and Jamaica experts. The travel agency also gives back to its island community and became a gold sponsor of the 10K Race 4 F.I.S.H. in October. “We couldn’t provide the necessary human services to our neighbors without the support of local businesses like Travel Kent,” said F.I.S.H. Board Chair Nicole McHale. To learn more about the travel agency, visit travelwithkent.com or call Owner Kent Neitzke at 609-923-7190 or Certified Travel Agent Jennie Minnick at 609-922-5785.

Coastal Vista Design Actively Gives Back; Supports F.I.S.H.

Coastal Vista Design is a Sanibel-based landscape architecture studio established in 2016 by Leigh Gevelinger. The design approach is rooted in deep appreciation for south Florida ecosystems and a thorough knowledge of the unique challenges of coastal subtropical design. Coastal Vista Design actively gives back to the island community through involvement in charity sporting events and financial donations to local organizations like F.I.S.H. of SANCAP. For the first time, Coastal Vista Design became a sponsor of the 10K Race 4 F.I.S.H. that took place in October.



Gevelinger’s passion for community service began while she was a student and has been able to continue her involvement through her company. “We are very grateful for the support of Coastal Vista Design,” said F.I.S.H. Executive Director Alicia Tighe.

To learn more about Coastal Vista Design, visit coastalvistadesign.com or call 239-558-4610.

Neighbors Helping Neighbors You Make It Possible

Community Partners of the Month—Thank You!

Beach Floor and Decor donated funds from their recent Ribbon Cutting event to F.I.S.H. Their services cover complete interior renovation needs, including the removal of current interior spaces, floor to ceiling, to bring your vision to life. They coordinate large scale projects and thrive on delighting clients and industry partners with a positive design experience. For more information, please visit <http://www.beachfloordecor.com/>



CVS Pharmacy is promoting our Annual Toy Drive by allocating space and encouraging patrons to participate at their Palm Ridge Road location on Sanibel. CVS is a drugstore operation selling a variety of beauty & health products, plus some grocery & household items. For more information, please visit <https://www.cvs.com/>



Workshop: Scams, Safety and Identity Theft Don't Be The Next Victim



F.I.S.H., with the Sanibel Police Department and Lee County Sheriff's Office, will offer this presentation on Thursday, December 5, 2019 from 10:00 AM - 11:30 AM at St. Michael All Angels Episcopal Church located at 2304 Periwinkle Way Sanibel, FL 33957.

The workshop, led by Peggy Lince, a Crime Prevention Specialist for the Lee County Sheriff's Office and Lt. Grace Towler, Sanibel Police Department, will review how individuals can keep their information safe from identity theft. Ms. Lince will explain the latest scams and discuss tips on how to avoid becoming prey to these devious schemes, and Lt. Towler will speak about awareness and prevention specific to Sanibel. Scam artists have become much more sophisticated in establishing a connection with individuals in order to steal their identity. This seminar will increase awareness about different types of scams being perpetrated currently and educate attendees on ways to avoid falling victim.

"We should all be in a "high alert" mode in reference to the very savvy identity theft and scams taking place," states Kathy Y. Monroe, Program Director, F.I.S.H. "All ages are preyed upon, and all should be cautious when answering phone calls or responding to texts and e-mail from unknown numbers and addresses. Remember, the Internal Revenue Service and Social Security Administration will not call and ask for payments on gift cards—it is a scam. Let's learn how we can educate ourselves against these crimes and many others that can change our lives."

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

December Seminars & Programming

Something For Everyone

F.I.S.H. Workshop: Scams, Safety and Identity Theft Don't Be the Next Victim
Thurs., Dec. 5, 10:00am-11:30am

St. Michael's Church, 2304 Periwinkle Way Sanibel

This seminar will educate participants about scams and identity theft crimes and others that may disrupt their lives. Led by Peggy Lince, Crime Prevention Specialist, Lee County Sheriff's Office and Lieutenant Grace Towler, Sanibel Police Department.



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

Tues., Dec. 10, 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: Don't Forget Our Children—Mental Health Series Part III

Wed., Dec. 11, 10:00am-Noon

Sanibel Community House, 2173 Periwinkle Way, Sanibel

Richard Keelan, B.S., M.S., C.P.S.T. Lee Health Child Advocacy Coordinator, Kids Minds Matter, Golisano Children's Hospital of SWFL and Amy Strom, L.C.S.W.-Q.S., M.S.S.A., M.Ed., Director of Valerie's House, will provide information and processes to assist in better management of behavioral and mental health issues with children and youth.



F.I.S.H. Workshop: Fighting Food Waste—Cooking for the Planet Part I

Sat., Dec. 14, 10:00am-1:00pm

Sanibel Congregational Church, 2050 Periwinkle Way, Sanibel

F.I.S.H., teaming with the Rauschenberg Foundation, is offering a series focusing on food waste and sustainability. In this hands-on class led by Chef Jackie Vitale, participants will learn techniques that not only reduce waste, but also to save money by stretching ingredients. Participants will make delicious meat and veggie stocks, fruit scrap vinegar and salt preserved citrus and will leave with recipes and a jar of everything prepared. **Limited to first 15 respondents.**



F.I.S.H. Community: Food Basket, Toy Drive and Adopt-a-Family Gift Distribution

Thurs.-Mon., Dec. 19-23, 10:00am-4:00pm

F.I.S.H., 2430-B Periwinkle Way, Sanibel

F.I.S.H. Food Pantry and Walk-In Center revised hours

Closing at noon on Tues., Dec. 24

Closed all day Wed., Dec. 25

Closing at noon on Tues., Dec. 31



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

Thank You For Your Service To Our Community

Mental Health Series Part III: Don't Forget Our Children — Discussing Children's Mental Health



Richard Keelan, B.S, M.S., CPST, Lee Health Child Advocacy Coordinator Kids Minds Matter, Golisano Children's Hospital of SWFL and Amy Strom, LCSW-QS, M.S.S.A., M.Ed., Program Director of Valerie's House, will present an extremely important seminar, *Don't Forget Our Children -- Discussing Children's Mental Health* on **Wednesday, December 11 from 10:00 am – noon at the Sanibel Community House, 2173 Periwinkle Way**. They will provide critical information and processes to assist in better management of behavioral and mental health issues with children and youth.

Richard Keelan (pictured above left) of Golisano Children's Hospital of SWFL, will be speaking about the Lee Health Kid's Minds Matter program and the state of children's mental and behavioral healthcare in SW Florida. "What we hope to do is to give the public and anybody working with children the skills they need to effectively work with our youth to help identify and address mental health issues. We work hard to bring about this awareness and understanding so kids with behavioral or mental health issues get the attention they deserve," states Richard.

Amy Strom (pictured above right) of Valerie's House, will be discussing the manner in which children process grief. "Childhood grief is a behavioral / mental health issue that has been long overlooked. It is crucial that we assist children and their families work through their loss of a loved one together so they can go on to live fulfilling lives," states Amy.

In recent months, F.I.S.H., in consultation with local mental health experts, developed a series of presentations that focused on various aspects of mental health and well-being; this session is Part III of that series. Kathy Y. Monroe, Program Director, F.I.S.H. says, "Children's behavioral health issues can overshadow an underlying mental health problem. Their personal success is more likely to happen if mental health issues are addressed and collaborative support systems are in place."

**For additional information, please contact
Kathy Y. Monroe or Anthony Morales at the FISH Walk-In-Center, 239-472-4775**

Community: F.I.S.H. Adopt-A-Family

Through the Adopt-A-Family Program, donors may "adopt" an individual or family and provide gifts for the holidays, providing one of the many joys of the holiday season. Many of our neighbors live on low fixed incomes, are underemployed and/or have recently lost income due to illness, medical emergencies or other circumstances. Supporting our neighbors through the Adopt-A-Family Program is a simple act of kindness that can make all the difference in the world to a family.

This program provides a wonderful team building opportunity for companies, service clubs, youth groups and more. Individuals and businesses may become an Adopt-A-Family donor by contacting Maria at our Walk-In Center, 239-472-4775. From there, the process is simple:

- * We provide a wish list with the participant's gender and age.
- * Donors shop for gifts; all items must be new purchases.
- * Drop off wrapped/labeled gifts to the Walk-In Center, 2430-B Periwinkle Way, by **Wednesday, December 11 by 4:00 p.m.**



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

[December Phone and WIC](#)

[December 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:

Kids' Minds Matter, a nonprofit organization, advocates for children's mental and behavioral healthcare, a critical initiative. According to Mental Health America, six out of 10 young people who suffer mental illness don't get the treatment they need. That's because there is a critical shortage of pediatric mental and behavioral healthcare services in the U.S. For more information, please visit their website, <https://leehealthfoundation.org/kids-minds-matter/>

Valerie's House, a place where children know others their own age, and learn that loss doesn't have to limit their dreams. Many of the staff, volunteers and others have also gone a grieving journey and are here to help you and your children see that there is hope. For more information, please visit their website, <https://www.valereshouseswfl.org/>

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