

SEPTEMBER 2025

FISH LINES



NEWSLETTER

HUNGER ACTION MONTH



September is **Hunger Action Month**, a nationwide campaign reminding us that “We Can End Hunger—When We All Work Together.” In Lee County and across Southwest Florida, the need is significant: approximately one in six individuals face food insecurity. According to the Harry Chapin Food Bank, more than 39.5 million pounds of food was distributed in the five-county footprint, including 18.4 million distributed in Lee County in 2024, a 16% increase over 2023. Seniors are also facing tough choices, often deciding between buying groceries or paying for vital medications as grocery prices remain high. FISH sees the impact of these impossible choices every day and is working to ease the burden through several feeding programs. All programs require a quick, easy application or intake

discussion with FISH team members:

- **Food Pantry*** | Stocked with fresh produce, shelf-stable items, dairy, frozen proteins (as available), household goods, and personal care products. Located at 2422 Periwinkle Way with updated Hours: 10a–3p Monday/Wednesday/Thursday/Friday and 10 a–7p Tuesday
- **Meals by FISH & Monthly Meal Kits** | Provides ready-to-eat meals for seniors, neighbors recovering from illness, and those unable to cook. In addition, Meal Kits are offered throughout the year with family-friendly ingredients. Follow FISH social media for the next distribution date.
- **Youth Backpack Program*** | Provides children with a weekend pack filled with snacks and simple meals. This ensures kids don’t go hungry when school is closed and helps them return Monday ready to learn. Studies show that children who have consistent access to nutritious food perform better in school, display improved behavior, and have higher attendance rates.



“Hunger looks different for everyone,” says Maria Espinoza, Executive Director of FISH. “For children, it can mean struggling in school because they’re too hungry to concentrate. For seniors, it can mean skipping meals to afford prescriptions. Hunger Action Month reminds us that we can change these outcomes—together.”



Suncoast
Credit Union

**These programs are funded, in part, through grantor partnerships. The Food Pantry program is made possible by a grant from The Sanctuary Golf Club Foundation, and the Youth Backpack program is made possible by a grant from Suncoast Credit Union.*



2422 Periwinkle Way, Sanibel FL 33957
Mailing Address: PO Box 58, Sanibel FL 33957

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

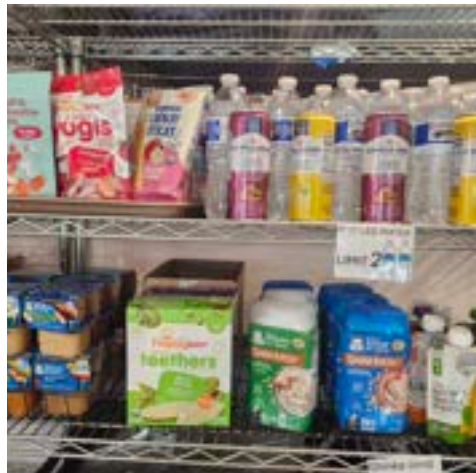




FISH works with food bank partners, Harry Chapin Food Bank and Midwest Food Bank and the program is partially funded by The Sanctuary Golf Club Foundation. FISH also relies on community support year-round to keep its food programs strong. Neighbors can help in many ways—by making a donation that allows FISH to purchase the most-needed items, volunteering to assist in the pantry or with meal and backpack programs, or spreading the word so others know help is available. Those interested in hosting a food drive with their workplace, faith group, or community club are encouraged to collaborate with Merari Salinas at merari@fishofsancap.org. Even the simple act of connecting a neighbor in need to FISH services makes a difference.

Among the items most needed at the FISH Food Pantry are canned proteins such as chicken, tuna, salmon, and beans; rice, pasta, and boxed meals; cooking oil and condiments; and breakfast staples including cereal, oatmeal, pancake mix, and syrup. Shelf-stable milk and juice boxes are also in high demand, along with baby food, diapers, and personal care products like soap, toothpaste, and shampoo. Donations of fresh produce, milk, and eggs are especially welcomed, and FISH has the capacity to refrigerate and distribute these perishable items safely.

For more information on FISH's feeding programs, pantry needs, or upcoming Meal Kit dates, visit fishofsancap.org or call 239-472-4775.





FISH LINES

the tourists are gone hunger is still here

Point to **seven homes** in our county.
Chances are that **one of them**
houses a family that doesn't know
where they'll get their next meal.*



"Everything FISH does is done right!"

—a Sanibel mom on FISH's Fresh Meal Kits

As the tourist season slows, and seasonal residents have left, FISH of SANCAP is experiencing **higher demand than ever at our Food Pantry—with already more visits this year than in all of 2024.** Many are service workers our community relies on and families who may be facing a decrease in hours and wages, while struggling with increased summer costs such as child care. We're doing our best to meet the need, including offering **Fresh Meal Kits**—ingredients for a complete and healthy meal for a family to enjoy together.

Still, we need your help. Please consider donating food or funds to support our much-needed Food Pantry and meal programs. You can turn summer hunger into summer happiness! That's what *neighbors helping neighbors* is all about.



Donate today!

*Source: Feeding America, Map The Meal Gap, 2023 data

2422 Periwinkle Way, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org





FRIENDLY FACES IN SEPTEMBER

We are inviting friends, neighbors, and visitors to gather for our next Friendly Faces Luncheon on Tuesday, September 9, 2025, at 11:00 a.m. at the Sanibel Community House, 2173 Periwinkle Way. The monthly get-together is open to all ages—whether you live on the islands, work here, or are just visiting. It's a chance to share a meal, connect, and learn something new together.

Special opportunity before the luncheon: Starting at 10:00 a.m., Susan McClintock, CVS Sanibel Pharmacist, will be on-site at the Community House offering free flu shots. Attendees must bring their insurance card. No appointment is needed—just arrive early, get your shot, and stay for the luncheon.



This month's guest is Jenn Carolluzzi, ReUnite Program Manager with United Way of Lee, Hendry & Glades. Jenn will lead a **Dementia Sensitivity Training** in partnership with the Dementia Care and Cure Initiative (DCCI) of the Lee County Task Force through Elder Affairs Florida. The training is designed to help businesses, organizations, and community members better understand Alzheimer's disease and related dementias, and to discover local resources available for those living with dementia and their caregivers.

Jenn will also share information about the **ReUnite Program**, a free collaboration between United Way and local Sheriff's Offices. The program provides quick access to vital information to help reduce search time when a loved one goes missing—especially important for those with dementia who may wander.

Lunch will be provided at no cost to guests from island favorite **Rosalita's Cantina**. Guests can expect good food, friendly faces, and conversation that matters.

FISH Senior Services Director, Erika Arnowitz, says the luncheon is about connection and community. "It's a way for people to come together, connect, and leave with something they can carry forward—whether that's a new resource, a new friend, or simply feeling part of the community."

FISH extends its gratitude to the Sanibel Community House for partnering and co-hosting the event, and to Rosalita's Cantina for preparing the meal. Their support makes these gatherings possible.

Space is limited, so early RSVPs are encouraged. To reserve a spot, contact Erika Arnowitz at FISH by September 5 at 239-472-4775 or erika@fishofsancap.org.



FISH LINES

JOIN FRIENDS & NEIGHBORS FISH OF SANCAP FRIENDLY FACES LUNCHEON

neighbors helping neighbors

FRIENDLY FACES LUNCHEON

Tuesday, Sept. 9th @11:00 a.m.

Our next Friendly Faces Luncheon is on **Tues, Sept. 9, 2025, at 11:00am at the Sanibel Community House, 2173 Periwinkle Way.** Our luncheons are open to all ages—residents, visitors, and those who work on the islands.

Special opportunity before the luncheon: Starting at 10:00 a.m., Susan McClintock, CVS Sanibel Pharmacist, will be on-site at the Community House offering free flu shots. Attendees must bring their insurance card. No appointment is needed—just arrive early, get your shot, and stay for the luncheon.



Special Guest:

Jenn Carolluzzi, ReUnite Program Manager, United Way of Lee, Hendry & Glades. Jenn will lead a Dementia Sensitivity Training in partnership with the Dementia Care and Cure Initiative of the Lee County Task Force through Elder Affairs Florida. Learn how businesses, organizations, and community groups can become

“Dementia-Caring” by gaining a better understanding of Alzheimer’s and related dementias, and by connecting with local resources for those living with dementia.

She will also share details about the ReUnite Program—a free, collaborative effort between United Way and local Sheriff’s Offices to help reduce search time when a loved one goes missing.



Lunch is on us!

Enjoy a delicious meal from Rosalita’s Cantina provided at no cost by FISH. Space is limited—**RSVP early** to save your spot!



DATE:
Tuesday, Sept. 9

TIME:
Beginning at 11:00 am

LOCATION:
Community House
2173 Periwinkle Way

RSVP:
To Erika Arnowitz, FISH

By September 5
239-472-4775
erika@fishofsancap.org



FISH LINES

Skills

Community

Alzheimer's

Families

Supportive
Environment

Workforce
Development

Caregivers

Dementia



neighbors helping neighbors

Friendly Faces

Tuesday, September 9, 2025

11:00 am - 12:00 pm

Sanibel Community House

2173 Periwinkle Way



DEMENTIA
CARE & CURE INITIATIVE
FLORIDA DEPARTMENT OF ELDER AFFAIRS
Developing Dementia-Caring Communities Across Florida

The Dementia Care and Cure Initiative (DCCI) of Lee County Task Force offers free training to equip businesses, organizations, and other community entities to be Dementia-Caring and contribute to the vibrant and inviting community of Lee and surrounding counties.

Training Objectives

- **GAIN** a better understanding of Alzheimer's disease and related dementias that can help organizations and businesses to provide a welcoming, respectful environment for persons living with dementia and their caregivers.
- **LEARN** about local resources in Lee and surrounding counties available to assist persons with dementia, their families, and caregivers.
- **CONTRIBUTE** to building a welcoming environment for those affected by dementia in Lee and surrounding counties including caregivers and the more than 77,596* living with Alzheimer's disease, so that they may continue to participate in and enjoy their community.
- **POST** a Dementia-Caring window decal for customers to recognize your business as a supported environment

** includes Lee, Charlotte, Collier, Glades, and Hendry counties*

Elder
Affairs
FLORIDA





JOG N JAM RACE AND CONCERT

Excitement is building for JOG N JAM, a signature two-part community fundraiser hosted by FISH OF SANCAP.

The event begins on Saturday, November 1, 2025, with a 10K/5K race and kids' fun run at the Sanibel Community House. The celebration continues on Saturday, December 6, 2025, with a beach concert at Tween Waters Resort on Captiva featuring the Ben Allen Band—known for their high-energy country-rock sound and crowd-pleasing performances.

The race offers both individual competition and a team division. Teams already registered include Gulf Pines Friends, Heidrick & Co Insurance, Pelican's Landing, Roger's Angels, SanCap Running Club, Sanibel Sistas, The Mollusk Milers, and Tropical Sunrise Captiva. Team signup is available during the race entry process and closes Friday, October 31 at 6 p.m. No additions can be accepted after the deadline. Teams should aim for at least six members, with the top five finishers scoring. If you've already registered and want to create or join a team, contact Mark at Lin-Mark Sports, event timer and registrar, at linmarksports@linmarksports.com.

Anyone who hasn't registered yet is encouraged to sign up soon—and consider forming a team for some friendly competition. For race details or to register, visit <https://runsignup.com/Race/FL/Sanibel/10K5KRace4FISH>. Visitors from near and far are welcome—turn race day into a weekend getaway and enjoy all that Sanibel and Captiva have to offer.

Concert tickets are on sale now at <https://jamwithfish.rsvpify.com/>. A limited number of 4-pack specials remain, available while supplies last. All are invited to attend—make it a weekend on the islands and enjoy a night of live music with the Ben Allen Band.

Highlights from last year's JOG N JAM





FISH LINES



FISH 2025
jog N JAM
CELEBRATION
5&10Ks • beach concert • fireworks • fun



SANIBEL'S ONLY 5/10K RACE

570
RUNNERS
IN 2024

COME
walk, run OR jog
our 18th annual road race
SATURDAY
NOVEMBER 1, 2025
BEGINS & ENDS AT THE SANIBEL COMMUNITY HOUSE

JAM
DECEMBER 6
5:30p

RACING BEGINS 7:30a—registration from 6:30-7:15a
Visit RunSignUp.com for details & to register. *The earlier you register, the less you pay—scan here!*
Sign up for the **Kids Fun Run** following the awards ceremony—**FREE** under age 10.
Sponsorship opportunities are available. For additional information, email: events@fishofsancap.org



2422 Periwinkle Way, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org



FISH LINES

• FISH 2025
jog^NJAM
CELEBRATION
CONCERT ON THE *beach*



LIVE MUSIC featuring the

BEN ALLEN BAND

a dynamic modern country rock act in Southwest Florida celebrated for its energetic performances, perfect mix of talent and personalism, and amazing blend of country dance songs and heartfelt country truth

FIREWORKS after concert

FOOD & DRINKS for purchase

GENERAL SEATING bring a beach chair or blanket



ADULTS (ages 19+)—\$75 ea
STUDENTS (ages 7-18)—\$50 ea
CHILDREN (ages 0-6)—FREE!

OR take advantage of **LIMITED GROUP PRICING**
ADULT "4-PACK"—JUST \$200 (only 50 available)

AT
'Tween Waters

SATURDAY
DEC 6
AT
5:30P



FISH LINES



Kids **FUN** **RUN**



SATURDAY NOVEMBER 1, 2025

KIDS' RUN WILL BEGIN FOLLOWING THE AWARDS CEREMONY
AT THE SANIBEL COMMUNITY PARK (APPROX. 9:30 AM)

CALLING ALL KIDS AGES 10 & UNDER!

Join the Kids Fun Run — a FREE, just-for-fun race where
every young runner is a champion!



Every registered runner will cross the finish line
with a finisher ribbon and a Pinocchio's Ice Cream

All participants must be registered in advance:

Visit runsignup.com/Race/FL/Sanibel/10K5KRace4FISH or scan here



10K & 5K RACING BEGINS 7:30a—registration from 6:30-7:15a

Visit RunSignUp.com for details & to register. *The earlier you register, the less you pay!*



Sponsorship opportunities are available.

For additional information, email: events@fishofsancap.org

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FISH PROVIDES STABILITY WITH WRAPAROUND SUPPORT



We continue to assist neighbors working through hardship—offering not just one service, but a network of support that makes it possible to move forward.

For one island resident, the past few years have been a mix of determination and setbacks. Says Rebecca*, reflecting on her recent involvement with FISH, “Moving from Cape Coral to Sanibel was a dream, but it came with challenges. I didn’t know how I was going to manage the move,” she recalled. That’s when FISH volunteers arrived—bringing a truck, extra hands, and a sense of relief. “They made something that felt impossible, possible.” **The name of the individual has been changed for privacy purposes.*

Once settled, she turned her attention to a bigger goal: continuing her education to create better opportunities. Her dream was clear, but the costs quickly became overwhelming. “I wanted so badly to keep going, but between tuition and materials, I couldn’t see how I could afford it,” she said. That’s when FISH stepped in, helping with expenses and ensuring she could stay on track. “Their help meant the world to me, it meant someone believed in me and in my future.”

Just as she began to find her footing, the strain of everyday expenses returned. “I felt like I was slipping backwards,” she said. “No matter how hard I tried, it seemed impossible to dig out of the hole.” That’s when FISH stepped forward once more, providing rental assistance and the breathing room she so desperately needed. “Thanks to FISH, I was able to pay my rent and finally have some room to catch my breath after being in a financial hole for a few months.”

Today, with the immediate crisis behind her, she’s beginning to look ahead with optimism. “Now I feel like I can finally look forward instead of just trying to survive each day,” she said. “I’m hopeful again about the future, and that’s something I didn’t think I’d feel for a long time.”

FISH is able to provide this kind of support—and so much more—because of its dedicated partners. The Sanctuary Golf Club Foundation helps sustain the Rent Financial Assistance program, ensuring neighbors can remain safe and housed. The Zonta Foundation of Southwest Florida supports the continuing education program, giving women a chance to reach new goals and build brighter futures. Together with countless donors and volunteers, these partners form the wraparound safety net that makes stories like hers possible. With their support, FISH remains a steady resource for islanders—offering help today and hope for tomorrow.

“Our wraparound approach is what makes FISH unique,” says Nitza Lopez, Social Services Director. “It’s not just one program or one type of help—it’s the way everything connects. Rent assistance, education, food, and emotional support all come together to give people the chance to find their way.”



WELCOME KIM BAKER



We are pleased to welcome Kim Baker to the team as Executive Assistant. In this key role, Kim supports the Executive Director and works collaboratively with leadership, staff, and volunteers to advance the mission of FISH.

Kim brings extensive professional experience in human resources and administration to the organization. Most recently, she served as Vice President and Chief Human Resources Officer at Family Health Centers of Southwest Florida, where she oversaw HR operations for over 675 employees.

"Kim's steady presence, strong organizational skills, and warm personality are already making a difference," says Maria Espinoza, FISH Executive Director. "She's the kind of person who gets things done—and does it with heart. We're lucky to have her on board."

When asked what drew her to FISH, Kim shares, "I'm honored to be part of an organization that embodies the true spirit of 'neighbors helping neighbors.' Having witnessed FISH's compassionate care through my grandmother's experience with their delivery services and medical equipment loan program, I know firsthand the incredible difference this organization makes in people's lives. Any opportunity to support our island community while using my skills to help others is deeply meaningful to me."

Kim's favorite part of the job is connecting with community members, supporting the executive team's mission-driven work, and contributing to an organization that has personally touched her family. Outside of work, Kim enjoys biking, gardening, staying active through health and fitness, and exploring local restaurants across Sanibel and Captiva. Kim is also a member of the Society for Human Resource Management (SHRM), Sanibel-Captiva Conservation Foundation, and a graduate of the Greater Fort Myers Chamber of Commerce Leadership Program. We look forward to everything Kim will bring to her new role as she continues the tradition of "neighbors helping neighbors".





IN MEMORY OF SHEILA ZUHUSKY, FISH VOLUNTEER



Sheila Anne Zuhusky of Sanibel Island, Florida, passed away peacefully on August 3, 2025, at the age of 98. A woman of deep faith, enduring grace, and unwavering devotion to her family, Sheila lived a life marked by love, generosity, and strength.

Born in Providence, Rhode Island, Sheila was the daughter of Gertrude Clavin and William Leander Black. She was one of five children and was predeceased by her siblings Mary Bernadette Corr, James Henry Black, Joan Patricia Dean, and William Black, Jr. She graduated from North Providence High School and earned a Bachelor of Fine Arts from the Rhode Island School of Design in 1948. It was during high school that she met the love of her life, Joseph A. Zuhusky. They married in 1950 and together built a full and joyful life in Baltimore, Maryland; Wantagh and Orient, New York; Southampton, New York; and Sanibel, Florida.

Sheila's greatest joy was her family. Family gatherings—in Southampton, Sanibel, and beyond—were filled with laughter, stories, and cherished traditions. Sheila also gave generously of herself to her community. She was active in the St. Frances de Chantal Rosary Society, the St. Isabel's Women's Guild, and numerous quilting groups, where she built lasting friendships and offered her creativity and service. In lieu of flowers, donations may be made in Sheila's memory to [F.I.S.H. of Sanibel-Captiva](#) or [Southampton Hospital Foundation](#), Southampton, NY.

THANK YOU SANIBEL CAPTIVA ASSOCIATION OF REALTORS

Special delivery from the Sanibel & Captiva Islands Association of Realtors - Smile Bags for island Seniors, donated and prepared by their team! "We appreciate FISH Of SanCap for their outstanding service, distributing Smile Bags, showing our island residents they're valued & loved in our vibrant community. Don't forget to Smile today Sanibel!" -Breanne Jackson, Marketing & Events -Sanibel & Captiva Islands Association of REALTORS®.





neighbors helping neighbors

FISH is committed to the safety and well-being of our island community, 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 and crucial to know what to do if a storm makes landfall.

FISH can help—

before & after

THE STORM

NEW!

UPDATED HURRICANE PREPAREDNESS PACKETS

Our annual **FISH Hurricane Preparedness Packet** is full of essential information people truly need, and available **FREE** to anyone who requests one. This year's resource is more valuable than ever, with *updated content based on recent Ian/Helene/Milton experiences and recovery work* including:

- **How to prepare your home ahead of a storm**
- **Evacuation planning & routes**
- **Emergency supply checklists**
- **Local shelter info & pet-friendly options**
- **Hotel contacts with generator access**
- **Guidance for vulnerable populations & seniors**
- **Special Medical Needs Application**

If you or someone you know could benefit from this vital program, packets may be obtained in the following ways:

- **PICKED UP** at FISH—2422 Periwinkle Way
- **DOWNLOADED** at fishofsancap.org
- **MAILED TO YOU** upon request by calling 239.472.4775 or email erika@fishofsancap.org

HURRICANE RECOVERY

In the event a storm makes landfall, please contact FISH after the storm for information and assistance at **239.472.0404 (24-hour hotline)** or email info@fishofsancap.org

In 2024, FISH helped neighbors through the storms with:

**586**

HURRICANE PACKETS DISTRIBUTED
&

5,680

EMERGENCY MEALS DISTRIBUTED

2422 Periwinkle Way
Sanibel FL 33957
239.472.4775
fishofsancap.org





CONGRATULATIONS MAGGI FEINER

Congratulations to Maggi Feiner on being selected as one of the winners of Sunny 106.3's Outstanding Women of SWFL! Winners of this award are women in our community who are inspiring leaders- women who implement positive change, celebrate diversity, and represent all walks of life. Bravo to all recipients! All winners, in no particular order, include Laura Marsh; Margaret Kim; Cheryl Hewitt; Mary Bondurant; Summer O'Neil; Anjali Van Drie; Lauren Taylor; Donna Germain; Brittanie Long; Nadine "Deanie" Singh; Maggi Feiner; Ann Hughes



THANK YOU BISHOP VEROT STUDENTS

We are deeply grateful to the students from Bishop Verot who generously volunteered with FISH during their Community Days of Service. Their help stocking and organizing our Food Pantry—and assisting with other essential tasks—had a meaningful impact on our operations and the neighbors we serve. It's inspiring to see young leaders stepping up to support our community with such heart and enthusiasm.

Interested in Volunteering or Hosting a Day of Service?

Whether you're an individual, a business, or a group looking to give back, it's easy to connect with FISH. Contact MJ, our Office and Volunteer Manager, at maryjean@fishofsancap.org and we'll be happy to help you get started.

FISH offers a wide range of volunteer opportunities—from pantry support and meal delivery to transportation assistance, event coordination, and seasonal projects. Whether you're looking to volunteer once a week, once a month, or for a special occasion, there's a place for you on the FISH team. We are so thankful for our volunteers of all ages, interests, and time commitments. We simply couldn't do what we do without their support.



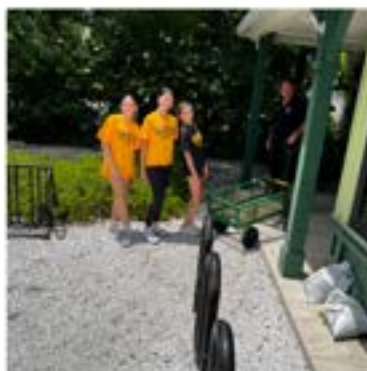
FISH LINES



neighbors helping neighbors



FISH LINES



neighbors helping neighbors



A 'SWEET' PARTNERSHIP SUPPORTING NEIGHBORS

I Scream You Scream - We all scream for Ice Cream AND a wonderful evening giving back to FISH! We are extremely grateful for the Ice Cream Social at Pinocchio's Original Italian Ice Cream that was hosted by Sarah Ashton & Ashton Kirchner Group - Keller Williams Realty Fort Myers & The Islands. Great conversation was had and supporters brought wagons full of canned goods and nonperishables for the FISH Food Pantry.





FISH LINES



MENTAL HEALTH WEDNESDAYS

**Talk to a Mental
Healthcare Clinician**

30 minute sessions

free of charge



with **Tiffannie Nalley**, Clinician III
in partnership with SalusCare

At St. Michael's in the Library Room
2304 Periwinkle Way

Book an appointment:

erika@fishofsancap.org | 239-472-4775



FISH LINES

VOLUNTEERS, PARTNERS, COMMUNITY | THANK YOU!



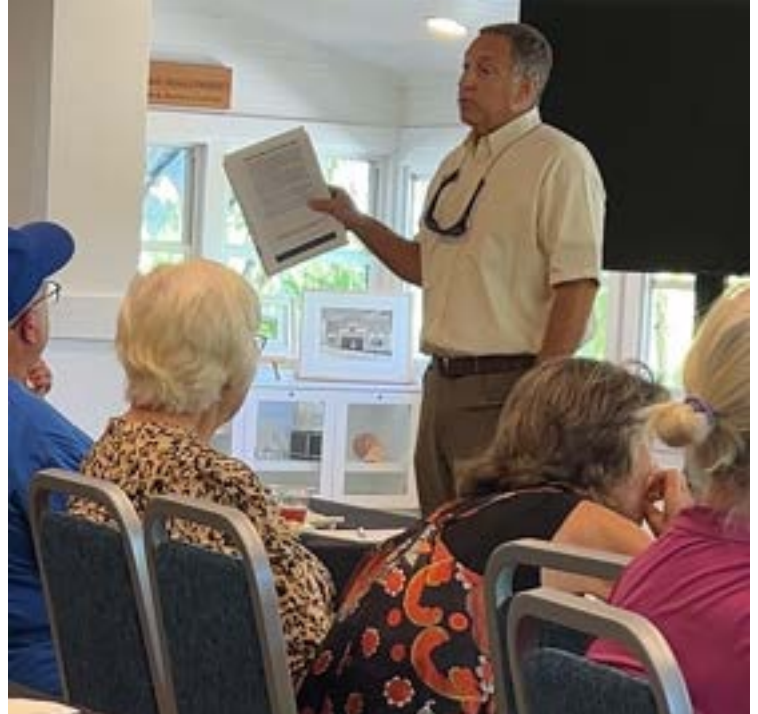
THANK YOU!

neighbors helping neighbors



FISH LINES

VOLUNTEERS, PARTNERS, COMMUNITY | THANK YOU!



THANK YOU!

neighbors helping neighbors



FISH LINES

VOLUNTEERS, PARTNERS, COMMUNITY | THANK YOU!



THANK YOU!

neighbors helping neighbors