

here to help **before & after** A STORM

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 invaluable resource contains *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

As a **United Way Resiliency Hub**—with access to a large network of partner agencies—*FISH can quickly pivot in times of crisis to provide emergency items including food, water, tarps and other vital resources.*

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

539
Hurricane
Packets were
distributed
in 2025

FISH OF SANCAP

239.472.4775
fishofsancap.org
2422 Periwinkle Way, PO Box 58
Sanibel FL 33957

Mailing Address: PO Box 58, Sanibel FL 33957

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Updated Hurricane Preparedness Resource Packet

With hurricane season beginning, we are helping island residents, workers and families prepare ahead of potential storms. As a United Way Resiliency Hub, we provide daily support through food programs, senior services, financial assistance, health and wellness support and more, while also serving as a critical resource during disasters and community emergencies.

During storm events, FISH works closely with local and regional partners to help distribute emergency supplies including food, water, tarps and other essential items. The organization also assists vulnerable residents with preparedness planning, evacuation support and post-storm recovery efforts. As part of those efforts, we have updated our Hurricane Preparedness Packet for the 2026 season.

“Our community knows firsthand how quickly conditions can change,” says Erika Arnowitz, FISH Senior Services Director, who oversees the program. “We want people to feel informed, prepared and connected to reliable information before a storm approaches.” The updated preparedness packet includes information on:

- Preparing homes ahead of a storm
- Evacuation routes and planning
- Emergency supply checklists
- Lee County shelter information, including pet-friendly shelters
- Area hotels, including those with generator access
- Resources for seniors and vulnerable populations

“The packet includes information people truly use and refer back to throughout the season,” adds Arnowitz. “It continues to be one of the most requested resources we provide.”

Also expanding this year is the Neighbors in Readiness program, led by Simon Robson, FISH Community Outreach and Resiliency Director. The program shares simple, manageable preparedness tips throughout the year to help residents stay informed and ready before emergencies happen. The goal is to make preparedness feel approachable and achievable for households of all sizes and living situations. *Neighbors in Readiness is supported through grant funding from the American Red Cross.*

[Download](#) our Hurricane Preparedness Packet.





Adult Scholarship Program Supports Continuing Education

Summer often becomes a time of transition and planning for many adults looking to strengthen their future through continuing education, certification programs, career training, or college coursework. Through our Adult Scholarship Program, we continue helping neighbors take the next steps toward long-term stability and career advancement.

The program assists individuals with tuition, books, certification costs, and other required educational expenses that can create barriers for those already balancing work, housing costs, family responsibilities, and rising living expenses. We support adults pursuing education opportunities that can improve earning potential, help maintain employment requirements, or open the door to new career paths.



Partial scholarship support for women is provided through funding from the Zonta Foundation of Southwest Florida. We also provide continuing education assistance for all genders through additional funding sources and community support.

“Education continues to be one of the strongest ways someone can move forward after financial hardship or career setbacks,” said Nitza Lopez. “Many people are underemployed or working multiple jobs while trying to meet continuing education requirements or gain new skills that can help them earn a more stable income. Sometimes a small amount of support makes the difference between giving up and continuing.”

We regularly work with individuals recovering from job loss, reduced work hours, storm-related financial strain, or changing workforce demands. Others seek certifications or degree programs to remain competitive in industries requiring updated training and continuing education credits. One participant, who wished to remain anonymous for privacy reasons, shared that assistance through the program helped relieve financial pressure while pursuing career advancement opportunities. ***“Trying to work, pay bills, and continue school at the same time felt overwhelming,” the participant shared. “The scholarship support helped me stay focused on my classes and continue moving toward my goals.”***

For more information about the Adult Scholarship Program or ways to support continuing education opportunities in the community, contact Nitza Lopez at (239) 472-4775 or nitza@fishofsancap.org.



Public Speaking Workshop Series

We have launched a new public speaking workshop series, giving community members an opportunity to strengthen communication skills, build confidence, and become more effective speakers in both personal and professional settings.



The first session, "Speech Delivery: Techniques and Methods," will take place **Saturday, June 27, 2026, from 10:00 a.m. to 12:00 p.m. at Fellowship Hall at Sanibel Community Church, located at 1740 Periwinkle Way, Sanibel.**

The interactive workshop will be led by Christopher Pritchard and Christine Cargnoni, MBA, DTM, of Toastmasters International through the Naples Advanced Toastmasters Club. The session will focus on effective speech delivery techniques, presentation structure, audience engagement, and strategies to improve speaking confidence and presence.

Christopher Pritchard is an author, public speaking coach, and experienced Toastmasters leader who has served in multiple leadership roles within Florida District Toastmasters. He has worked with and mentored speakers at the national level and is currently completing a book focused on public speaking. Christine Cargnoni, Distinguished Toastmaster and Managing Director of the Coulton C. Price Neurological Foundation, knows the benefits of effective communication on personal and business relationships. Christine advocates for the role of communication in practical brain health.

Participants will explore ways to improve vocal delivery, organize thoughts more effectively, connect with audiences, and strengthen overall communication skills. The workshop is designed for beginners, professionals, community leaders, volunteers, and anyone looking to become more comfortable speaking in front of others.

Naples Advanced Toastmasters Club is part of Toastmasters International, a nonprofit educational organization that helps individuals develop communication and leadership skills through structured speaking programs, mentorship, and hands on practice.

"This workshop series creates an opportunity for people to grow their confidence while strengthening skills they use every day, whether in the workplace, volunteering, leading meetings, or simply communicating more effectively," said Simon Robson, Community Outreach and Resiliency Director at FISH. "Strong communication helps build stronger connections within a community, and we are excited to partner with Naples Advanced Toastmasters to bring these learning opportunities to Sanibel."

This program serves as Part One of a two-part public speaking series. Part Two is scheduled for July 25, 2026, with a possible bonus workshop planned for August 29, 2026. Additional details on upcoming sessions will be announced by FISH in the coming weeks. For more information about the public speaking series, contact Simon Robson at (239) 472-4775 or simon@fishofsancap.org. RSVP by June 24 [here](#).



Summer and After School Child Care Support Programs

As summer break for Lee County public schools begins June 2nd and families continue planning for school break schedules, we are reminding parents and guardians that assistance may be available for summer childcare programs, as well as after school care during the academic year.

Through our Helping Hands program, we work closely with families facing financial hardship, employment challenges, or unexpected setbacks that can make reliable child care difficult to afford. For many working parents, school breaks can create immediate stress. Seasonal employment schedules, rising living costs, transportation expenses, and paperwork related delays or eligibility issues with other assistance programs can quickly place families in difficult situations. We help bridge those gaps so parents can continue working while children remain in safe, structured environments.

One parent, whose name has been changed for privacy reasons, shared how support from FISH helped stabilize her family during a difficult time last year. *"After my daughter's father passed away, everything became overwhelming," the parent shared. "Between trying to manage work, expenses, and paperwork problems tied to assistance and benefits, I was struggling to keep up. I was terrified I wouldn't have any options for her summer care, and I didn't know how I was going to make it work. FISH stepped in during one of the hardest periods of our lives. Knowing my daughter has a safe place to go gave me peace of mind and allowed me to continue working while trying to rebuild and move forward."*

Social Services Director Nitza Lopez said childcare support can have a direct impact on a family's ability to remain financially stable. "Reliable childcare affects every part of a family's life," Lopez said. "When parents are worried about where their child will go after school or during summer break, it impacts employment, finances, and overall well-being. We encourage families to reach out early so we can discuss available resources, scholarship opportunities, and support options."

We regularly assist island families through a range of youth and family focused programs, including school break support, backpack food assistance, holiday programs, children's medical and dental assistance, and referrals to additional community resources. We work individually with families to better understand their circumstances and connect them with appropriate support.

Families interested in learning more about summer childcare assistance or after school care support are encouraged to contact Nitza Lopez at 239-472-4775 or nitza@fishofsancap.org.





Welcoming New Team Members



We recently welcomed **Jesse Meyers as Accounting Director**, bringing with him decades of leadership, financial management, and community service experience. Meyers joined us earlier this year and oversees the our accounting processes and financial operations.

Meyers holds a degree in Accounting from Liberty University, along with degrees in Law Enforcement and Psychology from Minnesota State University. Prior to joining FISH, he served as Controller at Jaeb Center for Health Research Foundation and Assistant Vice President at Hodges University. He also served in the United States Army, where he gained experience in operations, outreach, and service focused work.

Outside of his professional career, Meyers has volunteered with Habitat for Humanity and previously served as a board member for the Collier County Veterans Council. *"I have lived a life of*

service and FISH truly embodies their mission of supporting their neighbors through every stage of life and circumstance," Meyers shared. [Continue reading](#)

We are pleased to welcome **Ashley Price as Director of Philanthropic Giving**. Price joined FISH in May 2026 and will lead philanthropy and fundraising strategies that support the organization's mission and long-term sustainability.

Price brings experience in fundraising, government advocacy, board management, leadership development, and event management. Prior to joining FISH, she worked with Goodwill Southwest Florida and the University of Miami Herbert Business School. She holds a bachelor's degree in Political Science and Sociology from Southern Methodist University.

Price shares, *"I am deeply honored to join FISH and work with a leadership team that operates with integrity and care. I look forward to working with the board, supporters, and community partners to advance the mission of neighbors helping neighbors."* [Continue reading](#)





AngelFISH Society Celebrates Season of Growth, Connection

The **FISH of Sanibel-Captiva Foundation AngelFISH Society** recently gathered for its end of season spring gathering, bringing together women from across the islands for an evening centered on connection and community support.

The gathering focused on the importance of creating opportunities for neighbors to come together through food, education and shared experiences. Conversations throughout the evening echoed the strong enthusiasm surrounding the AngelFISH Kitchen program and its impact on seniors, families and individuals looking for healthier, affordable ways to prepare meals at home.



L to R: Maggi Feiner, Linda Uhler, Salli Kirkland, Maria Espinoza, Lisa Ann Miller, Kathy Samson, Maggie Goldsmith

The evening also marked continued growth for the women's giving circle, welcoming three additional participants following the event. The AngelFISH Society now includes 61 women, making it the largest group since the Society launched in 2020. "This gathering showed exactly what AngelFISH is all about, women coming together to support and strengthen our community," said Linda Uhler, AngelFISH Committee Chair. "The success of the AngelFISH Kitchen has been incredibly rewarding to witness. None of this happens without the generosity, compassion and commitment of the AngelFISH women involved."

The AngelFISH Kitchen initiative provided air fryer/oven unit combo appliances to seniors and families, paired with educational classes focused on nutrition, healthy cooking and meal preparation. Additional AngelFISH Kitchen classes and gatherings are being considered for the summer, with dates and locations to be determined.

The AngelFISH Committee extends sincere thanks to everyone who supported the AngelFISH Kitchen initiative. A heartfelt thank you goes to the women of the AngelFISH Society for their continued generosity, compassion and commitment to strengthening the community through programs that make a direct difference in the lives of neighbors across the islands. Women interested in becoming part of the AngelFISH Society may contact Linda Uhler at luhlersanibel@gmail.com.



June Friendly Faces Focus on Alzheimer's, Caregiving

FISH of Sanibel-Captiva will host its next Friendly Faces Luncheon on **Tuesday, June 9, from 11 a.m. to 1 p.m. at the Sanibel & Captiva Islands Association of REALTORS®, located at 2353 Periwinkle Way #201 on Sanibel.** Sign up using the QR code below.

The monthly luncheon brings older adults, caregivers, neighbors, and friends together for conversation, connection, and support. June's event will feature special guest speaker Christine LoConte, Chief Executive Officer of the Dubin Center.

FISH events to catch

friendly faces luncheon



*open to residents, visitors,
& island workers of ALL AGES!*

DATE **Tuesday, June 9**
TIME **11a-1p**
VENUE **Sanibel & Captiva Islands Association of REALTORS**
2353 Periwinkle Way #201, Sanibel
RSVP **by June 5**—Reserve with QR code or email erika@fishofsancap.org
TOPIC **Christine LoConte | Dubin Center**

Join us for good food, great company, and conversation at our Friendly Faces Luncheon, featuring a meal from **The Lighthouse Cafe!** Our Special Guest will be Christine LoConte, MA, Chief Executive Officer of the Dubin Center.

Christine, a Southwest Florida native and fellow Rotarian, began her career at 17 as a professional caregiver for individuals with Alzheimer's, sparking a lifelong passion for supporting the aging population. She has dedicated most of her career to nonprofit work and holds a master's degree in Social Impact. In July 2024, she became the CEO of The Dubin Center, where she continues to advocate for, and support individuals and families affected by dementia.

Enjoy a delicious meal, provided to you at no cost by FISH.

Space is limited—RSVP early to save your spot!

Reserve with QR code or email erika@fishofsancap.org



2422 Periwinkle Way, PO Box 58, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org



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



Neighbors in Readiness

Your Monthly Guide to Staying Safe and Prepared



Neighbors in Readiness, a monthly preparedness series, is designed to help residents take practical, manageable steps to stay safe, informed, and resilient throughout the year. Each month, Neighbors in Readiness will share short, easy-to-follow tips, reminders, and resources.

From putting together a simple emergency kit to checking in with neighbors, every suggestion is meant to be practical, affordable, and doable—no matter your budget or experience level. Whether you live in a single-family home, condo, or rental, these small steps can make a big difference.

For more information, contact [Simon Robson](#).

June — “Hurricane Season Is Here — Stay Ready, Island Strong”

June 1 marks the official start of hurricane season, and preparation—not panic—is the key to staying safe and resilient. Take a few small actions this month to make sure you and your neighbors are storm-ready.

Quick Actions:

1. Check your emergency kit. Make sure food, batteries, and water are fresh and supplies are complete.
2. Test your alerts. Confirm you're signed up for AlertLee and that your phone's emergency notifications are turned on.
3. Review your insurance and property photos. Update your records in case you ever need to file a claim.
4. Talk with neighbors. Check who might need extra help during an evacuation or power outage.
5. Stay weather aware. Bookmark trusted sources like the National Hurricane Center (www.nhc.noaa.gov) for accurate forecasts.

Island Insight | Each year brings new lessons in readiness. FISH partners with city and county agencies to provide updates, resources, and post-storm assistance — but the best recovery starts long before a storm hits.

[Kids Monthly Readiness Activity](#)



American
Red Cross

This work is led by FISH of SanCap and made possible through grant funding from the American Red Cross. This support provides critical resources that allow the FISH team to research, collaborate, and deliver ongoing disaster preparedness information and monthly resources to the community.



Neighbor Network -- How You Can Help

proudly
HELPING

our neighbors with



We are excited to continue growing the Neighbor Network, a community-based initiative designed to strengthen connections between local businesses, employees, and the support systems that help keep Sanibel and Captiva strong.

The Neighbor Network helps businesses ensure employees are aware of trusted local resources available through FISH. The goal is to make support visible, accessible, and stigma-free in a simple and respectful way.

The program also allows businesses to publicly show their commitment not only to their own teams, but to the island workforce as a whole. **We'd love your help spreading the word!**

If you have a favorite shop, restaurant, business, or organization on the islands, we encourage you to introduce them to the Neighbor Network. If a business expresses interest, ask them to email Simon at simon@fishofsancap.org. Additional details:

- Businesses do not need to manage anything complicated — FISH provides the informational materials and support.
- The program is not about assuming employees need help — it's about making sure trusted resources are available if they are ever needed.
- Participation shows a commitment not only to a business's own team, but to the island workforce and community as a whole.
- The Neighbor Network helps reinforce the idea that Sanibel and Captiva businesses look out for one another.
- Participating businesses receive community recognition, easy-to-share onboarding materials, direct connection to FISH support, a window sticker reading: **"Proudly Helping Our Island Neighbors"**
- There is no cost to join. There are no reporting requirements or extra administrative burden
- Businesses can participate simply by displaying the sticker, making information available to employees and helping spread awareness of available support
- The program can also help visitors and residents see the island's shared commitment to community and workforce well-being.





JOG N JAM Registration & Tickets Available Now!

We are thrilled to announce our 2026 JOG N JAM event, bringing back the energy of last year's event with even more in store for runners, concertgoers, and the businesses that help make it happen.

After a record-breaking year, JOG N JAM returns and continues to grow. What began as a community race and beach concert has become one of the most anticipated events on the islands, bringing neighbors, visitors, and supporters together for two signature experiences:

Saturday, November 7, 2026 – The 10K, 5K, and Kids Fun Run return to the Sanibel Community House, 2173 Periwinkle Way, Sanibel, FL 33957, offering a scenic course for runners and walkers of all levels. Whether racing for a personal best, joining a team, or simply enjoying the morning with friends, participants can expect a well-organized event that reflects the spirit of the islands. The race will be timed by LinMark Sports, a full-service sports company.

Saturday, December 5, 2026 – The celebration continues at Tween Waters Island Resort, 15951 Captiva Dr, Captiva, FL 33924, with the JOG N JAM beach concert, featuring the **Ben Allen Band**. The evening includes two sets, with a fireworks display at intermission before the band returns to close out the night. With food, drinks, and the beach atmosphere, it's a chance to relax, reconnect, and enjoy the season.

"Last year set the bar high," said Leah Winkler, FISH Board Member and JOG N JAM Committee Chair. "The turnout, the energy, the community support—it was something special. We're excited to bring that same feeling back this year, with a few additions that make the experience even better."

JOG N JAM is one of two annual fundraisers supporting FISH's work across the islands. Proceeds fund programs that help neighbors navigate everyday challenges—from food access and financial assistance to senior services, education, and ongoing recovery efforts.

- Race registration through [Run Sign Up](#)
- Concert tickets through [RSVPify](#)





FISH LINES

• FISH 2026



5&10Ks • beach concert • fireworks • fun

COME

walk, run OR jog

our 19th annual road race!

THE
ISLANDS'
ONLY
5&10KS

SATURDAY NOVEMBER 7, 2026

begins & ends at the Sanibel Community House

RACING BEGINS 7:30a—
registration from 6:30-7:15a

REGISTRATION REQUIRED

*the earlier you register, the less you pay—visit RunSignUp.com
for details & to register or [scan here!](#)*

Sign up for the **Kids Fun Run** following the awards ceremony—**FREE** under age 10

Sponsorship opportunities available—for info email: maggiegoldsmith@fishofsancap.org



PO Box 58, Sanibel FL 33957 • 239.472.4775 • fishofsancap.org

FISH
OF SANCAP



SATURDAY
DEC 5
AT
5:30P

AT
'TWEEN
WATERS

LIVE
MUSIC
FEATURING
THE

BEN ALLEN BAND

dynamic modern country rock in SW Florida—back by popular demand!

FIREWORKS *after concert*

FOOD & DRINKS *for purchase*

GENERAL SEATING *bring a chair or blanket*

adults (ages 19+)—\$75 ea

military (active & veterans)—\$50 ea

students (ages 7-18)—\$50 ea

children (ages 0-6)—free!

scan here
for tickets & the latest info!
proceeds support FISH



for sponsorship opportunities email:
maggiegoldsmith@fishofsancap.org

PO Box 58, Sanibel FL 33957 239.472.4775 • fishofsancap.org



FISH LINES

VOLUNTEERS, PARTNERS, COMMUNITY | THANK YOU!



THANK YOU!

neighbors helping neighbors



FISH LINES

VOLUNTEERS, PARTNERS, COMMUNITY | THANK YOU!



THANK YOU!



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THANK YOU!

neighbors helping neighbors



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neighbors helping neighbors