

“Self-discipline is the ability to motivate and coordinate our efforts to improve our quality of life, but unfortunately most people are not taught it.”

— Rob Carter III, physiology expert and author

Staying focused

Lacking self-discipline?
Here are five ways to
develop it and reach
your goals

SPECIAL TO FLORIDA WEEKLY

A MERICANS ARE KNOWN TO OVEREAT, abuse credit cards and marinate for hours in social media. Self-discipline doesn't seem to be a national strength.

And achieving self-discipline — and the success that can come with it — may never have been harder than it is in this instant-gratification age, says Rob Carter III.

“Self-discipline is an undervalued trait in a modern society that wants everything now,” says Mr. Carter, co-author

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New emergency shelter for abused women opens in Immokalee

Despite a worldwide pandemic that delayed the opening from April to May, The Shelter for Abused Women & Children cut the ribbon on the new Shelly Stayer Shelter, May 26, in Immokalee. The residential wings of the long-awaited facility opened to residents in need of safe shelter on Monday, June 1.

“The dream we planted three years ago has come to fruition,” said lead benefactor Shelly Stayer during a small ribbon cutting, “We know this beautiful facility will bear much fruit in this community and break the cycle of violence for generations to come.”

In October 2016, Ms. Stayer provided a \$3 million gift to launch the capital campaign to build and endow the 22,500-square-foot, 60-bed shelter with separate residential areas for victims

of human trafficking and survivors of domestic violence, as well as a wing for outreach services. All services are provided free of charge.

Shelter CEO Linda Oberhaus says the shelter recognized the need for an emergency shelter in Immokalee around 2010, as incidents of domestic violence were increasing.

“We saw that some victims were choosing to stay in unsafe circumstances rather than travel 45 miles to Naples for emergency shelter,” she explained, “Having this new facility in their own community will allow Immokalee survivors to be safe as well as close to their family support systems, employment and their children’s

schools.”

As the shelter launched a needs study for a domestic violence shelter in Immokalee, it also noticed a rise in human trafficking incidents countywide.

While the average length of stay for a survivor of domestic violence is 6-8 weeks, a victim of human trafficking might require a stay of 6-8 months or more of long-term therapeutic care due to multiple perpetrators causing significant physical, emotional and mental abuse. Endangerment levels and legal remedies are also very different for trafficked women.

Craig and Patricia Jilk, benefactors of the two domestic violence wings of the new shelter, have been actively involved in philanthropic

efforts in Immokalee for 15 years.

“In that time, we have seen the changes and growth in Immokalee and, although there are many nonprofits that offer services to families, the one missing piece that we noticed was the lack of a building for victims of domestic violence,” Patricia Jilk says. “We all appreciate the successful shelter in Naples and we know how the work they have done has turned around the lives of women and children. The same thing can now happen in Immokalee.”

For more information on the Shelly Stayer Shelter, call 239-775-3862. To secure services, call the Immokalee office at 239-657-5700. If you are in an unsafe relationship and need emergency shelter, call the shelter’s 24-hour crisis line at 239-775-1101. ■

