

WINDSOR RAVE

WINDSOR ESTATES

SHOULD OLD ACQUAINTANCES BE FORGOTTEN

What a fun filled year we had. We have had a lot of changes, lot 's Of new faces. We have met new friends, lost old ones. Our Family has hung in there. I may not be no fortune teller but I do see good things to come in the new year.

From this writers point I have seen a lot of moments that have taken my breath away. The family that has grown here at Windsor Estates is a strong one. I do hope to see many more of those moments in 2010. There is a saying Life is not measured by the number of breaths we take, but by the moments that take our breath away. Wow if that's true I have lived a good long life here at Windsor Estates.

I do want to Say thanks to all that helped out at the Christmas Party, that I really did not want to miss. I heard it was a great party And that Santa even showed up. I hope you all had a good Christmas and I hope you enjoyed the gifts that you received. I have been working hard on your New years celebration. I Think changing the door decoration to wreath decoration was a success. We have a lot of talented people and all the wreaths were beautiful. We do want to send thanks to the radio stations and the Chamber of commerce and Dan Guard for coming and being judges for wreath contest. I do want to say thanks to all the family members for all that they do and volunteer for.



Left to right from Calvin Simmons, Linda Otte and Lorna Brown

VOLUME 2, ISSUE 1

DATE 01-01-2010

Residents Birthdays

M Cornwell	2
V. Embry	4
F. Lay	7
M. Hamilton	31

Employees Birthdays

* Rhonda Srna	1/05
* Erin Kerby	1/10
*	

2010 HAPPY NEW YEAR

Well I have been looking forward to the New Year. I know we are going to have a great year.

So pay attention to your calendars there will be some changes and new activities. I think its time to really rock the boat and have lots of fun in

activities. And if you think of something that sounds like it would be fun to do please stop by activity office so we can give it a try. Nothing is too small to do.

We do have some new entertainment coming to Windsor this year. So bring on

the new year with lots of fun and entertainment.



This story can fit 175-225 words.

If your newsletter **How To Communicate: Improve Your Relationships With Effective Communication Skills**

By [Elizabeth Scott, M.S.](#), About.com Guide

Updated: October 30, 2009

About.com Health's Disease and Condition content is reviewed by the [Medical Review Board](#)

See More About:

Conflict in a relationship is virtually inevitable. In itself, conflict isn't a problem; how it's handled, however, can bring people together or tear them apart. Poor communication skills, disagreements and misunderstandings can be a source of anger and distance, or a springboard to a stronger relationship and happier future. Next time you're dealing with conflict, keep these tips on effective communication skills in mind and you can create a more positive outcome.

Difficulty: Average

Time Required: Just a little extra time.

Here's How:

Stay Focused: Sometimes it's tempting to bring up past seemingly related conflicts when dealing with current ones. Unfortunately, this often clouds the issue and makes finding mutual understanding and a solution to *the current issue* less likely, and makes the whole discussion more taxing and even confusing. Try not to bring up past hurts or other topics. Stay focused on the present, your feelings, understanding one another and finding a solution.

Listen Carefully: People often *think* they're listening, but are really thinking about what they're going to say next when the other person stops talking. Truly effective communication goes both ways. While it might be difficult, try really listening to what your partner is saying. Don't interrupt. Don't get defensive. Just hear them and reflect back what they're saying so they know you've heard. Then you'll understand them better and they'll be more willing to listen to you.

Try To See Their Point of View: In a conflict, most of us primarily want to feel heard and understood. We talk a lot about our point of view to get the other person to see things our way. Ironically, if we all do this all the time, there's little focus on the other person's point of view, and nobody feels understood. Try to really see the other side, and then you can better explain yours. (If you don't 'get it', ask more questions until you do.) Others will more likely be willing to listen if they feel heard.

Respond to Criticism with Empathy: When someone comes at you with criticism, it's easy to feel that they're wrong, and get defensive. While criticism is hard to hear, and often exaggerated or colored by the other person's emotions, it's important to listen for the other person's pain and respond with empathy for their feelings. Also, look for what's true in what they're saying; that can be valuable information for you.

Own What's Yours: Realize that personal responsibility is a strength, not a weakness. Effective communication involves admitting when you're wrong. If you both share some responsibility in a conflict (which is usually the case), look for and admit to what's yours. It diffuses the situation, sets a good example, and shows maturity. It also often inspires the other person to respond in kind, leading you both closer to mutual understanding and a solution.

Use "I" Messages: Rather than saying things like, "You really messed up here," begin statements with "I", and make them about yourself and your feelings, like, "I feel frustrated when this happens." It's less accusatory, sparks less defensiveness, and helps the other person understand your point of view rather than feeling attacked.

Look for Compromise Instead of trying to 'win' the argument, look for solutions that meet everybody's needs. Either through compromise, or a new solution that gives you both what you want most, this focus is much more effective than one person getting what they want at the other's expense. Healthy communication involves finding a resolution that both sides can be happy with.

Take a Time-Out: Sometimes tempers get heated and it's just too difficult to continue a discussion without it becoming an argument or a fight. If you feel yourself or your partner starting to get too angry to be constructive, or showing some destructive communication patterns, it's okay to take a break from the discussion until you both cool off. Sometimes good communication means knowing when to take a break.

Don't Give Up: While taking a break from the discussion is sometimes a good idea, always come back to it. If you both approach the situation with a constructive attitude, mutual respect, and a willingness to see the other's point of view or at least find a solution, you can make progress toward the goal of a resolution to the conflict. Unless it's time to give up on the relationship, don't give up on communication.

Ask For Help If You Need It: If one or both of you has trouble staying respectful during conflict, or if you've tried resolving conflict with your partner on your own and the situation just doesn't seem to be improving, you might benefit from a few sessions with a therapist. Couples counseling or family therapy can provide help with altercations and teach skills to resolve future conflict. If your partner doesn't want to go, you can still often benefit from going alone.

Tips:

Remember that the goal of effective communication skills should be mutual understanding and finding a solution that pleases both parties, not 'winning' the argument or 'being right'.

This doesn't work in every situation, but sometimes (if you're having a conflict in a romantic relationship) it helps to hold hands or stay physically connected as you talk. This can remind you that you still care about each other and generally support one another.

Keep in mind that it's important to remain respectful of the other person, even if you don't like their actions