



THE STERLING DIFFERENCES

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WHAT ARE THE STERLING DIFFERENCES?

When you're touring senior living communities in the West Cobb marketplace, please pay close attention to the differences between Sterling Estates and the other properties. These differences are important to a senior's happiness and wellbeing. As owners, when we designed and built Sterling Estates, we did so knowing that our friends and family members would live here. As you compare us to others, please ask yourself if our features and advantages will make you or your parents happier too.

CONTINUUM OF CARE

- Cottages
- Independent Apartments
- Assisted Living
- Memory Care

LOCAL OWNERSHIP AND MANAGEMENT

- Owners are "hands on" and deeply rooted in the local area
- Executive Director and Resident Care Director employed with Sterling since opening in August of 2016
- Longevity of multiple staff members

LARGER ACREAGE 30 Acres

- Ample green space with sidewalks throughout the community
- Lush courtyards and beautifully landscaped grounds
- Bocce ball court, dog park, raised garden beds, shuffleboard
- Neighborhood feel surrounded by residential homes
- Quick access to upscale shopping



WELLNESS CENTER 7,500 Square Ft

- Indoor heated salt water therapeutic pool
- Workout machines designed for seniors
- Biodex balance program
- Dakim brain fitness
- Personal training sessions led by our staff consisting of exercise physiologists
- Classes for every fitness level including Yoga, Stretch, Water Aerobics, Aqua Power, etc.

LIFE ENRICHMENT

- Full calendar of activities for independent, assisted living, and memory care led by our life enrichment team
- Scheduled on and off-site activities
- Overnight travel (independent residents only)

EMOTIONAL SUPPORT Spiritual Care Director

- 30 years pastoral experience
- Offers comfort, counseling, friendship and a listening ear
- Support groups
- Faith based groups and events

PEACE OF MIND

- Maintenance free living
- Concierge services
- Transportation provided
- On-site 24-hour care staff
- Fall detected pendants
- Pull cord and grab bars in every bathroom throughout community
- Medicine management administered in the privacy of resident's apartment (assisted living only)



Explore the Sterling Life!