



**STERLING**  
ESTATES  
Senior Living Communities  
**EAST COBB**

## **Summer the Sterling Way!**

Summer has arrived—bringing long days, warm breezes, humid afternoons, and endless opportunities to enjoy the outdoors. Whether you're headed to a community event, tending the garden, or simply relaxing on the porch, a few simple precautions can help you stay safe and healthy in the heat.

### **Protect Your Skin**

Sun protection is essential. Apply sunscreen with SPF 30 or higher before heading outside and remember to reapply every two hours—or more often if you're swimming or sweating. A wide-brimmed hat, sunglasses, and light, breathable clothing can also go a long way in shielding you from harmful UV rays to keeping you cool. Try to schedule outdoor activities for the early morning or late afternoon when the sun's rays are less intense (typically before 10 a.m. or after 4 p.m.).

### **Stay Hydrated**

Even if you don't feel thirsty, your body still needs water. Keep a bottle handy and sip throughout the day. And while soda might sound refreshing, it doesn't replace the hydration your body really needs. If plain water isn't your thing, try eating water-rich snacks like watermelon, cucumber, or citrus fruits to stay cool and refreshed.

### **Enjoy the Season Safely**

Summer offers so many great ways to stay active and connected—picnics in the shade, early morning walks, local farmers' markets, or concerts in the park. Staying physically active, while taking care of your body, can lift your mood and energy levels.

With a little preparation and mindful choices, you can soak up all the joys of summer—comfortably and safely!

## Summer the Sterling Way!

Don't be surprised if you catch us soaking up the sunshine with a little friendly competition! From bocce ball tournaments on the front lawn to putt-putt showdowns out on the back patio, we're making the most of these sunny days. You might spot our walking club strolling the grounds for a dose of vitamin D and light cardio—or other residents relaxing on the front porch, enjoying live music and good company during happy hour. Summer fun is alive and well at Sterling Estates!

Warm Regards,

Conor Acheson

*Wellness Director*

Sterling Estates East Cobb



## June at Sterling Estates at East Cobb

We always have a great time with interesting events and outings here at Sterling Estates East Cobb! Earlier this month, we spent an afternoon at a gourmet ice cream shop on Marietta Square. In addition, our ladies have a couple of special “Ladies Only” luncheons coming up at Ray’s on the River and The Roswell Mill Kitchen. And in honor of Father’s Day, our gentlemen were invited to a special beer tasting the Friday before and gourmet donuts on Father’s Day Sunday!

Since we’re a very patriotic group here at Sterling—we hosted a flag retirement ceremony on Flag Day, retiring worn flags from our own Sterling Estates flagpole. Residents participated in this solemn and touching ceremony!

Also on the schedule in June, the Delta Flight Museum will be a popular outing as will be the musical “Footloose” at the Sandy Springs Performing Arts Center. These events, plus shopping outings, art and music classes, games and happy hours with live entertainment are all on the schedule!

***Come in for a tour and take a look at our very busy calendar!***

[Schedule A Tour](#)

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**Staying Cool: 8 Essential Heat Safety Tips for Seniors in the Summer**

*Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues. Click below to read more...*



[Read More About Heat Safety for Seniors](#)

**The time is now to enjoy a happier, healthier life!**

[Why Now?](#)



## Is it the right time for senior living?

*Learn about your options and get personalized results with this quick 4-5 minute survey.*

Take The Quiz

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## MEET GERRY!

Gerry is one of our original residents here! She has lived at Sterling Estates for 13 years now, moving here from North Carolina to be closer to her daughter, grandchildren and great-grandchildren! We love that Gerry wears her wedding bands on a necklace everyday, and she enjoys talking about her family, and how her husband, a horticulturist at NC State, was instrumental in growing and giving us the seedless watermelons we have in our grocery stores today! Gerry enjoys all the activities at Sterling, is active in the book club, attends all our historical activities and movies, and crochets regularly. She is one special lady!





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**A Healthy Summer Recipe Idea**

# Watermelon Salad with Feta & Mint

PREP TIME: 15 MIN   COOKING TIME: 15 MIN   SERVES: 4   RECIPE BY: LOVE & LEMONS

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## Ingredients

### Dressing

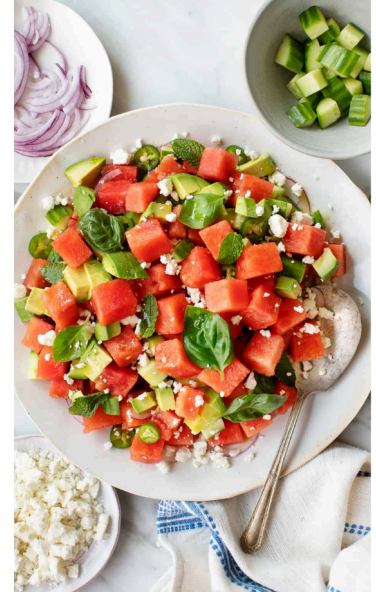
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt
- ¼ cup thinly sliced red onion
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn fresh mint or basil leaves

### For the salad

- 5 cups cubed watermelon
- Heaping 1 cup diced cucumber
- ½ jalapeño or serrano pepper, thinly sliced, optional
- Salt

## Directions

1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
2. Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.



[Get The Recipe](#)

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TO ALL THE FATHERS & FATHER FIGURES, WE HOPE YOU HAD A

Happy  
**FATHER'S DAY**

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