



**STERLING**  
ESTATES  
Senior Living Communities  
**WEST COBB**



## **A Message from Deana Harris, Executive Director**

### ***Summer Excitement is in Full Swing at Sterling Estates***

Summer has arrived, and with it comes a wave of energy, sunshine, and an exciting calendar of activities here at Sterling Estates. We recently kicked things off with a lively trip to a Braves game, where residents enjoyed America's favorite pastime with ballpark snacks, laughter, and a few cheers for the home team. Back on campus, our Burgers, Brats, and Brews event for the gentlemen was a hit, complete with grilled favorites and great company in a relaxed, festive atmosphere.

We're also expanding our horizons through culture and creativity. A group of residents will be taking a guided tour of the beautiful Hindu Temple in Duluth, Georgia, where we will learn about the architecture, traditions, and spiritual practices of one of the oldest religions in the world. Meanwhile, right here on campus, our art classes continue to inspire, with residents painting, drawing, and sharing their talent in a space full of encouragement and creativity.

And of course, what's summer at Sterling without a little friendly competition? Our Bocce Tournament is officially underway, and the spirit of sportsmanship and camaraderie is stronger than ever. It's heartwarming to see everyone cheering each other on and embracing the joy of the season. We are so excited about all that summer brings, and we look forward to creating many more memories together in the months ahead.



## **Sterling Seniors Take on Mercedes-Benz Stadium**

On a beautiful day in Atlanta, our Sterling senior group laced up our walking shoes and embarked on a memorable adventure, a guided tour of the iconic Mercedes-Benz Stadium. It wasn't just a field trip; it was an unforgettable experience full of history, innovation, and a behind-the-scenes look at one of the most impressive sports venues in the country.

From the moment we arrived, we were treated like VIPs. Our friendly tour guide greeted us with enthusiasm and shared fascinating facts about the stadium's design, construction, and its place in Atlanta's vibrant sports culture. We began our journey with a walk through the expansive concourse, stopping to admire the massive 360-degree "Halo Board," the largest video screen of its kind in the world. It was hard not to look up in awe.

One of the highlights of our visit was stepping into the official locker rooms of the Atlanta Falcons and Atlanta United. The room was quiet during our visit, but you could almost feel the energy of game day echoing in the walls. We also had the unique thrill of walking through the players' tunnel and standing on the field level, imagining the roar of the crowd from the same spot where athletes take the field.

The tour also took us to the Skybridge, a high vantage point offering breathtaking views of the stadium below and the Atlanta skyline in the distance. Along the way, we admired the stadium's impressive art installations and learned about its LEED Platinum certification, recognizing its eco-friendly design and operations.

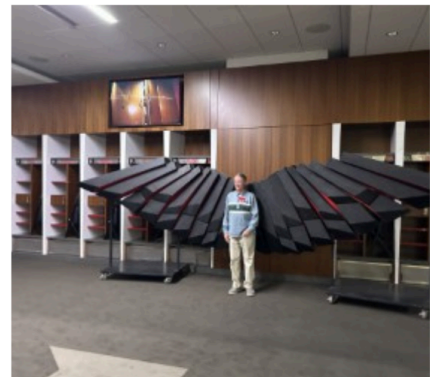
Before heading home, we made a final stop at the Team Store, where a few of us picked up hats, shirts, and souvenirs to remember our visit. Whether you're a football fan, a soccer supporter, or just love a good adventure, there was something for everyone.

Many of us agreed, it was more than just a tour. It was a chance to connect, learn, and enjoy something new together. As one member of our group said, "I never thought I'd be standing on



the same field where the Falcons play. What an experience!”

This was a day of fun, friendship, and fascinating stories, just another reminder that adventure doesn't have an age limit. Thank you to everyone who joined, and here's to many more group outings ahead!



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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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## **A Special Tribute to Our Director of Nursing**

Dear Residents, Families, and Friends of Sterling Estates,

It is with great pride and heartfelt appreciation that I take a moment to recognize someone who plays an essential role in the heartbeat of our community, our extraordinary Director of Nursing, Laura.

Her dedication to the well-being of our residents is nothing short of inspiring. Day in and day out, she brings not only clinical expertise and leadership, but also deep compassion and a genuine love for those she serves. Whether she's managing care plans, comforting a family member, or simply offering a kind word and a warm smile, she is always present, always going the extra mile to ensure our residents feel safe, supported, and valued.

But what truly sets her apart is the joy she brings into every corner of our campus. On Mondays, she trades her nursing shoes for dancing shoes and leads our beloved line dancing class, a highlight of the week for many. With laughter, music, and lots of energy, she brings residents together in a way that lifts spirits and builds lasting connections. Her passion for caregiving is matched only by her passion for life, and it's a gift to witness both in action.

Please join me in thanking our Director of Nursing for her unwavering commitment, her generous heart, and the light she brings to Sterling Estates each and every day. We are so fortunate to have Laura as part of our family.

Sterling Management





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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

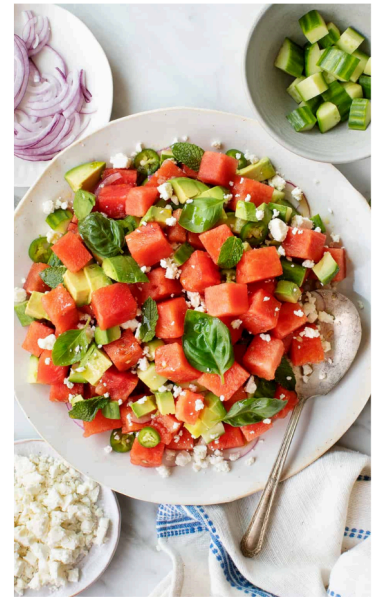
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt
- ¼ cup thinly sliced red onion
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn fresh mint or basil leaves

##### 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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