



Welcome to August!

Can you believe it's already August? Time flies when you're having fun, and here at Sterling, we certainly are!

We've got a packed and exciting month ahead filled with opportunities to explore, connect, and enjoy all that this season has to offer. We'll be taking trips to some wonderful places, including the Folk Art Pottery Museum, the Tennessee Aquarium in Chattanooga, and the historic Cotton Mill for a little shopping and sightseeing. And let's not forget our visit to the Atlanta Cyclorama, a fascinating look back at history that's sure to be a highlight!

August also brings a wave of new faces as we welcome several new residents to our community. We love getting to know each person and hearing their stories. If you see someone new in the dining room or on a walk, be sure to say hello and help them feel at home.

Our team continues to work hard behind the scenes to keep things running smoothly, and most importantly, our residents continue to have a great time! This month's themed dinner is a festive luau, complete with tropical flavors and island vibes, it's going to be a blast, so don't miss it!

As always, thank you for making Sterling such a vibrant and welcoming place. Here's to another fun-filled month together!

Warmly,

Deana Harris

Executive Director

The True Cost of Staying at Home vs. Moving to a Senior Living Community

When considering the next chapter of retirement, many older adults instinctively believe that staying in their own home is the most cost-effective choice. After all, the mortgage may be paid off, and it seems familiar and comfortable. But when you dig a little deeper, the picture becomes more complex.



[Read More](#)



Casino Night Was a Big Hit!

What a night to remember! Sterling's Casino Night was a huge success, filled with laughter, cheers, and plenty of high-stakes fun. Residents and staff alike got into the spirit of the

evening, placing their bets, rolling the dice, and trying their luck at a variety of classic casino games.

The competition was friendly but fierce, with plenty of prizes up for grabs and lots of happy winners. The energy in the room was electric, and everyone truly embraced their inner high roller!

A big thank you to Chef Pete and our wonderful dining team for the delicious spread that kept everyone fueled for the fun. And a special shoutout to our incredible Life Enrichment Department for organizing such a fabulous event. From the décor to the games to the prizes, every detail was spot on.

[Watch The Casino Night Video](#)





Scam and Fraud Prevention: How to Improve Your Personal Cyber Security

There are countless online scams targeting seniors, who collectively lost \$4.8B to fraudsters in 2024—a 43% increase over the previous year. Following some basic internet safety practices can help ensure that your online experience is safe and enjoyable.

IMPROVING PERSONAL CYBER SECURITY: 5 TIPS FOR SENIORS

01

Don't click on links in emails from unfamiliar senders. Be wary of any strange or unexpected messages, even if it's from someone you know.

02

Don't open any attachments unless you know the sender and were expecting them to send it.

03

Ignore unsolicited phone calls and "robocalls."

04

Don't respond to or click on pop-up windows on your phone or computer.

05

Don't conduct any transaction involving personal information while using a public (or unsecured) network.



Reference: brainiq.com

[Read More](#)



Ask The Techspert: Simple Ways to Stay Social Using Tech

Whether it's waving hello on a video call, finding a walking group nearby, or joining a conversation online, technology makes it easier than ever to keep those connections strong. Here are a few simple ways to use your phone, tablet, or smartwatch to build and maintain your social circle.

[Read More](#)



Common Scams That Target Seniors

Scams targeting older adults are all too common in today's world. Luckily, there are plenty of ways to stay ahead of the fraudsters and avoid getting scammed. In this guide, we'll walk you through the most common scams that target older adults, so you know exactly what to look out for.

[Read More](#)

From Brain Surgery to Golf Again: Ray's Rehab Journey at Sterling Estates of West Cobb

**“I COULDN'T WALK...
NOW I PLAY GOLF AGAIN.”**



STERLING
ESTATES
Senior Living Communities
WEST COBB

[Watch The Video](#)

Sterling Strong Residents Of The Month

Appointed by the Wellness Center



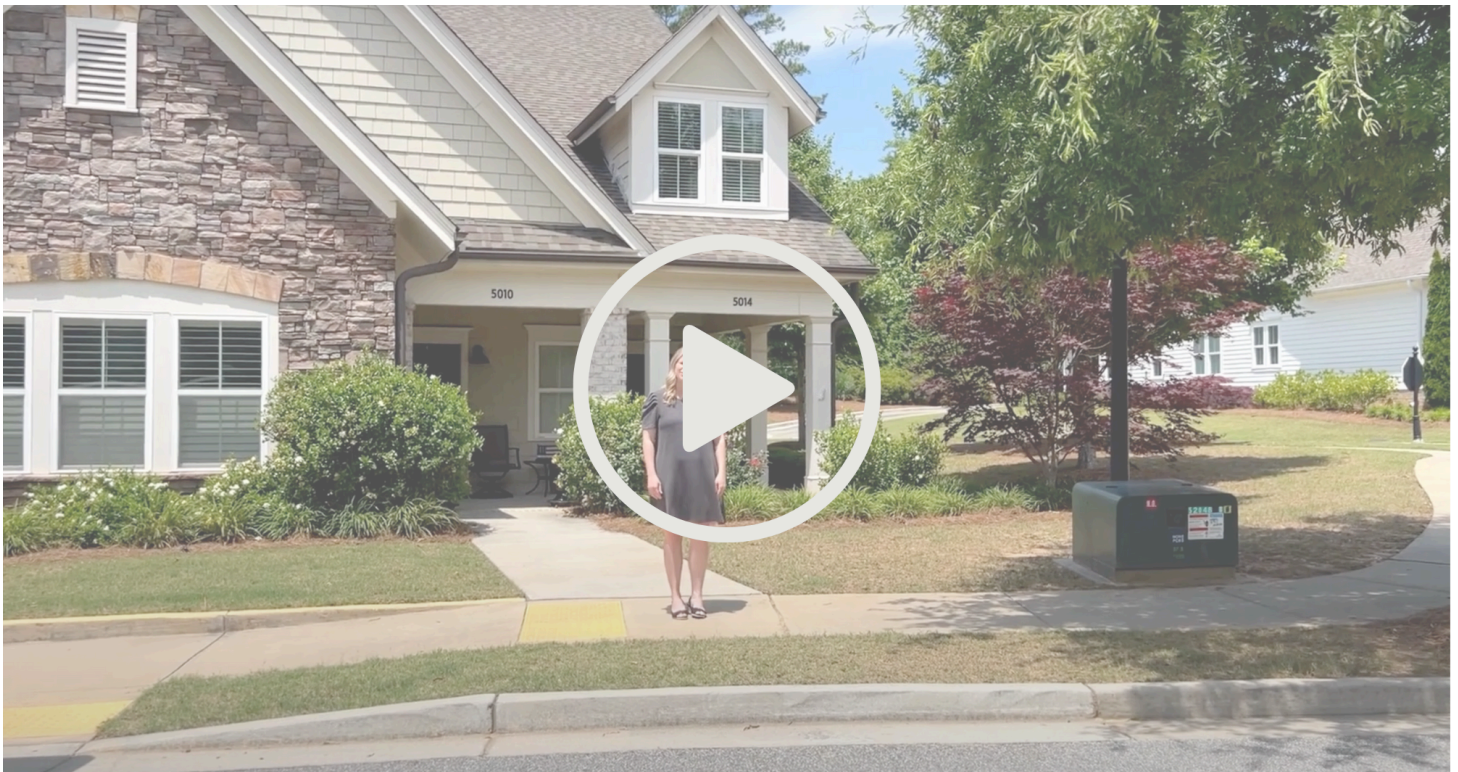
Malcolm Biedekapp

Malcolm Biedekapp is an amazing example of what it means to be Sterling Strong. He shows up every single day to work on his own exercise program to get stronger and stay in shape. Malcolm is one of the most disciplined residents when it comes to consistency. He never fails to show up, and you can always see him giving 100% of himself with every rep. Malcolm always comes in with a huge smile, ready to push himself and motivate those around him. He never fails to remind his neighbors or the Wellness team what a great job they are doing. He is the true definition of grit.

Laura Rock

Laura Rock defines Sterling Strong. She is persistent in her one-on-one training and does not miss out on any class opportunities. Laura is always early to class, ready to start the day off. She is the nicest person you will meet in the wellness center and will always greet you with a smile. You can always catch Laura on the bars stretching, or on a bicycle. Her admiration for improving her well-being is considered Sterling Strong and is a shining example to others on their fitness journey. *Rock on, Laura!*

A Private Tour of The Maple 2 Cottage



[Take A Video Tour](#)

This stunning second-floor Cottage home offers a casually elegant open floor plan, plus the extraordinary convenience of a private elevator (stairs as well) for ease of everyday living. Its gracious accommodations include a spacious second bedroom with a walk-in closet and an attractive study. Second floor views include a panoramic view of the neighborhood, and from the rear porch, a delightful view of the neighboring natural pond!

- Full kitchen with full-sized, stainless steel appliances, walk-in pantry, granite countertops, and island
- Spacious family room with a gas fireplace
- Spacious Dining Room
- Private foyer and elevator
- 9-foot ceilings with crown molding
- Hardwood flooring
- Master bedroom suite with custom walk-in closet
- Master bathroom with granite-topped his and her vanities,
- Master bath includes an attractive tub and tiled zero-entry walk-in shower
- And much more...

Visit us on Facebook and share any scams you have come across online, so we can all help keep each other safe!



[Follow Us On Facebook](#)



STERLING
ESTATES
Senior Living Communities
WEST COBB

3165 Dallas Hwy, Marietta, Georgia 30064 | (770) 255 7000



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | RESPITE CARE |
FLOOR PLANS

[View the Privacy Policy](#)

This email was sent to %EMAIL.EMAIL_ADDRESS%

[Opt Out / Unsubscribe](#)