



Welcome to September!

September is always a special month here at Sterling Estates, and this year is no exception! We are thrilled to be putting the finishing touches on our Fifth Annual Sterling State Fair and Alzheimer's Fundraiser. This tradition has become one of our favorite fall events, bringing together residents, families, staff, and community partners for an afternoon filled with laughter, games, prizes, and, of course, delicious fair food.

Not only is the fair a time to celebrate and have fun, but it is also our way of giving back to a cause near and dear to our hearts. Each year, all proceeds raised are donated to the Alzheimer's Association, helping to support research, advocacy, and care for those living with Alzheimer's disease. We are proud to see our community come together in such a meaningful way, and I know this year's fair will be one to remember.

I hope you'll join us in making this September extra special, whether you're rolling up your sleeves to play games, enjoying a funnel cake with friends, or cheering on your neighbors. Thank you for being part of what makes Sterling Estates such a wonderful place to live.

Warmly,

Deana Harris
Executive Director

10 Myths About Retirement Community Living

Explore the most common hesitations seniors have about retirement community living, and why these concerns may not reflect reality. Along the way, we'll highlight features of

independent living and share what makes senior living communities both supportive and empowering.



Discover These Retirement Community Myths



CALL FOR VENDORS

Are you an artisan looking to showcase your product to a vibrant and engaged audience? If so, call or email to reserve your booth today for Sterling Estates' Annual Holiday Bazaar!

FRIDAY, DECEMBER 5TH

3165 DALLAS HWY, MARIETTA, GA 30064

770-255-7000

jhughes@sterlingestates.com

Fresh Tips for Healthy Aging in 2025

Ready to redefine your next chapter? These tips with useful links blend physical, mental, social, and financial wellness to guide your wellness journey.



10 TIPS *for Healthy Aging*

- 1 Add Play to Your Day
- 2 Embrace Microadventures
- 3 Get That Annual Physical
- 4 Be a Lifelong Learner
- 5 Cultivate “Weak Ties”
- 6 Reset Your Relationship with Technology
- 7 Cook One New Healthy Recipe a Week
- 8 Reconnect with Purpose
- 9 Financial Fitness Checkup
- 10 Start a “What’s Next” Journal

This is your fresh start!

Source: healthyaging.net

Get More Tips for Healthy Aging



Get These Brain-Healthy Habits



Learn More About Healthy Aging Month

At Sterling Estates we make our wellness programs an integral part of our residents life if they so choose. It's one of core value propositions for staying active and healthy; maintaining your health for longer than you would if you stayed at home alone.



[Watch The Video](#)

Spotlight on Our Life Enrichment Director: Jill Hughes



At Sterling Estates, we are fortunate to have a Life Enrichment Director whose work is more than a career; it's truly a calling. Jill Hughes has been in the senior living industry for many years, and since 2018, she has shared her passion, creativity, and heart with the Sterling family.

Jill's love for working with seniors began at a young age through the close bond she shared with her grandparents. Those early experiences sparked a lifelong devotion to enriching the lives of older adults. Some people are born with special gifts, and Jill's gift is making meaningful connections with seniors and creating opportunities for joy, purpose, and community.

Alongside her talented team, Jill plans the many fun, thoughtful, and engaging programs that our residents look forward to each day. Whether it's outings, special celebrations, educational speakers, or wellness events, she pours her creativity and care into making Sterling a vibrant place to live.

When asked what she enjoys most about her work, Jill is quick to say it's the people, the residents who inspire her daily, and the chance to bring happiness and fulfillment into their lives. Her dedication and warmth shine through in everything she does, and it's clear that she truly loves her job and our community.

We are proud to have Jill Hughes as part of our Sterling Estates family. Thanks to her leadership and heart, life at Sterling is not just living, it's living well, with joy and purpose.

Deana Harris
Executive Director

Visit us on Facebook and share your secret to Healthy Aging!



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

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