



Welcome to October!

Fall is in the air here at Sterling, and with it comes a wonderful sense of excitement and adventure! The cooler days and colorful leaves remind us that there's so much to look forward to this season.

Some of our residents are heading off on an exciting trip to Savannah, Georgia, and we can't wait to hear all about their adventures when they return! Back here at home, we're gearing up for one of our favorite events of the year, our Monster Mash Theme Dinner, which promises to be a frightfully fun evening filled with laughter, great food, and plenty of Sterling spirit.

Here's to a season full of joy, connection, and celebration here at Sterling Estates!

Warmly,

Deana Harris

Executive Director



Residents on their way to Savannah!

Why Wait? Knowing the Right Time to Move to Independent Living

For many older adults, the decision to move into an independent living community is put off until it feels absolutely necessary. But waiting until crisis strikes can mean missing out on years of freedom, wellness, and joy that independent living provides.



[Learn More: What is the Right Time for Senior Living?](#)



Sterling State Fair a Big Success

The Sterling Estates community came together once again for our annual Sterling State Fair, and what a fantastic day it was! Residents, staff, and guests enjoyed an afternoon filled with laughter, music, and friendly competition, all while supporting a great cause.

From classic fair games and door prizes to delicious treats and live music, there was something for everyone to enjoy. The energy was contagious as friends and neighbors played, danced, and celebrated together.

Thanks to the incredible generosity and participation of our Sterling family, we're proud to announce that we raised over \$3,000 for the Alzheimer's Association! This contribution will help support vital research and resources for those affected by Alzheimer's disease, something that means so much to our community.

A huge thank you to all who helped make the day such a success, our residents, staff, volunteers, and local partners who donated prizes and their time. The fair was filled with fun, music, and smiles, and it truly showcased the spirit of Sterling: community, compassion, and a whole lot of heart.

We can't wait to do it all again next year, bigger, brighter, and better than ever!



5 Signs it May Be Time for Senior Living

If you or a loved one are wondering whether it's the right time to transition, here are some key signs:

5 Signs it May be Time for Senior Living

- 01 Difficulty Maintaining the Home**
Chores and repairs feel overwhelming.
- 02 Decreased Social Interaction**
Days go by with little to no meaningful social contact.
- 03 Changes in Health or Mobility**
Small challenges (stairs, driving, cooking) are becoming bigger obstacles.
- 04 Unpredictable Expenses**
Rising costs of home maintenance and healthcare are straining finances.
- 05 Desire for More Freedom**
The idea of travel, hobbies, and carefree living feels appealing—but current responsibilities get in the way.



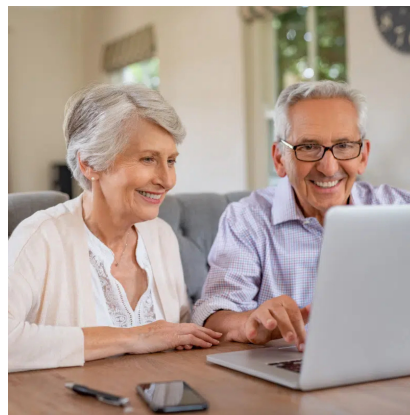
Why Now?



Guiding Loved Ones Through the Transition to Senior Living

By choosing independent living, your parents can continue to lead fulfilling lives in a secure setting tailored to their needs, allowing you peace of mind knowing they are living in a community with their peers in apartments dedicated to older adults.

[Read More](#)



Choosing The Right Type Of Senior Living

Discover how senior living communities can improve health, boost longevity, support cognitive function, and even offer a more cost-effective lifestyle.

[Read More About How to Choose](#)

We Wished We Had Moved to Sterling Sooner

Hear from Sterling Residents - why they wished they had planned and moved sooner.



[Watch The Video](#)

Celebrating Dee Stoll's 90th Birthday!



This month, we had the absolute joy of celebrating Dee Stoll's 90th birthday here at Sterling Estates! Surrounded by her loving family, friends, and fellow residents, Dee's milestone celebration was filled with laughter, music, and plenty of happy memories.

If you know Dee, you know she's one of the friendliest, most outgoing people you'll ever meet.

She has a heart of gold and a smile that brightens every room she walks into. Dee loves playing mah-jongg, dancing, and traveling, and she's always ready for the next adventure.

You'd never believe she's 90, her energy and spirit are absolutely contagious!

Dee has two wonderful sons and a daughter who are so proud of her and the incredible life she's lived. We're so thankful that she calls Sterling Estates home, because everywhere Dee goes, joy follows.

Happy 90th, Dee! You are truly an inspiration to us all.



“AUTUMN, THE
SEASON THAT
TEACHES US
THAT CHANGE
CAN BE
BEAUTIFUL.”

Heather Stillufsen

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