



To Our Sterling Estates of West Cobb Team

Dear Team,

As we enter this season of gratitude, I want to take a moment to express my heartfelt thanks to each and every one of you. The care, time, and energy you devote to our residents each day truly make Sterling Estates the warm and welcoming community it is.

We are so incredibly blessed to have such a dedicated, compassionate, and hardworking team. You go above and beyond, not just in your work, but in the way you treat our residents and one another. I know I say it often, but it's worth repeating: we really are like a family here.

Thank you for supporting our residents with kindness and patience, and thank you for supporting each other with teamwork and understanding. What you do every day matters deeply to our residents, to their families, and to me.

Wishing you all a joyful and restful Thanksgiving season. I'm truly thankful for each of you.

With gratitude,

Deana Harris
Executive Director

7 Early Signs It's Time to Explore Assisted Living Options

For many older adults and their families, the question arises: When is it time to consider assisted living? Recognizing the early signs can help prevent accidents, stress, and health crises while ensuring that seniors continue to live meaningful, socially connected lives.



[Learn More: Signs It's Time For Assisted Living](#)

You're Invited





The Many Gifts of Gratitude and Its Role in Aging Well

Studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both our own and of those around us.



[Read More On The Benefits of Gratitude](#)



GO TEAL **for Alzheimer's** **Awareness Month.** **November 1–30** **alzfdn.org**

Alzheimer's Awareness Month: How to Get Involved

November is Alzheimer's Awareness Month because it can happen in any family, and because it's worth talking about the challenges of living with or caring for someone with this disease. Here are a few ways to take part in Alzheimer's Awareness Month.

[Learn More](#)

One Voice for Care at Home.



National Care at Home Month | 2025

How to Honor Home Care & Hospice Month

National Home Care and Hospice Month in November is when we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more.

[Get Involved](#)

Fun for A Cause

At Sterling Estates of West Cobb, independent living means community, connection, and fun! We recently celebrated our annual Sterling State Fair and Alzheimer's Fundraiser, where residents, families, and team members came together for a day full of games, prizes, great food, and laughter — all for a meaningful cause.

A DAY OF FUN FOR A GREAT CAUSE

LIFE'S A FAIR AT STERLING ESTATES!



STERLING
ESTATES
Senior Living Communities
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[Watch The Video](#)

Fall Bocce Tournament Winners



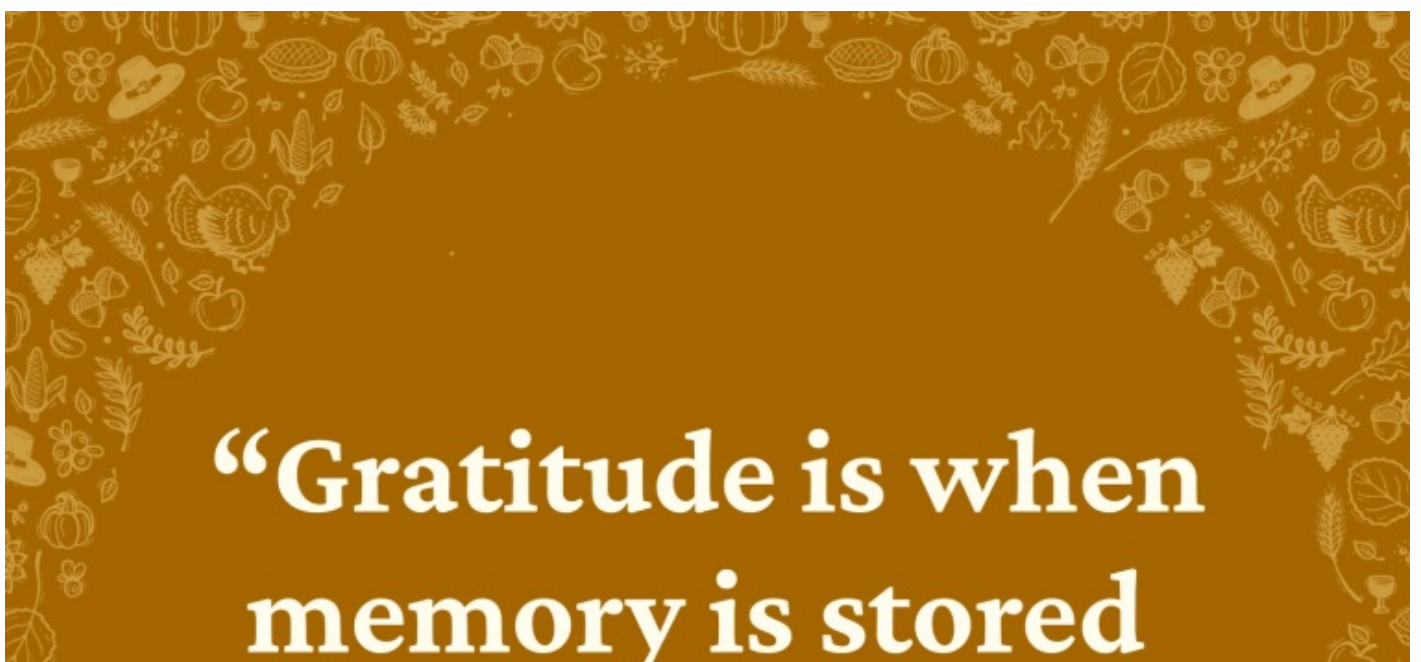


Our Fall Bocce Tournament was a huge, huge success! The energy, excitement, and friendly competition made it one of the highlights of the season here at Sterling Estates.

Residents came ready to play in a single-elimination tournament that kept everyone on the edge of their seats. With each round, the competition grew tougher, but the laughter and sportsmanship never stopped!

In the end, our Assisted Living residents took home the championship title for this year's Fall Tournament. Congratulations to Cy Zienert and Yvonne Dalton for their impressive teamwork and well-earned victory!

A big thank-you to everyone who participated, cheered from the sidelines, and helped make this event so much fun. We're already looking forward to our Spring Bocce Tournament, so start practicing now!



**in the heart and
not in the mind.”**

LIONEL HAMPTON

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