



**A Holiday Message from Deana Harris,  
Director of Sterling Estates**

Dear Residents, Families, Friends, and Staff,

As the holiday season fills our community with warmth, joy, and twinkling lights, I want to take a moment to share my heartfelt gratitude and Christmas wishes with each of you. Sterling Estates is more than a place to live and work, it is a family. And during this special time of year, I am reminded of how blessed we are to share these days, these memories, and these moments together.

To our residents, thank you for bringing spirit, wisdom, and laughter into every corner of our community. You are the heart of Sterling Estates, and it is an honor to share this season, and every season, with you.

To our families and friends, your support and love make all the difference. Thank you for trusting us with the care of those you cherish. We are grateful for your partnership and your presence throughout the year.

And to our wonderful staff, your dedication, compassion, and hard work shine brighter than any Christmas tree. You make Sterling Estates a place of comfort, joy, and belonging every single day.

As we celebrate this festive season, I want to wish each of you a very Merry Christmas and a holiday filled with peace, love, and moments that warm the heart. Looking ahead to 2026, I am excited for the adventures, events, friendships, and memories we will continue to create together.

There is so much to look forward to, and so much to be grateful for.

May your homes be filled with laughter, your days be full of blessings, and your hearts feel the joy of the season.

With warmest wishes,

Deana Harris

Director, Sterling Estates of West Cobb

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## Senior Wellness Programs: What to Look For in a Senior Living Community

*The meaning of “wellness” in senior living has evolved significantly in recent years compared to decades past. Communities now focus on supporting every aspect of senior well-being, including physical, mental, and social health. Here is what to look for when you’re researching senior community wellness programs:*



What Makes A Good Senior Living Wellness Program

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## **A Magical Holiday Escape to Biltmore in Asheville, North Carolina**

Our recent trip to the Biltmore Estate in Asheville, North Carolina, was nothing short of enchanting. From the moment we arrived, the Blue Ridge Mountains gave us the most breathtaking backdrop for a holiday adventure we'll never forget.

Residents were treated to a spectacular tour of the Biltmore Mansion, America's largest privately owned home and a true masterpiece of architecture and history. Every room glowed with Christmas charm—more than 60 exquisitely decorated trees, garlands draped along grand staircases, and dazzling displays that brought Vanderbilt family traditions to life. The warm scent of evergreen and the soft glow of thousands of twinkling lights made it feel as though we had stepped straight into a Christmas storybook.

Of course, no Biltmore visit is complete without a little shopping! We explored the Antler Hill Village Shops, where residents found unique gifts, seasonal décor, handcrafted treasures, and plenty of holiday treats to take home. Laughter, bags filled with goodies, and excited chatter made the afternoon feel festive and fun.

We also enjoyed wonderful meals together, shared stories on the bus, and soaked in the crisp mountain air. The trip gave us not only beautiful memories but also a chance to connect, relax, and celebrate the joy of the season with great company.

As we returned home, spirits were high, hearts were warm, and many of us agreed: this was one of our most magical holiday trips yet.

Here's to many more adventures together.





Come Visit Us

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## Are holiday tunes good for your health? Here's what science says.

*What does science say about the impact of festive music on our mood and health? It turns out, your reaction to holiday tunes might reveal more than just your taste in music.*





Read More On The Benefits of Holiday Music



## 20 Festive Holiday Activities for Seniors

Whether your loved one lives independently, with family, or in a care community, the right activities can transform the holidays from a passive season into an engaging and heartwarming experience.

[Read More](#)

## Easing Holiday Isolation

Health issues, financial strain, family stress or the aches and pains of aging can make it challenging to participate in holiday activities. Here are 10 expert-backed tips to make the holidays more enjoyable for older adults.

[Read More](#)

## Dining Spotlight: Homemade Meals at Sterling Estates West Cobb

*Join Chef Terry in the kitchen at Sterling Estates of West Cobb as he prepares a delicious, made-from-scratch lunch for our residents.*

## CHEF-PREPARED MEALS AT STERLING ESTATES WHAT DINING LOOKS LIKE IN SENIOR LIVING



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

[Watch The Video](#)



# CROCKPOT PEPPERMINT WHITE HOT CHOCOLATE

NON-ALCOHOLIC | SERVINGS: 8

## ingredients

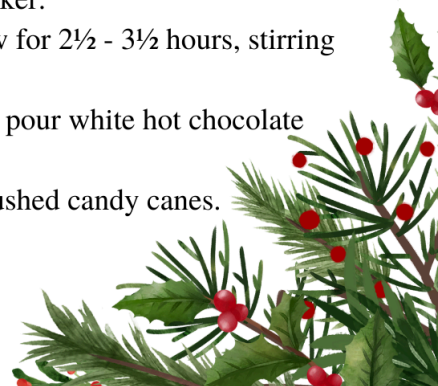
8 oz white chocolate  
broken into small pieces  
4 cups half and half  
2 cups milk  
14 oz can sweetened  
condensed milk  
7 oz jar marshmallow  
creme  
1 cup peppermint  
mocha creamer  
1 tsp peppermint extract  
Candy canes & whipped cream for garnish.



## directions

1. Combine white chocolate, half and half, milk, sweetened condensed milk, marshmallow creme, creamer, and peppermint extract in a slow cooker.
2. Cover with a lid and cook on low for 2½ - 3½ hours, stirring occasionally.
3. Place a candy cane in a mug and pour white hot chocolate over the top.
4. Top with whipped cream and crushed candy canes.

*\*Recipe from Mom On Timeout*



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