



A Warm Welcome to the New Year

As we welcome the new year, it's a perfect time to focus on simple, healthy lifestyle changes that can support strength, independence, and overall well-being. For older adults, research shows that even small adjustments, when done consistently, can have powerful benefits.

Studies published in JAMA Internal Medicine highlight that regular physical activity, such as walking, water exercise, or light strength training, is associated with improved mobility, better balance, and a lower risk of serious health conditions in older adults. Staying active also supports heart health and helps maintain muscle and bone strength, which are key to preventing falls and injuries.

Tracking healthy habits can make these changes easier to maintain. Articles in the American Journal of Preventive Medicine show that people who monitor their activity, using pedometers, fitness trackers, or simple calendars, are more likely to stay consistent and reach their goals.

Keeping track helps turn good intentions into lasting routines.

Nutrition plays an equally important role. Balanced meals rich in fruits, vegetables, whole grains, and lean proteins help reduce inflammation, support immune health, and improve energy levels as we age. Proper hydration and regular meals also contribute to better digestion and mental clarity.

Maintaining healthy changes is often about support and routine. Research in Annals of Behavioral Medicine shows that social connection and community-based wellness programs improve long-term success. Exercising with others, sharing goals, and celebrating progress can make healthy living both enjoyable and sustainable. Remember, progress, not perfection, is what leads to a healthier year ahead.

Regards,

Conor Acheson
Wellness Director

How to Choose an Assisted Living Community in Atlanta: Important Questions to Ask on Your Tour

With so many retirement communities to consider, visiting in person and asking the right questions can bring clarity and confidence as you get closer to making a decision.



Questions to Ask On A Tour

Recent & Upcoming Events

At Sterling Estates East Cobb, we had an Elvis sighting this week! We're always looking for an excuse to have a great time, so we hosted a birthday party for Elvis on what would have been his

91st birthday, on January 8th. He sang his top hits, and we have some great photographs to prove that yes....Elvis is still alive!



We'll also celebrate Betty White on her birthday this month, with a Golden Girls social where we will have some great food, see some hilarious video clips from the Golden Girls and listen to a fun music playlist from the show!

A fabulous outing we'll have at the end of this month will be a visit to the Atlanta History Center to see the "Our War Too: Women in Service," an exhibit on loan from the National WW2 Museum in New Orleans, the Cyclorama, and other great exhibits. We'll enjoy lunch at Souper Jenny's while there and tour the Swan House, a historic mansion in the Buckhead neighborhood.

We're eagerly looking forward to February, with Valentine's Day and Mardi Gras events on the calendar and a couple of great outings! We'll take a full day and go to the Savoy Automobile Museum and the Tellus Science Museum in Cartersville. In addition, a local tour operator will take us on a drive-by with history of famous homes of notable old Atlanta families called "Atlanta's Rich and Famous."

As always, we have great activities planned here at Sterling Estates East Cobb!

Call us to schedule an appointment for a tour and see our monthly calendar!

Top 10 Healthy New Year's Resolutions for Older Adults in 2026

Here are 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.



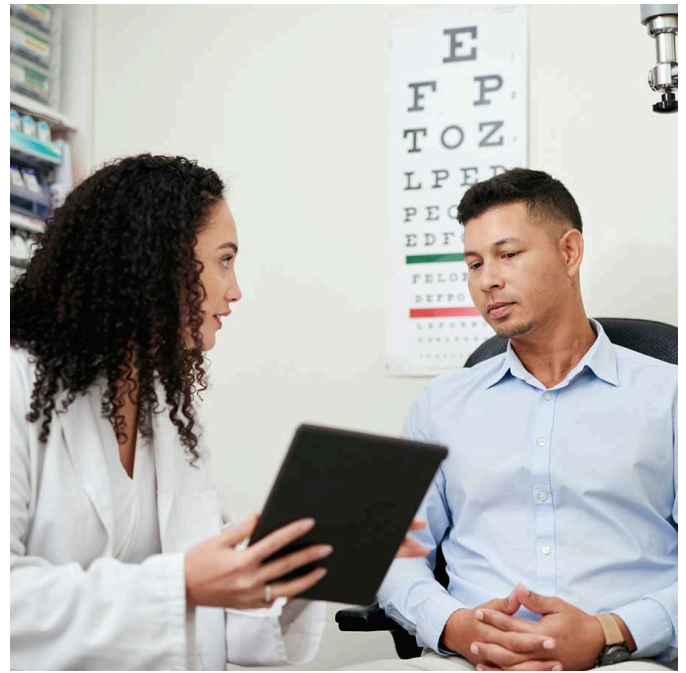
The Best New Year's Resolutions For Older Adults



Tip Sheet: Winter Safety for Older Adults

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. Like most things in life, it is better to be prepared. Here are a few precautions older adults should take during the winter.

[Download The Tip Sheet](#)



Health Highlight: Glaucoma Awareness Month

January is Glaucoma Awareness Month. Glaucoma is a leading cause of irreversible blindness, but early detection is key to managing it effectively. Talk to your healthcare provider about your risk factors.

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[Learn More About Glaucoma](#)

National Activity Professionals Day

January 23rd is Activity Professionals Day, and we couldn't be more grateful for their dedication. They work tirelessly to create engaging programs and events that foster connection, learning, and fun within our community. Be sure to thank them when you see them!

[Read More About National Activity Professionals Day](#)

Our Daily Activities at Sterling Estates

From local outings to theatre performances and safari adventures, to daily in-house programs like art classes, fitness sessions, and social events, there's always something exciting happening at Sterling Estates. Our team goes above and beyond to ensure every resident feels included, valued, and part of our family.



[Watch The Video](#)

Visit us on Facebook and share your New Year's resolutions!



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