



Welcome to February

February is a month that naturally turns our attention to connection, kindness, and appreciation, and there is no better place to see those qualities in action than right here in our Sterling community. Every day I am reminded how special it is to be surrounded by residents, families, and team members who truly care for one another and make this such a vibrant place to live and work.

The start of the year has already brought wonderful energy to our campus. From full activity calendars and wellness programs to social events and special outings, it has been a joy to see so many of you participating, learning new things, and encouraging one another. Our Life Enrichment and Wellness teams continue to create meaningful opportunities for engagement, fun, and personal growth, and I'm grateful for the creativity and heart they bring to their work.

February is also a time when we celebrate friendship and community. Small gestures, a shared meal, a kind word, an invitation to join a table or a game, have a big impact. I encourage everyone to continue reaching out, welcoming new neighbors, and staying involved. If you have not tried one of our classes, events, or clubs yet, this is a perfect month to jump in and give it a try.

Behind the scenes, our staff remains committed to providing excellent service, maintaining high standards, and continuously improving your experience here. Your feedback matters and helps guide our efforts. Please continue to share your thoughts and suggestions; we truly value your input.

Thank you for the warmth you bring to this community each day. It is an honor to serve you, and I look forward to all that we will enjoy together in the months ahead.

With appreciation,

Deana Harris
Executive Director

What's Included in Senior Living Costs in Atlanta: Independent vs Assisted Living

This guide breaks down what is typically included in independent living and assisted living communities in the Atlanta area, explains why costs differ, and helps families evaluate value beyond the monthly rate.



[Read More](#)

Sterling Winter Olympics Off to a Great Start

Our Sterling Winter Olympics are officially underway, and what an incredible start we had with the Opening Ceremonies. The energy, laughter, and team spirit on display set the tone for what promises to be an exciting stretch of friendly competition and fun-filled activity across the community.

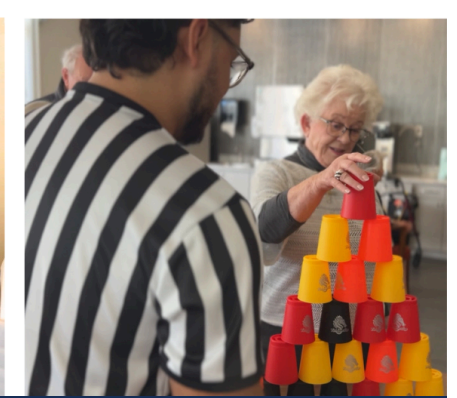
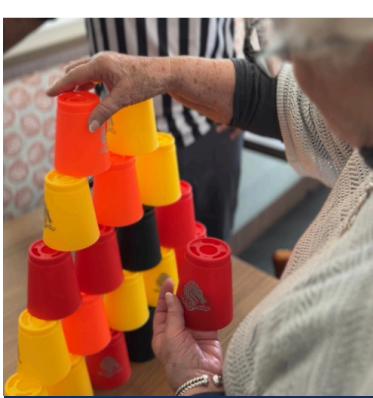
Residents came ready to cheer, participate, and celebrate as the games were kicked off in true Sterling style. From the creative presentations to the entertaining moments throughout the ceremony, it was clear that this year's Winter Olympics will be one to remember.

This special event series is made even more meaningful through the collaboration between our Wellness Team and our Life Enrichment Team. By joining forces, they've created a dynamic lineup of events designed to encourage movement, teamwork, and participation at every level. Whether residents are competing, supporting their friends, or simply enjoying the atmosphere, there are plenty of ways for everyone to be involved.

In the days ahead, we look forward to great competition, lots of laughs, and many memorable moments. Be sure to check the daily schedules, come out to support your fellow residents, and join in whenever you can. The Sterling Winter Olympics are not just about winning; they're about community, connection, and having a great time together.



[Watch The Video](#)



Little Things That Make Your Heart Happy

for Heart Health Awareness Month

01

Calling an old friend

02

Listening to a favorite song

03

Sharing a laugh over coffee

04

Spending time outdoors

05

Enjoying a good night's sleep



Show Your Heart Some Love

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By making small changes today, you can help avoid heart problems down the road. The same habits that help keep your heart strong also reduce your risk for other conditions! Check out the helpful tips and free resources below!

[Get These Heart Healthy Tips](#)

The Surprising Number of Steps That Can Support a Longer Life

Staying active is known to bring a wide range of health benefits. But many older adults may struggle for a variety of reasons to maintain the step count they used to reach. Until now it has been unclear how much people need to do as they age to reap the rewards. But, this many steps is all they need...

[Find Out How Many Steps](#)

Senior Living Resource: The Sterling Estates Cost Calculator

Use our convenient Cost Calculator to compare the True Cost of Staying at Home vs. Moving to a Senior Living Community



What Our Residents Love About Sterling Estates

"Sterling Estates West Cobb is a wonderful place to live. I've been an independent resident since the first day it opened, and I have never been sorry for the decision to move here. There are always activities to participate in, a super staffed Wellness Center, excellent food, and the most caring staff I've ever seen. I have taken Sterling sponsored trips to Dollywood, Louisville, Charleston, and Savannah, and a myriad of trips to art museums, history museums, gardens, aquariums, train and boat rides, and a variety of other activities. We can participate in bocce games, shuffleboard, and pool exercises. The opportunities are there, and I am happy that I have them. I knew it was the place for me when I needed to move, and I am even more positive of that after the almost eight years I've lived here."

-GAIL W., WEST COBB RESIDENT-

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