



Stay Steady, Live Confidently!

Your Guide to Fall Prevention at Sterling Estates

Fact: Falls are the leading cause of both fatal and nonfatal injuries in older adults.

Staying Steady: Fall Prevention Starts with Everyday Habits

At Sterling Estates, your safety and independence are our top priorities. One of the most effective ways to maintain both is by reducing fall risk through simple, proactive steps that support strength, awareness, and a safe living environment.

Build Strength and Stability

Regular movement is one of the most powerful tools for fall prevention. Exercises that focus on leg strength, core stability, balance, and flexibility can significantly improve coordination and confidence. Even small, consistent routines can lead to meaningful improvements in how you move and feel each day. Our residents take full advantage of our Wellness Center to put these principles into action.

Move with Intention

Taking your time when changing positions can prevent dizziness and loss of balance. This is especially important for individuals who may experience lightheadedness when standing. Pause before walking, stand up gradually, and plan your movements to avoid rushing.

Review Medications Regularly

Some medications can increase fall risk by causing dizziness or drowsiness. We recommend regular check-ins with your healthcare provider to ensure your prescriptions remain appropriate. Our Resident Care Coordinator is also a valuable resource for guidance and support.

Proper footwear makes a difference. Opt for well-fitting, non-slip shoes that provide good support. Avoid loose slippers or walking barefoot, as these can increase the risk of slipping. We're also excited to host an upcoming wellness seminar with a local vendor, Foot Solutions, to provide expert education on proper footwear.

At Sterling Estates, we are committed to supporting a lifestyle that promotes safety, confidence, and overall well-being. Our Wellness Team is always here as a valuable resource to help you stay active, independent, and steady.

Regards,

Conor Acheson

Wellness Director

Sterling Estates East Cobb

The Hidden Dangers of Senior Isolation, and What Families Can Do About It

Understanding the signs of isolation in elderly living alone is one of the most meaningful ways families can support a loved one's well-being, safety, and overall quality of life.



[Read More](#)

Senior Living Community vs. Nursing Home: Why They're Not the Same Thing At All

The differences between senior living communities and nursing homes are often misunderstood. Understanding senior living vs nursing home differences can help families make more confident decisions.



[Read More](#)

Recent & Upcoming Events

The month of April began with an intergenerational celebration with the Easter Bunny and our annual “Eggceptional Egg Hunt” for the grandchildren and great-grandchildren of our residents.

The rest of the month is packed with performance events that include Swan Lake Ballet at City Springs Theater and Jazz at the Strand featuring the music of Ray Charles. Our Sterling Music Series teacher shares his incredible talent of the classical guitar with our residents on the first and third Saturdays of the month and another music teacher picks up the other two Saturdays of the month, playing “Musical Favorites from Your Past” both of which have a large following! In addition, our weekly Happy Hours include a variety of live entertainment with music from different eras, and residents singing along (and dancing!) to some of their favorite tunes.

Sterling Estates’ annual version of the Masters Tournament will take place this Friday, the 10th, and it’s a popular event for all the residents. Our grounds are ready and flowering with as many azaleas as Augusta National must have right now! We are excited to see who will take home the green Sterling jacket this year!

...to the river, and a beautiful spring retreat and interpretive exhibits from our walking along the Chattahoochee River and a trip to the beautiful Gibbs Gardens. And for those who choose to stay in the community, our beautiful front porch is a gathering place for our residents and families to visit!



How to Prevent Falls with Home Safety Modifications

Older adults can prevent falls and continue living safely at home by making a few modifications.

[Learn More About Home Safety](#)

Test Your Fall Prevention Knowledge

Enjoy this activity packet, perfect for older adults or anyone to learn about fall prevention. These brain games blend together fun, learning, and cognitive stimulation.

[Download The Activity Packet](#)

Balance Exercises for Seniors

Join Connor, Wellness Director at Sterling Estates, as he demonstrates two simple but effective exercises to improve balance and reduce the risk of falls, which is key for maintaining confidence and mobility in independent living.

FALL PREVENTION EXERCISES FOR SENIORS:

FEEL CONFIDENT ON YOUR FEET!



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ESTATES
Senior Living Communities
EAST COBB

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