



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



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## **Letter from the Director, Deana Harris**

At Sterling, we're always looking for ways to bring joy, adventure, and connection to our community—and the past few months have been no exception! We recently returned from an unforgettable cruise to the Caribbean, where our residents had an absolute blast exploring Key West, Costa Maya, and Cozumel. From exciting excursions to onboard entertainment and casino fun, it was truly a trip to remember!

Back at home, our Drama Club has kicked off rehearsals, and we can't wait to see their hard work come to life on stage. Their creativity and enthusiasm are inspiring, and we know it will be a performance to remember.

We're also looking forward to welcoming volunteers from Mount Paran Christian School, who will be joining us in various areas of our community. Their kindness and dedication make a huge difference, and we're grateful for their support.

With so much to look forward to, Sterling continues to be a place where residents can learn, explore, and enjoy life to the fullest. Stay tuned for more exciting updates—we can't wait to share them with you!

Wishing you an amazing spring,

**Deana Harris**

*Executive Director*

Sterling Estates of West Cobb

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# Spring Cleaning Tips for Older Adults: Making A House Safe for Aging Loved Ones

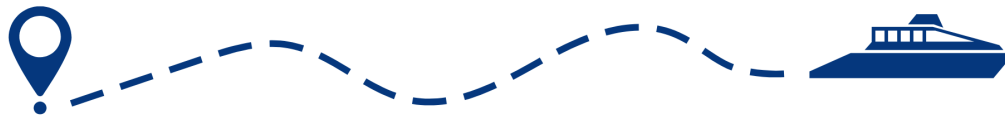
*For caregivers and other relatives of adults who are aging at home, spring cleaning is a way to create a safe space, re-evaluate the living situation after a long winter spent mostly indoors, and make sure that the coming months are as happy and healthy as possible. Here are some spring cleaning tips for older adults that go beyond dusting and vacuuming.*

**Spring Cleaning & Safety Tips**

## Making A House Safe for Aging Loved Ones

-  Work together as a team. Get everyone involved!
-  Maintain clean walkways in every hall and to every door, and eliminate tripping hazards.
-  Clean and organize the medicine cabinet.
-  Check smoke and carbon monoxide detectors.
-  Replace light bulbs.

[Read More](#)



## **The Sterling Travel Club Cruise**

The Sterling Travel Club recently embarked on our first-ever cruise, and what an adventure it was! Sailing through the beautiful Caribbean, we made unforgettable stops in Key West, Costa Maya, Mexico, and Cozumel, Mexico. From start to finish, the trip was filled with excitement, relaxation, and plenty of laughter.

Each destination had its own charm. Key West welcomed us with its laid-back atmosphere, vibrant streets, and stunning ocean views. In Costa Maya, we explored the rich culture and history of the area, while Cozumel treated us to breathtaking beaches and crystal-clear waters.

The fun didn't stop onboard! The entertainment was top-notch, with incredible performances that kept us captivated each evening. Many of us tried our luck in the casino, and whether we won big or just enjoyed the thrill, it was a fantastic time. Excursions offered something for everyone, from exploring ancient ruins to snorkeling in the turquoise waters.

This cruise was an amazing experience, and we're already planning more exciting trips! This fall, we'll be heading to historic Savannah, Georgia, for a wonderful getaway filled with charm, history, and Southern hospitality. Then, for our Christmas holiday trip, we'll visit the magnificent Biltmore Estate in Asheville, North Carolina, where we'll experience the magic of the season in one of the most beautifully decorated homes in the country.

If you missed this cruise, don't worry—there are plenty more adventures ahead! Stay tuned for details, and join us as we continue exploring new places together.







## Spring Crossword Puzzle Transitioning to Senior Living Communities

This spring-themed 29-clue crossword puzzle is an engaging and fun way to keep your brain busy this month! Here's a comprehensive guide to help make the transition smoother and more

[Do The Puzzle](#)

## Moving Tips and Downsizing for Older Adults Transitioning to Senior Living Communities

Transitioning from a long-time home to a senior living community can be a significant life change for older adults. Here's a comprehensive guide to help make this transition smoother and more manageable.

[Read The Article](#)

## The Right Time to Move to a Senior Living Community





Read The Blog

*Is it the right time to downsize? Get personalized results with this quick 4-5 minute survey.*

Take The Survey



**Sterling & Cobb County Transitions Program: A Partnership That Makes a Difference**



For the past seven or eight years, Sterling has been proud to partner with the Cobb County Transitions Program, providing local students with real-world experience while enriching the lives of our residents. This spring quarter, we are excited to welcome students from Kennesaw Mountain High School to our community.

The Transitions Program helps students gain valuable workforce skills by allowing them to engage in different areas of our community. Whether assisting with activities, helping around the community, or simply spending time with residents, these students bring energy, enthusiasm, and a fresh perspective.

Not only is this an incredible learning opportunity for the students, but it is also a joy for our residents. They love interacting with the students, sharing stories, and forming connections across generations. It's a partnership that truly benefits everyone involved, and we are grateful to continue this tradition.

We look forward to another great quarter with the Transitions Program and can't wait to see the positive impact these students will have at Sterling!

*From left to right in photo: Isaiah, Carla and instructor Jennifer Moore*

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## **Our Value Proposition's For Calling Sterling Estates Home**



[Watch Video](#)

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## Cypress Cottage

*This spacious and beautifully built, one-story cottage residence has all the features one would desire in a new home. The floorplan is graciously open and connects the kitchen, living room and dining room in an accommodating manner through to the garage. Hardwood flooring throughout, with 9ft. ceilings and crown molding with tray ceiling in the large master bedroom make for relaxed living.*



Floor Plan Features & Photos

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3165 Dallas Hwy,  
Marietta , Georgia 30346  
(770) 255 7000

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