



STERLING
ESTATES
Senior Living Communities
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Letter from the Director, Ann White

Spring is just around the corner, and at Sterling Estates East Cobb, we've been eagerly awaiting it! We've had quite a few residents share with us what initially drew them to our community is the beauty of the grounds and the classic traditional style of the buildings!

Strolling the grounds here at Sterling Estates, our residents are enjoying beautiful spring plantings and burgeoning blossoms right now! And pretty soon, it will be warm enough to dine al fresco on our courtyard patio and enjoy the colorful flowers while relaxing to the soothing sounds of our fountain. Spring days also mean afternoon sessions on the shady front porch and enjoying a cold glass of lemonade while visiting with friends!

Here at Sterling, we value a feeling of home for our residents—of comfort and peace, and family and friends. Call us and schedule a time to come by for a tour; come and see our “Sterling” experience!

Wishing you an amazing March,

Ann White

Executive Director

Sterling Estates of East Cobb

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.

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Recent & Upcoming Spring Events

At Sterling Estates, we love a holiday! Mardi Gras, Pi Day, St. Patrick's Day...you name it, we're ready to have fun with it! This month, we celebrated Mardi Gras with a special New Orleans style menu, had a Mardi Gras parade and a social with King Cake, NOLA milk punch, and Preservation Hall jazz music!! And for March 14th, Pi Day, we had an afternoon with a great selection of pies and coffee as an afternoon snack! Let's not forget St. Patrick's Day, when Irish dancers came to perform a show for our residents!!

We are looking forward to a great April, when we'll host the "Sterling Masters." Our version of the famous golf tournament is a fun, miniature golf tournament in the courtyard with "Masters" snacks and mint juleps on the patio! We'll also have a couple of fun Friday outings—to the Atlanta Botanical Garden to see the tulips and orchids and to Mary Mac's Tea Room for lunch, with a tour of the Margaret Mitchell House after!

Our residents are living life to their fullest—staying active and engaged are important keys to happiness and feeling fulfilled!



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



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
thtransition smoother and more

[Do The Puzzle](#)

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](#)

Our Value Proposition's For Calling Sterling Estates Home



Watch Video

Azalea Cottage Terrace - 5100

This stunning cottage offers a full-sized kitchen with full-sized, stainless steel appliances, granite countertops, a gas cooktop, and an extended peninsula for dining. The cottage offers a spacious family room with a gas fireplace, 9-foot ceilings with crown molding, as well as a covered porch with a ceiling fan. Click below to find out more about this spacious floor plan.



Floor Plan Features & Photos

Visit us on Facebook and tell us how you plan to welcome spring!



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