



## Welcome to 2026!

As 2026 begins, we are grateful for all the wonderful residents that call Azalea Estates their home and to the families that entrust us with their loved ones. We look forward to another year of fun-filled activities, wellness classes, good food, and entertainment along the way. What makes Azalea Estates special is that it is not just the residents that we come to love, but their families as well. It is a community indeed, one where we all come together to give the best healthcare and opportunities for enrichment as possible.





## Frequently Asked Questions About Assisted Living

*Asking the right questions can bring clarity and confidence as you get closer to making a decision about senior living.*



Assisted Living FAQ's

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### Recent Fun

We wrapped up 2025 with a visit from Santa, a special resident dinner of prime rib, carolers, and the Tin Roof Band. Fun was had by all, and we found out that Azalea Estates and all our residents are on Santa's nice list. We always enjoy this special time of the year with our residents.



## **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.

[Learn More About Glaucoma](#)

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## **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](#)

## **Activities At Azalea Estates**

Azalea Estates offers a vibrant, resident-driven activities program led by a dedicated full-time activity director, featuring engaging events, outings, educational speakers, volunteer opportunities, and on-site celebrations that keep residents socially connected.





[Read More About Activities At Azalea Estates](#)

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### **Sterling Team Spotlight**

Marty Schilling has been working for Azalea Estates for seven years. He does maintenance for Azalea, but he is so much more. All the residents and staff adore him. Marty is the kind of guy who goes above and beyond every day. You do not just get something repaired when it comes to

Marty; you get friendship, and the repairs are a bonus. Marty is originally from Kingston, Pennsylvania. He has lived in Peachtree City for the last nine years. You can ask anyone at Azalea Estates, and we would all say we could not imagine Azalea Estates without him.





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2025 | FALL | WINTER

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