

# THE HOME FRONT

## New and Noteworthy!

## The Traditions of America Live Better lifestyle just keeps getting better and better...

At Traditions of America we have always been proud of our Live Better lifestyle. Now, not only do we Live Better - we Live Better, Get Fit and Give Back!

Brand new this fall, we inaugurated Team TOA, a group of Traditions of America residents and employees committed to getting fit and helping others by participating in local walks and races that promote worthwhile charities and causes.

On September 18th, Traditions of America sponsored The Autism Speaks 5K Run/Walk in Delaware County. Team TOA was proud to be a part of this fantastic event with a group of over 25 members.

Next on the schedule for Team TOA is the Rothman Institute 8k (4.97 miles) on November 19th in Philadelphia. This race, held the day before the famous Philadelphia Marathon, is sure to be a blast! Traditions of America will donate money for each mile run by Team TOA to the Susan G. Komen Breast Cancer Foundation.

What a great way to Live Better, Get Fit and Give Back... all at once. Sound fun? Join the group. Talk to your Lifestyle Director TODAY or email [skosteva@traditionsofamerica.com](mailto:skosteva@traditionsofamerica.com) for more information.

Talk to your Lifestyle Director TODAY! Find a local race or walk, support a local charity, and be a team member!



The Home Front Newsletter is going digital! In an attempt to reduce printing and protect the environment, this will be our final print edition. If you would like to continue to receive our news, please e-mail [info@traditionsofamerica.com](mailto:info@traditionsofamerica.com) with "subscribe" in the subject line.

## MEET YOUR NEIGHBORS!

Introducing Rick and Rena Mattern!

Rick and Rena moved to Silver Spring in April, 2010. Rena is from the small village of Canoe Creek near Altoona, and Rick's family is from the Lancaster area. Rick graduated from University of Delaware, where he had an ROTC scholarship. He went into the Army right out of college. Rena went to Methodist Hospital School of Nursing, and the University of Pennsylvania. She also went into the Army after graduation. Rick and Rena met at Fort Huachuca, Arizona.



The Army brought them together and they spent the next 20 years serving their country in various capacities! Rick served in Georgia, Arizona, Carlisle and Berlin, Germany and continued in the Reserves, eventually ending up at the Mechanicsburg Navy Depot. Rena served as an army nurse in Vietnam, as well as activating in the Reserves to serve in Desert Storm in Saudi Arabia.

Rick and Rena have two children. Heather graduated from the Coast Guard Academy and has remained in the Coast Guard and is stationed in Washington, DC. Megan graduated from Drexel University and works for Gannet Flemming as a civil engineer. Megan is married with a beautiful little girl, Austin, who Rick and Rena often have come to visit and swim in the pool at Silver Spring!

The Matterns love the outdoors, especially hiking, biking and camping with their children. Rick and Rena recently hiked 10 miles to the bottom of the Grand Canyon and rafted on the Colorado River for 5 days! Rena is a member of the Wellness Committee at Silver Spring, and they both make fitness a part of their daily routines. Spending time with family and friends is also very important to them and they find that the maintenance-free living here allows them to do it.

The Matterns chose their Monroe one-story home at Silver Spring because of the location and all the amenities. They are nearby their family, and they make use of the fitness facilities and pool. They are also active participants in the social activities such as cards, golf and parties. According to the Matterns, there is always something to do and they have made wonderful friends!

## CHECK IT OUT!



# COMPANY BULLETIN BOARD

## EMPLOYEE SPOTLIGHT

As CFO, my responsibilities are very diverse. Finance and accounting are obvious, but I am also responsible for purchasing, human resources, information technology, risk management, settlement services, and condominium management. Although this sounds daunting, I have a wonderful team of dedicated professionals who are very able to get work done to Traditions Of America's high standards.

I have been at Traditions Of America for over nine years, working with our team through boom times and through rough times. One thing that stands out for me about TOA is the uncompromising commitment to creating the best possible lifestyle for our homeowners, the highest quality homes, and extraordinary customer service. This starts at the

top and is pervasive throughout our organization. It is what first attracted me to Traditions Of America and it makes me proud to be associated with it. It is also why TOA is still in business today when so many other builders are not.

One of the more interesting parts of my job is serving on the boards of the Condominium Associations for the communities we are building. This allows me to visit our communities on a regular basis, and to get to know many of our homeowners. They often tell me how moving to a Traditions Of America community, meeting new friends, discovering

new interests, and enjoying the lifestyle, has been an incredible life-changing experience. Hearing that from homeowners makes the hard work worthwhile, although I tend to get jealous of all the fun they are having at our communities!

When I am not at work, I enjoy spending time at home with my wife Faith and our dog Saylor (a lab/whippet mix). Our daughter, Jenna, is studying neuroscience at Temple University, and our son, Scott, is in his last year at Drexel University School of Law. In addition to being a pilot, I love to scuba dive, sail, cycle, hike, and travel. I guess I qualify as an Active Adult!



**Peter Yesner**  
Chief Financial Officer (CFO)

## NUTRITION TIP

### *What's all the chatter about chia seeds?*

*Have you heard of them? Chia seeds are one of the world's most powerful, functional and nutritious superfoods! They come from the desert plant *Salvia hispanica*, a member of the mint family that grows abundantly in Southern Mexico. In pre-Columbian times, they were a main component of the Aztec and Mayan diets. Why are they so good? They are the richest plant-source of healthy omega-3 oil! They are also loaded with anti-oxidants. Chia seeds are a dieter's dream: when added to foods, they take on the flavor of that food and enhance it without adding calories. How? When exposed to water, the chia seed forms a coating of gel which increases its size and weight. The gelling action of the seed helps slow down your body's conversion of starches into sugar. If you add chia seeds to your meal, it will help you turn your food into constant, steady energy, rather than a series of ups and downs. Chia seeds are also loaded with soluble and insoluble fiber. The soluble fiber, along with the gel coating of the seed, keeps the colon hydrated and ensures easy movement of food. Chia seeds can also be used as a substitute for butters and oils that you normally add to baked goods. In most cases, chia gel can replace half the butter in a recipe. The food will bake the same and taste the same, if not better, from the addition of the chia gel. Chia seeds are inexpensive and one bag can last a long time. Look for them today! Your body will thank you...*





TRADITIONS  
OF AMERICA

Silver Spring



EVENTS

November 6

**LIVE BETTER NOW  
EVENT!**

10 am – 2 pm

At the Clubhouse



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