



TRADITIONS  
OF AMERICA

# THE HOME FRONT

## New and Noteworthy!



Hanover

### Introducing HomePlus... the Live Better lifestyle just keeps getting easier!



At Traditions of America, homebuying keeps getting easier with innovative new programs such as HomePlus. Under this program, buyers can now take advantage of a Home Equity Conversion

Mortgage (HECM), the only type of reverse mortgage that's approved and insured by the federal government to purchase a new home. In partnering with MetLife, the leader in HECM for purchase mortgages, Traditions of America offers buyers more flexibility by giving them the opportunity to purchase a new home without the burden of monthly payments.

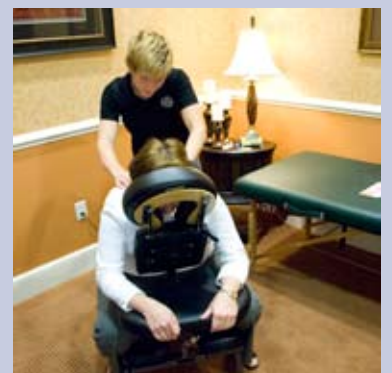


We recently unveiled our new interactive and user-friendly website, chock full of links, videos, live chat and much more. Check it out!! The Live Better lifestyle is only a "point and click" away...

[www.TraditionsOfAmerica.com](http://www.TraditionsOfAmerica.com)

## LIVE BETTER NOW EVENTS!

With over 1,200 attendees, the spring Live Better Now Events were a huge success! Homeowners, new friends and Traditions of America representatives shared stories and laughter at our five events across Pennsylvania. Seminars, demonstrations, wonderful food and fun contests kept everyone smiling. Thank you for being a part of the Live Better Now excitement!



## MEET YOUR NEIGHBORS!

Introducing Gail and Marty Arum!

The Arums own a one-story Washington home here at Hanover. They moved into the community in December of 2010, from Staten Island, New York, where they lived for 39 years.

On their first visit to Traditions of America at Hanover, Gail and Marty attended a Wine & Cheese Event at the Hanover Clubhouse. They immediately felt welcomed by the residents.

When they were making the decision to move they were concerned about acclimating to a new area and community. They never dreamt the transition would have gone so smoothly. According to Marty, "We don't even think of Staten Island as home anymore. When we visit there we can't wait to get back home to Hanover."

They have one son, Seth, who is an endocrinologist currently living in Massachusetts. Seth and his wife, Kim, have two daughters, Teah, age 9, and Callia, age 5.

Both Gail and Marty are retired and enjoying their active lifestyle at Traditions of America at Hanover. When asked about their satisfaction with the community, Marty said, "It's like going to college, fifteen minute classes and the rest of the day is recess. Living here can be as much fun as you want it to be."

Marty is a retired teacher. He taught at the Arthur Kill Corrections Facility for 40 years. He assisted inmates in obtaining their GED certificates. Marty believes the biggest reward he obtained from his career was the satisfaction he felt in seeing the individuals get their GED and turn their lives around. Often, he received news from the paroled inmates thanking him and reporting that they were doing well.

Gail retired in November of 2010. She worked at a clinic at Staten Island University Hospital as a coordinator for clerical staffing.

Gail is a member of Women's America ORT, an organization that promotes the understanding and appreciation of Jewish values through a global network of schools and training programs. She was chosen as Woman of the Year in 1993. Growing up, her son Seth thought her job was working for Women's America ORT because of her dedication to the organization.

Once they moved to Hanover, both Gail and Marty got involved right away with the community activities. They are both involved in planning and coordinating events. You will always be greeted by the Arums with a welcoming smile, and if they are returning from a visit to New York, a delicious NYC bagel!



## CHECK IT OUT!



*Hanover Always Has Fun!*



# COMPANY BULLETIN BOARD

## EMPLOYEE SPOTLIGHT

Did you attend a Live Better Now Event? If so, we have probably shared a smile. As marketing manager for Traditions of America, I have been focused the past year on revitalizing our brand in an exciting fashion.

With a background in graphic design and small business management, I moved back to the area to be near my family, joined the Traditions team and have thoroughly enjoyed learning all about the active adult world and more importantly - meeting our fun loving residents, like you!

From concept to fruition we have successfully brought our company image to the next level, including a fresh new logo and easy to navigate website. This revitalization, along with managing all marketing initiatives, is what keeps me on my toes. Although the days are long, the "work hard, play hard" motto keeps me smiling.

I have always said I could never market something I do not truly believe in...A quality home, built by a morally sound company, promoting a fun and active way of life. Yes, this is something I am honored to promote!

As for leisure, I can usually be found doing something athletic, sipping wine, traveling and spending time with my amazing parents, my two very best friends.



Sara Kosteva  
Marketing Manager

## OUR WAY OF SAYING THANKS



### Hero's Reward!

Day in and day out, so many people selflessly devote their energy and effort to keep our communities safe, instruct our future leaders and protect our nation. To express our gratitude, Traditions of America is offering a "Hero's Reward" in recognition of our nation's active and retired military, teachers, police officers, firefighters and other civil servants! When a "Hero" purchases a new home at one of our five communities by July 30, they will be rewarded with a free cruise and a free kitchen island!



## LIFESTYLE TIP



### Vitamins & Minerals... too much of a good thing?

Today, everything from bottled water to orange juice seems to have souped-up levels of vitamins and minerals added in. That may sound like a good way to cover your nutritional bases, especially if your diet is less than perfect. But, can we be getting too much of these important nutrients? The answer is "yes" if you're routinely taking megadoses. For instance, too much Vitamin C or zinc can cause nausea, diarrhea and stomach cramps. Too much selenium could lead to hair loss, GI upset, fatigue and mild nerve damage. Most of us are not getting megadoses. And, megadoses are rarely achieved through food alone. Still, if you eat a fortified cereal at breakfast, grab an energy bar between meals, have enriched pasta for dinner, and take a daily multi-vitamin, you could be over the recommended daily intake of a number of nutrients. And, more is not necessarily better. If you're taking a supplement, stick to one that's no more than the Daily Value. Also, talk with your doctor about the supplements you are taking, and the doses, to make sure you are staying within a safe range. The good news is that most multi-vitamins have a wide margin of safety that even when you are combining them with fortified foods, you will still be well within a healthy range.



Hanover



The Betsy Ross

Traditions of America strives to be a responsible steward of the environment. If, in the future, you would like to receive this newsletter and Traditions of America updates by e-mail, please e-mail us at [info@traditionsofamerica.com](mailto:info@traditionsofamerica.com).

EVENTS

Celebrate Summer  
by the Pool

