



TRADITIONS
OF AMERICA

THE HOME FRONT

New and Noteworthy!



**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.

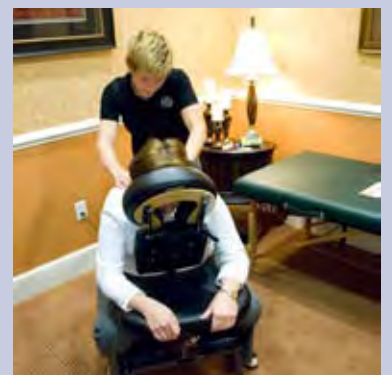


We recently unveiled our new interactive and user-friendly website, chock full of links, videos, live chat and much more. Check it out!! The Live Better lifestyle is only a "point and click" away...

www.TraditionsOfAmerica.com

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 Patsy and Dave Nelson!

The Nelsons moved into their home at Liberty Hill in July of last year. Prior to Liberty Hill, they lived in Allentown, as well as Fairfax, VA, Colorado Springs, CO, McGuire AFB in New Jersey and Lowell, MA! They have moved around a bit! The Nelsons have three children and four grandchildren.

Patsy and Dave wanted to retire in State College. They were familiar with the Traditions of America developments in the Allentown area, and driving up the hill at Liberty Hill and looking around at the mountains sealed the deal!

Dave was a United States Air Force officer for 20 years, and then became a Professor of Math and Computer Science at Muhlenberg College for the next 21 years, before retiring. Patsy is a retired elementary music teacher.

In their free time, the Nelsons enjoy walking, running, hiking, reading, travel, baseball, and especially, playing with the grandchildren! Patsy also enjoys needlework and playing handbells. As if that's not enough, both Patsy and Dave volunteer at the State College Food Bank every week.

The clubhouse and pool have been a great source of enjoyment for the Nelsons. But mostly, they love their house!



CHECK IT OUT!

Springtime
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.



Liberty Hill



EVENTS

Celebrate Summer by the Pool



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.