



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.

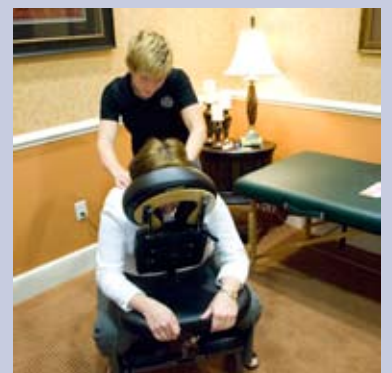


We recently unveiled our new interactive and user-friendly website, chock full of links, videos, live chat and much more. Check it out!! The Live Better lifestyle is only a "point and click" away...

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 Betsy and Dick Howe!

Betsy and Dick are both life-long residents of the Greater Pittsburgh area. Betsy grew up in Monroeville and Dick is excited about returning to his Beaver County roots. He grew up in Rochester but has been away from the Valley for 48 years. Most recently Betsy and Dick lived in the Deer Crossing section of McGandless Township (Wexford) where they enjoyed raising their 3 daughters in harmony with the deer, turkey, fox and other assorted wildlife that shared their back yard.

Betsy is a part-time Human Resources assistant at North Allegheny School District's central office and Dick is the Associate Dean for Administration and Planning within the University of Pittsburgh's School of Arts and Sciences.

The Howes are fortunate that their three daughters (twins Michelle and Melissa age 31 and Heather age 28) and their families all live within the area. Michelle and her husband Rory live in Crafton and both are involved in the Marcellus Shale industry- Rory, an attorney, and Michelle, an estate researcher. Melissa and her husband Geoff live in Cranberry with their two sons, Matthew (4) and Connor (1). Geoff is an intellectual property attorney and Melissa worked in investment finances before she transferred her attention to her first born. Heather and her husband of two weeks, John, live in the North Hills. Both work at Pitt where she is an Assistant Director of Admissions and John is an Assistant Director of Athletics.

Betsy had been looking for a patio home for about 5 years. Liberty Hills was the first development that satisfied their shared desire for quality and amenities at a reasonable value. It usually took Dick less than 15 minutes to decline interest in the previous prospective developments that Betsy had investigated. When she called and told him that she had found a place that he would embrace, he came on the run and concurred that Liberty Hills was the place for the empty nest phase of their lives. Betsy is a talented cross-sticher and Dick devotes most of his discretionary time (after grandchildren time) to a variety of science outreach activities. Pitt football and basketball are a shared enjoyment for the entire Howe family!

We love the sense of community that exists at Liberty Hills; from the residents to the TOA staff. Everyone has gone out of their way to welcome us and to explain the myriad of activities that are awaiting us. Our immediate plans for the clubhouse include using it as a substitute for our former membership at Club Julian Health Club. After long hours of moving and unloading boxes, a long soak in the hot tub reminded us that we had made the right choice in selecting Liberty Hills. We look forward to the exercise classes, the beautiful pool (if the weather ever cooperates), and joining in on the social activities!



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 Hills



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.