



THE HOME FRONT

New and Noteworthy!



Mount Joy

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 Fran and Vinny Garguilo!

The Garguilos came to Traditions of America at Mount Joy, from The Villages in Florida, where they lived for 6-1/2 years. Before moving to Florida, they lived on Long Island for 41 of their 48 years of marriage.

Although they enjoyed the milder winters of central Florida, as time went by, they began to miss their children and grandchildren more and more. They also began to get weary of the trips back north to visit. That is when they decided to start looking at communities up north. They went online and found a "55 and over" housing magazine. From there on, it was just a matter of "checking out" the various communities and locations. After doing their "homework", they decided that Traditions of America at Mount Joy was the community for them!

The Garguilos have three children and four grandchildren. Their son lives in southern Pennsylvania, one daughter lives on Long Island, and the other daughter is with the State Department in Central Asia. Vinny is retired from the utility company on Long Island, where he was a piping designer for power plants.

Since moving to Traditions of America, The Garguilos have become involved in many community functions. Vinny bowls and plays golf, while Fran enjoys decorating her new home and gardening. They love their new home amidst the farmlands here in Lancaster County and find it very relaxing and peaceful. They particularly enjoy living in their Washington Model home which they feel gives them the space and openness they have been looking for.



CHECK IT OUT!

LIVE BETTER NOW EVENT!



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.



Mount Joy



Mount Joy Clubhouse

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.

EVENTS

Parade of Homes
June 11-19

Celebrate Summer
by the Pool

