



THE HOME FRONT

New and Noteworthy!



Silver Spring

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 Linda and Dave Hoover!

Prior to making the move to Silver Spring, the Hoovers were Carlisle residents for the past 16 years. They found themselves "empty-nesters" living in a 4-bedroom home on two acres in the country. Now that they were retired, they wanted to simplify their lives and not feel so tied down to home maintenance, especially because they love to travel. Linda had actually cut out an article on TOA at Silver Spring's grand opening two years before and kept it in a post-retirement file!

According to Linda and Dave, it was the people who first attracted them to buy in this location. From the moment they walked into the sales office at Silver Spring, to their initial meeting with the construction team, they felt valued. However, their decision to buy here largely rests with the residents they met. People went out of their way to be helpful, answer our questions, show them into their homes, and engender a sense of true community and belonging. (Of course, they loved the clubhouse!)

Both Linda and Dave were career educators. Dave retired after 35 years, the last 10 spent as Assistant Superintendent at Northern York County School District and Superintendent at West Perry School District. Linda retired from a fulfilling career after 37 years, the last 17 as a professor of education at Shippensburg University. They have a son, Dave, Jr., who lives in New Jersey and works for Johnson & Johnson.

Dave is the adventurer. He travels to Montana to work on a cattle ranch every summer, and they plan winter vacations around his surfing. We both are avid exercisers, so having the gym and the pool on site are real pluses in their minds. They embrace TOA's motto of 55+ active adults.

The Hoovers were delighted to help form a Wellness Committee. In May, the group launched a volunteer Step Into Spring walking incentive program, and many of the residents are wearing pedometers to track their number of steps. This month they also have a kayak eco tour planned.



Actually, what they love is that there is something here for everyone. The wonderful Lifestyle Director, Karen, and the Social Committee manage a monthly calendar that includes service projects, daily exercise classes, golf, billiards, myriad card groups, poolside picnics, and delightful theme parties. This month we celebrated both Cinco de Mayo and the Kentucky Derby in style!



The Hoovers volunteer for Hospice of Central Pennsylvania and are very proud of working with the bereavement counselors to plan and coordinate Camp New Day, an annual summer grief camp for children in first through sixth grades who have lost a loved one. The 3-day camp provides a safe and nurturing environment for children to work through their emotions and loss. Dave, who has a Master's degree in counseling, also serves on the Cumberland County Youth Aid Panel. Their mission is to mentor and to design and oversee specially tailored contracts for first time juvenile offenders.

After losing their son Zack to cancer, their family established a small community "Sunset Park" in his memory along the walking trail near Hershey Medical Center. They hope it serves as a peaceful place and respite for those who have a family member undergoing treatment. Look for Linda and Dave, along with their two Golden Retrievers, Rhea and Chandra, outside their one-story Hancock home!

CHECK IT OUT!



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.



Silver Spring



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

Celebrate Summer by the Pool

