



Clubhouse Library

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 emailme@traditionsofamerica.com.

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Traditions of America...
The Leader in 55+ Lifestyle Living!

COMMUNITY EVENT:

50's Sock Hop Party

Saturday, March 5



TRADITIONS
OF AMERICA

Traditions of America at Hanover
5000 Liberty Boulevard
Bethlehem, PA 18017
(484) 281-3555

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THE HOME FRONT

New and Noteworthy!

Hanover Unveils Two Exciting New Models: William Penn and Betsy Ross!

William Penn - Flexibility to fit your lifestyle! Enjoy an inviting dining/great room combination. Make the most of each space in a home that lives larger than its 1,274 square feet! Starting at \$294,900.

Betsy Ross - A free-flowing, popular plan, rich in storage and smart on design. The master suite invites you to lounge on the window seat and has plenty of closet space. Inviting nine foot ceilings and numerous windows make this home a best seller! Starting at \$304,900.

The fastest selling 55+ community in Pennsylvania just got even better!

Winner: Best Retirement Community!!

Traditions of America at Liberty Hill wins Best Retirement Community in the annual Best of State College poll for 2010. Here is what State College magazine said: "Perhaps it's the clubhouse at Liberty Hill that sets this two-year-old 55-and-over community apart, with its putting



green, bocce court, heated pool fed by a waterfall, game room and extensive places to gather and laugh with other residents. Perhaps it's the tidy lawns and the single-level homes. Or perhaps it's the residents who have formed a tight community here at the foot of the mountain outside Boalsburg. Or perhaps it's the mix of it all, because isn't that what makes a community a community in the first place?

In the News! Builder Magazine:

In September 2010, Builder Magazine's online edition interviewed Traditions of America Managing Director, Tim McCarthy. Builder was interested in why Traditions' business was so successful while most other builders faltered. Tim attributed Traditions' unrivaled sales results to their innovative programs that solve customer problems – such as their resale program - HomeFree. HomeFree helps buyers sell their old homes in order to buy new, all risk-free. HomeFree has been a smash hit! Under the HomeFree program Traditions of America customers have, on average, sold their existing home within 57 days at 97% of list price.

To read the whole article, go to: <http://www.builderonline.com/active-adult/active-adult-builder-sustains-buyer-demand-with-resale-program.aspx>



MEET YOUR NEIGHBORS!

Introducing Gerry & Sandra Caprio!

They own a two-story Betsy Ross here at Hanover. They moved into the community in June of 2010 from Wharton, NJ, where they lived for 33 years. They have two sons, Gerard, who is a forensic scientist for the New Jersey State Police, and Stephen, who is a Data Analyst for a hedge fund in Connecticut.

Initially, they contracted at Traditions of America at Willow Green. However, the timing wasn't working and they cancelled their contract. But, they still wanted to live in a Traditions of America community. They choose to live at Hanover because it is close to their son Gerard, who lives in Center Valley, and because the community's location is convenient to nearby malls and hospitals. In addition, they did not want to be far from New Jersey. Hanover is ideally located only 50 miles from their previous residence.

Both Gerry and Sandra are retired. Gerry worked as an independent software consultant. Sandy worked in data entry before choosing to stay home and raise her children. She also worked part-time as a sales associate at Macy's. Today, they enjoy staying fit and working out, and having access to the Hanover clubhouse gym equipment and exercise classes couldn't be more convenient!

They also enjoy traveling. Their favorite type of vacation is taking a cruise. They have taken cruises throughout the Caribbean islands, Canada, New England, Halifax, and Alaska. Their favorite cruise was their adventure cruise to Alaska. They were joined by their son, Stephen. They took a catamaran to an island where they kayaked to glaciers.

There are many things the Caprios enjoy about living in a Traditions of America community, namely the maintenance free living! Although, Mr. Caprio admits he actually misses mowing the lawn. They like the casual atmosphere of the community and the friendly homeowners. They enjoy the activities and social gatherings, especially the weekly Wine & Cheese social event held every Friday evening.



MEET YOUR TEAM!



Standing: Rick Neil (Project Manager), Deb Fabregas (Regional Sales Manager), Tom Slinger (Site Superintendent), Jeff Case (Finish Punch Tech), Michele DiQuattro (Lifestyle Director), and David Rose (Finish Punch Tech)

Seated: Nanci Knoedler (Design Manager), Gail Anselmo (Sales Manager), Laurie Salzman (Office Coordinator), and Jana Miller (Construction Administrator)

At Right: David Biddison (Director of Operations, East - West Region)

CHECK IT OUT!



2010 WAS AN AWARD-WINNING YEAR FOR TRADITIONS OF AMERICA



Across the state, our homes were recognized as award winners in categories across the board, including Best Community, Best Overall Home Design, Interior Design, Master Bath, Excellence in Kitchen, Landscaping and Exterior.

LIFESTYLE TIP

Sleep - How Much Do We Need?

This topic has long been debated. Some studies have found that sleeping too much can be detrimental. On the other hand, it is well known that sleeping too little causes its own set of health problems. Most adults need between 7 and 9 hours of sleep each night to feel fully alert during the day. However, as we age, some people experience trouble sleeping long enough to be fully rested. Here are some tips to ensure a better night's sleep:

- Go to bed and get up at the same time every day, even on the weekends.
- Do not take naps longer than about 20 minutes.
- Avoid caffeine about 8 hours before bedtime.
- Avoid alcohol in the evening. While alcohol might help you fall asleep initially, it will probably make you wake up in the middle of the night!
- Exercising every day is a great way to ensure a good night's sleep!