



## Clubhouse Game Room

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](mailto:emailme@traditionsofamerica.com).

Traditions of America • 201 King of Prussia Road • Suite 370 • Radnor, PA 19087 • [www.traditionsofamerica.com](http://www.traditionsofamerica.com)

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

## LIVE BETTER NOW EVENT!

Sunday, March 27, 2011  
Noon to 5pm

### COMMUNITY EVENT:

Bon Appétit  
Club Dinner

Friday,  
March 18



Traditions of America at Liberty Hills  
100 Liberty Circle  
Freedom, PA 15042  
(724) 869-5595

TRADITIONS  
OF AMERICA



# THE HOME FRONT

## New and Noteworthy!

### Introducing the new LIVE BETTER NOW EVENT! at Traditions of America!

Stay informed. Take in a seminar. Watch a demonstration. Enjoy the Traditions of America Live Better lifestyle. Have fun! Putting contests, Wii bowling, wine tasting, massages, and more! It's all happening at the Liberty Hills Clubhouse on March 27, 2011, from noon to 5pm. Stop in at the Clubhouse to get more details! RSVP in advance and receive a free gift!

### 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>



Standard  
Pre Sorted  
US Postage  
PAID  
Langhorne, PA  
Permit #81

## MEET YOUR NEIGHBORS!

Introducing Sandy and Nick Pawlyk!

The Pawlyks met 13 years ago and just celebrated their 12th wedding anniversary. They are both native Pittsburghers. Before moving to Liberty Hills, they lived in Ohio Township, PA. Nick recently retired from Highmark Blue Cross/Blue Shield. Sandy retired from U.S. Airways in 2004, and has spent six years caring for her grandchildren until they recently started school. She now enjoys her part-time job as a sales associate at a local clothing store.

Both of Sandy's daughters live in nearby Moon Township. The Pawlyks are especially proud of their four grandchildren - two boys and two girls - and enjoy living nearby to watch them grow up.

Sandy and Nick both love to exercise and truly enjoy the Liberty Hills' gym and fitness classes offered at the clubhouse. Nick's favorite hobby is golf. He is looking forward to playing more now that he is retired. They are both involved in church activities and bible studies.

The Pawlyks chose Liberty Hills because they desired a community that provided low-maintenance living. Living at Liberty Hills has allowed them more time to enjoy their family, friends and activities. The wonderful residents they've met at Liberty Hills have become like an extended family. Sandy and Nick enjoy all the fun events at the clubhouse - it's like being on vacation all year long! And, what could be better than that?



## MEET YOUR TEAM!



Pictured from left to right:  
Cindie Phillips (Lifestyle Director)  
Mike McAneny (Community Manager)  
Cathy Wolford (Designer)  
Robin Watkins (Construction Administrator)  
Dawn Ross (Sales Associate)  
Anne Nissley (Sales Associate)  
Keith Gonzales (Construction Supervisor)  
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!