



The William Penn

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!

**LIVE BETTER NOW EVENT!**  
Sunday, April 3, 2011  
Noon to 5pm

Seminars • Demonstrations  
Contests • Prizes

Mount Joy Clubhouse



Traditions of America at Mount Joy  
1319 Emerson Drive  
Mount Joy, PA 17552  
717-492-4529

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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 Mount Joy Clubhouse on April 3, 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>



# COMMUNITY NEWS



## MEET YOUR NEIGHBORS!

**Introducing Denise and Niel Formisano!**

The Formisanos came to Traditions of America at Mount Joy from Port Jefferson, New York (on Long Island), where they lived for 31 years.

Denise and Niel have been married for 33 years. Although they loved living on Long Island, it was not going to be comfortable for them to retire there. So, the search began! After an extensive internet search, they began to receive brochures from communities as far as Maine, to right here in Pennsylvania. After visiting many communities, they fell in love with the homes here at Mount Joy. The process of selling their home on Long Island was relatively quick and easy, and they settled into Mount Joy in June of 2010.

The Formisanos have two children and eight grandchildren, all of whom live in New York. Their oldest grandson will be getting married this summer! Denise and Niel also have a rescue dog from Hurricane Katrina named Silly.

With all the spare time they have in their retirement, Denise and Niel enjoy taking cruises to Bermuda and the Caribbean. Niel, who retired from the US Postal Service after 34 years, now enjoys woodworking and reading. Denise spends time painting, baking, doing crafts, cooking, sewing, and most of all being with family. Prior to retiring, Denise worked for Pathmark for 21 years as an administrative assistant.

What they love about living in their Betsy Ross home at Traditions of America at Mount Joy is the carefree and happy lifestyle. And, they've met many new friends and are active in the community!



# COMPANY BULLETIN BOARD

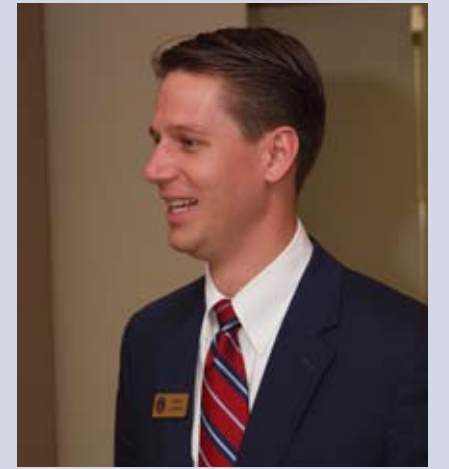
## MEET YOUR TEAM!



Dave Arnold (Sales Associate); Vickie Benedict (Greeter/ Receptionist); Phil Weaver (Sales Associate)



Christopher Bartolucci (Construction Superintendent)



Nathan Jameson, (Director of Operations, Central Region)

## CHECK IT OUT!



*December 2010*

## 2010 WAS AN AWARD-WINNING YEAR FOR TRADITIONS OF AMERICA



*Award Count:  
28!!*

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!*