



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.

Traditions of America • 201 King of Prussia Road • Suite 370 • Radnor, PA 19087 • www.traditionsofamerica.com

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

LIVE BETTER NOW EVENT!

Sunday, March 13, 2011
Noon to 5pm

COMMUNITY EVENT:

Academy Awards Party

Sunday, February 27



TRADITIONS OF AMERICA
15 Presidents Drive
Mechanicsburg, PA 17050
(717) 766-9557
Traditions of America at Silver Spring

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

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 Silver Spring Clubhouse on March 13, 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>



MEET YOUR NEIGHBORS!

Introducing Elaine and Bob Rak!

Originally from Pittsburgh, PA, the Raks came to Traditions of America at Silver Spring from Rockville, Maryland, where they resided for 30 years and raised their daughters, Becky and Amy. Becky now lives on Capitol Hill with her husband, Michael, and their two sons, Dakota (9) and Logan (6). Amy lives in Orlando with her husband, Mark.

Elaine was an OR nurse until she retired several years ago. Bob is still working as a consultant for IBM. Both like to golf, with Bob being the longest hitter and Elaine always in the fairway! They also enjoy walking their gentle giant German shepherd, Astro. Bob especially likes swimming laps in the summer. They both enjoy cards and game night, and can be found at nearly all of Traditions' special events. Most anticipated and enjoyed, are visits from their family, friends and those very special days with their grandsons.

Elaine is an avid reader and enjoys the Traditions' book club. You can usually find her on weekday mornings at Yoga or walking at the club house. Bob is a tinkerer and likes to undertake mini-home improvements. Both are die-hard Steelers fans!

Elaine tells the story of how they finally landed at Traditions: Elaine's sister lives in a Del Webb community in Frisco, Texas, so the idea of moving to an over-55 active adult community grew on them. For over two years, they visited most of the developments in Delaware, and others in Virginia, West Virginia, Pennsylvania, and Florida. They visited Silver Spring and have never looked back. They believe the best things about living here are the people, the pace, and the scenery. They liked the Lincoln and the Hamilton models, but it was the floor plan and size of the Hamilton that they liked best. And, the lot they picked, on an easement, makes a perfect front yard for the Hamilton.

Some of their favorites: movie - Shawshank Redemption; vacation spot - Avon, Outer Banks and Canaan Valley in the summer; book - The Confession by John Grisham (for Elaine) and Catch 22 by Joseph Heller (for Bob).



MEET YOUR TEAM!



Back Row (standing):
Nathan Jameson (Director of Operations Central Region); Nicole Clark (Construction Administrator); Dan Landrum (Customer Service Tech); Mike Kruse (Construction Superintendent); Frank Cirrincione (Area Construction Manager); Jim Pedrick (Sales Associate)

Front Row (standing in purple):
Karen Karkuff (Lifestyle Director)

Front Row (seated):
Tracey Gaffney (Sales Associate)
Jan Firestone (Design Consultant)
Renee Rynard (Office Coordinator)

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.

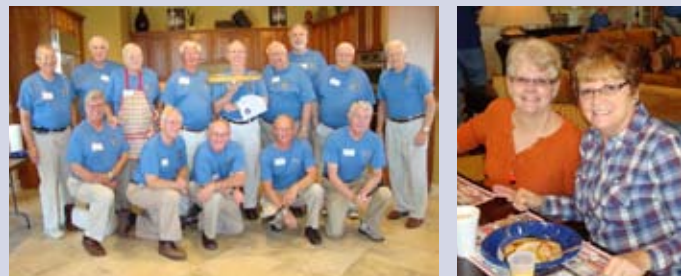
LIFESTYLE TIP

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!

CHECK IT OUT!



Men's
Pancake Breakfast



Halloween Party