

# Fredericka Manor Residents Follow Family Tradition



The early days at Fredericka Manor.

During Ardith Eaton's residency at Fredericka Manor, her son, Rick, looked forward to their frequent visits. Rick not only enjoyed their mother son time together, but the two often reminisced about how Rick's grandfather fell in love with Fredericka Manor decades earlier.

"Mom and I used to laugh about how during the 1970s my grandfather, who lived here for 10 years, used to always say ... living at Fredericka Manor was like living like a millionaire," Rick said. "My mom lived happily here for 15 years. That says a lot about this community. I consider it a true landmark in Chula Vista and the South Bay."

Perhaps one of the biggest compliments to the quality of life at Fredericka can be attributed to several residents who followed in their parents or family member's footsteps and chose to make Fredericka Manor their retirement destination.

Dr. Paul Erickson, another second-generation resident, fondly remembers visiting his mother at Fredericka Manor in the 1970s and 80s. Most vivid is Paul's recollection of the dining room etiquette. "It was a time and a place where gentlemen wore coats and ladies wore dresses to dinner," says Paul with a grin. "I don't think I could have gotten away with what I have on today," pointing to his polo shirt and Bermuda shorts. "We're much more casual now. I like that Fredericka changes with the times."

"My mother loved it here," Paul continued. "When it comes to Fredericka Manor, mother and I had one thing in common - we love the people. The friendliness of the residents and the willingness of the staff to go out of their way has never changed. It's the same when mother was here as it is now. It's why I moved here!"

"Dad enjoyed living at Fredericka but he would have loved it more today,"

said second-generation resident Mary Ellen Munyon, treasurer for the Fredericka Club, a member of the Fredericka Manor Hospitality Committee and whose father lived at the community in the early 2000s. "He would have loved the choices residents have now. Fredericka gets better with age."

For Rick, now retirement age himself, following in his family's footsteps is a possibility. "When I decide to move here, it will be like coming home."