



THE HONEY BEE

NEWS AT HERITAGE HOUSE

APRIL 2024

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HAPPY SPRING!



happenings

Thank you to everyone who attended our 2024 Easter Celebration and for making this year's celebration another memorable one for our resident's. Despite the ongoing challenges we continued facing with COVID and the multiple COVID outbreak scares we experienced, I am very grateful that we were able to host another wonderful Easter Celebration for our resident's and for their loved ones to enjoy. It was wonderful seeing everyone enjoying themselves. Seeing our resident's so happy and spending quality time with their family and friends was priceless. This is one of the many reasons as to why I love being part of this beautiful

community - my extended family which I deeply adore and respect dearly. Each and every one of our residents has a special place in my heart. Words cannot describe how honored I am from being part of their lives.

I also wanted to take this opportunity to thank the Heritage House team for their hard work and commitment in making this event possible. Thank you for all you do to ensure our residents

Inside this issue

- Happenings 1-3
- Resident Article 4-6
- Activities Alley 7-10
- Health News 11
- Business Blog 12-13
- Operations News 14
- Bill's Grill 15-16
- Dining Delights 17
- Spring Time 18-19
- Important Dates 20



have the best experience at these events. You are simply the best!

Best,

Alejandra Nunez, Executive Director

(cont. on page 2)

happenings (cont. from front cover)



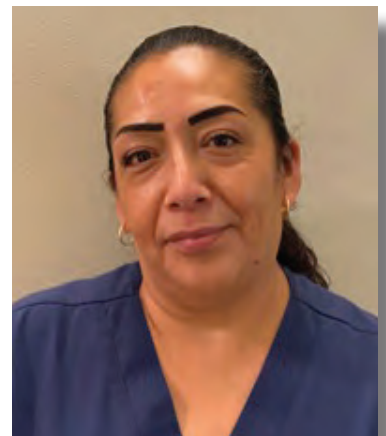
A warm Heritage House welcome to our new Resident, **Jim Perry**

Jim was born in Fortworth, Texas, in 1934. At a young age his family moved to Albuquerque, New Mexico. He lived in Albuquerque until he graduated from the University of New Mexico. Immediately after graduating he joined the field of insurance where he worked for the next 42 years. His job took him to many parts of the United States, finally settling in the Los Angeles area as regional vice president. When Jim retired, he kept busy as president of his HOA, he was treasurer of his radio-controlled airplanes club, and he planned the various international and national trips he took with his wife, Susan. He has three daughters, two sons-in-law, 12 grandchildren, and three great-grandbabies. Jim is looking forward to getting to know the residents at Heritage House and becoming part of the friendly, family atmosphere.



A warm Heritage House welcome to our new Caregiver, **Claudia Arredondo**

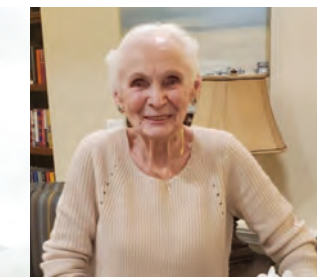
We are delighted to announce a great addition to our team. Please help us extend a warm welcome to our newest caregiver, Claudia Arredondo. She was born in Mexico City, but has been a California resi-



happenings (cont. from page 2)

dent for more than 34 years! She has 4 children, Christopher, 29 years, Briana who is 26 years old, Abigail, 22 years and Uriel who is 20 years old. She also has 5 grandchildren the youngest of which is only 6 months old! Included in her family is a Pitbull dog that will often join her when she visits her favorite restaurant, Los Agaves.

Claudia brings with her a wealth of experience having worked as a private caregiver for a client in the past and plenty in customer service. She has a dedication to proving great care and support as she knows the importance of personalized care and attention to our residents needs. Beyond her professional experience, she embodies the spirit of empathy and kindness that defines our caregiver community. Her passion for making a positive difference in the lives of others is inspiring and we are excited to have her onboard!



In loving memory of Cora Sweetman



Employee Highlights

Please join us in congratulating Patricia Cisneros, Housekeeper, on her 6th year anniversary



Please join us in congratulating Sara Hernandez, Business Coordinator, on her 1 year anniversary



Please join us in congratulating Sonia Contreras, Housekeeper, on her 1 year anniversary



resident article mary lorrene halleck



Mary "Lorrene" Halleck was born and raised in Camas, Washington. Mary's parents (Ed and Marie) worked the land for a living, which included logging their property and growing their own food. Mary still owns the property in Washington which she remembers fondly and calls it the "tree farm."

Mary met her husband, Maury, at Western Washington University in Bellingham where they both studied education. Mary was the Majorette in the band and Maury was a football player. They wed in 1955 and moved to Santa Barbara in 1958 to continue their teaching careers. Soon after they arrived, they started



their family. Mary stayed home to raise four children: Brad, Kevin, Maurene, and Brian.

Every summer the family enjoyed traveling and camping to the northwest to see relatives. Maury continue

resident article mary lorrene halleck (cont. from page 4)



to teach and coach basketball at San Marcos High School. Because of his contribution and success, San Marcos High School named the gym the "Maury Halleck Gymnasium." His notoriety and accomplishments remain tope of mind for Mary and she's incredibly proud. Maury, her husband of 61 years, passed away in 2016. Mary continues to be loved by 4 children, 12 grandchildren, and 5 great-grandchildren, who live in Oregon, Montana, Colorado, Idaho, and California. All four of Mary's children are very present in life and visit often.



resident article mary lorrene halleck (cont. from page 5)



activity alley edgar mohorko, activities manager



As I mentioned in our March 2024 Newsletter, this month of April we will continue the theme "HOPPY SPRING." "Hoppy" is a fun mixture of the words "Happy" and "Hop" combined with the ushering of "Spring", which brings us to "HOPPY SPRING" the fun of being happy, as in jumping for joy.

In March we had a blast, especially since we began to see a change in the weather; it was a bit warmer, brighter, with less rain (it did get a bit foggier towards

the middle-end of the month), however, a bit of the Santa Ana winds kicked in here and there. Some of the days were so nice though, that we did a few of our Friday "405 Happy Hours" on the main patio. We had a fun-filled Saint Patrick's Day celebration during our March 15th Happy Hour, with St. Patty's Day napkins, plates, necklaces that light-up, Irish music playing and even a green drink; "chase the rainbow". We also had an exciting Easter Celebration with amazing food, an Easter-egg-hunt, facepainting, great cocktails and lots and lots of fellowship amongst neighbors, family, and friends. Our spring dance with the Rod Robles Band was amazing; to see so many people get up and shake-it; the laughter, the smiles, all the happiness bundled-up in an attitude of a very "HOPPY SPRING."

I would like to share a fond memory with you, December 2022 my wife Marta, my son Edgar Jr. "Eggy", my daughter Sisy, her husband Blair, their two children Brandon (at the time 5) and Brielle (1), my daughter's best friend Nancy and I traveled to Puerto Rico for a family vacation, we did lot's a beach hopping, traversed the entire island a couple times. My favorite spot was the south-west area of



activity alley edgar mohorko, activities manager

(Cont. from page 7)

the Island called Palgüera, with luminescent waters (at night). Early in the morning we took a boat to a small island in the ocean about 45 minutes out from shore, where we got dropped off, we found a spot to hang our stuff. It was a super tiny island, so I encouraged everyone to follow me as we walked between the little isles with Caribbean-warm-clear-waist-deep waters. Everyone settled in one area by the second isle, where several locals and tourists hung-out, however, I had an itch to venture, so I kept insisting that there was more to see, because I remember as a teenager traversing these little isles with my friend Mauricio. But Blair said I was crazy so I headed out with another young man we had met at the beach (he actually couldn't swim so we stayed on the main

path and close to the shore), we went hopping from little isle to little isle until we reached the last of the seven little isles where we found a breath-taking tiny little beach shore with white sand and a place to just sit in the warm water and relax. We ran back to tell everyone, and the young man had to help me convince Blair to go. It was one of the most amazing days of my life, sitting there with family and new friends on a clear-blue-sky-warm-water day. Little treasures are sometimes hidden, and it takes a bit of an effort to search to then enjoy.

Regularly Scheduled Activities:

Sit-&Fit exercises; every morning @10:00AM (three **Sit-&YOGA** sessions with Roberta on Mon. Apr. 8th, Apr. 22nd & 29th).

BINGO Sundays @2:00PM, Wednesdays @2:00PM and Thursdays @3:00PM and After-Dinner, Mondays and Thursdays @6:00PM.

Art-Class with Jana Tuesdays, April 9th & April 23rd @3:00PM.

Holy Communion with Cece, every Tuesday @9:30AM (Hope Ranch).

Bible Club with Edgar every Thursday 10:30AM (Upstairs).

Sing-Along & Story-Time with Eggy, Thursdays @2:00PM, **Sing-Along** with Jean on Mon., April 4th & 18th @10:30AM, **Music/Singing** with Stefana on Thursdays, April 4th & 18th @10:30AM (Hendry's).

KARAOKE/Singing with Eggy and Edgar Fridays @2:00PM.

Residents/Manager's Meeting Thursday, April 4th @1:30PM (Hope Ranch) with Morgan/Operations & Odin/Kitchen.



(Cont. on page 9)

activity alley edgar mohorko, activities manager

(Cont. from page 8)



Scenic Drive with Ernie, every Thursday @1:30PM (based on neighborhood rotation, and ever other Friday @10:30AM (Fridays for those who sign-up, it's a special trip to all the beaches with a snack), please inquire with me (Edgar) or at the front desk to know the date your neighborhood is assigned.

Trishaw Rides:

Mondays, Tuesdays, and Wednesdays @1:20PM (Wednesdays usually to Goleta Beach), sign-up with me (Edgar) or the front desk or request a Ride-WITH your loved one on the same trishaw. Please contact me personally or have your loved one E-mail me at emohorko@heritagehousesb.com).

Live Performances:

- **Friday, April 5th @3:00PM pianist, Keyvan Safinya**
- **Friday, April 12th @3:00PM pianist, Renee Hamaty**
- **Friday, April 12th @2:30PM guitarist/singer, Gem Fiedtkou**
- **Friday, April 26th @3:00PM pianist/singer Rod Robles**

Please feel free to visit our website [ACTIVITY-CALENDAR \(heritagehousesb.com\)](http://ACTIVITY-CALENDAR(heritagehousesb.com)) to view the activities calendar. Join our activities team, Patty, Edgar Jr. (Eggy), Annika and I (Edgar Sr.), and all the residents of Heritage House as we have an active and "HOPPY SPRING" this month of April.

Blessings,

Edgar A. Mohorko, Activities Manager



(Cont. on page 10)

activity alley edgar mohorko, activities manager
(Cont. from page 9)



april health news

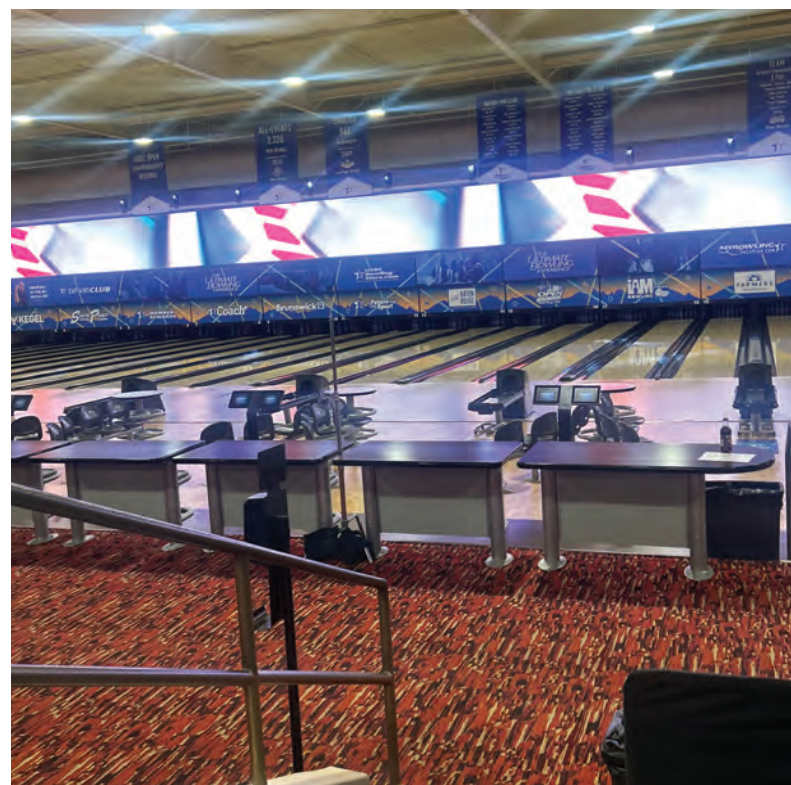
sofia vasquez, cna, clinical director + tony warn, clinical care coordinator

Spring has finally arrived. During the month of March brought my dad's birthday, my trip to Vegas for my bowling tournament and the arrival of my daughter moving back to Camarillo. We also welcomed Easter Sunday on the last day of March this year.

On a medical side, I had my orthopedic appointment for my knee and it turns out I have tendinitis and nothing more serious, so surgery will not be needed. Now that April is here, we are in full blown spring season; hopefully we can start getting some of that warmer weather. People with allergies like myself are in for a fun ride as allergies tend to act up during the spring season. Let's hope for a healthy and memorable month of April. I look forward to continue making memorable moments with you all.

Thank you,

Tony Warn, Clinical Care Coordinator



business blog

sara hernandez, business coordinator

Last weekend, my family and I took a trip to the **Santa Barbara Zoo!** We spotted **Macaws** sitting on a tree branch at the entrance, almost as if they were greeting us with their beauty. While walking around the zoo we caught a glimpse of a few **Draco** trees. As we walked beneath them, it felt like we were in another world. These pictures really cannot do them justice, they are fascinating!



Marveling at the diverse animals we saw I felt a sense of sadness and guilt. These animals, once thriving in the wild, now on the brink of extinction. It made me and my fiancé feel a responsibility to teach our son of the importance of empathy and respect towards nature and the beautiful creatures that keep this world in sync. We took the opportunity to gently introduce the concept of endangered species. As he is young and very curious, it's important to say things to him in simple words. **We explained how some animals are in danger of disappearing forever if we don't take care of them and their homes.** We think by creating a con-



nection to nature from an early age, we can help remind him of the commitment we have to protect its precious diversity for all generations to come.

Overall, this was a great experience for us adults and my son as he saw one of his favorite animals - lions! As he gets older, we hope to be able to take him on many trips like these to let him experience different cultures and to gain new perspective on ways we can protect this one home if ours.

Thank you,

Sara Hernandez, Business Coordinator

(Cont. on page 13)

business blog (cont. from page 12)
sara hernandez, business coordinator



operations news

morgan e. randall, operations director

HH EASTER CELEBRATION



We had a fantastic Easter celebration at HH over the weekend!

Children were running around collecting golden eggs, delicious food prepared by Chef Odin, and mimosas served by Ernesto, a photographer to capture all of the amazing moments between residents, family, and friends. It was a beautiful luncheon. Truly memorable.

There were smiling faces and laughter all afternoon and the Easter Bunny even made an appearance!

Thank you to all who participated and made this event extra special!

Warmly,
Morgan E. Randall, Operations Director



bill's grill

bill mcgeever

The most important parts of our puzzle at Heritage House are our employees. Hello,

First off, I need to apologize for not getting my article in last month. Julie and I had a chance to spend some time up at Sea Ranch and then had a chance to see her new puppy on the way home.

So, more on the pup. Julie has wanted a pup for 10 years or more. She is working from home and decided that this was the time. We looked at some kennels up in Montana, but their litters were spoken for. We were referred to a kennel up in Sebastopol, CA.



Luckily, that kennel had an unexpected litter available when the pups were born on February 14th. The new pup is a Vizsla and, for those who aren't familiar with Vizslas, it is a hunting dog. A pointer in fact. We will be picking up Cleo on April 13th and bringing her home.

Ty will have to learn his manners around his new sister, but we don't have any doubts that he'll be up to the task.

Speaking of Ty, he is 4 ½ years old now. Close to 100 pounds of the happiest lab around. He gives Julie and I a lot of love and happy, so we put up with the few moments when he's being an extreme knucklehead.

Ty is by far and away the best bird dog I have had. I wish I could take credit, but we have only truly worked on our obedience and training to the whistle.

Ty just has an innate knowledge of what he needs to do. He will scent the bird, stalk it to location and wait until I catch up. Then he'll flush the bird and retrieve it when, hopefully, I can knock it down for him. After that, he will bring the bird to hand. It's hard for me to describe the amount of happy that I get



(Cont. on page 16)

bill's grill (Cont. from page 15)

bill mcgeever

hunting with him. The two of us going out to hunt and getting to share the experience is flat out the best.

Enough of that. Here's the menu for our April Tax Day Bill's Grill:

Grilled Tri Tip w/homemade dry rub

Bill's HeartStopping Mash Potatoes

Corn on the Cob

Sourdough Garlic Bread

Buttermilk Panna Cotta with Apricot and Candied Fennel

This will be our annual Tax Day Grill, so be prepared, it is FREE!!!!!!
We will be celebrating another year of being done with taxes on April 19th @ 4:05 Cocktail Hour
with Bills Grill following at 5:00pm.

Cocktail of the Tax Day:

The Moneymaker

Combine 1/4 ounces pear-flavored vodka, 1/2 ounce green melon liqueur (preferably Midori) and the juice of 1/2 lemon in a cocktail shaker with ice. Shake, then strain into a chilled short glass. Garnish with a lime twist and a lemon wedge.



See you here,

Bill

dining delights

odin macias, dining services manager

We love celebrating holidays with our residents and their families at Heritage House. It's always nice to see the residents' faces light up



with joy when their families visit. To make the days more special, we want to give them the best meal possible. Easter is no exception. When I think about my happy moments with my own family, I think about the ones that have occurred at the kitchen table. My favorite part of dinner, as a child and adult, is dessert. To bring the flavors of spring to our meals, we decided to make lemon mascarpone mousse cake with raspberry sauce topped with a wildberry.



I always want to give thanks to the staff that help with preparation and service of the events. Without them, our days would be more difficult and not flow with ease.

"Good food is the foundation of genuine happiness."
— Auguste Escoffier

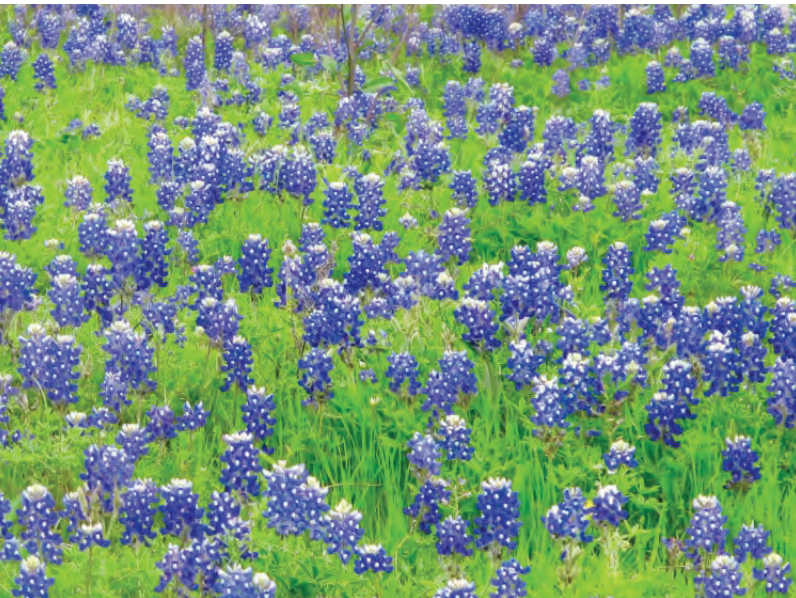
Thank you,

Odin Macias, Dining Services Manager



spring time rosemarie harris, administrator emeritus

Greetings from Texas.....Last month marked one year since I left Santa Barbara and my usual life routine has been rearranged in many positive ways since. I never imagined looking forward to mow the lawn, pulling weeds, planting flowers, watching the lawn transform to a stunning green shade after the dormant months and feeling a sense of pride as I behold it! **Welcome spring.....** White and pink blossoms cover many of the trees while others have sprouted fresh leaves, **baby sheep, goats, pigs, horses and cattle** are noticed in most of the farms and to top it off, there are fields of Texas blue bells/bonnets in full bloom! I have much to be grateful for.



Since my last update, Zeus is growing faster than his body is ready for. At 6 months, he weighed in at 49 pounds while being examined at his vet last week for a limp that fluctuated between both front legs. **Diagnosis, panosteitis (painful condition that occurs in rapidly growing young dogs).** Bo was EASY compared to this pup. He expects my attention most of the day while we're together. He attempts to bite the wheels off of the lawnmower, barks while I vacuum, rake or do anything that does not include him. He wants to play tug with



his toys or drops a ball in my lap while he waits for it to be thrown then retrieve it anytime I sit on a chair. We have become regulars at a beautiful grove in Rockwall County with a dog park for those 30 pounds and under and one for those over 30. **He gets to run leash free and engage with other big dogs while I spend time making new friends with their owners. Win, win!**

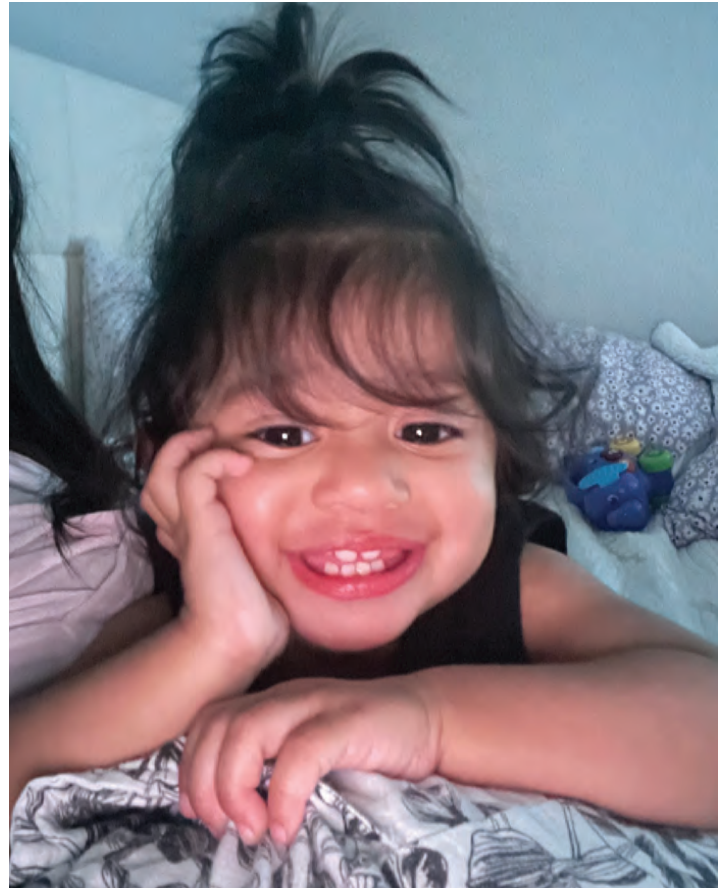


spring time rosemarie harris, administrator emeritus

(Cont. from page 18)

My role and responsibility as an Ombudsman continues to be very rewarding. I am currently assigned to a skilled nursing facility about 10 miles from where I live and visit every week, sometimes twice when needed. I smile each time I visit with a native male Texan that refers to his wife as "Momma" and when I ask if they are happy and comfortable in the facility, I often get the response "Yes, my home is where I hang my hat."

The two extra bedrooms in my home are currently occupied with my grandson, Anthonee, his wife, Paola and baby Bella. I knew that once I got settled, Anthonee was interested in moving to an area where he could provide for his family with the plan of becoming a home owner. He was a technician with Cox Communications for more than 2 years and was offered a full time position with AT&T in Dallas before leaving Santa Barbara. Paola is planning to work from home so that she can also care for Bella.



It has been a great joy for me to experience Sashya and Anthonee reconnect after so many years apart, **Bella is getting acquainted with her 3 new cousins and I just got the news that Sashya is expecting baby #4 in the fall!**

God's plan for your life far exceeds the circumstances of the day. — Louie Giglio

Even though my days are filled, I think of you at Heritage House and even have dreams that I was still there.

Warmly,

Rosemarie Harris, Administrator Emeritus

important dates

405 Cocktail Hour- Every Friday

Bill's Grill Apr. 19

April Birthdays

Residents

Nora Eriksen Apr. 07
 Martin Moskovits Apr. 14
 Patricia Wall Apr. 17
 Elaine Berris Apr. 23
 Caroline Peakin Apr. 29

Employees

Edna Medina Apr. 02
 Odin Macias Apr. 03
 Angelica Castorena Apr. 22

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