



THE HONEY BEE

NEWS AT HERITAGE HOUSE

MAY 2026

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HAPPY MOTHERS DAY!



happenings

Wind in Your Hair at Any Age

On a sunny afternoon, it's not unusual to see a three-wheeled bike gliding along a coastal path, laughter trailing behind it. Seated comfortably in the front is a senior passenger, taking in the sights, the breeze, and the simple joy of being outdoors. Pedaling behind is a volunteer "pilot," guiding the journey. **Together, they are part of a growing global movement: Cycling Without Age.**

Founded on the belief that everyone deserves to feel the wind in their hair, **Cycling Without Age connects seniors**—many of whom face mobility or social isolation challenges— with their communities. Through specially designed trishaw bikes, volunteers offer free rides that provide not only fresh air but also meaningful companionship.

The concept is simple, yet the impact is profound. For seniors who may no longer be able to ride a bicycle themselves, these outings rekindle a sense of freedom and adventure. Familiar streets take on new meaning, memories resurface, and conversations flow naturally when there is a shared view ahead and no rush to get anywhere.

At the heart of it all are the pilots—volunteers who generously donate their time and energy to make these rides possible. They are more than cyclists; they are storytellers, listeners, and companions. Each ride becomes a shared experience, often bridging generations in a way that feels both natural and deeply human.

Beyond these individual moments of joy, Cycling Without Age also strengthens communities. It reminds us that small acts—like offering someone a ride—can have a lasting emotional impact.

It challenges assumptions about aging and highlights the importance of inclusion, dignity, and connection.

As more communities embrace the program, the sight of these trishaws has become a symbol

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happenings (cont. from front cover)

of something greater: a commitment to ensuring that age or ability does not limit access to the outdoors or meaningful social interaction.

Because sometimes, the simplest pleasures—a breeze, a conversation, a ride through the neighborhood—are the ones that matter most.

We are proud to share that Cycling Without Age began its journey in Santa Barbara here at Heritage House. Co-founder and creator John



Seigel-Boettner, a longtime friend of Mr. Bill since elementary school, introduced the idea to the community.

Without hesitation, Heritage House became the first sponsor in 2018, making it the location where Cycling Without Age was first launched in Santa Barbara—and the rest is history.

Since then, the movement has expanded to Goleta and Montecito, growing to a fleet of 17 trishaws. Heritage House owns the first three, including one specially designed for wheelchair accessibility, ensuring that no one is left behind. John has also trained more than 65 volunteer pilots who generously give their time to support and grow this meaningful program within the community.

The concept originated in Denmark in 2012 and has since spread to more than 40 countries worldwide. John first learned about the initiative through a friend who helped establish it in Denmark. Inspired, he purchased the first trishaw and brought the idea to Heritage House. When he shared it with Mr. Bill, his childhood friend immediately recognized its value and became a strong supporter and sponsor of the program.

Today, we are proud to say that Heritage House was the very first facility where

Cycling Without Age took root and began its remarkable journey in Santa Barbara.

Jack Dillon, Marilyn Hochhauser, and Jean Perotte, who recently said their final goodbyes and are deeply missed, were among the many residents who enjoyed these wonderful bike rides. These cherished experiences will live on forever and would not have been possible without the incredible Cycling Without Age program.

Special thanks to John Seigel-Boettner and its remarkable team of volunteers to make this dream come true, bringing happenings and long-lasting memories to all our residents and seniors in our community.



happenings (cont. from front cover)

You will be deeply missed....

In loving memory of:



Jack Dillon



Marilyn Hochhauser



Jean Perotte

happenings (cont. from page 3)

A warm Heritage House welcome to our new Resident, **Muriel Ridland**

Muriel is a Kiwi, born in New Zealand, who immigrated to California in the mid-1950s to pursue graduate studies at UC Berkeley. She married her college sweetheart, John, and they shared a happy marriage for over 60 years until his passing in 2020.



In 1961, she and John settled in Santa Barbara, where she worked as an English lecturer at UCSB and SBCC while raising her family. Muriel has always enjoyed traveling, with memorable experiences living in Australia and visiting Italy, Hungary, and England.

She also loves gardening, cooking, and volunteering as a docent at the Santa Barbara Natural History Museum. Currently, she enjoys spending time in conversation with others and reading a good murder mystery novel. Muriel has one son living in Southern California and three grandchildren.

A warm Heritage House welcome to our new Caregiver, **Giovanni Guzman**

Please join us in welcoming Giovanni Guzman, the newest member of our caregiving team. Giovanni has recently begun his training and is looking forward to meeting your loved one while providing compassionate, attentive care.



A little about Giovanni—he was born in Orange, California, and later moved to Mexico, where he spent much of his childhood with his family, who still live there today. At 23 years old, he has recently returned to California to begin working toward his career as an EMT. Giovanni was drawn to HH because of his previous experience as a caregiver and his desire to continue expanding his knowledge in the healthcare field.

Outside of work, Giovanni enjoys collecting perfumes and men's colognes, driving, listening to music, and playing the guitar. He also has a pet fish named Fidenzio. His favorite colors are red and blue, and he speaks in Spanish and English.

We are excited to have Giovanni as part of our team!

happenings (cont. from page 4)

Employee Highlights

A Decade of Heart: Celebrating Lupita's 10 Years of Care at Heritage House



At Heritage House, some people become more than staff—they become part of the family. This year, we celebrate Lupita, who marks 10 years as a caregiver, a milestone defined not just by time, but by thousands of quiet moments of compassion, patience, and presence.

For a decade, Lupita has been a steady, comforting force in the lives of residents and their families. She is often described as someone who notices the small things—the adjusted blanket, the unspoken worry, the need for a reassuring word before it is even spoken.

She has built lasting relationships with residents and families, offering comfort, dignity, and kindness in every interaction.

Colleagues describe Lupita as someone who leads by example. Whether supporting residents through their daily routines, responding to unexpected needs with calm professionalism, or simply offering a reassuring smile, she brings a sense of warmth that helps make Heritage House feel like home.

"Caregiving is not just what I do—it's who I am," Lupita shared when reflecting on her journey. "Being part of the lives of the residents at Heritage House has been an honor."

As we celebrate this 10-year milestone, we also recognize the countless small moments that define Lupita's impact: the patience shown during difficult days, the encouragement offered when it is needed most, and the unwavering respect she extends to every individual she cares for.

Heritage House extends its heartfelt gratitude to Lupita for her years of service and dedication. Her work continues to embody the values of our community, and we look forward to many more years of her presence, leadership, and care.

Lupita, thank you for being you and for all you do for our residents.

Best,

Alejandra Nunez, Executive Director

May Announcements

Bill's Grill:



Join Bill's Grill this month on
May 15th at 5:00 PM
Please call Sara to RSVP.



Mother's Day Celebration

May 2nd 10:30 AM - 1:30 PM

Please call Sara to RSVP.

resident article helen schmidt

On August 10, 1928, Helena Theresia Kober (Helen) was born the fourth of six children (2 boys and 4 girls) to Anna and Ludwig Kober in a small suburb of Karlsruhe, Germany. Her mother had a difficult time delivering Helen and the doctor told her, "Anna, if this one survives, she will be a handful." Helen lived up to this destiny and was a precocious, energetic, and extremely athletic individual. Never dare her to do anything or she just may: Break both ankles going down a triple black diamond ski slope without knowing how to ski; run a men's marathon without any training (and finishing); be the star player on the women's handball team (girls version of soccer); jump into an alpine lake, not knowing the water was frigid, but then swimming to the other side so as to prove she wasn't shocked by the temperature; race a motorcycle without any lessons or license ... you get the picture.

Helen's athletic prowess and chance-taking led her to various sports, but only one captured her heart: competitive kayaking. She quickly excelled at both slalom and white-water kayaking, taking first in every race, except one. During one competition, she heard a young woman screaming for help. Helen diverted racing to help. She discovered that the woman's boyfriend had slipped into the river and couldn't swim. He was becoming unconscious. She swiftly jumped

out of her kayak and pulled the young man to shore. Helen jumped back into her kayak (which any kayaker can tell you is extremely difficult to do while treading water) and finished her race ... did she win? No, but she still made second place! The winner wanted to give Helen her medal because she clearly would have won had she not stopped to assist the young man. However, in true Helen style, she said, "I don't want your medal, I saved a life today. That's much more important to me."

Helen became the European Kayak champion and was on the Olympic kayak team slated for the 1952 Helsinki, Finland Olympics. Because it was so soon after WWII, the team was not able to raise sufficient funds and was only able to send one athlete. They sent their oldest team member because it would be her last opportunity to participate. Helen was devastated. She already had her kayak and uniform. If you ask her, she will tell you that she would have brought home a medal, even if it killed her! How could anyone doubt it?

The only photo Helen has of herself as a child is not very flattering. She was three and did not want to stand still for a photo. Desperate, her mom gave her



resident article helen schmidt

(cont. from page 6)

a basket of cherries. As you can see for yourself, it did not help.

Always the restless one, at 25, she immigrated to Montreal, Canada.



Crossing the Atlantic



A year later she convinced her sister Elizabeth to join her. They shared an apartment together. One day, Helen and Elizabeth thought it would be fun to get some glamour shots in downtown Montreal. The photographer was so happy with Helen's photo he enlarged it and placed it in his storefront window. Apparently, it triggered quite a bit of interest and he was very grateful to her!

In 1957 Helen moved to her beloved Santa Barbara. Her sister remained in Canada, however, because she had already gotten married and had her first child. To this day, all of Elizabeth's children, grandchildren, and great-grandchildren still live in Montreal. While Helen was in Montreal, she met her husband



*Montreal was okay
in the Summer!*

(cont. on page 8)

resident article helen schmidt

(cont. from page 7)



to be, Eugene Schmidt. After 5 years of Canadian winters, Eugene moved to Santa Barbara (after writing to numerous Chambers of Commerce in mild climate states). His "best and favorite response came from Santa Barbara." So, sight unseen, he immigrated to the US and settled in Santa Barbara ... a choice for which the entire family has been eternally grateful. Thanks to Eugene, we are able to call ourselves Santa Barbara natives! Helen married Eugene at the Santa Barbara Mission on December 14, 1957.

Helen became the stepmom to Eugene's two children, a son, who passed away in August 2022, and a daughter, who lives in Oregon. Together, Helen and Eugene also have one daughter, a son-in-law, and two grandsons who all live in Santa Barbara.

Helen and Eugene were both so very grateful to live in this beautiful community.

Sadly, Eugene passed away in September 2007, less than three months before their 50th anniversary, a milestone to which they were both very much looking forward.



Eugene was very artistic. In 1964, he decided to take a chance on making art a career and joined a few others in founding the Santa Barbara Arts and Crafts show. It began in De La Guerra Plaza, but soon outgrew its location, and was moved to Cabrillo Boulevard where tourists and locals alike can still enjoy it. When he retired from the show, he was the longest participating member in the show's history, receiving a Proclamation from the Mayor. He has paintings in collections all over the world, including a Courthouse and Mission set that belongs to the late Queen Elizabeth, following her visit to Santa Barbara.

Helen is artistic in her own right. She created numerous paintings, including with palette knife. She painted as a hobby, however, and did not sell

(cont. on page 9)

resident article helen schmidt

(cont. from page 8)



BUCKINGHAM PALACE

14th November, 1984

Dear Mr. Schmidt,

The Queen has commanded me to thank

Top of the Royal "thank you" letter from Queen Elizabeth

her creations. For a small example of both her and Eugene's talents, just ask her to show you her Heritage House room! Every Sunday for over 40 years, one



could find Helen and Eugene at the Santa Barbara Arts and Crafts Show. When the work of packing and unpacking dozens of paintings and easels became too much for the elderly couple, their oldest local grandson, Spencer – then in high school – drove over to their house every Sunday morning and packed



up the car; he then followed them down to Cabrillo Boulevard to set up their exhibit. In the evening he returned to the show, packed their car, and unpacked everything at their house. You may have seen him visiting her at Heritage House.



Holding the Biltmore Hotel painting which was one of countless commissioned pieces

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resident article helen schmidt

(cont. from page 9)

You might also recognize Helen's younger local grandson, Alexander, for he visits her at least once a week and spends the afternoon with her. He also picks her up, takes her to lunch, brings her gifts, manages her houseplants, takes her on walks around the Heritage House neighborhood, and anything else that might please his grandmother.

Just ask Helen, and she will tell you how wonderful her grandsons are! She is so very grateful that they can still call Santa Barbara their home and that she has the opportunity to see them so frequently. In fact, everyone in her family lives within a 2-mile radius from Heritage House!

When Helen and Eugene travelled, it was mostly to visit family and friends in the US, Canada, and Europe. However, she has fond memories of several trips to Hawaii and the Bahamas as well.

This summer Helen will be celebrating her 95th birthday. In true Helen fashion, she will tell you how proud she is to be the longest living person in her family. (She always likes to win!) And now that you know Helen, I'm sure you are not surprised.



activity alley uriel jeronimo, lead activities coordinator

Happy May, everyone!

In April, my family and I celebrated my sister's birthday. Even though we're all busy, we managed to squeeze in for a nice breakfast together. With Mother's Day just around the corner, my mom has mentioned she'd love for us to go to Universal Studios as a family. Although it falls on a Sunday, I'm grateful we'll all have the same day off to spend time with her. I love you, Mom!

I would like to first announce that Mother's Day is almost here, and we hope to see you all this weekend. We're excited to welcome our wonderful families—it's always a great time here at Heritage House.

There's nothing better than starting the day with exercise! A big thank you to Roberta Hewson, Sit & Yoga, Rosalina, Jazzercise, and Paige Powell, Mind Body Awareness, for all their help. Not only do our residents love them, but they are also a huge support to our activities program. I'm truly grateful for everything they do. Please join us for exercise sessions with Roberta on May 11th and 25th, Rosalina on May 6th, 13th, and 20th,



and Paige Powell on May 5th and 12th. We hope to see you there!

As part of our goal to spend more time outdoors, we recently took a trip to Goleta Beach—and it was the perfect beach day! Our residents had a wonderful time enjoying the view, having lunch, and playing volleyball. We look forward to continuing outdoor picnics beyond Heritage House. Our next outing will be at Alice Keck Park Memorial Garden, a place full of special childhood memories that I'm excited to share with our residents.

With Cinco de Mayo coming up, we will also be hosting mariachi performers in celebration. It's always a joy to organize events like these, and I love discovering what brings happiness to our residents and their families. I'm excited to see what the future holds for the entire Heritage House family and me.

Warmly,

Uriel Jeronimo, Lead Activities Coordinator

(Cont. on page 12)



activity alley uriel jeronimo, lead activities coordinator

(cont. from page 11)



may health news

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

May is here—a special time to celebrate all the amazing mothers in our lives. As April comes to a close, I'm grateful for the wonderful memories made, from my trip to Reno for a bowling tournament to enjoying another Dodgers game.



Now, as the year continues to fly by and we approach the halfway mark, we look forward to all that May will bring. We're excited to host our Mother's Day celebration here at HH, welcoming families and friends for another meaningful and joyful gathering.

Let's come together to honor, celebrate, and create beautiful memories this month.

Take Care,

Tony Warn, Clinical Care Coordinator

business blog

sara hernandez, staff development & business manager

Happy May to all!

I would like to begin by saying **how wonderful it was to see everyone at our Easter Event.** It was so heartwarming to watch our residents spending time with their family members, seeing the joy on their faces, and watching the little ones running



around collecting eggs. The weather was truly on our side that day, and the patio was filled with laughter, conversation, smiles, and families enjoying precious time together. **The delicious food made the celebration even more memorable.** Thank you to everyone who joined us and helped make the day so special.

May is also a very exciting month for me personally because both my youngest sister and I celebrate our birthdays just a few days apart. In recent years, my



family has started a tradition of celebrating with one large cake for both of us, and we blow out the candles together at the same time. It is such a sweet tradition, and I especially cherish that my little sister is still young enough to enjoy celebrating with the whole family. As we all know, once they reach those double-digit years, they sometimes prefer to step out of the spotlight.

I also want to send a heartfelt virtual hug to all the mothers reading this as we celebrate Mother's Day this month. We are so fortunate to have you in our lives. You make life more meaningful through everything you do each day. You teach us patience, courage, strength, kindness, selflessness, and most importantly, love. You are a teacher, chef, nurse, and counselor, all while balancing your own thoughts and emotions. You inspire us every day to be better.

To all of our mothers, near and far, today we celebrate you and wish you a beautiful and joyful Mother's Day.

Warmly,

Sara Hernandez,
Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager

Mother's Day is a simple yet powerful reminder to honor the people who nurture, guide, and sacrifice for us. Celebrated in many parts of the world on Sunday in May. Here is a quick history fact some of you might not know, but interesting none-



theless, the modern holiday in the United States traces back to Anna Jarvis, who campaigned in the early 20th century for a day to recognize mothers' moral, dedication to their children, and emotional labor. Today, it's observed worldwide with local dates and traditions, but the underlying sentiment of gratitude for mothers remains universal.

Beyond flowers and cards, Mother's Day recognizes the diverse roles mothers and mother-figures play: parents, adoptive mothers, grandmothers, stepmothers, foster parents, and others who provide love and support. For many, the day is an opportunity to say thank you for everyday sacrifices and for the guidance that shapes who we become. It can also be a time for those grieving a lost mother.

Mother's Day can be joyful, reflective, or bitter-sweet—often all three. Its true value lies not just in a single day of recognition, but throughout the whole year, carrying appreciation and gratitude and valuable lessons they taught us, carrying it with us in everyday living.

I'm forever grateful to my mother, who gave me everything and keeps giving and asks for nothing in return.



HAPPY MOTHER'S DAY!!!!



Thank you,

Ernesto Guerrero, Facilities & Transportation Manager

operations news

morgan e. randall, operations director



Spring is in full swing, and May is a time for celebration and gathering.

Join us for our **Mother's Day Luncheon** on Saturday, May 2nd, featuring Spanish-style tapas, paella, and a surprise dessert by Chef Odin. Enjoy live acoustic music, a beautiful portrait backdrop, and professional photography by Baron Spafford.

Heritage House will also be celebrating Cinco de Mayo. We typically have Mariachi (a resident favorite!), a friendly salsa-making competition, and (I am hoping!) pozole. Put on your dancing shoes and join us for this festive afternoon!

Looking forward to celebrating with all of you!

Warmly,

Morgan E. Randall, Operations Director



bill's grill

bill mcgeever

Every time that I turn around, it seems like another month has gone by. I had a .22 rifle that my brother and I got to shoot when we were kids. **It was a Remington Nylon 66 semi auto. The Remington Nylon 66 was one of the first rifles to be sold with a plastic stock making it pretty unique in appearance.**

My brother liked to take things apart, so he did take the Nylon 66 apart and couldn't put it back together. All of the parts ended up in a bag and were stuck in a closet.

Getting back to time flying by, when my dad passed, Brian found the bag of parts and gave it to me. I figured that the bag of parts would remain in that condition.

I was telling the saga to one of our family members who I talked with about the sad story of the Nylon 66 and he said to give him the bag of parts. He liked to tinker and he was very good at it. **Dusty showed up several months later with a box and asked me to open it up. Inside was the rifle, completely assembled.** It brought back a lot of memories and Dusty deserved the thanks that I gave him.



I put the rifle in the safe and there it remained until recently. I have a good friend up in Wyoming with a young family. I asked him if his son might be interested and AJ said yes. **I sent the rifle up to him and he sent a couple of photos back. One photo has Gunner, his son, holding the 66 and another one of Gunner shooting with his Grandpa Andy.**



While rifles are not everyone's comfort zone, this story was important for me to tell. **I believe that all of us, at one time or another, has a legacy piece that should be in the hands of a new generation rather than stored in the dark.** I hope that you can see what can happen when you take that legacy piece and let it back out into the light.

OK, Bill, what's for dinner? **We will have cocktails and BBQ on Friday, May 15th starting at 4:00.**

Here's what we'll have:

Smoked Pork Loin Roll w/Spinach & Ricotta Cheese stuffing

Acorn Squash

Heirloom Tomato Salad w/aged Balsamic Vinegar drizzle

Squaw Bread

Crème Brulee



Hope that you can make it,
Bill

dining delights

odin macias, dining services manager

Hello everyone! April was a month filled with many special celebrations in my family, including both my daughter's birthday and my own. We celebrated with family and friends, making it a joyful time for all.

It was also a wonderful month for sharing and enjoying delicious desserts with our residents. One favorite was a double chocolate cookie made during our cooking class. For our Easter celebration, we prepared strawberry cheesecake, and for Bill's Grill, we made chocoflan.

Thank you to everyone who participated in preparing these treats and who continues to work hard to provide the very best for our residents.

Thank you,

Odin Macias, Dining Services Manager



important dates

405 Cocktail Hour- Every Friday

Bill's Grill May 15

May Birthdays

Residents

Jean Perrette May 22
Jean McNeil May 28

Employees

Sara Hernandez May 08
Fidel Castillo May 09
Ana Gamez May 16
Aylin Lizano Castillo May 24

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