THE HONEY BEE

NEWS AT HERITAGE HOUSE

NOVEMBER 2026 WWW.HERITAGEHOUSESB.COM

HAPPY THANKSGIVING!



Inside this issue

Happenings	1-4
Resident Article	5-6
Activities Alley	7-9
Health News	10
Business Blog	11-12
Facility Facts	13
Operations News	14
Bill's Grill	15-16
Important Dates	17

happenings

Hello Dear Family and Friends,

You're Invited to Our Thanksgiving Celebration!

The holiday season is just around the corner, and we are excited to invite our residents, families, and guests to our **Thanksgiving Celebration on Saturday, November 21st!**



We are celebrating a little earlier than the actual Thanksgiving holiday to give our residents, families, and team members the opportunity to enjoy this special gathering together while still allowing everyone time to celebrate with their loved ones on Thanksgiving Day.

Join us for a wonderful time filled with gratitude, togetherness, and the joy of the season. We will be serving a **traditional Thanksgiving feast,** bringing everyone together to share a delicious meal and create meaningful memories with our community family.

An RSVP link will be sent out in the next few days, so please keep an eye out for it! We encourage everyone to RSVP once the link becomes available.

We look forward to celebrating with you and sharing the warmth, joy, and spirit of Thanksgiving. Your presence will make this occasion even more special!

Happy Thanksgiving from all of us at Heritage House!

We hope to see you all there....

Best,

Alejandra Nunez, Executive Director

(cont. on page 2)

happenings

(cont. from front cover)

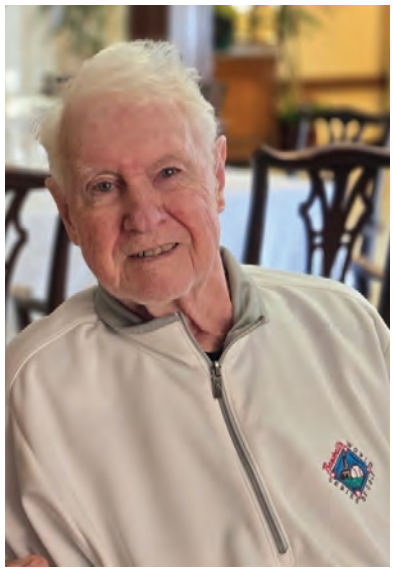
A warm Heritage House welcome to our new Resident, Carol Carroll

Carol Carroll (nickname Billie) was born and raised on a farm in Daggett, MI along with her 9 sisters and brothers. She met her husband Phil of 69 years at high school in Stephenson, Michigan before heading to Chicago to enroll in nursing school. Billie spent her entire work life in nursing, starting in surgery at hospitals in Chicago/Milwaukee and finishing in Santa Barbara at the TriCounty Blood Bank as a blood vampire. Once Phil and Billie were married, they moved to Milwaukee, Wisconsin where they adopted 2 children - Sue (Santa Ynez) and Tom (Hilton Head, SC). Billie (and Phil) arrived in Santa Barbara in 1972 and have been active in the community ever since. Billie belongs to, and has volunteered at, St. Raphael's church for 54 years and has also served at several other Santa Barbara non-profits. Billie (and Phil) are proud to have four grandchildren and two great grandchildren.



A warm Heritage House welcome to our new Resident, Phil Carroll

Phil Carroll was born in the upper peninsula of Michigan in little ole' Stephenson, Michigan to a dentist father and musician mother. After meeting his high school sweetheart (Billie), Phil went to college at St Norberts in Wisconsin and then enlisted in the US Army where he spent most of his time in Germany. Phil was part of the large contingency of Delco Electronics families that got transferred from Milwaukee to Santa Barbara back in 1972. In addition to traveling the world with his wife (Billie), Phil always had the golf-bug and played many of his rounds up at Vandenberg Village Country Club in Lompoc. Putting was Phil's game-saver! Aside from being active in the Lions Club and Goleta Elks, Phil also gave back by volunteering at local Santa Barbara non-profits. Billie (and Phil) are proud to have four grandchildren and two great grandchildren.



(cont. on page 3)

happenings

(cont. from page 2)

A warm Heritage House welcome to our new Dining Server, Natalie Rio

Natalie has been a wonderful addition to the team, bringing her warm spirit and friendly personality to our residents. She comes to us with previous work experience at Blenders in the Grass, where she worked while balancing her senior year of high school.



A born-and-raised Santa Barbara local, Natalie has family roots here as well as relatives living abroad. She enjoys traveling and has visited Paris, France, with hopes of exploring even more of the world in the future!

In her spare time, Natalie enjoys collecting plushies, painting, and dining at one of her favorite restaurants, Chili's.

Looking ahead, she hopes to continue her education and pursue a career in nursing.

Natalie is excited to get to know everyone and looks forward to seeing you all around The House.



(cont. on page 4)

happenings

(cont. from page 3)

November Events/Announcements:

Bill's Grill:

Don't forget to join Bill's Grill this month on **November 13th at 5:00 PM.**
Please call Sara to RSVP.



HERITAGE HOUSE

THANKSGIVING CELEBRATION

SATURDAY, NOVEMBER 21ST

MORE DETAILS TO FOLLOW WITH RSVP LINK

resident article lee kwarcinski





Lee cherishes sharing stories with their eight grandchildren (Matthew, Meghan, Jacob, Melina Kai, Mason, Asher, Anson, and Abbot) and watching and cheering on football (Go Packers!).

Lee Kwarcinski has called Goleta home since 1972. Originally from Wisconsin, he and his recently passed wife Ann, happily traded snow shovels for beach tar removal when Lee's career with Delco Electronics brought them west. During his tenure, Lee's work spanned from the Apollo missions to defense engineering.

Ann and Lee began their family life on Long Island, where their oldest daughter, Lynn (Bay Area), was born before their first transfer to Texas. After settling in Goleta, their family grew with the addition of two more children: son Glenn (Bay Area) and daughter Gail (local).

Alongside raising their three children, Ann and Lee dedicated themselves to numerous community volunteer organizations, particularly through their church home, St. Raphael's. As their children grew and left the nest, both embraced even more volunteer opportunities to stay active and engaged in retirement.



(cont. on page 6)

resident article lee kwarcinski

(cont. from page 5)





activity alley uriel jeronimo, activities lead coordinator

HAPPY THANKSGIVING

I hope everyone is having a wonderful start to the month! With the recent rainy weather, I hope you're all staying warm, cozy, and dry.

I wanted to give everyone a little heads-up that we will be **celebrating Thanksgiving on November 21st!** We hope you'll join us for a wonderful time spent with loved ones, sharing good company and making special memories together. More information about our Thanksgiving celebration will be coming early in the month, so stay tuned!

I also hope everyone enjoyed our *Alice in Wonderland*-themed day! We had such a great time decorating the house and bringing a little Wonderland magic to life. A special thank-you to everyone who took time out of their day to dress up and join in the fun. Your participation helped make the day extra special, and we truly appreciate everyone who came out to celebrate with us!

October brought some wonderful experiences and opportunities to connect with our local community. **We were lucky to welcome a lovely group from SBCC (Santa Barbara City College) who visited the house and shared readings from scripts for their upcoming plays.** It was a great opportunity to enjoy the arts and spend time with such a talented group!



Speaking of plays, we also had the chance to see *Clue* at SBCC, and let me tell you, it was hilarious! We had such a fun time, and we're already hoping to bring an even bigger group along for our next theater outing.



As many of you know, I love planning outings and finding opportunities for our residents to get out, explore, and enjoy a change of scenery. Sometimes, it's the bigger adventures that make the memories, but other times, it's the simplest little trips that bring the biggest smiles. In fact, someone recently asked if we could take a trip to In-N-Out! I had to laugh, and I'm hoping we can find time to squeeze that into this month's plans. After all, sometimes a quick burger run or a small outing can turn into one of the best parts of the week. **I truly believe that it's often the little things in life that mean the most, and I love being able to create those moments for our residents.**

On a personal note, I'll be away for a little bit in November as I finish up a cruise to Mexico. I'm looking forward to the adventure and will look forward to seeing everyone again when I return!

Thank you all for continuing to be part of our wonderful community. I'm excited to see what November has in store for us, and I look forward to making more memories together. Here's to a month filled with laughter, connection, and a few fun adventures along the way!

Sincerely,

Uriel Jeronimo, Activities Lead Coordinator

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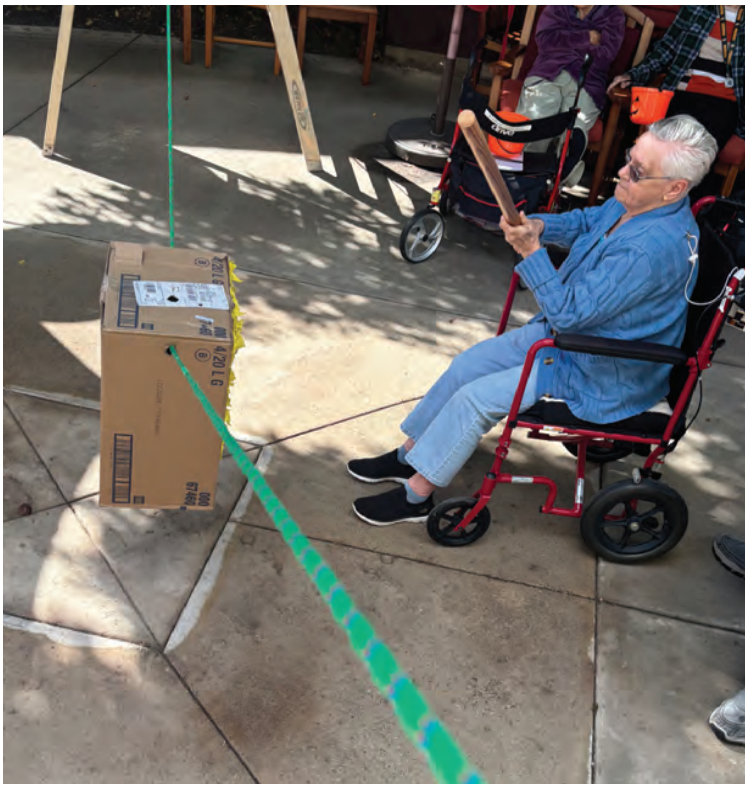
activity alley uriel jeronimo, activities lead coordinator

(cont. from page 7)









(Cont. on page 9)

activity alley uriel jeronimo, activities lead coordinator

(cont. from page 8)









november health news

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

Halloween is officially over! I hope you enjoyed some candy; now November begins the year's final stretch.

October was quiet for me, filled mostly with work and quality time with loved ones. As November arrives, cooler weather and rain may be on the way, so pull out your cozy autumn clothes and stay warm!

Thanksgiving will soon bring delicious food and cherished time with family and friends!

May November bring memorable moments, joyful experiences, laughter, and opportunities to create lasting memories together. Above all, may everyone enjoy a happy, peaceful, and healthy month filled with love and blessings.





Happy November, everyone! Let's make the most of the year's final two months!

Take Care,

Tony Warn, Clinical Care Coordinator

business blog

sara hernandez, staff development & business manager

Hello Everyone!

I hope everyone enjoyed a wonderfully spooky month of October! With a little rain these past few weeks and the holiday season just around the corner, we are now heading into the final two months of the year!

I can't believe I'm saying that already!

This year has taught me so many things and blessed me with countless wonderful memories. Most of those memories I hope to carry with me into the new year, while a few others... well, let's just say I hope they stay right where they belong—in 2026!

One of my favorite memories from this past month was finally taking my son to Universal Studios to celebrate his 4th birthday!

His birthday was back in August, but as we all know, life can get busy! We had to take a rain check on our original plans, but a few weeks ago, we finally made the trip. And let me tell you, he had the BEST time!





His little eyes lit up like diamonds the moment we stepped into Super Nintendo World.

I was a little nervous at first because we had visited a few years ago when he was much younger and a bit more timid around heights, big rides, and larger-than-life characters. But this time around, it was so special to see how much he had grown and how excited he was to experience everything!

From the food to the rides, he enjoyed every moment. There were even a few rides I was absolutely certain he wouldn't dare go on, but to my surprise, he wanted to try them!

At one point, he noticed he was one of the youngest children waiting in line for a few rides. I think that made him question whether he should really be

(Cont. on page 12)

business blog (cont. from page 11)

sara hernandez, staff development & business manager



there. But he gathered his courage, gave them a try, and quickly discovered they weren't nearly as scary as he thought. Of course, we were still limited to the rides he was tall enough for, but he made the most of every single one.

As a parent, there is something so special about watching your child grow, overcome little fears, and discover just how brave they can be. It was one of those moments I know I'll treasure for years to come.

I've included a few pictures from our trip for you all to enjoy!

Another small but equally meaningful memory from this past month was simply admiring the sky after the rain. My family and I love going on walks after a rainy day, when everything feels fresh and the air is crisp.

During one of our walks, we noticed the most beautiful clouds scattered across the sky, almost as if they were trying to find their way back to one another after the storm.

It was such a peaceful and beautiful sight that I couldn't help but take a few pictures. And I thought, why not share a little of that beauty with all of you.



As we welcome November, I hope we all find a little time to appreciate the special moments, both big and small, that bring joy into our lives.

Wishing everyone a wonderful November filled with warmth, gratitude, and beautiful memories!

Warmly,

Sara Hernandez,
Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager



Fall is here, bringing cooler air, shorter days, and leaves in brilliant shades of red, orange, and yellow. As trees shed their leaves and colorful carpets form across parks and streets, rainy days add their own quiet rhythm to the season. The sound of raindrops against the windows invites us to slow down and enjoy a warm drink, a good book, or a cozy blanket. While the rain may occasionally interrupt outdoor plans, it nourishes the landscape and enriches fall's natural beauty. With Thanksgiving approaching, you can count on us to help make the holiday a memorable one for you and your family!



Happy Thanksgiving!

Cheers!

Ernesto Guerrero,
Facilities & Transportation Manager



operations news

morgan e. randall, operations director

THANKFUL.

EMPLOYEE SPOTLIGHT: JULIAN RUGO, TRANSPORTATION COORDINATOR





The holiday season is almost here, and it's a wonderful time to get to know the familiar faces around Heritage House! **This month, we're introducing Julian Rugo, our Transportation Coordinator.**

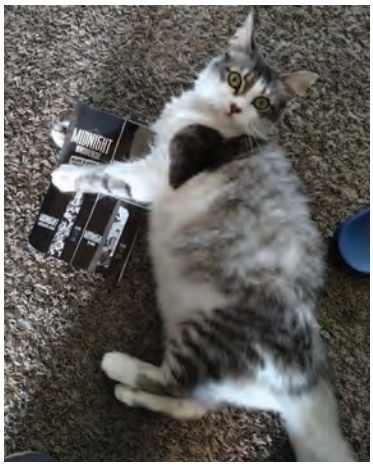


For more than a year, Julian has connected with residents and families during medical trips, outings, and scenic drives.

The connections continue after each outing. At Heritage House, you may also see Julian tending bar during happy hour or special events. **He supports every department each day with compassion, dedication, and a strong commitment to our residents.**

Julian is an essential member of the Heritage House family, and **we are deeply grateful for all he does.**

Let's kick off this holiday season and celebrate the everyday acts of kindness, service, and connection that make Heritage House feel like home.





With gratitude,

Morgan E. Randall, Operations Director

bill's grill

bill mcgeever

Well, I'm back in town, so this will be the sequel to my newsletter article for October. By way of SB to Ruidoso, NM to Douglas, WY to Lewistown, MT and back to SB. **+3300 miles of some of the most beautiful scenery, good friends, happy dog and some fresh meat for the cooler.**





Growing up, my parents would take us on a two-week road trip every summer. I'm hooked on road trips. I would much rather drive than fly because I can see the change in scenery from coastal to desert to mountains and on and on.

My best friend, Laird, and his son in law, Chuck, joined me in Wyoming. We stayed in tents. Cell phones were clocks and cameras. The pit john was 500 yards away and there wasn't any running water. We had a great time and really enjoyed getting back to real beds and showers.

Laird and Chuck went home while I headed up to Montana. We have become friends with a couple that owns a ranch there and we rent a cabin from them.

Ty and I hiked, looked at deer and antelope, and hunted for pheasants and ruffed grouse. Ty is a very good bird dog and he can't get enough of it. This was the first time that I had grouse to eat and it was fabulous.

Here are some photos from the trip. The photo of the hunter carrying his daughter was my favorite. AJ is one of the two brothers that we hunt with in Wyoming. AJ was hiking 4.5 miles looking for an antelope for his wife. **AJ carried his pack, rifle and his precious cargo, Ana, the entire distance. Looks like Ana enjoyed the ride.....**



(Cont. on page 16)

bill's grill

bill mcgeever





Returning home meant a two-lane highway across Nevada to Bishop CA and home. Great trip and I can't wait for the next one!!!!!

Toi, our kitchen consultant, passionate chef and all-around fun person, picked the menu this time. So, we'll all get together on **Friday, November 13th for our 4:05 Cocktail Hour/Bills Grill**.

Here's the menu:



Grilled Carne Asada
Spanish Rice & Beans
Rajas
Alejandra's Flan



I hope to see you there,

Bill





important dates

405 Cocktail Hour- Every Friday

Bill's Grill Nov. 13

November Birthdays

Residents

Leroy Kwarcinski	Nov. 07
James Bloscovich	Nov. 08
Susan Conner	Nov. 25

Employees

Victor Avila	Nov. 16
Yessenia Jaimes	Nov. 22

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