



THE HONEY BEE

NEWS AT HERITAGE HOUSE

SEPTEMBER 2023 WWW.HERITAGEHOUSES.B.COM

HAPPY LABOR DAY!



Inside this issue

Happenings	1-2
Resident Article	3-4
Activities Alley	5-9
Facilities Facts	10
Health News	11
Operations News	12
Bill's Grill	13
Important Dates	14

happenings

What an incredible summer it has been! This pandemic has truly transformed our lives and taught me numerous lessons, as I'm sure you all have experienced. Personally, it highlighted the value of time.

Despite the many social restrictions we've faced, we're fortunate to slowly regain our freedom and return to what we now consider a "normal life." **While COVID still remains a concern, we're pleased to announce that we've effectively minimized COVID exposure here at the residence.** This achievement has allowed our residents to enjoy a more typical social life. However, we must remain cautious as the virus persists. With the upcoming flu season, we're taking every possible precaution to ensure the safety of our residents and their loved ones.



On that note, we want to gently remind you that our **Flu Clinic is just around the corner, scheduled for Wednesday, September 13th.** If you haven't yet completed the consent form for your loved one to receive the flu vaccine, there's still time to do so. **Drop by the front desk and meet with Sara for details on how to acquire a waiver and enroll your mom and/or dad to receive the flu vaccine.**

Let's continue to prioritize the safety of our loved ones.



A warm Heritage House welcome to our new Resident, **Edda Hayes**. Edda was born near Vienna in Baden, Austria. She met Dave, her late husband, in Italy while working there with her mother. They married and moved to California, raising their two children in Lompoc. Edda taught sewing and pattern drafting and design at Hancock College in Santa Maria for over 20 years. Prior to that, she made custom clothing, including evening dresses, at her shop in Lompoc, "Edda of Vienna" which she had for many years. Before moving to Santa Barbara, she volunteered at the Lompoc Hospital, Lompoc Museum,

(cont. on page 2)

happenings (cont. from front cover)

and the Lompoc Pops Orchestra. She is fluent in German, Italian, and English, and enjoys classical music, art, and history.

A warm Heritage House welcome to our new Caregiver, Dulce Parra

We warmly welcome Dulce Parra. Dulce is excited to join Heritage House. She has been a



caregiver for several years now, she is very passionate about her career and enjoys caring for our residents. She is a mom of two children and loves spending quality time with her family and friends.



In loving memory of
Barbara Hayes

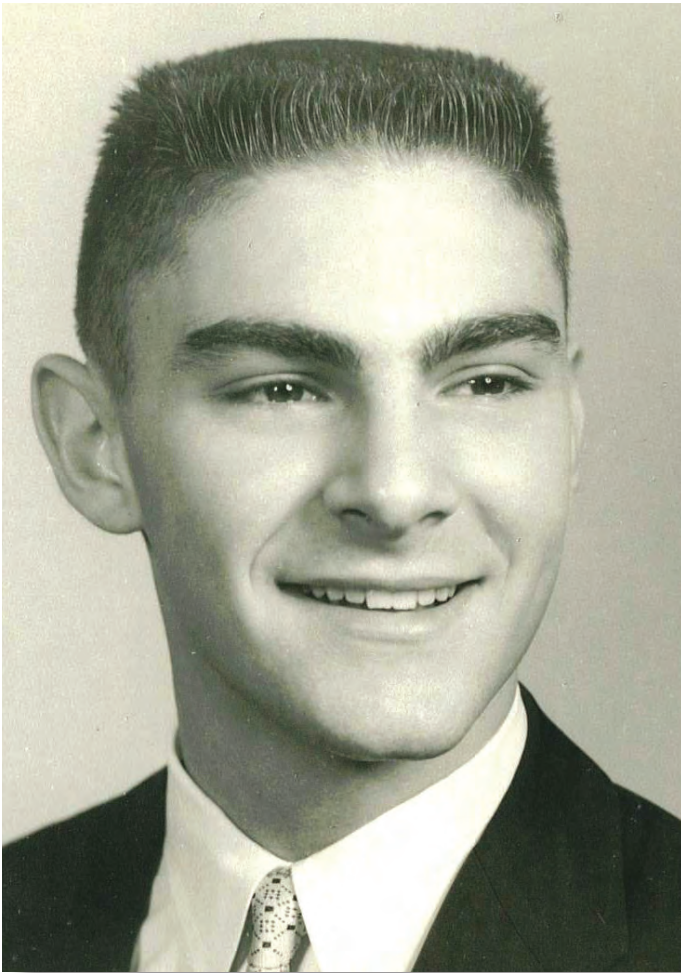


Thank you,

Alejandra Nunez, Executive Director



resident article steve lew



especially MCA Universal (25 years). His early years- 20's & 30's- were in hotel management, and he made many lifelong friends. But, the career that had the most benefits was MCA Universal, where he ran parks, and opened venues in Orlando and Hollywood. He was the executive officer in charge of operations.



Steve Lew was born in Lincoln, Nebraska to Al and Helen Lew on October 9, 1940. He grew up in the Midwest (Neb.,Kan.,Okla.,Mich) where he lived in hotels that his parents & extended family managed or owned. This hotel environment led to a career in hotel management which he studied at Michigan State and Oklahoma State. His careers were greatly influenced by his love of accounting. He has 3 children- Greg, Jeff, and Mardi, and 7 grandchildren. Steve had several hobbies he enjoyed - tennis, bridge, and the game of baseball (as a spectator/fan). Charity filled his spare time as well- particularly SBCC Foundation, and VNA board positions. Throughout his life he had close and loyal friends both from school and careers -

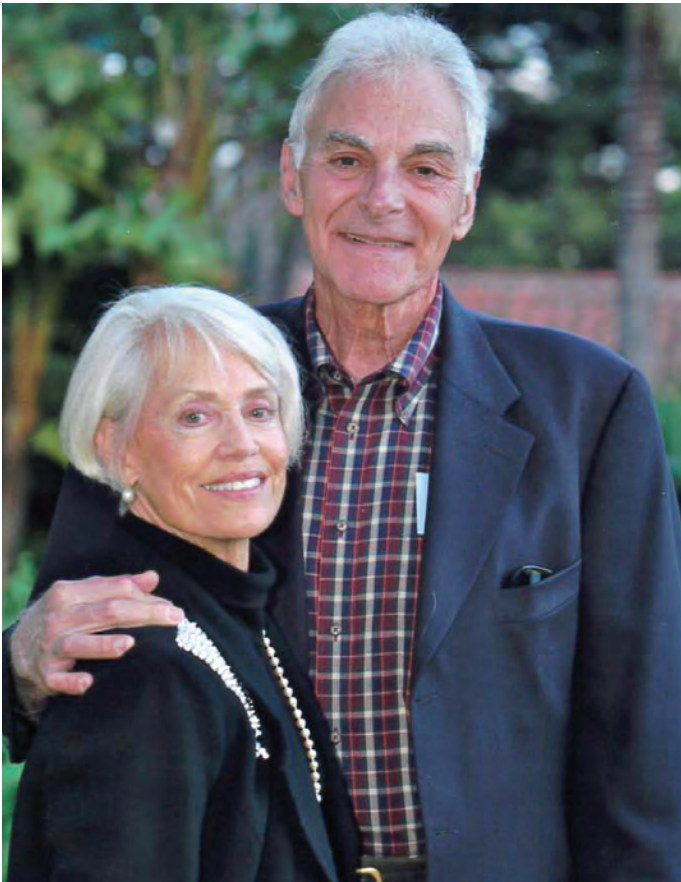


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resident article steve lew

(cont. from page 3)

Steve and his wife, Janet, moved to Santa Barbara in 1999 when he retired from Universal. We are blessed with close family and wonderful friends, and so happy to live in this wonderful town.



activity alley edgar mohorko, activities manager



In spite of the fact that this year fall begins **September 23rd "LA FIESTA SIGUE"**, translates as: **"THE PARTY CONTINUES."** YES, our **"SUMMER FIESTA"** will continue here at Heritage House throughout the entire month of September, it is hard to avoid due to the AMAZING weather, our beautiful patio and all the hearts willing to rejoice and DANCE we were obliged to extend our "SUMMER FIESTA", as a matter of fact, we may make this an annual tradition here at Heritage House, especially because on Monday and Tuesday afternoons we did lots of Disco dancing in our patio. It is hard to describe all the fun we had throughout the month of August. It is also hard to resist the fruity Mexican paletas (popsicles) that we had almost every day in the patio. Our Facts chats and humor time was also lots of fun, we sang-along and had story time, trivia, finish the lyrics, finish the sentence and many other word games, and for FIESTA were entertained by a Special FIESTA performance, **CHILDREN'S FIESTA REVIEW** presented by the **Cruz Dance & Entertainment Studio**. We also had **street tacos** and a **"salsa" contest** followed by the fabulous **Mariachi Nuevo Jalisco** and after that a fun-filled Happy Hour with a **Watermelon Margarita** (a non-alcoholic version was also available). To switch up the evenings a bit we had **Joey (on some Mondays)** and **Skip (Shirley W.'s son-on Wednesdays)** en-

tertain with their guitars and singing. We added two after-dinner BINGO days on Monday evenings and Thursday evenings (thanks to volunteers from the Assistance League). Residents did bowling with Ernie, we had volleyball and more activities in the evenings. Our **Summer-Dance with the Rod Robles Band was exciting and fun**, we danced and danced and are looking forward to another dance this month!



(Cont. on page 6)

activity alley edgar mohorko, activities manager

(Cont. from page 5)



This month we will continue having fun with many of the activities we did in August; we will continue to have fond reminiscing chats; our daily patio walks after the morning Sit-&Fit exercises (two Sit & YOGA sessions). We will have popcorn with a variety of shows like Lost Worlds, and/or video concerts with Andre Rieu, and other singers. We will do lots of crafts. **We will have the Art Class with real paints and canvases, we will do some coloring, water-coloring, stencil art, have humor**

time, more facts-chats, our newsletter review, news-updates, reminiscing through music, play volleyball, bowling, and lots of BINGO; **as mentioned we added two after-dinner BINGO days @6:00PM (see below for BINGO schedule). I'm working on adding some evening performances also (@6:00PM). And Fridays following the live performance comes our 4:05 Happy Hour, please know that a non-alcoholic version of the cocktail will also be available.**



activity alley edgar mohorko, activities manager

(Cont. from page 6)



Regularly Scheduled Activities:

Sit-&Fit exercises; every morning @10:00AM (**two Sit-&YOGA sessions** Mondays, September 11th & 25th),

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

Art-Class with Jana Tuesdays, Sept. 12th & Sept. 26th @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, Mondays, September 4th & 11th @10:30AM, **Music/Singing** with Stephana, Thursdays, 14th & 28th @10:30AM (Hendry's)

KARAOKE with Eggy and Edgar Fridays @2:00PM

Residents/Manager's Meeting Sept. 5th @1:30PM (Hope Ranch) with Morgan/Operations and Harlyn & Ernie/Facilities

Scenic Drive with Ernie, every **Thursday @1:30PM (based on neighborhood rotation, and ever other Friday @10:30AM** (Fridays for those who sign-up), 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, September 1st @3:00PM** pianist, **Keyvan Safinya**
- **Friday, September 8th @3:00PM** pianist, **Renee Hamaty**

(Cont. on page 8)

activity alley edgar mohorko, activities manager

(Cont. from page 7)

- Friday, September 15th @3:00PM
pianist/singer Sam "The Piano Man"
- Friday, September 22nd @3:00PM
guitarist/singer Steve "Skip" Corley
(Shirley W.'s son)
- Friday, September 29th @2:30PM
SUMMER DANCE, Rod Robles BAND

Dear family and friends: We need VOLUNTEERS NEEDED FOR ACTIVITIES (especially weekends in the evenings, from calling Bingo, playing volleyball, or assisting us with a craft, even companionship, etc.). If you wish to volunteer and assist us in an activity (even if for 1 hour a month) please let me know. Thanks, Edgar

Join our activities team, Patty, Edgar Jr. (Eggy) and I so we can continue our "SUMMER FIESTA" and party together the entire month of September 2023.

Blessings,

Edgar A. Mohorko, Activities Manager



activity alley edgar mohorko, activities manager
(Cont. from page 8)

FUN TIMES AT THE HOUSE



facilities facts

harlyn clarke, facilities coordinator

RECYCLING AT THE HOUSE



We recently implemented food scraps waste disposal in the kitchen. This will make a huge impact on the environment in our community and you are a part of it! Every time you clear your plate into the food scraps bin, organic waste is diverted from the landfill to an Anerobic Digestion facility. This reduces greenhouse gases from the air and creates Green Energy in the process.

There are multi colored bins where we separate Recyclables, Food Scraps and regular Trash. Odin has been very helpful training everyone on proper separation.

I wanted to remind everyone that there should be no plastic of any kind in the Food Scraps bin. Also, everything going into the blue bin should be as clean, dry and free of plastic film or bags as possible.

When in doubt throw it out!! It's the small changes we all make that truly help the environment in big ways. Thank you all!!

Thank you,
Harlyn Clarke, Facilities Coordinator



september health news

sofia vasquez, cna, clinical director + tony warn, clinical assistant

The year just keeps on flying by. August is now over and September has arrived. At the beginning of August, I flew my daughter back to Georgia and my son got to go with us which was the first time he got on a plane, which he really enjoyed.



grade, Bella started junior high in Georgia, Bree will be in 5th grade and Thomas will start 1st grade. With the arrival of September, let's hope for a wonderful month. For those who are into sports the beginning of football season has arrived. Hope everyone takes care and has a healthy month.

Thank you,

Tony Warn, Clinical Assistant



The Ventura County Fair was held at the Fairgrounds in August and we enjoyed their daily activities of rides, food and entertainment. Now that summer break is over, the kids are going back to school. Izzy will be starting 7th



operations news

YELLOWSTONE ADVENTURE

During the first week of August, my husband and I celebrated our first wedding anniversary with a road trip to Yellowstone. We traveled



through Nevada, Utah, Arizona, Idaho, Wyoming, and Montana over 7 days while towing a 32 foot trailer!



We stayed in West Yellowstone and entered the park over several days. During our time in the National Park, we were fortunate enough to come

across several animals. There were deer, elk, bison, and bears; a moose even ran through our campground!

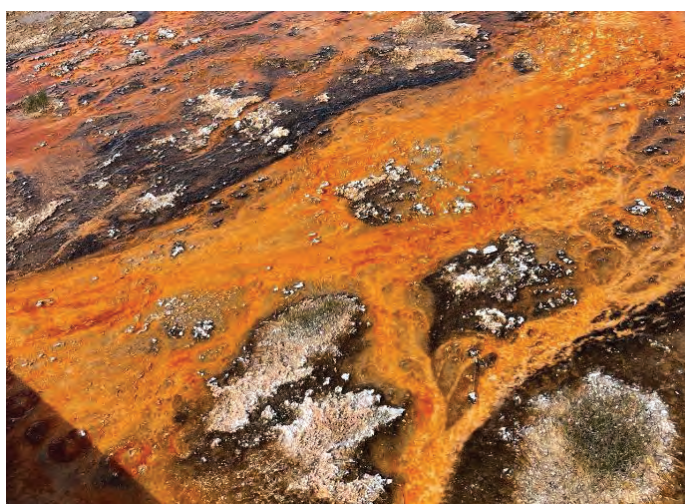
We explored several of the main attractions within in the park, and discovered our favorite spots were some of the lesser known attractions. The geysers throughout Yellowstone are incredible. Some with brilliant colors, others had crystal clear ponds with smoke billowing out, the

natural beauty really takes your breath away.

Our Yellowstone adventure was absolutely amazing. What a magical place to celebrate!

Thank you,

Morgan E. Randall, Operations Director

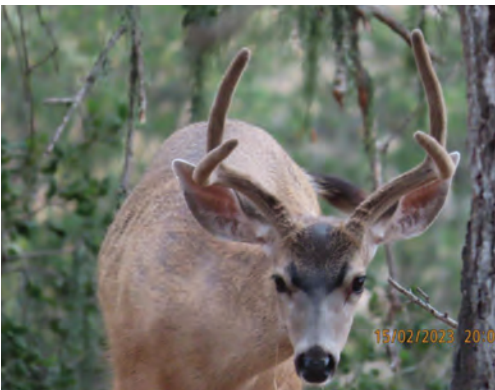
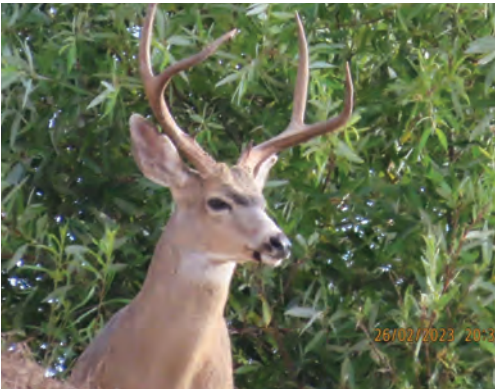


bill's grill

bill mcgeever

As usual, there is always something to take care of or fix. Fortunately, our biggest issue is the same as everyone else's, namely the heat & humidity. **With the additional of new HVAC, we are able to maintain a really comfortable environment indoors at HH.**

This time of year is the local deer hunting season. Laird, a life long friend, and I have an arrangement to hunt on a family owned ranch in Santa Ynez. The access to this property is an incredible treat to the two of us. The whole time when we were growing up, we would drive through the ranch on our way to Figueroa Mtn. As kids, we would head up there to pick pine cones or have a snowball fight. As time went along, we drove through the ranch to get to the Los Padres National Forest to go hunt for quail and deer. **When driving through the ranch to get to Figueroa Mtn., we would always think about what it would be like to hunt the ranch. About 8 years ago, that dream came true.**



I have included some (of many) photos that give a glimpse of the wildlife. The kitty cat photos are from 8.28.23 and are only the third and fourth mountain lion I have ever seen. Quite the treat.

Our next Bills Grill will be on Friday, September 8th at 5:00. Our 4:05 Cocktail Hour will precede the BBQ.



I hope to see you all here then,

Bill

important dates

405 Cocktail Hour- Every Friday

Bill's Grill Sept. 08

September Birthdays

Residents

Jessie Sagardia	Sept. 01
Bob Cibull	Sept. 04
Charles Pulcrano	Sept. 15
Pearl Canin	Sept. 21
Bill Sheehan	Sept. 27
Jeanine Dunn	Sept. 30

Employees

Iliana Medina	Sept. 13
Josue Diaz	Sept. 19
Maria Guadalupe	Sept. 20
Maria Gonzalez	Sept. 28

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