



THE HONEY BEE

NEWS AT HERITAGE HOUSE

AUGUST 2026

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VIVA LA FIESTA!



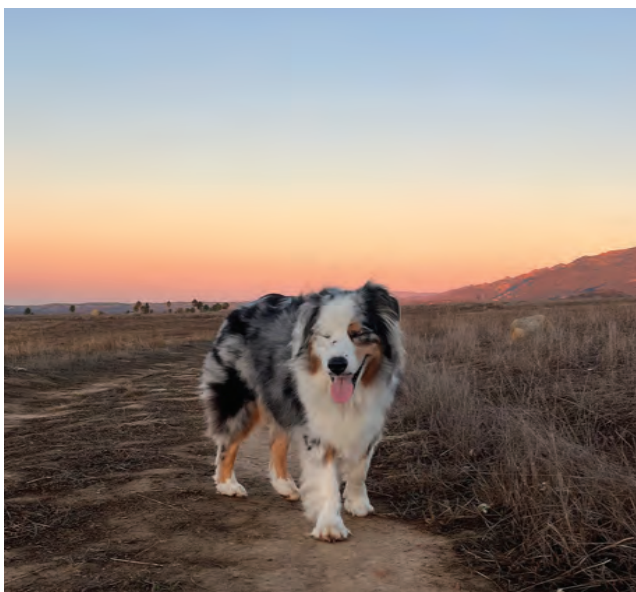
happenings

In Loving Memory of **APOLLO**

FOREVER PART OF OUR FAMILY - 11/16/17 – 7/15/26

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Some dogs come into our lives as pets. Apollo came into ours as family.

Many of you knew Apollo, as he often visited Heritage House with my youngest daughter, Bella, his human. **Apollo was a beautiful Blue Merle Australian Shepherd** who was spoiled rotten from the second he came into our lives. It took a village of people who loved him to raise him, and he managed to touch every single one of their hearts-especially Bellas. He was a dog with a massive personality and loved giving everyone a hard time. Whether he

was snapping at other dogs simply because he didn't like their personality or lying on his back on the sidewalk when he didn't want to be walked, he kept us all on our toes. Yet, those moments of stubbornness are what we cherish the most. He entered Bella's life at the moment she needed him most, and he only left it when he knew his job was done and he could pass the torch.

Apollo, you took a piece of our heart with you and we miss you and love you so much.

If you would like to honor Apollo's memory, we invite you to light a candle for him on our virtual memorial. Click on the link below.

[In Loving Memory of Apollo](#)



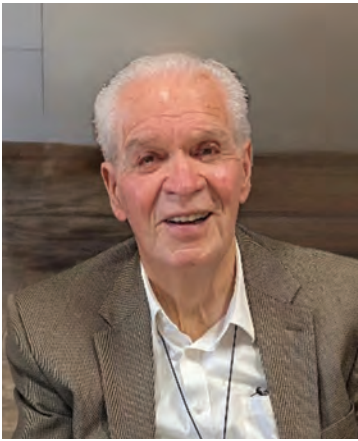
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happenings (cont. from front cover)



happenings

(cont. from page 2)



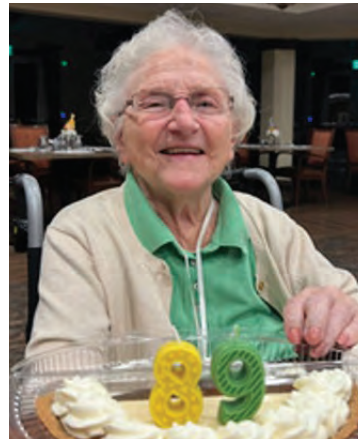
A warm Heritage House welcome to our new Resident, Jim Johnson

Jim Johnson may have one of the most common names imaginable, but there has been nothing particularly common about his life.

Born in the same room of a farmhouse in central Iowa where both his father and grandfather were born, he traveled far beyond those beginnings. With his wife, Rebecca, he served as a missionary preacher in the Philippines for 12 years, where both of their children were born. During those years, he not only preached but also taught mechanical skills to young men in some of Manila's most challenging neighborhoods. More than half a century later, he can still speak Tagalog and enjoys surprising people with it.

He later ministered in Venice, California, for many years before concluding his time as pastor at Good Shepherd Lutheran in Goleta. Loved by his parishioners, Jim continued guest preaching well into his 80s. As skilled with a wrench as he was with a sermon, Jim has always loved cars. He has owned and restored many classic automobiles over the years and still treasures his 1941 Ford pickup. He also loved basketball and though known as one of the kindest men you'll meet, opponents learned about his sharp elbows and toughness when grabbing a rebound.

Today, at 87 years old, Jim values his family, including his two grandchildren. Known as Papa to those who love him most, he is a man of faith, resilience, and remarkable patience. He has a lifetime of stories, friendships, and experiences from places near and far.



A warm Heritage House welcome to our new Resident, Betty Lemmon

Betty married her high school sweetheart, Donald Lemmon, in 1956, and together they raised four children in Elk River, Minnesota. Their life was full of gardening,

showing 4-H animals at the State Fair, and traveling the world as ambassadors for Friendship Force, staying with families abroad and welcoming them into their home in return. Betty worked as a school resource person and dental receptionist, and she and Don later lived in Wales before returning to Minnesota to be near their nine grandchildren. After Don passed away, family remained the center of her world. She now has five great-grandchildren. Two years ago she moved to Santa Barbara to be close to her daughter Denise, son-in-law and grandson.

A warm Heritage House welcome to our new Activities Assistant, Chrisantonio Balcazar



Please join us in welcoming Chrisantonio Balcazar!

He was born and raised in Santa Barbara and has family here. He also has other relatives who reside in Mexico. His favorite restaurant is Kimchi, a Korean barbecue

joint. He enjoys reading, crocheting, and play-

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happenings

(cont. from page 3)

ing the ukulele. Five words that he would use to describe himself are upbeat, shy, energetic, curious, and hungry. In the future he plans to attend Santa Barbara City College and pursue a degree in entrepreneurship. His favorite colors are orange & white. He has traveled to places near by like San Francisco and San Diego, but also was able to visit his girlfriend who was studying abroad in Japan. He speaks English & Spanish fluently, but has dabbled in French, Korean, and currently Japanese.

We are grateful to have Chris join our team.

Employee Highlights

Congratulations to Kristal Duarte – Caregiver and Berenice Manzanarez – Dishwasher on celebrating your 5th anniversary as part of the Heritage House family!



Kristal Duarte



Berenice Manzanarez

Thank you for your hard work, commitment, and dedication over the past five years. **You are both invaluable members of our community, and Heritage House truly appreciates everything you do for our residents.**

Thank you for making a positive difference every day. We are grateful to have you as part of the Heritage House family, and we look forward to many more years of working together.

Best,

Alejandra Nunez, Executive Director

congratulations!

5 years!

happenings

(cont. from page 4)

August Announcements:

Bill's Grill:

Join Bill's Grill this month on

August 7th at 5:00 PM

Please call Sara to RSVP.



VIVA LA FIESTA!

resident article bonnie hetrick



Bonnie grew up in Duanesburg, a small town outside Albany, New York, with her parents and her brother, Rob. She attended Green Mountain College and even enjoyed a brief modeling career, appearing in several regional magazines.

Bonnie met her husband, Bob Hetrick, after college, and they shared more than 50 years of marriage before Bob passed away in 2020. Bob's service as a Lieutenant in the Navy brought the couple to California. After living in San Diego and the Bay Area, they settled in Santa Monica, where they raised their three children: Stephen, Matthew, and Melissa. Bob built a successful financial planning practice, while Bonnie created her own interior design business. If you're looking for decorating advice, Bonnie is the person to ask!

Twins run in Bonnie's family, and in 1977 she welcomed fraternal twins, Matthew and Melissa. Bonnie and her twins were even featured in *People* magazine for the innovative postnatal care they received at Cedars-Sinai Medical Center.

Bonnie is also a lifelong Elvis Presley fan. She will tell you that 1977 was a standout year for her, one full of extreme happiness (her growing family) and extreme sadness (Elvis' death in August of 1977). She attended several Elvis concerts, has visited Graceland, and anyone who has seen the life-size Elvis cutout in her room knows she can't help falling in love with the King of Rock and Roll!

Bonnie also loves anything Hawaiian. She has visited every island, and over the years she and her family

resident article **bonnie hetrick**

(cont. from page 6)

have spent as much time as possible vacationing on Napili Beach on Maui, her favorite place in all the Hawaiian Islands.

Bonnie recently moved to Heritage House as her daughter Melissa and family live close by in the Upper State Street neighborhood of Santa Barbara. She also enjoys visits from her son Matt and his family in Tarzana and from her son Stephen and his family in Portland, Oregon. Bonnie loves spending time with her kids and grandkids.



activity alley **uriel jeronimo**, activities lead coordinator

Happy August, Everyone!

We hope everyone is having a wonderful summer! Whether you're staying cool, spending quality time with loved ones, or simply enjoying a chance to relax and sleep in, we hope this season has been filled with happiness and sunshine.

A special thank you to the **Santa Barbara Bird Sanctuary** for making the trip to Heritage House! Our residents were fascinated as they learned about the different birds and had the opportunity to take photos while interacting with these amazing animals. It was a truly memorable experience, and we are incredibly grateful for their visit. We look forward to welcoming them back again in the future!



Fiesta Week is here! We are excited to celebrate one of Santa Barbara's favorite traditions. We've partnered with several wonderful local organizations to bring **three special Fiesta performances** to Heritage House this month. Be sure to check our weekly activity calendars for performance dates and times—we can't wait to celebrate with everyone!

Last month, **NatureTrack** treated our residents to a beautiful outing at the **Santa Barbara Rose Garden**. Thanks to the Freedom Trax equipment they provided, everyone was able to explore the gardens comfortably and enjoy the fresh air and beautiful scenery. Our residents had a fantastic time, and it was wonderful to spend the day out in the community. We're excited to announce that we'll be joining NatureTrack for another adventure later this month

—stay tuned for more details!

Sincerely,

Uriel Jeronimo, Activities Lead Coordinator

(Cont. on page 9)

activity alley uriel jeronimo, activities lead coordinator

(cont. from page 8)



activity alley uriel jeronimo, activities lead coordinator

(cont. from page 9)



august health news

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

July has come and gone, and with it, the end of the World Cup. **Congratulations to Spain on winning the championship after defeating Argentina in the final!** Now the countdown begins for another four years until the next tournament.

As we're all aware, July was an incredibly hot month, so please continue to stay hydrated and take care of yourselves as we head into August.

With August here, we're getting closer and closer to the end of the year. Football season is also beginning, with NFL training camps underway throughout the league. **The start of the school year is right around the corner for my kiddos, and I'm excited for them as they begin another chapter.**

As for me, I don't have too much planned this month. **I'll be heading back to school myself, taking online courses to continue pursuing what I originally wanted to major in—Psychology.**



Here's to a cooler, healthier August. Stay hydrated, stay safe, and take care of yourselves. Wishing everyone a wonderful month ahead!

Take Care,

Tony Warn, Clinical Care Coordinator



business blog

sara hernandez, staff development & business manager

Hello everyone, and happy August!

Here we are, more than halfway through the year—where has the time gone? Does it ever slow down? (Asking for a friend!)

August is always an exciting month in Santa Barbara, especially with our beautiful summer weather and so many wonderful community events to enjoy.

One of the highlights of the month is the **103rd Annual Old Spanish Days Fiesta, taking place**



August 5-9. Fiesta is one of Santa Barbara's most beloved traditions, celebrating the city's rich Spanish, Mexican, and early Californian heritage. Since 1924, the event has brought the community together through colorful parades, traditional music and dance, authentic cuisine,

rodeos, mercados, and so much more. Whether you're a longtime local or visiting for the first time, there's something for everyone to enjoy. Be sure to visit sbfiesta.org to explore the full schedule of events and start planning your Fiesta experience!



On a personal note, August is also bringing a very special milestone for my family. My husband and I are beyond excited as our **son begins Transitional Kindergarten (T-K) on August 19th and also celebrating his 4th birthday on August 14th.** He'll be attending Brandon Elementary School, which is just down the street from our home, making this an exciting new chapter.

As many parents know, back-to-school season brings a mix of emotions. Between shopping for backpacks and school supplies, making sure all the paperwork and health records are up to date, and preparing for a new routine, it can feel both exciting and a little overwhelming. While it's hard to believe how quickly our little guy grows, we're looking forward to watching him learn, make new friends, and experience all the adventures that come with starting a new school.

Wishing everyone a wonderful August filled with sunshine and exciting new beginnings. Whether you're enjoying Fiesta festivities, sending your kids back to school, or simply soaking up the last weeks of summer, I hope it's a month to remember!

Warmly,

Sara Hernandez,
Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager

Summer is here, and it feels like it – my goodness! It's the perfect time to enjoy outdoor activities, whether it's spending a day at the beach, taking a hike, gardening, or gathering with friends and family for a barbecue.

The longer days and warm sunshine create more opportunities for fun and relaxation. **While enjoying summer activities, it's important to stay hydrated.** Hot temperatures and increased physical activity can cause the body to lose fluids quickly through sweat. Drinking plenty of water and other fluids throughout the day helps maintain energy levels, supports healthy bodily functions, and prevents dehydration. **A good rule of thumb is to keep a reusable water bottle nearby and sip regularly, even if you don't feel thirsty.** Eating water-rich foods such as watermelon, cucumbers, oranges, and strawberries can also help boost hydration.



By combining summer fun with healthy hydration habits, you can stay comfortable, energized, and ready to make the most of every day.

Enjoy the sunshine—and stay hydrated!

Thank you,

Ernesto Guerrero, Facilities & Transportation Manager



When spending extended time outdoors, take breaks in the shade and avoid excessive sun exposure during the hottest part of the day.

operations news

morgan e. randall, operations director

August has arrived, and along with it comes the heat...and a few special occasions!

Old Spanish Days Fiesta is Santa Barbara County's premier cultural event in August. **The festival runs from August 5 through August 9**, and features traditional dancing, food markets, and most notably, the historic parades.

National Senior Citizens Day is annually observed on the third Sunday of August. Some people celebrate Senior Citizens Day on August 14, as it was the day past US president Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan declared the third Sunday of August to be National Senior Citizens Day. This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

On a personal note, my husband and I are celebrating our 4th wedding anniversary on August 6th. I am certainly looking forward to this one – on our 3rd anniversary, I was recovering from surgery in the hospital!



Cheers!

Morgan E. Randall, Operations Director

bill's grill
bill mcgeeever



Well, August is a **birthday month** for folks that I know. **Most importantly, my wife, Julie.** Then there's **Ty, my brother, my best friend, his wife, his brother, a number of the kids** and the list goes on. I have learned all about Leos as a result and I have found that they are an active, stimulating bunch.

My favorite time of year is from August thru March. Shorter days, cooler weather and some rain to look forward to. **Oh, and then there's the birthday trip that Julie and I will go on.** And then there's the local hunting in August and September. **My grandkids birthdays in September.** And then there's a road hunting trip beginning late September that starts in New Mexico, goes up to Wyoming, then to Montana and then home. **If that's not a time of year to get excited about, I don't know what would be.**

Our August 4:05 Cocktail Hour and Bills Grill will be on Friday, the 7th. Come on over and join us for a good time. Here's our menu:



Grilled Teriyaki Chicken
Vegetable Fried Rice
Asian Broccoli w/Garlic Sauce
Japanese Cheese Cake



I hope to see you all here,

Bill

important dates

405 Cocktail Hour- Every Friday

Bill's Grill August 7

August Birthdays

Residents

Michi Thorpe	Aug.	01
David Tsukamoto	Aug.	05
Helene Schimdt	Aug.	10
Nettie Petterson	Aug.	19
Joan Crippa	Aug.	27
Kate Bianchini	Aug.	27
Adrienne Gang	Aug.	27
Roberta Brudevold	Aug.	30

Employees

Alejandra Nunez	Aug.	16
Patricia Becerra	Aug.	25

Alejandra Nunez
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