



THE HONEY BEE

NEWS AT HERITAGE HOUSE

MARCH 2026

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HAPPY ST. PATRICK'S DAY!



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happenings

On Friday, February 20th was National Caregivers Day, although this date had already passed, I did not want this important recognition to go unnoticed.

While we are grateful for caregivers every single day, this special day gives us a dedicated moment to pause, reflect, and say thank you to the millions of individuals who quietly hold families together.



Caregivers come from all walks of life. They may be nurses, home health aides, personal support workers, or devoted family members. Some care for aging parents. Others care for children with special needs, spouses facing illness, or individuals recovering from surgery or injury.

Being a caregiver requires a unique set of skills and qualities that deserve admiration and deep respect. **There are countless traits that define this incredible role, but the ones that stand out most are these:**



Compassion

Caregivers lead with empathy. They listen without judgment, offer comfort without hesitation, and treat those in their care with kindness and understanding. Compassion is the foundation of everything they do.

Strength

Both physical and emotional strength are essen-

(cont. on page 2)

happenings (cont. from front cover)

tial. Caregivers lift, support, advocate, and endure. They often balance multiple responsibilities while remaining steady pillars of support for others.



Patience

Healing and aging are not rushed processes. Caregivers show extraordinary patience, meeting each day — and each challenge — with calm resilience and grace.



Dedication

Many caregivers serve around the clock, putting others' needs before their own. Their commitment reflects deep love, loyalty, and responsibility.

Selflessness

Perhaps above all, caregivers embody selflessness. They step forward when others need

help most, often without recognition or praise, simply because someone needs them.

Here at Heritage, we walk alongside our caregivers every single day. We see their devotion. We see their exhaustion. And we see how the role of caregiving has evolved — becoming more complex, more demanding, and more emotionally taxing than many ever expected.

Though their responsibilities are demanding, caregivers give far more than practical help — they give dignity, reassurance, and hope.

For all of these reasons, and many more, we want you to know how deeply we appreciate everything you do every single day.

thankful
AND
grateful

happenings (cont. from page 2)

A warm welcome to Ann and Lee Kwarcinski:

Ann and Lee Kwarcinski have called Goleta home since 1972. Originally from Wisconsin, they 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, while Ann found her professional "family" in the Emergency Department at Goleta Valley Cottage Hospital.

Ann and Lee began their family life on Long Island, where their oldest daughter, Lynn (Bay Area), was born before their first transfer. 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.

Now in their golden years, they cherish sharing stories with their eight grandchildren, cheering on football (Go Packers!), Lee discussing the stock market, and Lee always ready to answer a medical question.

Employee Highlights

Congratulations to Martha Lopez on reaching her 5-year milestone at Heritage House.

Martha's gentle spirit and commitment to serving others reflect the very heart of our mission. The lives she has touched over these years are countless.



We celebrate you, we appreciate you, and we are **so thankful you are part of our Heritage House family.**

Best,

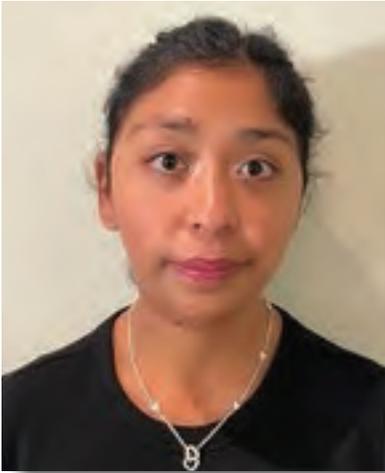
Alejandra Nunez, Executive Director

congratulations

happenings (cont. from page 3)

A warm Heritage House welcome back to our Caregiver, **Noemi Trejo**

Please join us in giving a warm welcome back to our caregiver, Noemi Trejo!



Noemi was away for some time attending to personal matters, and we are so happy to share that she has returned. She is eager to reconnect with and see many familiar faces again.

We are truly glad to have her back as part of the Heritage House family. Be sure to say hello and welcome her back when you see her around the house!

A warm Heritage House welcome to our new Caregiver, **Sandra Calleja**

Please join us in welcoming our newest caregiver to the HH team, Sandra Calleja!



Sandra is excited to join us and looks forward to getting to know all of our HH residents. She was born and raised in Veracruz, Mexico, and has lived in the United States for 26 years.

Sandra is the proud mother of two wonderful adult children—Antonio (26) and Gisselle (24). While she does not have grandchildren just yet, she hopes to one day!

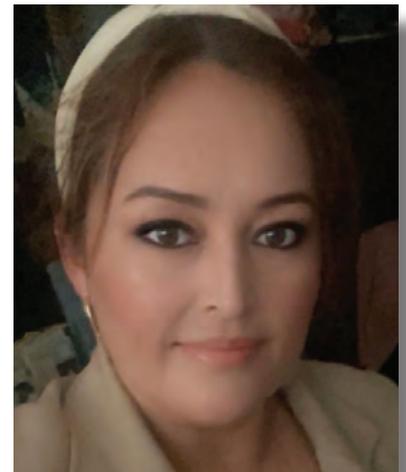
In her free time, Sandra enjoys collecting plants—especially rescuing neglected ones that need a little extra TLC. She also loves spending time with her family, dancing, and cross-stitching. Sandra speaks both Spanish and English and describes herself as friendly, charismatic, and outgoing.

Be sure to say hello to Sandra when you see her around the house and give her a warm Heritage House welcome!

A warm Heritage House welcome to our new Caregiver, **Martha Buenrostro**

Please join us in giving a warm welcome to our new caregiver, Martha Buenrostro!

Martha was born and raised in Mexico and is a proud mother of two—Melissa (11) and Miguel (19)—who keep her happily busy. She is deeply motivated by her ability to provide for her family and always strives to give them her very best.



In her free time, Martha enjoys spending quality time with her children, participating in family activi-

happenings (cont. from page 4)

ties, and dining at their favorite restaurant, The Lark. She also loves Italian and Mexican cuisine.

Martha primarily speaks Spanish but also understands and speaks English. She describes herself as calm, patient, kind, reserved, and respectful. She works hard every day toward her dream of owning a home she can call her own.

Martha is excited to join our caregiving team. If you see her around the house, please be sure to give her a warm Heritage House welcome!

Be sure to say hello to Sandra when you see her around the house and give her a warm Heritage House welcome!

March Announcements

Bill's Grill:



Join Bill's Grill this month on
March 20th at 5:00 PM
Please call Sara to RSVP.



Upcoming Vaccine Clinics

COVID-19 Booster

Monday, March 9th 10:00AM – 12:00PM

Safeway Pavilion Southern California will be here to administer vaccines for our residents.

Please return the completed form to us at your earliest convenience, but no later than
Thursday, March 5th.



*Happy
St. Patrick's
Day*



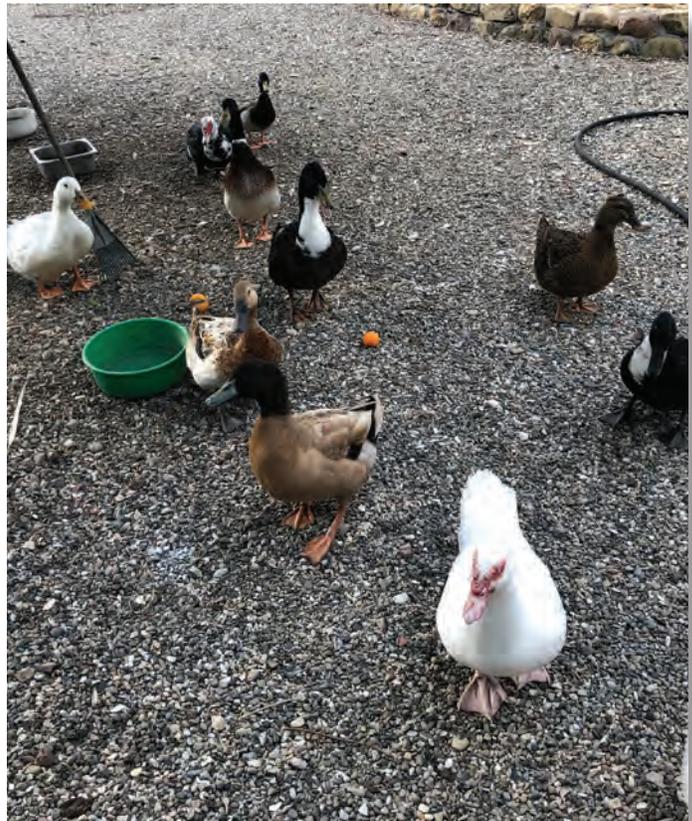
resident article june taylor



the world. She likes to talk about the places she has been to. June has always loved wildlife and animals. Once she retired, June volunteered her property - and her time - working with the Santa Barbara Wildlife Care Network. June ran the seabird pond on her property, where she, and several volunteers, would



June was born in Arizona and moved to Santa Barbara decades ago. In her younger years June was married, became a mom, and worked as a dental hygienist. She raised two beautiful young women, Lori and Lindy. June also spent a lot of time traveling



resident article june taylor (cont. from page 6)

rescue and rehabilitate Brown Pelicans, Cormorants, Murres, Grebe's, Herons, all the seabirds that make Santa Barbara such a special place. June has a large heart, and spent her time helping animals who suffer, she used to love to cook healthy cuisine and was an amazing gardener.

Today June likes to listen to music, dance when she can, have good conversations, and eat good food, especially desserts! June has a great sense of humor and is a lot of fun to hang out with. Thank you for welcoming June into your community.



activity alley bella garfias, activities manager interim + **michael jimenez**, activities coordinator

Hello again, everyone,

Happy March! It's always such a pleasure to connect with you all here and keep you updated on everything happening at Heritage House, from our special events to the activities your loved ones enjoy each week.

First, I want to thank everyone who came out to our Valentine's Day Bash. It was such a treat. The dance floor was full, and Rod and his band did a terrific job, the energy was great, and everyone had a blast.



so with some planning ahead, we made it happen. Since I'm not here on Sundays, Uriel and Julian took a group of residents and spent the morning exploring the museum. They had such a good time that they stayed for over two hours, much longer than our usual one hour outing, which says a lot about how much they enjoyed it. We'll definitely be planning more museum trips in the future. As mentioned last month, we're also hoping to visit the Bird Sanctuary in March, and we'll share more details as we finalize everything.

Now that March is here, we've already begun planning for St. Patrick's Day. Dr. Stephen, who leads our virtual reality travel sessions,



I'd also love to share a bit about our outing on Sunday, February 22nd. We were lucky to catch a free entry day at the Santa Barbara Museum,

(Cont. on page 9)

activity alley bella garfias, activities manager interim + **michael jimenez**, activities coordinator

(cont. from page 8)

will be joining us that day to take residents on a virtual trip through Ireland, perfect for the season. For anyone unfamiliar with virtual travel, residents wear large VR goggles that create a 3D environment, allowing them to look around as if they're actually there, all from the comfort of their chair. We've been doing these sessions once a month for a while now, and they're always a hit.

We're also planning a small St. Patrick's Day celebration here at the community. More details will be shared as soon as we finalize the plans and activities. Speaking of seasons, we're already preparing for our Easter event as well. We'll be sending out an invitation and RSVP link soon, so please keep an eye out for that in early March.

Lastly, as I mentioned before, our monthly Activities Directors meeting is coming up on February 26th. I'm looking forward to connecting with other activity teams in the Santa Barbara area, sharing ideas, and bringing new performers, activities, and resources back to Heritage House.

Thank you all for taking the time to read these updates. It's truly a joy to bring fun, engagement, and meaningful experiences to your loved ones. I'm excited for everything we have planned in the weeks ahead.

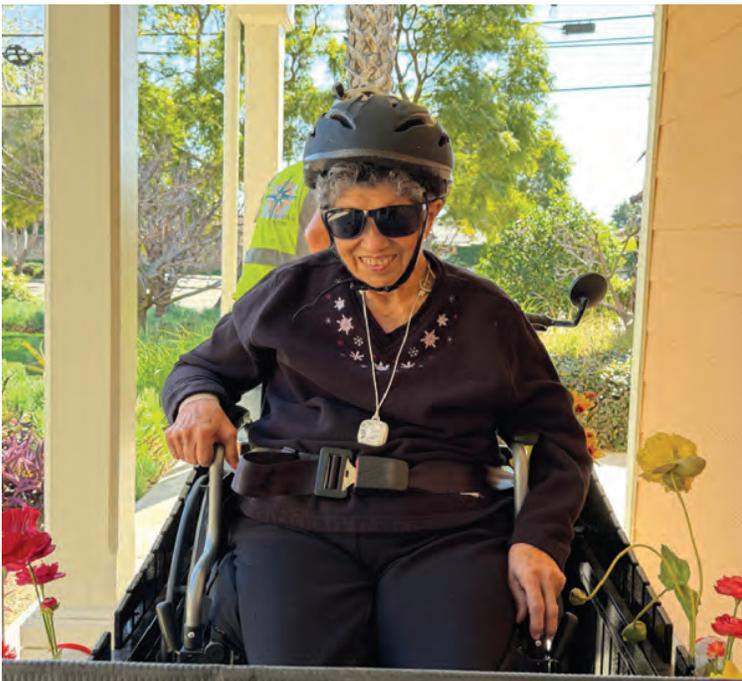
Happy St. Patrick's Day!

Warmly,

Michael Jimenez, Activities Coordinator



activity alley bella garfias, activities manager interim + michael jimenez, activities coordinator



march health news

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

February was a special one — my daughter celebrated her 14th birthday, which is still hard to believe. Time really does fly. March is shaping up to be just as busy, with my dad’s birthday and my girlfriend’s birthday coming up, so it’s going to be a month full of celebrations.

and in my personal life — but in the best way possible. Valentine’s Day was especially memorable. I spent the day at Disneyland Park with my girlfriend, and we had an amazing time together. As the months pass, we are getting closer to the FIFA World Cup 2026 in June — it will be here



At the end of March, I’ll be heading to Reno for my yearly bowling tournament. I’ll be gone for a week, and I’m looking forward to the competition and getting away for a bit.

The start of this year has been a good one so far. The first two months have been busy — both at work

before we know it. Everyone here knows I’m a huge Los Angeles Rams fan, but when I’m not watching football, soccer is my true sport of choice — the first sport I ever fell in love with.

March also means we’re getting closer to baseball season. Let’s hope the Los Angeles Dodgers can pull through again and bring home another championship. I’m planning to make it out to a few games this year since it’s been way too long since I’ve been to one.

Here’s hoping March brings us good health, great memories, and maybe even some warmer weather.

Let us make it a good one.

Thank you,
Tony Warn, Clinical Care Coordinator

business blog

sara hernandez, staff development & business manager

Hello Residents, Family & Friends,

I hope everyone had a lovely February month! Whether you celebrated Valentine's Day, Galentine's Day, or simply friendship, there was something for everyone to enjoy.

Last month, my husband and I took a little break from the busyness of life and enjoyed a kid-free dinner at **Arnoldi's Cafe** here in Santa Barbara. It was our first rodeo there, and we truly enjoyed the food, the atmosphere, and the attentive service—but most importantly, each other's company. We will definitely be going back!

We have also started looking into schools for my son, as he will be leaving daycare in June to begin what we call "big kid school" (elementary TK). I've been working to familiarize myself with the different schedules, requirements, and sign-ups to make sure he has everything he needs for a smooth and positive start. There are definitely mixed feelings of excitement and nervousness—on both our parts!

March marks the beginning of birthday celebrations in my family, so we are gearing up for that season. Although my son's birthday isn't until August, he has already been planning. For the past two weeks, he has been reminding us that he wants a "Super Mario" party. Before that, it was a "Stitch" theme—so we'll see what he decides as we get closer to the big day!

March also brings Saint Patrick's Day on the 17th. I recently learned more about the history of this holiday and wanted to share a little background in case you're curious too.

Saint Patrick's Day honors Saint Patrick, the patron saint of Ireland, who is credited with bringing Christianity to Ireland in the 5th century. What began as a



religious feast day has grown into a worldwide celebration of Irish culture and heritage.

Common traditions include:

- Wearing green, representing Ireland (the "Emerald Isle")
- Displaying shamrocks, which Saint Patrick reportedly used to explain the Holy Trinity
- Parades, festivals, and cultural events
- Traditional Irish music and food
- Gathering with family and friends to celebrate

Today, Saint Patrick's Day is celebrated not only in Ireland but around the world.

I wish you all a very Happy Saint Patrick's Day!

I look forward to seeing you during your next visit to The House.



Warmly,

Sara Hernandez,
Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager

When it comes to January, it always feels like it lasts forever. Then February shows up, and somehow, it's over before you've even adjusted to writing the new year on paper.

One of my goals this year was to spend more time outdoors and be more intentional with how I use my time. My wife and I made a point to follow through. **We went**



horseback riding at Circle Bar B Ranch, which was a solid way to unplug and get outside for a few hours. No distractions, just being present and doing something different.

Afterward, we had dinner at S.Y. Kitchen. The Italian food was fresh and flavorful, simple, well done, and exactly what we were in the



mood for. It was one of those meals where you're not rushed and can actually enjoy the conversation.

We ended the night with a stop at Chumash Casino Resort, one of my go-to spots to unwind. It's an easy place to relax and close out the day.

I hope everyone's had a strong start to the year so far. And if you're around in March, stop by for Friday happy hour. **With St. Patrick's Day coming up, I've got a lucky festive cocktail in mind.**

Thank you,

Ernesto Guerrero, Facilities & Transportation Manager

operations news

morgan e. randall, operations director



MARCH INTO THE NEW SEASON...

March welcomes the start of spring—a time of longer days, warmer weather, and a sense of renewal. This month brings several meaningful observances, including Daylight Saving Time on March 8, Pi Day on March 14, St. Patrick’s Day on March 17, and the Vernal Equinox on March 20. March Madness also kicks off on March 14 and runs through April 3, adding to the season’s excitement.

Spring naturally encourages us to spend more time outdoors. My husband, Jesse, and I love taking advantage of the extra daylight by fishing, golfing, visiting the beach with our dogs, and working in the garden. The fresh air and brighter days always make the season feel like a welcome reset.



Here at the House, the warmer weather brings the joy of seeing residents enjoy our main patio—breathing in fresh air, listening to birds, admiring new blooms, and soaking up the sunshine during activities. It’s one of my favorite parts of this time of year.

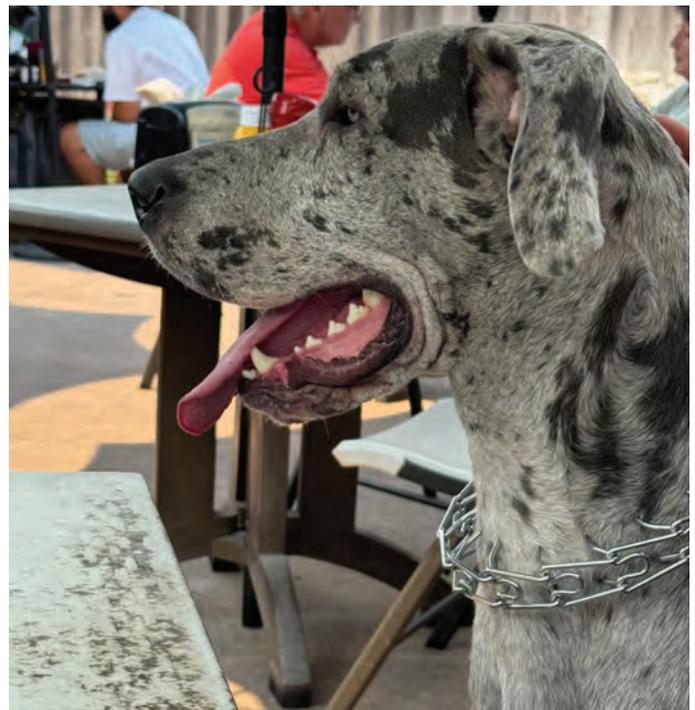
I am truly looking forward to spending more



moments with everyone outside on the patio this season.

Cheers!

Morgan E. Randall, Operations Director



bill's grill
bill mcgeever



Every morning, Ty and I go for a hike in the hills before heading in to work. It's a good time to get exercise and to go over what's on the agenda for the day.

This year, given the rain and warm weather, everything looks to be at least two months ahead of schedule. The grasses are heading out, so foxtails soon. The wild flowers are out in force. Lupine, wild daisy, wild onion, ceanothus and many others. Really unusual to see now what normally shows up in April and May.

I'll have had another birthday in late February. **My birthday was on the 27th and other than getting older, I'm always celebrating my mother's birthday, which was on the 24th.**

So, we'll have a BBQ that my parents would appreciate, **both having been born and raised in Birmingham, Alabama.**

The 4:05 Cocktail Hour and Bills Grill will be on Friday, March 20th.
Here's what will be on the table:

Country Style Pork Ribs w/dry rub & BBQ Sauce

Southern Cole Slaw

Mac & Cheese

Grilled Sourdough Bread w/garlic butter

Red Velvet Cupcakes



Be sure to mark the calendar and I'll see you here,

Bill

dining delights

odin macias, dining services manager

As February brought several meaningful opportunities for celebration.

First was Valentine's Day, which we celebrated with the residents. I hope everybody had a great Valentine's Day.

We also celebrated two birthdays from the kitchen team on the same day. **We celebrated Alvaro and Miguel—lucky for us, they saved us a cake!**



In our last cooking class, we made Tiramisu, which the residents really enjoyed. For our next cooking class, we will be making cream puffs. I hope everyone enjoys them as much as the other desserts that we've made, and thank you for being part of our class.

Last, but not least...after a few days of rain, my dogs and I enjoyed a nice walk at Lake Los Carneros, and boy, the dogs enjoyed it almost as much as I did.

I am excited to see what March has in store for us!

Thank you,

Odin Macias, Dining Services Manager



important dates

405 Cocktail Hour- Every Friday

Bill's Grill Mar. 20

March Birthdays

Residents

John Bianchini	Mar.	09
Joan Lorden	Mar.	12
Pat Wilbarger	Mar.	12
Hans Spieler	Mar.	13
Carol Marter	Mar.	13
Mary Ann Langoworthy	Mar.	14
Carolyn Castagnola	Mar.	16
Jerry Henas	Mar.	20

Employees

Maria Hernandez	Mar.	08
Claudia Arredondo	Mar.	21
Edgar Mohorko Jr.	Mar.	24
Alexander Benavides	Mar.	25
Guadalupe Torres	Mar.	25
Areli Herrera	Mar.	26
Magdalena Sanchez	Mar.	26

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