



THE HONEY BEE

NEWS AT HERITAGE HOUSE

OCTOBER 2026

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HAPPY HALLOWEEN!

happenings

National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from **September 15 to October 15** by celebrating the histories, cultures, and contributions of Americans whose ancestors came from **Spain, Mexico, the Caribbean, and Central and South America**.



The observance began in 1968 as Hispanic Heritage Week under President Lyndon B. Johnson. In 1988, President Ronald Reagan expanded it to a 30-day celebration, beginning on September 15 and ending on October 15.

September 15 is significant because it marks the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Columbus Day, or Día de la Raza, on October 12, also falls within this 30-day period.



Here at our house, we shared this culture and tradition with our residents by celebrating Mexican Independence Day on September 16. We decorated the house with meaningful representations of Mexican culture and invited live musicians to perform for our residents.

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happenings

(cont. from front cover)

Their expressions were priceless. They became fully immersed in the experience, and it was incredibly satisfying to see how much they enjoyed it. **The energy in the room was truly alive, so I decided to put on my traditional skirt and join the celebration by dancing to the mariachi music. Our residents seemed to really enjoy it!**

We are very grateful to our residents and their loved ones for allowing us to share a little piece of our culture and traditions with them.

Thank you to all Mexican Americans who have made, and continue to make, a positive impact on this community.

A warm Heritage House welcome to our new Resident, **Robert Vogt**

Robert "Bob" Vogt grew up in Tarzana, California, and studied business at Pepperdine and Cal State Long Beach. He was married to his late wife Gerry from 1973 until her passing in 2025. His toy sales accounts (lots of Barbies!) had him living in the Pacific Northwest and the Dallas area in addition to Orange County. You'll meet his son Eric (living in Kansas City) and daughter Kristin (living here in SB) and their families, including 5 grandchildren ages 11-16. Ask him about his world travels or his many jobs at sporting venues in his retirement.



A warm Heritage House welcome to our new Resident, **Mary Ellen Guffey**

Mary Ellen was born in Toledo, Ohio, and went on to



earn a master's degree from the University of Illinois and a doctorate from UCLA. She enjoyed a long career as a professor of business at Los Angeles Pierce College and as the author of widely used textbooks in business communication and English; her husband, George, was a professor of English literature at UCLA. Mary Ellen has

always had a special love of gardening and photography, and especially enjoys flowers, beautiful gardens, and capturing the world around her with her camera.

A warm Heritage House welcome to our new Resident, **Valerie Ahern**

Valerie was born in Culver City, California, and grew up in Austin, Texas, where she later attended college. After graduation, she moved to Los Angeles to pursue her dream of becoming a writer.

As a successful writer and producer, Valerie wrote for many of the television shows audi-



happenings

(cont. from page 2)

ences know and love, including *Married with Children*, *Jesse*, *Desperate Housewives*, and *Bunk'd*. Beyond television, she is also an accomplished songwriter and musician who enjoys playing the piano and several other instruments.

Valerie's creativity extends far beyond her professional achievements. She is deeply artistic, endlessly imaginative, and has a special love for animals.

A warm Heritage House welcome to our new Resident, James Peterson



James Peterson (Jim) was born in Chicago, Illinois on July 23, 1928. He had one brother Howard. He attended Lane Tech High School. He served in the army in Stuttgart, Germany. He married twice before marrying Ginger Sommerfield on August 30, 1997.

He worked mainly in the printing business and was repro manager for the county of Santa Barbara; he played golf and tennis and also chess. He and Ginger traveled to many places.

Employee Highlights

Heritage House is proud to celebrate a very special milestone: **Elodia Martinez's 10th anniversary as a caregiver with our community.**



Elodia, thank you for ten wonderful years of dedication and service. **Your compassion, hard work, and commitment to our residents are deeply appreciated.** We are grateful for everything you do each day and for the care and kindness you bring to Heritage House.

Congratulations on this incredible milestone, Elodia!

Thank you for being an essential part of the Heritage House family and for making a difference in the lives of those entrusted to your care. Here's to celebrating 10 years and to many more years of caring, serving, and making a difference!

Best,

Alejandra Nunez, Executive Director

congratulations!

10 years!

(cont. on page 4)



In loving memory of
Joanne Clark

happenings

(cont. from page 3)

October Events/Announcements:

Bill's Grill:

Don't forget to join Bill's Grill this month on **October 23rd at 5:00 PM.**
Please call Sara to RSVP.



HAPPY HALLOWEEN!



resident article jean perrett



I was born in Los Angeles. My mother was a nurse, and my father was a professor of medicine at USC. He was also a doctor in the Army and ended his military career as a brigadier colonel.

My father shared bits of funny knowledge with me over the years, and some of them have stuck with me. Are you ready for this one?

General Patton loved to eat mustard sandwiches. He would take two pieces of bread, spread mustard on them, and stick them together. Not many people know this.

But now you do, too.

On my eighth birthday, Whinny Lou was given to me

by Penny Singleton and her husband. Penny knew my parents and played Blondie in the old Blondie and Dagwood films. She asked me what I wanted for my birthday, and of course I said, "A pony."

But how many children ask for a pony and actually get one?

Well, I did.

Whinny Lou turned out to be a very mean pony - if that makes any of you who never got a pony feel better.

My parents named me Mona. My mother's name was Gramona, and my full name was Mona Jean MacCallum.

Being an Army brat, we moved all over the country. When I was young, we moved to the South. The first time we met my new teacher, she asked my mother, "Are you Yawmie?"

My mother was completely confused.

The teacher asked again. And again.



resident article jean perrett

(cont. from page 5)



Finally, I realized she was asking, "Are you Army?"

"Yes, we are with the Army."

Then the teacher asked me my name.

I decided that this was my moment - the perfect opportunity to rid myself of that atrocious title, Mona.



"Jean MacCallum," I told her.

My mother nearly had a heart attack.

But whether she liked it or not, Jean was my name from then on. It was already my middle name, after all.

When I was in high school, my brother Donald, who was ten years younger than I was, was a bit of a troublemaker. One day I gave him some very important advice.

"Whatever you do at school, don't point at your knee and say, 'Knee.' It is very offensive."

Of course, he did it.

Fortunately, no one could really punish him because he hadn't actually done anything wrong.

I'm quite sure all the other children thought he was completely mad, though.

At thirteen, I learned to drive. I probably shouldn't admit this, but I then taught all my friends to drive, too.

I had always been a great driver - even back then.

Years later, when two of our children, Susanna and David, were about thirteen, I let them steer the car from the passenger seat.

Naturally, they both became excellent drivers.

Obviously, this was entirely due to my expertise.

One of my greatest fears has always been spiders.

My son David knew this, of course, and used to throw rubber spiders onto the floor while I was doing the dishes. I would jump, and he would laugh.

One of my worst spider encounters happened when my husband Pat, our son David, our daughter

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resident article jean perrett

(cont. from page 6)

Susanna, and I were walking along a creek bed filled with water.

Susanna suddenly told me there was a spider on my purse.

I immediately flung my purse into the creek.

Pat had to go into the water and retrieve it.

Susanna then informed me that it had only been a baby spider.

The tension was so thick you couldn't have cut it with a hot butter knife.

Pat was not happy.

There was quite a lot of mumbling under his breath.

I always loved the beach and the water. I was an avid water skier, loved to swim, and loved to snorkel. Whenever the people driving the boat announced that it was time to leave, I was always the last one back into the boat.



My children insist that I did this next thing, although I don't remember it.

Apparently, while doing the dishes, I

would sing my own version of La Cucaracha, dancing around the kitchen and spinning the dish towel as I sang.

Perhaps this explains why my son David now makes up silly songs while he does the dishes.

And now this next part was written by my son, David,

because I am not an immodest person - and I would never say these things about myself.

I've always tried to think of others before myself.

I didn't simply tell my children that kindness was important. I tried to teach them by showing them. I wanted them to know that there is joy in helping another person and that when someone needs you, you show up.

And I did my best to do just that.

Whenever someone needed help, I tried to be there. I volunteered whenever I could, whether in everyday life, through my church, or simply because another person needed a hand.

I hope that is one of the things I have passed along to my children.

I am a Christian, and I have lived a full life.

I am ready for my room in Heaven now, but my son tells me they're still getting it ready because apparently the last tenants were very messy.

So, for the moment, I suppose I'll have to wait.

This is the short version of my story.

I hope you enjoyed it.

—Jean Perrett



activity alley uriel jeronimo, activities lead coordinator

Happy October, Everyone!

Autumn is here, and Halloween is just around the corner! **We're excited about the activities planned for our residents this month.** We're also developing more special events, so stay tuned for updates and announcements.



On a personal note, I recently took my niece shopping for a Halloween costume. **She chose to dress as Glinda from The Wizard of Oz!** Although the photos aren't perfect, I hope they still capture the moment.

I'll be away during Halloween

and photos in the November newsletter!

I hope you and your families are doing well. **Have a fun, festive, and safe Halloween!**

Best Regards,

Uriel Jeronimo, Activities Lead Coordinator



week on a cruise to several destinations in Mexico with my girlfriend and her family. I'm really looking forward to the trip!

One of my goals is to travel as much as possible and discover new places and cultures. I look forward to sharing some adventures



activity alley uriel jeronimo, activities lead coordinator

(cont. from page 8)



october health news

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



Goodbye, Summer, and hello, Fall!

September was a good month overall. I had a few days off, got to enjoy a concert in Vegas, and now we're heading into the final quarter of the

year. September also brought us football season, and October is here to take us even deeper into it!

With October comes cooler weather, the baseball playoffs, and, of course, Halloween! Spooky season is here for the kiddos, so it's time to get those costumes ready and prepare to take them out for some candy!



As we enter the final months of the year, I hope they bring nothing but good memories, happiness, and blessings for us all. May we have a healthy, happy, and wonderful October!

Happy Fall, everyone, and Happy October!

Take Care,

Tony Warn, Clinical Care Coordinator



business blog

sara hernandez, staff development & business manager



Hello, October!

September came and went in what felt like the fastest flash I've experienced! I can't say whether that's a good

thing, because I feel like I've been busy 25 hours a day! But we'll just say that staying busy is good for the body and the brain.

Here at The House, we've enjoyed many fun activities such as Mariachi and others as we said farewell to summer and welcomed the beginning of fall on September 22nd. While we're still lucky enough to enjoy plenty of warm, sunny days here in Santa Barbara throughout October, we know cooler days are just around the corner.



One of our recent activities was a first for me — a cooking delight!

Our residents got to experience making a fabulous **Speculoos Lemon Tart**. They enjoyed taking in all the sights, smells, and textures along the way — from smelling and touching the fresh lemons to enjoying the sweet aroma of cinnamon

in the biscuits and the creamy sweetness of the filling.

And, of course, the best part was TASTING the finished creation!

We hope to make this a monthly tradition, with a



seasonal twist each time. There's nothing like bringing people together through food, conversation, and a little sweetness.



We hope everyone enjoys the spooky month of October! Wishing you all a safe, happy, and fun-filled Halloween!

Be well always,

Sara Hernandez,

Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager



Fall has arrived in Santa Barbara, bringing cooler mornings, colorful sunsets, and days that seem to fade from the summer heat as the year slowly comes to an end. It's the perfect time to enjoy being outdoors, whether you're taking a walk, taking in the changing colors, sipping a warm cup of coffee, or simply enjoying the season.



One of the best ways to celebrate fall is heading out to a ballgame. A trip south to watch the Los Angeles Dodgers is always an exciting experience. I love the energy of the crowd, plus all the different smells of classic ballpark food; there's nothing quite like spending an afternoon or evening cheering for the Boys in Blue. Whether you're a lifelong fan or enjoy a

fun outing, a Dodgers game is a great way to make memories with family and friends.

I had the chance to go with some friends to see the Dodgers play against the San Francisco Giants; it was fun and exciting. Dodgers managed to get a win on this one and are positioning themselves to win another World Series. This would be the 3rd one back-to-back. The only other team to do this is the New York Yankees back in 1936.



October seems like it will be an exciting month for baseball. As we welcome the new season, here's to cooler days, fun adventures, and more wins for the Dodgers.

Happy Fall!

Thank you,

Ernesto Guerrero, Facilities & Transportation Manager



operations news

morgan e. randall, operations director

EMBRACING AUTUMN: NATURE, WELLNESS, AND CONNECTION



October brings a beautiful shift in the season and a welcome invitation to slow down, step outside, and enjoy the simple pleasures of autumn. It is a wonderful time to reconnect with friends and family, appreciate the natural beauty around us, and make our well-being a priority.

As the days begin to grow a little shorter, October offers a great opportunity to care for both our mental and physical health. Invite a neighbor or friend for a morning walk, spend some time tending a fall garden, or plan an easy outing in the fresh air. Small, enjoyable activities can help us stay active, lift our spirits, and strengthen the social connections that support our overall well-being as winter approaches.

There is a special kind of magic in Santa Barbara during October. The intense summer heat be-



gins to ease, the skies often feel brighter, and our local trails, parks, and beaches become even more inviting. We are fortunate to have so many beautiful places nearby where we can move, relax, and spend meaningful time together.

Whether you revisit a favorite spot or discover somewhere new, there are so many adventures waiting just outside our doors. Even a brief outing can bring

operations news

(cont. from page 13)

morgan e. randall, operations director

a refreshing change of pace and create a lovely memory.

Wishing everyone a vibrant, healthy, and delightful October filled with fresh air, friendly faces, and plenty of moments to enjoy all that this wonderful season has to offer.



Warmly,

Morgan E. Randall, Operations Director

bill's grill

bill mcgeeever

It is hard to believe that it's the beginning of fall. Especially, when the daily temperatures are the same as those in July and August.

What I do like about the fall is that it's time for my annual fall trip. My first stop was in Flagstaff, AZ. Second stop was in Ruidoso, NM. Third was in Colorado Springs for an overnight on my way to Douglas, WY. I'll be here for a week before I head up to Lewistown, MT for 5 days and then I head home.

I was lucky in that my parents took us on a road trip every summer. Those trips covered most all of the states west of the Mississippi, occasionally all the way to Birmingham, ALA. So, road trips are in my blood and I look forward to them.



In Flagstaff and Ruidoso there were wildflowers in bloom everywhere. Although it seemed out of season, the monsoon rains come in August and September and the wildflowers do like their rain.

Enough of that, here's the menu for **Bills Grill on Friday, Oct 23:**

Dry Rubbed & Sauced St. Louis Style Pork Ribs

Potato Salad

Seared Broccoli w/garlic aioli

Grilled Focaccia Bread

Red Velvet Cupcakes



I hope to see you there,

Bill

important dates

405 Cocktail Hour- Every Friday

Bill's Grill

October 23

October Birthdays

Residents

Carol Jackson	Oct.	09
Martha Magee	Oct.	09
Sereta Robinson	Oct.	10
Karen Dillon	Oct.	13
Robert Yaris	Oct.	16
Donna Yamasaki	Oct.	24
Harriet Ackert	Oct.	27

Employees

Sofia Vasquez	Oct.	03
Francisco Reyes	Oct.	04
Patrice Gaetano	Oct.	17
Yolanda Cardenas	Oct.	21
Elodia Martinez	Oct.	22

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