



THE HONEY BEE

NEWS AT HERITAGE HOUSE

SEPTEMBER 2026 WWW.HERITAGEHOUSES.B.COM

HAPPY LABOR DAY!



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happenings

Oh boy, it sure has been a hot summer this year! I hope everyone has been able to stay cool, comfortable, and hydrated during these extremely warm and steamy summer days.

Here at the House, we've been doing our best to keep our residents comfortable by keeping the air conditioning running throughout the common areas and inside residents' rooms.

We're also keeping the windows closed to help keep the cool air in and the heat out.



As we approach the end of summer and look forward to welcoming fall, I'd also like to take this opportunity to introduce and **warmly welcome our new chef, Ignacio Jimenez, to our community!**

Ignacio was born and raised in Mexico City. He has been married to his wife, Sandra, for 35 years, and together they have two sons, Michel and Sergio, as well as a beautiful one-year-old granddaughter named Eli.

Ignacio brings many years of experience in the culinary industry to our team. Throughout his career, he has worked at several well-known restaurants, including **Ca'Dario, Pane E Vino, Café Buenos Aires, and others in both Mexico City and Japan.**

His passion extends beyond food and cooking; he also has a deep commitment to serving the community. For several decades, Ignacio has worked in assisted living communities, doing what he loves most: preparing delicious meals for residents and bringing smiles to their faces.

His extensive culinary knowledge, passion for cooking, and ability to create mouthwatering meals will be a wonderful addition to our community. We're confident that Ignacio will enhance the dining experience for our residents and every guest who has the opportunity to enjoy his cooking.

We are very excited to welcome Ignacio to our team and look forward to seeing all the wonderful creations and special touches he will bring to our kitchen.

Please don't hesitate to stop by the kitchen and say hello to Ignacio the next time you visit our community. We're sure he'll be delighted to meet you!

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happenings

(cont. from front cover)

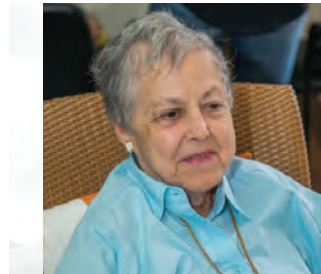
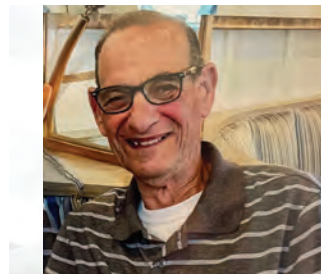
**A warm Heritage House welcome to our new Resident, Linda Marton**

Linda is a driven and outgoing retired labor and delivery nurse. During her 20-year career in labor and delivery, she proudly helped bring hundreds of babies into the

world before transitioning to a family planning practice. A California native, Linda enjoys soaking up the sun at the beach and searching for beautiful seashells. She is also a talented bluegrass musician, a passion she shared with her late son, Tom. She loves experiencing live music and regularly attends local bluegrass conventions and concerts.

Her perfect day includes watching her favorite TV show, listening to a good bluegrass tune, spending time with her grandkids, and enjoying a nice steak dinner.

She would love for you to stop by and say hello once she settles in.

**In loving memory of Carolyn Wiseman****In loving memory of David Tsukamoto****In loving memory of John Giordano**

(cont. on page 3)

happenings

(cont. from page 2)

September Events/Announcements:

Bill's Grill:

Don't forget to join Bill's Grill this month on **September 11th** at **5:00 PM**.
Please call Sara to RSVP.



FLU & COVID-19 Vaccine Clinics

We are pleased to announce that **Safeway Pharmacy** will provide onsite services at **Heritage House** to administer the **COVID-19 booster** and the **Flu vaccines**.

Flu Vaccine: Monday 9.14.26 between 10AM – 12PM

COVID-19: Monday 9.21.26 between 10AM – 12PM

If you are interested in your loved one receiving any of these vaccines, please contact Sara Hernandez, to obtain a consent form.

Consent forms are required for each vaccine.



resident article rosaling vanderhook



Lin Vanderhook was born and raised in Glendale, California. At age 17, she moved to Santa Barbara to attend nursing school and pursue a career in nursing. After becoming a registered nurse, she married Case Vanderhook. The couple made their home in Santa Barbara, where they raised their daughters, Tina and Susan.

Lin enjoyed a long and fulfilling career in nursing while continuing to make time for her family, travel, and leisure. She still lives in Santa Barbara and enjoys having her daughters nearby. She also remains close to her sister, Lee, who lives in Montana, through regular phone conversations. In her free time, Lin enjoys art, birdwatching, music, and movies.



resident article rosaling vanderhook

(cont. from page 4)



activity alley uriel jeronimo, activities lead coordinator

Happy September, Everyone!

I hope everyone is staying cool and keeping hydrated! It's been a **rough few weeks with these heat waves**, but hopefully we'll start seeing some cooler weather soon.

On a personal note, my nephews and niece are starting school again, and I can't believe how quickly time flies! My oldest nephew is officially heading into middle school, while my niece is starting TK. It really makes me feel old looking back at how tiny they were, and now they're growing up so fast! It's amazing how quickly the years go by.



featuring **Studio Ghibli's Ponyo** and **Marilyn Monroe**. I wish I had taken more pictures, but I'm the kind of person who prefers to put the phone away and experience everything in the moment.

The **Marilyn Monroe exhibit** was especially fascinating. They had so many personal items from her life, including dresses, notebooks, make-up, letters, and other incredible pieces that gave a glimpse into her life during that time. Overall, it was such a fun and memorable experience!



Last month, I also had the opportunity to explore **Los Angeles**, and I had an **absolute blast**! I love shopping for the people I care about, and I also got the chance to visit the **Academy Museum of Motion Pictures**. They had some incredible special exhibits

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activity alley uriel jeronimo, activities lead coordinator

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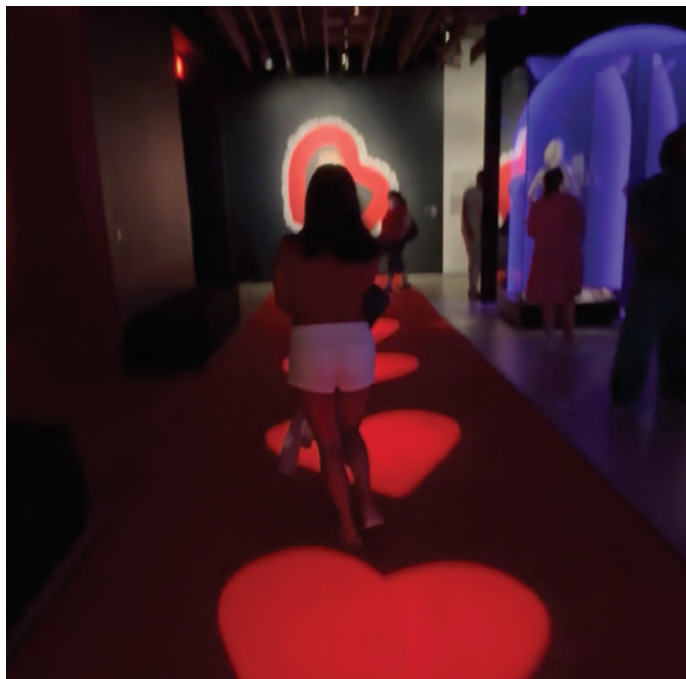
Last month at Heritage House, we also had the wonderful opportunity to welcome several performers during **Fiesta Week!** A huge thank-you to the amazing dance instructors who took the time out of their busy schedules to come and perform for our residents. We truly appreciate you sharing your time, talent, and energy with us. The residents had such a great time watching the performances!

And now, **Mexican Independence Day** is just around the corner! We are very excited to celebrate with some wonderful music and good company. We will have **Mariachi** joining us on **September 16th at 3:00 PM on the patio**, so come on over, enjoy the music, and celebrate with us!

We hope to see everyone there! **Let's make this September another month filled with music, laughter, great memories, and plenty of reasons to celebrate!**

Best Regards,

Uriel Jeronimo, Activities Lead Coordinator



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activity alley uriel jeronimo, activities lead coordinator

(cont. from page 7)



september health news

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

August has come and gone, and September is here! With it comes the start of football season. The



NFL is back, and here's hoping the Rams have a strong season and bring it home!

August was a calm month for me. I spent time hiking, took my son to the Ventura County Fair, and simply relaxed while enjoying the little moments.

Now that September is here, football season is underway and baseball is nearing the end of its season. Sports will definitely be in full swing in my household!

May September bring us love, happiness, good health, and plenty of memorable moments. Let's make it a great month and enjoy everything it brings.

Happy September, everyone!

Take Care,

Tony Warn, Clinical Care Coordinator



business blog

sara hernandez, staff development & business manager



Hello everyone, and happy first day of September!

I can't believe I'm saying that—it feels like we were just celebrating our Christmas Market! Before we know it, we'll be welcoming fall and stepping into our harvest celebrations, and then preparing for the shorter days ahead as we make our way toward the end of daylight saving time in early November. It won't be long before the holiday season is here again!

August was filled with vibrant colors and wonderful energy here at **The House** as we celebrated **Old Spanish Days** and enjoyed several live flamenco performances from our talented community. A heartfelt thank you to everyone who came out to show their support for the dance groups and enjoy their beautiful performances.



On a personal note, my son started TK at our neighborhood elementary school, Brandon, just down

the street from our home. We are beyond happy to see how well he is adjusting to this new chapter as he navigates new hallways, meets his teachers, and makes many new friends! It has been so sweet watching him settle into his new routine.



I hope everyone is adjusting well to getting back into the school-year schedule and settling into the rhythm of September.

I hope to see you around The House!

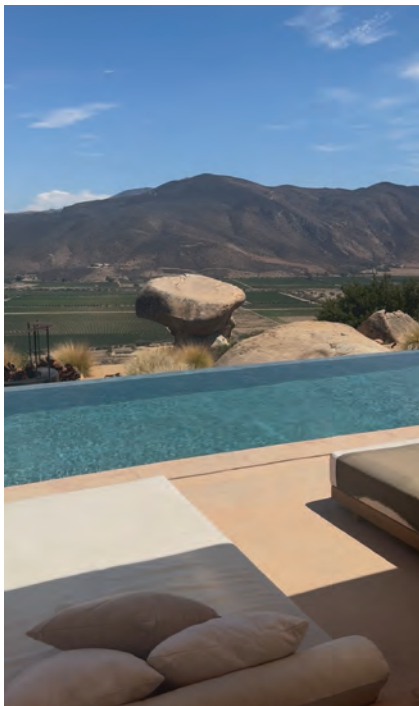
Happy September!

Warmly,

Sara Hernandez,
Staff Development & Business Manager

facility facts

ernesto guerrero, facilities and transp. manager



For my last trip of the summer, I headed down to Valle de Guadalupe, and it was the perfect way to wrap up the season. I stayed at MIRA Earth, which was incredibly peaceful and close to nature. There's something about waking up surrounded by the Valle landscape that makes it easy to slow down and enjoy the moment.

It is wine country, and it also has some of the most unique and tasty food I've ever had. It's known for its outdoor dining experience and farm-to-table restaurants. There are so many great places to eat, **but one of my favorites is Cocina de Doña Estela and Oja.** The food is handmade daily, authentic, and easily some of the best I've had in the area. It's the kind of place I make a point to visit whenever I'm in Valle DG.

It was a great final summer getaway filled with good food, beau-



tiful scenery, and plenty of time to relax. As much as I enjoyed it, I am ready to trade the summer heat for cooler days. With September around the corner, I'm looking forward to fall weather, cooler days, and everything the new season brings.

Thank you,

Ernesto Guerrero, Facilities & Transportation Manager



operations news

morgan e. randall, operations director

Last month, Jesse and I headed to the Davey Brown Trail in search of a buck.

We were fortunate to have mild weather, clear skies, and an all-around great adventure.

We camped nearby with a few friends, spent a couple of days hiking through Los Padres National Forest, and enjoyed our first hunting experience to-



gether. We spotted 10 deer in all, including four bucks.

Along the way, we also saw several species of birds, fish, and the usual critters. My favorite sighting



was the largest bobcat I have ever seen—and if my count is right, it was bobcat number seven!

Time in nature brings calm and offers a chance to reset the mind and body after busy days. That tranquility stays with you long after the trip ends.

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operations news

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morgan e. randall, operations director

Even the hard work of setting up camp, packing the right gear, cooking for the group, and hiking miles for a glimpse of something special feels truly rewarding.

"Nothing in this world is worth having or worth doing unless it means effort, pain, and difficulty."

— Theodore Roosevelt



Warmly,

Morgan E. Randall, Operations Director

bill's grill

bill mcgeeever



Well, Julie and I are on a quick trip, so this will be a short article. On one of our hikes, we found wild huckleberries and picked a bunch. At the local farmers market, we found last of the season box of satsuma plums. Julie cooked up a batch of jam using both fruits and it turned out to be delicious.



Before we left for the trip, our granddaughter was in the Fiesta Children's Parade. She had a great time and seeing her in the parade brought back some memories. Both of my sisters were flower girls in the early 60's. My brother and I were in the Children's Parade in the late 50's. Mom was a really good seamstress and she made costumes for all of us.

Bills Grill will be September 11th @ 5:00 with Ernie and the 4:05 Cocktail Hour @ 4:00.

Here's the menu for Bills Grill:

Grilled Tri-Tip

Baby Yukon Potatoes, halved & baked w/spices, drizzled w/olive oil and dollops of sour cream

Lightly Grilled Green Beans

Sourdough Bread

Strawberry Shortbread



See you all soon,

Bill



important dates

405 Cocktail Hour- Every Friday

Bill's Grill September 11

September Birthdays

Residents

Olga Sagardia	Sept. 01
Kathryn Crosby	Sept. 02
Bonnie Hetrick	Sept. 03
Mary Murata	Sept. 04
Linda Marton	Sept. 07
Rosalind Vanderhook	Sept. 12
Charles Pulcrano	Sept. 15

Employees

Iliana Medina	Sept. 13
Josue Diaz	Sept. 19
Ernesto Guerrero	Sept. 28

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