

June 2024

# Sunharbor Manor

255 Warner Ave. Roslyn Heights, NY 11577 | 516-621-5400 | Recreation Ext. 4244



*Dr. Nodar Janas*  
**Medical Director**

*Margaret Gianotti*  
**Administrator**

*Sabrina Osmani*  
**Director of Admissions**

*Kathy Olsen*  
**Director of Nursing**

*Laferne Miller*  
**Assistant Director of Nursing**

*Sheryl Molina*  
**Director of Rehabilitation**

*Bridget Gallo*  
**Director of Social Services**

*Kim Diana-Verdi*  
**Director of Food /  
Nutritional Services**

*Walter Martinez*  
**Director of Plant Operations**

*Eileen Castelli*  
**Director of Environmental  
& Laundry Services**

*Vanessa Hernandez*  
**Director of Therapeutic  
Recreation &  
Volunteer Services**

Our Therapeutic Recreation programs are scheduled 7 days a week including evenings. All are welcome to attend. We offer a variety of group programs such as: art workshops, creative groups, live music shows, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba, resident council, sensory stimulation, uno card game, spa hour, book club, religious services/specials and more. We also offer televised religious services weekly and televised morning exercise.

*Please see our monthly calendar of events  
for all scheduled programs.  
Programs are subject to change!*

Therapeutic Recreation staff offer reading material. For further interest in independent items such as: books, magazines, deck of cards, puzzles, word searches, yarn, coloring, and painting materials, please call the Therapeutic Recreation Department at ext. 4244.

## Looking to order a newspaper?

You may order a new subscription or transfer one from home. Call the Therapeutic Recreation Director for more information at ext. 4242



**Our Hair Salon is open on Wednesdays only. The beautician offers a variety of services. Please contact the Therapeutic Recreation Director at ext. 4242 to receive more information, schedule services and make payment by Tuesdays.**



***Hair Salon Services & Prices***

<b>Men's Wash and Haircut</b>	<b>\$18.00 &amp; Up</b>
<b>Men's Mustache Trim</b>	<b>\$5.00</b>
<b>Men's Beard Shaping</b>	<b>\$7.00</b>
<b>Shampoo Wash Only</b>	<b>\$7.00</b>
<b>Conditioning Treatment for Scalp &amp; Hair</b>	<b>\$15.00 &amp; Up</b>
<b>Women's Haircut only</b>	<b>\$18.00</b>
<b>Women's Wash, Haircut &amp; Blow Dry</b>	<b>\$36.00 &amp; Up</b>
<b>Wash, Blow Dry or Roller Set</b>	<b>\$23.00 &amp; Up</b>
<b>Single Process Color</b>	<b>\$30.00 &amp; Up</b>
<b>Highlights (Halo)</b>	<b>\$45.00</b>
<b>Wash &amp; Perm</b>	<b>\$57.00</b>
<b>Wash, Haircut &amp; Perm</b>	<b>\$75.00 &amp; Up</b>
<b>Full Head Highlights</b>	<b>\$75.00</b>
<b>In Room Service additional charge</b>	<b>\$10.00</b>

Please note an additional fee is added for long hair.

**Eyesight Essentials**



On a bright June day, a pair of sunglasses might seem the perfect fashion accessory, but sunglasses are more than a fashion statement; they are important for good eye health. On June 27, Sunglasses Day, don a pair and spread the word. Look for sunglasses that block 100 percent of both UVA and UVB radiation. This type of solar radiation is responsible for cataracts, skin cancer around the eyes, and even sunburns on the eye's surface. Not only will your eyes be healthier, but these sunglasses will also reduce wrinkles. Sunglasses also reduce bright glares, block wind and dust, and reduce headaches and eyestrain in bright light. Whether you choose aviators or wayfarers, keep your future bright (but not too bright).



**Sunharbor Manor  
Phone Extensions:**

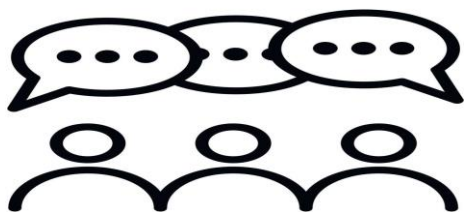


<b>Admissions</b>	<b>4107 or 4102</b>
<b>Case Management / Discharge Planner</b>	<b>4304</b>
<b>Dietitian</b>	<b>4144 or 4146</b>
<b>Food Menus</b>	<b>4147</b>
<b>Housekeeping</b>	<b>4136</b>
<b>Maintenance Shop</b>	<b>4000</b>
<b>Nursing Supervisor</b>	<b>4208 or 4215</b>
<b>Personal Accounts</b>	<b>4112</b>
<b>Receptionist</b>	<b>4100 or 0</b>
<b>Recreation</b>	<b>4244 or 4242</b>
<b>Rehab - PT/OT/Speech</b>	<b>4302 or 4300</b>
<b>Social Worker</b>	<b>4202 or 4206</b>

## Sunharbor Manor Resident Council



I would like to take this opportunity to introduce myself to you as the President of Sunharbor Manor Resident Council. My name is Thomas Wawryk. I have been a resident here for 6 years. Our meetings are to inform residents of updates. We discuss items about the facility such as recreation events and programs. The meetings are closed and confidential. They are held in the third-floor dining room and normally scheduled for the second Thursday of the month. This month's meeting is on Thursday, June 13, 2024. If you have any questions or concerns, I am always available to meet with you at your convenience as well. You can find me in my room, room 370, or ask a staff member for assistance. I look forward to seeing you at our next meeting and at recreation events.



Please see the monthly calendar for scheduled programs.

## *Sunharbor Manor* *Religious Events*

**Rosary Prayer Group**  
**our Volunteer w/ Tom**  
is held on Mondays at 10:30am

**Catholic Mass**  
**with Father Valentine**  
held on Tuesday 6/11  
& Tuesday 6/25 at 10:30am

**Shabbat Service**  
is held on Fridays at 10:30am  
**w/ Rabbi Tarkieltaub**

*All religious events are held  
in the dining room area.*

*All are welcome to attend.*

**Other Services are televised  
on Channel #6 on  
Wednesdays at 10am.**

**See monthly calendar for schedule.**  
*Please contact the Therapeutic Recreation  
department at ext. 4244  
if you need a religious visit in your room.*

**Sunharbor Manor**  
**BBQ season begins on**  
**Wednesday 6/12**  
**on the 1<sup>st</sup> floor patio.**  
**All BBQs are on**  
**Wednesday's weather permitting.**  
**We will have 1 unit each week.**  
**Unit to be announced on Mondays.**

**Call recreation for more  
information at ext. 4242**





## June Highlights:

6/05 Live Show w/ Les Degen



6/06 Art Workshop

6/07 National Donut Day



6/09 Christian Worship

6/11 Shavuot begins at Sundown

6/12 Shavuot

6/12 Music Show w/ Other Frank

6/13 Resident Council Meeting

6/12 National Red Rose Day



6/14 Flag Day

6/14 Music Show w/ Flo Michaels

6/16 Father's Day



6/17 Eid al-Adha

6/17 Tai Chi w/ Ali



6/19 Juneteenth

6/19 Music Show w/ Joe Pace

6/20 Summer Begins



6/21 Art Workshop

6/22 Music Show w/Gary & Theresa

6/23 National Pink Day

6/24 Zumba w/ Filomena



6/26 Monthly Birthday Bash

6/28 Recreation Casino Day

**Programs are subject to change.**

For computer access please visit our Resident's Lounge located on the third floor.



## June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Intellectual and imaginative, they are the ones to sit near at a party. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle, but they are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness.

Pat Boone (singer) – June 1, 1934

Rafael Nadal (tennis player) – June 3, 1986

Suze Orman (financial advisor) – June 5, 1951

Dai Vernon (magician) – June 11, 1894

Stan Laurel (comedian) – June 16, 1890

Prince William (British royal) – June 21, 1982

Meryl Streep (actress) – June 22, 1949

Larry Blyden (TV host) – June 23, 1925

Slim Pickens (actor) – June 29, 1919

Lena Horne (entertainer) – June 30, 1917

## Monthly Birthday Celebration!



Come celebrate your June birthday with live music by Jacques and ice cream on Wednesday 6/26 at 2:30pm in the 3<sup>rd</sup> floor dining room

**Pet Visits are allowed. Please provide our facility with a current copy of the dog's vaccinations before your visit.**

**Any questions please contact**



recreation at ext