

July 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 independent activities. For further interest in 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



July Highlights:



- 7/04 Independence Day
- 7/04 Recreation 4th of July Party
- 7/06 Music Show w/ Dave Patrick
- 7/07 Shark Week Begins
- 7/08 Zumba w/ Filomena
- 7/09 Resident Council Meeting
- 7/10 Music Show w/ Gerry Dunne
- 7/12 Beading Group
- 7/15 Tai Chi w/ Ali
- 7/17 Music Show w/ Sal
- 7/19 Ice Cream Sundae Social
- 7/21 Full Moon
- 7/22 Zumba w/ Filomena
- 7/24 Birthday Bash
- 7/26 Art Workshop
- 7/28 Parents' Day
- 7/28 Music Show w/ Joe Pace
- 7/29 Dancercise w/ Adrienne



**Programs are
subject to change.**

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



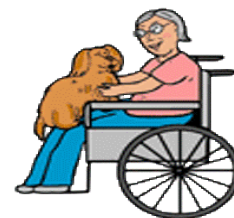
**Sunharbor Manor
Phone Extensions:**

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

**Pet Visits w/ Otis
are scheduled for Mondays,
July 1st, July 22nd, and July 29th
from 10:30am until 11:30am.**



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



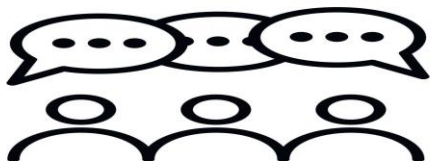
recreation at ext. 4242

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 Tuesday, July 9, 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
will be televised on channel #6 this month

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 Recreation BBQ

on the 1st 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**



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

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

Please note an additional fee is added for long hair.

July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

- Princess Diana (British royalty) – July 1, 1961
- Neil Simon (playwright) – July 4, 1927
- David McCullough (author) – July 7, 1933
- Marty Feldman (actor) – July 8, 1934
- Milton Berle (actor) – July 12, 1908
- Bess Meyerson (model) – July 16, 1924
- Sandra Bullock (actress) – July 26, 1964
- Jackie Kennedy (U.S. first lady) – July 28, 1929
- Buddy Guy (guitarist) – July 30, 1936
- J. K. Rowling (author) – July 31, 1965

Monthly Birthday Celebration!



Come celebrate your July birthday with ice cream and live music by Jacques on Wednesday 7/24 at 2:30pm in the 3rd floor dining room



See our strolling musician Stuart Markus on Thursday mornings for a song.