

January 2025

Sunharbor Manor

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



Dr. Nodar Janas
Medical Director

Margaret Gianotti
Administrator

Bridget Gallo
Assistant Administrator &
Director of Social Services

Sabrina Osmani
Director of Admissions

Kathy Olsen
Director of Nursing

Laferne Miller
Assistant Director of Nursing

Sheryl Molina
Director of Rehabilitation

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



Come join our Therapeutic Recreation programs that are scheduled 7 days a week. We offer a variety of group programs such as: art workshops, live music shows, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba, resident council, sensory stimulation, uno card game, spa hour, and religious services/specials. We also offer televised religious services weekly, televised morning exercise, and strolling musician visits.

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

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



Religious Events

Rosary Prayer Group

w/ Volunteer Tom is held on Mondays at 10:30am in the 3rd floor dining room

Catholic Mass

w/ Father Geoffrey is held on Tuesday 1/14 & Tuesday 1/28 at 10:30am in 3rd floor dining room

Shabbat Service

w/ Rabbi Tarkieltaub is held on Fridays at 10:30am in the 3rd floor dining room

All are welcome to attend.

All religious events are held in the dining room area.

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.

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



The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon's French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier's system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille's contribution to be as important as Gutenberg's printing press.

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. 4244.



Pet Visits w/ Otis is scheduled for Monday 1/6, 1/13, 1/20 and 1/27 in at 10:30am. Please see monthly calendar for scheduled units.



The Beauty Salon is opened
 Wednesday 1/8, Monday 1/13,
 Wednesday 1/22 and Wednesday 1/29.

Please contact the

Therapeutic Recreation Director
at ext. 4242 to receive more information,
 schedule services and make payment
 by cash or check only.

Payment is due before services.

Beauty 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	\$25.00
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.

Dial Up the Nonsense

While some people believe that Inane Answering Message Day on January 30 is a day to revise any long, annoying, or otherwise inane answering messages, many believe it is the perfect day to put a smile on your caller's face by recording a silly message for their listening pleasure. Below you'll find some wonderfully inane treasures to record on voicemail:

"Hello! You've reached the future. Your call is important, but right now, it's still the past where I am. Leave a message and I'll get back to you when the time's right."

"This is you-know-who. We are you-know-where. Leave your you-know-what you-know-when."

"You've reached [Name], where everything is made up and the points don't matter. Except your message. Your message definitely matters."

**Sunharbor Manor
 Phone Extensions:**



Admissions	4107 or 4102
Case Management	4304
Dietitian	4144 or 4146
Food Menus	4147
Housekeeping & Laundry Services	4136
Maintenance Shop	4000
Nursing Supervisor	4208 or 4215
Personal Accounts	4112
Receptionist	4100 or 0
Recreation	4244 or 4242
Rehab	4302 or 4300
Social Worker	4202 or 4206

A Magical Start to the Year



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome

fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

January Birthdays

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Isaac Asimov (author) – January 2, 1920
Diane Keaton (actor) – January 5, 1946
Zora Neale Hurston (author) – January 7, 1891
Elvis Presley (musician) – January 8, 1935
Vidal Sassoon (designer) – January 17, 1928
Edgar Allan Poe (author) – January 19, 1809
Ernest Borgnine (actor) – January 24, 1917
Wayne Gretzky (athlete) – January 26, 1961
Oprah Winfrey (TV host) – January 29, 1954
Gene Hackman (actor) – January 30, 1930

Sunharbor Manor Monthly Birthday Celebration!



Come celebrate your

January birthday with ice cream and live music by Jacques on Wednesday 1/29 at 2:30pm in the 3rd floor dining room.

It's time to vote for President of Resident Council. The two candidates who are running will be speaking on Friday, 1/3 at 2:30pm in the 3rd floor dining room. Voting will be done individually for everyone to participate.

Resident Council Meeting will be held on Thursday, 1/16 at 2:30pm in the 3rd floor dining room.