

April 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 wheelchair 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.



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


Sunharbor Manor
Comprehensive Rehabilitation
& Skilled Nursing

Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.



Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

The Metric Divide

Feet, inches, pounds, miles, teaspoons, and degrees Fahrenheit. What do all these types of measurements have in common? They are part of the U.S. customary measurement system, closely akin to the British imperial units—a standard many say has outlived its usefulness. After all, only three countries in the world—the United States, Myanmar, and Liberia—use this system. The rest of the world has adopted the metric system of measurement. If you're ready to join the rest of the world, then take a stand on April 7, Metric System Day.

The metric system was developed in France during the French Revolution and was officially adopted on April 7, 1795. Nearly every nation in the world has adopted it since. Yet the United States still clings to its own system. Americans still bake using cups, measure height using inches, and fill up gas tanks by the gallon. This persistence is largely due to the time and cost associated with changing the country's infrastructure, as well as pushback from big businesses and citizens reluctant to undergo such a significant transition.

"Louie Louie" Lives On

Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International



Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit

in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.

The Beauty Salon is opened on Wednesdays. 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.

Resident Council Meeting will be held on Thursday, 4/24 at 2:30pm in the 3rd floor dining room. Our President of Resident Council is Mike Occhiogrosso.

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 are scheduled for Monday 4/7, 4/14, 4/21 and 4/28 at 10:30am. Please see monthly calendar for scheduled units.

Sunharbor Manor Phone Extensions:



Admissions	4107 or 4102
Case Management / Discharge Planner	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

Religious Events

Rosary Prayer Group w/ Tom
is held on Mondays at 10:30am.

Catholic Mass
w/ Father Geoffrey is held on
Tuesday 4/08/25 &
Tuesday 4/22/25
at 10:30am in 3rd FDR.

Eucharistic Minister visits
are held on Tuesdays.
Palms will be given out for
Sunday 4/13 on Palm Sunday.

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

Christian Worship
will be held Saturday 4/12
at 2:30pm w/ Pastor Potter.

Passover Special
will be held on Monday 4/14
at 2:15pm w/ Stuart.

All are welcome to attend.

*All religious events are held in the dining room
area. **Other Services are televised on
Channel #6. See monthly calendar for
schedule.** Please contact the Therapeutic
Recreation department at ext. 4244
if you need a religious visit in your room.*

Programs are subject to change!

April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

Marlon Brando (actor) – April 3, 1924
Spencer Tracy (actor) – April 5, 1900
Walter Winchell (columnist) – April 7, 1897
Jackie Chan (actor, stuntman) – April 7, 1954
Charles Wilson Peale (artist) – April 15, 1741
Paloma Picasso (designer) – April 19, 1949
Shirley Temple (actress) – April 23, 1928
Carol Burnett (comedian) – April 26, 1933
Jerry Seinfeld (comedian) – April 29, 1954

Sunharbor Manor Monthly Birthday Celebration!

Come celebrate your April
birthday with ice cream
and live music by Jacques on
Wednesday 4/30 at 2:30pm
in the 3rd floor dining room.

*Pizza Luncheon is on
Wednesday 4/23 and 4/30.

Spaces are limited.

To participate in this event,
you must sign up in advance by calling
the Therapeutic Recreation Department
at ext. 4244
no later than Friday 4/18.