

May 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.

**National Nurses Day is Monday, May 6th
National Skilled Nursing Care Week
is Monday, May 12th until Friday, May 16th**



**Special Activity Events for
National Skilled Nursing
Care Week 2025:**

Sunday, May 11th

Pink Day! Mother's Day Gifts

Live Music Show
with Debra Toscano – 3FDR

Monday, May 12th

Red Day! Watermelon Cart

Zumba Class with Filomena – 2FDR

Tuesday, May 13th

Orange Day! Creamsicle Float Cart

Recreation Prize Bingo Game – 3FDR

Wednesday, May 14th

Blue Day! Snack Wagon Cart

The Movie “Phantom Thread”
on Channel #6 at 2pm
Sunharbor Manor **Staff BBQ**
on the 1st floor courtyard

Thursday, May 15th

Green Day! Mint Ice Cream Cart

Art Workshop Sponsored
by Caring People Group – 2FDR

Friday, May 16th

Purple Day! Wrist Band Giveaways

Live Music Show
w/ the Other Frank – 3FDR

Programs are subject to change!

Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They're intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni'ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi'olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island's signature flower and color.

The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

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.

More Than Margaritas

Cinco de Mayo—which is Spanish for “Fifth of May”—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim Cinco de Mayo as the day of Mexico’s independence. Those in the know will tell you it celebrates the Mexican army’s 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

**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 5/13/25 &
Tuesday 5/27/25
at 10:30am in 3rd FDR.

Eucharistic Minister visits
are held on Tuesdays.

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

Christian Worship
will be held Saturday 5/10
at 2:30pm w/ Pastor Potter.

Greek Orthodox Religious Visits
will be held on Wednesday 5/7
w/ Father John.

*All are welcome to attend.
All religious events/services 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!

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

Joseph Heller (writer) – May 1, 1923
Gary Cooper (actor) – May 7, 1901
Martha Graham (dancer) – May 11, 1894
Perry Como (singer) – May 18, 1912
Joan Collins (actress) – May 23, 1933
Bob Dylan (singer) – May 24, 1941
Sam Snead (golfer) – May 27, 1912
Henry Kissinger (politician) – May 27, 1923
Joe Namath (quarterback) – May 31, 1943

Sunharbor Manor Monthly Birthday Celebration!

Come celebrate your May
birthday with ice cream
and live music by Jacques on
Wednesday 5/21 at 2:30pm
in the 3rd floor dining room.

**Resident Council Meeting
will be held on
Thursday, 5/8 at 2:30pm
in the 3rd floor dining room.
Our President of
Resident Council
is Mike Occhiogrosso.**