

November 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 Work

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, movement to music, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba, dancercise, 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.

Come celebrate our residents who served in the military on Veterans Day at 2:30pm in the third-floor dining room for the special music show with Teresa our music therapist.

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.



Happy Thanksgiving!



Monthly Highlights

Family Stories Month
Giving Thanks Month
Picture Book Month
National Raisin Bread Month
National Alzheimer's Disease Month

11/01 All Saints' Day
11/01 Day of the Dead
11/02 Daylight Saving Time ends
11/03 Zumba w/ Filomena
11/04 Election Day
11/05 Music Show w/ Gerry Dunne
11/05 Full Moon
11/06 Menu Meeting for Friendsgiving
11/07 National Hug a Bear Day
11/08 National Cappuccino Day
11/10 Tai Chi w/ Instructor Ali
11/11 Veterans Day
11/11 Music Show w/ Teresa
11/12 Music Show w/ John Kouri
11/13 Resident Council Meeting
11/13 World Kindness Day
11/17 Zumba w/ Filomena
11/19 Birthday Special w/ Jacques
11/19 Friendsgiving Special
11/22 Residents Karaoke
11/24 Dancercise w/ Adrienne
11/26 Ornament Workshop
11/27 Thanksgiving Day
11/27 Music Show w/ Paula Atherton
11/28 Holiday Decorating Begins
around the facility

Programs are subject to change!

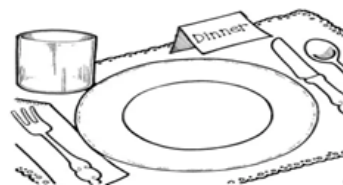
Monthly Birthday Bash!

Come celebrate your November birthday with ice cream and live music by Jacques on Wednesday 11/19 at 2:30pm in the 3rd floor dining room.

Resident Council Meeting
will be held on
Thursday, 11/13 at 2:30pm
in the 3rd floor dining room.
Our President of
Resident Council is
Mr. Mike Occhiogrosso
in room 230P.

Residents Friendsgiving **Dinner Special**

will be held on Wednesday 11/19
at 4pm in the 2nd floor dining room.



To participate in this event,
you must sign up with the
recreation department
by calling ext. 4244
no later than Saturday 11/15/25.
Spaces are limited.

Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday make your blood boil. Only time will tell whether this holiday truly stands the test of time.



The term *cliché* has come to mean “an overused or unoriginal expression.” But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process. In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

“Police were called to a daycare where a three-year-old was resisting a rest.”

Or with a word that has more than one meaning:

“I used to be a banker but I lost interest.”

And “Tom Swifities” relate certain words to others in a creative and punny way:

“I need a pencil sharpener,”
said Tom *bluntly*.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.

Hybrid Hijinks

What do you get when you cross a moose with a walrus? If you live in Alaska, you get the mythical hybrid animal known as an alascattalo, which is celebrated in earnest on November 21.

As strange as the alascattalo may seem, it is not the only hybrid animal that draws popular curiosity. The unfortunately named beefalo is a real cross between a cow and a buffalo. The world's largest cat is a liger, a cross between a male lion and a tigress, which can grow to twice the normal size of its parents. (The smaller tigon is the offspring of a lioness and tiger.) Hawaii has its wholphin, a rare mix of dolphin and false killer whale. More akin to the alascattalo is Wyoming's fabulous and impossible jackalope, a mythical jackrabbit with an antelope's antlers.

Most likely, the alascattalo is Alaska's idea of a joke. How do Alaskans celebrate? With the world's shortest parade. The three-minute affair occurs in an alleyway, and a prize is awarded to the smallest and least appealing float.

Nature's Favorite Sequence



Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each

number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes. Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates back to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.

The Beauty Salon will be opened on Wednesdays only. 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 the day 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 is an additional charge	\$10.00

Please note an additional fee is added for long hair.

RESIDENT BANKING HOURS

<u>WEEKDAYS:</u>	<u>TUESDAY</u>	<u>THURSDAY</u>
Business Office	2 RD FLOOR DINING ROOM	3 RD FLOOR DINING ROOM
MONDAY - FRIDAY	10:30 AM TO 11:00 AM	10:30 AM TO 11:00 AM
9:00AM TO 5:00PM		
SATURDAY LOBBY RECEPTION DESK		SUNDAY: LOBBY RECEPTION DESK

ARE AS FOLLOWS:

PLEASE CONTACT THE BUSINESS OFFICE WITH ANY QUESTIONS YOU MAY HAVE ABOUT YOUR ACCOUNT AT (516) 621-5400 EXT. 4112

BANKING HOURS ARE SUBJECT TO CHANGE
ANNOUNCEMENTS WILL BE MADE PRIOR

**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