

January 2026

# 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

**Russell Sperber**  
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

*Happy New Year!*

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.

*Please see our monthly recreation calendar  
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  
New Year  
2026*

For this month the Beauty Salon  
will be open on

**Wednesday 1/7, Wednesday 1/14,  
Wednesday 1/21 and Tuesday 1/27.**

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	<b>\$18.00 &amp; Up</b>
Men's Mustache Trim	<b>\$5.00</b>
Men's Beard Shaping	<b>\$7.00</b>
Shampoo Wash Only	<b>\$7.00</b>
Conditioning Treatment for Scalp & Hair	<b>\$15.00 &amp; Up</b>
Women's Haircut only	<b>\$25.00</b>
Women's Wash, Haircut & Blow Dry	<b>\$36.00 &amp; Up</b>
Wash, Blow Dry or Roller Set	<b>\$23.00 &amp; Up</b>
Single Process Color	<b>\$30.00 &amp; Up</b>
Highlights (Halo)	<b>\$45.00</b>
Wash & Perm	<b>\$57.00</b>
Wash, Haircut & Perm	<b>\$75.00 &amp; Up</b>
Full Head Highlights	<b>\$75.00</b>
In Room Service is an additional charge	<b>\$10.00</b>

**Please note additional fee  
is added for long hair.**

### **RESIDENT BANKING HOURS**

<u>WEEKDAYS:</u>	<u>TUESDAY</u>	<u>THURSDAY</u>
Business Office  MONDAY - FRIDAY  9:00AM TO 5:00PM	2 <sup>ND</sup> FLOOR DINING ROOM  10:30 AM TO 11:00 AM	3 <sup>RD</sup> FLOOR DINING ROOM  10:30 AM TO 11:00 AM
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:**



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

## Aussie All Around

January 26 is a big to-do down under. All across Australia, citizens observe Australia Day as the anniversary of the first arrival of British ships on the island continent.



On January 26, 1788, British Captain Arthur Phillip hoisted the Union Jack flag in Sydney Cove—and unloaded 759 British convicts from 11 ships. For the next 70 years, 160,000 felons would arrive in Australia's penal colony and overwhelm the aboriginal Australian population. Indeed, this anniversary seems to mark a rather inglorious beginning to Australia's British-national history. Even former Australian Tourist Commission Managing Director Ken Boundy calls Australia "the only country in the world that marks its national holiday not by celebrating its identity but by questioning it."

From these inequitable beginnings, Australia Day has grown into a day recognizing and celebrating equality. For many, Australia Day means celebrating everyone's right to identify as a "true blue" Aussie—as many Australians call themselves—in whichever way they choose.

Perhaps there's no better example of the Australian spirit of equality than on the sporting field. "Within the story of sport in Australia, the idea of egalitarianism is very powerful," says Australian sociologist Catriona Elder. Sport, she says, is "the key place where equality is practiced." The idea of a level playing field, where talent and hard work make you a winner, seems to embody exactly what it means to be Australian.

So maybe it's no coincidence that the Australian Open tennis tournament falls from mid- to late-January, or that so many Australians celebrate Australia Day by lighting up the barbecue and playing national sports like rugby, cricket, or Australian Rules Football, that curious mishmash of American football, soccer, and rugby, played with an oval ball on an oval field. No matter what you play, there's no one way to be a "true blue" Aussie.

## Religious Events

### Rosary Prayer Group w/ Tom the volunteer

is held on Mondays at 10:30am.

### Christian Worship w/ Pastor Potter

is scheduled for Saturday 1/17 at 2:30pm.

### Catholic Mass w/ Father Geoffrey

is scheduled for Tuesday 1/13

& Tuesday 1/27 at 10:30am.

Eucharistic Minister Visits are held on Tuesdays.

### Greek Orthodox Service w/ Father John from Archangel Michael's Church

is scheduled for Tuesday 1/13 at 2pm.

### Shabbat Service w/ Rabbi Tarkieltaub

is held on Fridays at 10:30am.

**All are welcome to attend. Other Services are  
televised on Channel #6. Religious Room  
Visits are available upon request.  
Call ext. 4244 to schedule a visit to your room.**



## The Power of Z

On the first day of the year, the last shall be first. This is the philosophy behind Z Day, a day when all those whose names begin with the letter Z will flaunt alphabetical order and put Z first. It's an order that affects us all—from seats in school to places in line.

So where did alphabetical order come from? It's a 3,500-year-old mystery that social scientist William Watt believes he has solved. The English alphabet, or at least letters A through T, were ordered by a Semitic scribe living in modern-day Lebanon or Syria around the year 1500 BC. Watt believes the letters were arranged according to where the sounds are made in the mouth. Similar sounding letters were separated so that children would not become confused in their learning. Adding the letters U and W in the 16th century meant more bad news for Zach and Zoe. As usual, they had to wait for their final place in history.

## **Recreation Highlights**

1/01 Music Show w/ Willa  
1/04 Word Search Group  
1/11 Floor Bowling Fun  
1/12 Zumba Class w/ Filomena  
1/14 Music Show w/ Debra Toscano  
1/15 Comedy Hour w/ Howard  
1/18 Piano Time  
1/19 Tai Chi w/ Instructor Ali  
1/21 Music Show w/ Dave Patrick  
1/22 Resident Council Meeting  
1/24 Art Workshop  
1/26 Zumba Class w/ Filomena  
1/28 Birthday Party w/ Jacques  
1/29 Stretch A Phrase Word Game

## **Special Dates**

1/01/2026 New Year's Day  
1/06 Epiphany  
1/08 Elvis Presley's Birthday  
1/19 Martin Luther King Jr. Day  
1/26 Australia Day  
1/31 National Hot Chocolate Day



## **January Birthdays**

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Some of note:

J. R. R. Tolkien (writer) – Jan. 3, 1892  
Soupy Sales (comedian) – Jan. 8, 1926  
Robert Stack (actor) – Jan. 13, 1919  
Rakesh Sharma (cosmonaut) – Jan. 13, 1949  
Ethel Merman (singer) – Jan. 16, 1908  
Oliver Hardy (comedian) – Jan. 18, 1892  
Dolly Parton (singer) – Jan. 19, 1946  
Neil Diamond (singer) – Jan. 24, 1941  
Oprah Winfrey (host) – Jan. 29, 1954  
Jackie Robinson (ballplayer) – Jan. 31, 1919

## **Monthly Birthday Bash!**

Come celebrate your January birthday with live music by Jacques on Wednesday 1/28 at 2:30pm in the 3<sup>rd</sup> floor dining room.

**Resident Council Meeting  
will be held on  
Thursday, 1/22 at 2:30pm  
in the 3<sup>rd</sup> floor dining room.  
Our President of  
Resident Council is  
Mr. Mike Occhiogrosso  
in room 230P.**