

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	\$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 additional fee is added for long hair.

RESIDENT BANKING HOURS

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



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

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 3rd floor dining room.

**Resident Council Meeting
will be held on
Thursday, 1/22 at 2:30pm
in the 3rd floor dining room.**

**Our President of
Resident Council is
Mr. Mike Occhiogrosso
in room 230P.**