

March 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

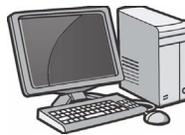
Eileen Castelli
Director of Environmental
& Laundry Services

Vanessa Hernandez
Director of Therapeutic
Recreation &
Volunteer Services

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.


Sunharbor Manor
Comprehensive Rehabilitation
& Skilled Nursing

The Beauty Salon
will be open every Wednesday.

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

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



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 the volunteer
is held every Monday at 10:30am.

Christian Worship w/ Pastor Potter
is scheduled for Saturday 3/07 at 2:30pm.

Catholic Mass w/ Father Geoffrey
is scheduled for

Tuesday 3/10 & 3/24 at 10:30am.

Eucharistic Minister Visit

is scheduled for Tuesday 3/03, 3/17, & 3/31.

Palm Sunday is on Sunday 3/29.

Palms will be distributed on the day of.

**Greek Orthodox Service w/ Father John
from Archangel Michael's Church**
is scheduled for Tuesday 3/17 at 2pm.

Shabbat Service w/ Rabbi Tarkieltaub
is held every Friday at 10:30am.

Worship Service

**w/ Pastor Omotayo Cole Cineus
from Salem African Methodist
Episcopal Church**

is scheduled for Tuesday 3/10 & 3/31 at 3pm.

All are welcome to attend.

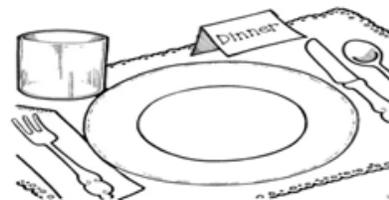
Other Services are

televised on Channel #6.

**Religious Room Visits are available
upon request. Call ext. 4244 to
schedule a visit to your room.**

Therapeutic Recreation Dinner Special

will be held on Wednesday 3/25
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 Wednesday 3/18.**

**Pet Visits are allowed. Please provide
our facility with a current copy of the
dog's vaccinations before your visit.**

**If you have any questions,
please contact
recreation at ext. 4244.**



Spring Word Search



BIRD
BUD
EGG
FLOWER

LAMB
NET
RAIN
SPRING



Recreation Highlights

- 3/03 Purim Celebration w/ Rabbi Reiter
- 3/04 Music Show w/ Paula
- 3/09 Zumba Class w/ Filomenia
- 3/11 Music Show w/ the Other Frank
- 3/16 Tai Chi Class w/ Instructor Ali
- 3/17 Shamrock Creations
- 3/18 Birthday Party w/ Jasques
- 3/23 Zumba Class w/ Filomenia
- 3/25 Music Show w/ Dave Patrick
- 3/26 Food Focus Committee Meeting
- 3/26 Resident Council Meeting
- 3/28 Floor Bowling

Special Dates

- 3/03 Purim
- 3/04 Holi
- 3/06 Employee Appreciation Day
- 3/08 Daylight Saving Time Starts
- 3/12 National Popcorn Lover's Day
- 3/14 Happy Pi Day
- 3/17 St. Patrick's Day
- 3/19 Eid Al- Fitr
- 3/20 Spring Begins
- 3/21 World Poetry Day
- 3/29 Palm Sunday
- 3/30 National Doctors Day

National Nutrition Month
National Social Worker Month



March Birthdays

In astrology, those born between March 1–20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who “go with the flow.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

Lou Costello (comedian) – March 6, 1906
Liza Minnelli (entertainer) – March 12, 1946
Ozzie Nelson (TV dad) – March 20, 1906
Fred Rogers (TV host) – March 20, 1928
Marcel Marceau (mime) – March 22, 1923
Fannie Farmer (cook) – March 23, 1857
Walt Frazier (athlete) – March 29, 1945
Vincent van Gogh (painter) – March 30, 1853
Shirley Jones (actress) – March 31, 1934

Monthly Birthday Bash!

Come celebrate your March birthday with live music by Jacques on Wednesday 3/18 at 2:30pm in the 3rd floor dining room.

Food Focus Committee Meeting

will be held on
Thursday, 3/26 at 10:30am
in the 2nd floor dining room.

Resident Council Meeting

will be held on
Thursday, 3/26 at 2:30pm
in the 3rd floor dining room.

**Our President of
Resident Council is
Mr. Mike Occhiogrosso.**