

April 2026

# Sunharbor Manor

255 Warner Ave. Roslyn Heights, NY 11577 | 516-621-5400



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*Dr. Nodar Janas*  
Medical Director

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*Margaret Gianotti*  
Administrator

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*Bridget Gallo*  
Assistant Administrator &  
Director of Social Work

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*Marie D'Haiti*  
Director of Admissions

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*Kathy Olsen*  
Director of Nursing

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*Laferne Miller*  
Assistant Director of Nursing

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*Sheryl Molina*  
Director of Rehabilitation

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*Russell Sperber*  
Director of Food /  
Nutritional Services

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*Walter Martinez*  
Director of Plant Operations

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*Eileen Castelli*  
Director of Environmental  
& Laundry Services

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*Vanessa Hernandez*  
Director of Therapeutic  
Recreation &  
Volunteer Services

**Happy Passover! Happy Easter!**

**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, food focus committee meeting, 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.**

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*Please see our monthly recreation calendar for all scheduled programs.  
Programs are subject to change!*

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**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.**

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**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	<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**

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

## ***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 4/11 & 4/25 at 2:30pm.

**Catholic Mass w/ Father Geoffrey**  
is scheduled for

Tuesday 4/14 & 4/28 at 10:30am.

**Eucharistic Minister Visit**

is scheduled for Tuesday 4/07 & 4/21.

**Good Friday is Friday 4/03**

A reading is scheduled for Friday 4/03 at 10:30am.

**Easter Sunday is Sunday 4/05.**

**Greek Orthodox Service w/ Father John  
from Archangel Michael's Church**  
is scheduled for Tuesday 4/21 at 2pm.

**Shabbat Service w/ Rabbi Tarkieltaub**  
is held every Friday at 10:30am, expect Friday 4/03.

**Passover Sedar w/ Mia**

is scheduled for Friday 4/03 at 2:30pm.

**Methodist Service**

**w/ Pastor Omotayo Cole Cineus**

from Salem African Methodist Episcopal Church  
is scheduled for Tuesday 4/21 & 4/28 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.**

## **Monthly Birthday Bash!**

Come celebrate your April birthday with live music by Jacques on Wednesday 4/15 at 2:30pm in the 3<sup>rd</sup> floor dining room.

## **Food Focus Committee Meeting**

will be held on  
Wednesday, 4/22 at 10:30am  
in the 3<sup>rd</sup> floor dining room.

## **Resident Council Meeting**

will be held on  
Thursday, 4/23 at 2:30pm  
in the 3<sup>rd</sup> floor dining room.

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

## **Recreation Highlights**

4/05 Music Show w/ Debra  
4/06 YouTube Exercise w/ Mia  
4/13 Zumba Class w/ Filomenia  
4/16 Art Workshop w/ Mia  
4/17 Recreation Mocktail Social  
4/20 Tai Chi Class w/ Instructor Ali  
4/27 Zumba Class w/ Filomenia  
4/22 Music Show w/ Suzanne  
4/22 Food Focus Committee Meeting  
4/23 Resident Council Meeting  
4/26 Floor Bowling

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