

May 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

***Camila Vera***  
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

National Nurses Day is Wednesday 5/6  
National Skilled Care Nursing Week  
Monday 5/11 until Friday 5/15

**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.**

***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.**

**There is a change in schedule.**

The Beauty Salon will be open  
**Wednesday 5/6, Wednesday 5/13,  
 Tuesday 5/19 and Wednesday 5/27.**

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**

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

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***

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**Rosary Prayer Group w/ Tom the volunteer**  
is held every Monday at 10:30am.

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**Christian Worship w/ Pastor Potter**  
is scheduled for Saturday 5/23 at 2:30pm.

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

Tuesday 5/26 at 10:30am.

**Eucharistic Minister Visit**

is scheduled for Tuesday 5/5, 5/12 & 5/19.

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

is scheduled for Tuesday 5/19 at 2pm.

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**Shabbat Service w/ Rabbi Tarkieltaub**

is held every Friday at 10:30am.

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**Methodist Service**

**w/ Pastor Omotayo Cole Cineus**

from Salem African Methodist Episcopal Church

is scheduled for Wednesday 5/27 at 3pm.

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**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.**

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## **Store Sale 4 All**

Thursday 5/07	The Sockman
Friday 5/08	Nursing Uniforms
Saturday 5/09	Mary Kay Paparazzi Jewelry

**All vendors will be located in the  
recreation room from  
11am until 4pm**

## **May Birthdays**

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Frankie Valli (singer) – May 3, 1934

Willie Mays (ballplayer) – May 6, 1931

Florence Nightingale (nurse) – May 12, 1820

Cher (singer and actress) – May 20, 1946

Bill Robinson (tap dancer) – May 25, 1878

Sally Ride (astronaut) – May 26, 1951

Gladys Knight (singer) – May 28, 1944

Clint Eastwood (actor) – May 31, 1930

Brooke Shields – May 31, 1965

## **Monthly Birthday Bash!**

Come celebrate your May birthday with live music by Jacques on Wednesday 5/20 at 2:30pm in the 3<sup>rd</sup> floor dining room.

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## **Food Focus Committee Meeting**

will be held on  
Wednesday, 5/20 at 10:30am  
in the 3<sup>rd</sup> floor dining room.

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## **Resident Council Meeting**

will be held on  
Thursday, 5/28 at 2:30pm  
in the 3<sup>rd</sup> floor dining room.

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