

July 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

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

The Beauty Salon will be open Wednesday 7/1, 7/8, 7/15 and 7/29.

The salon will be closed on Wednesday 7/22.

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

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, nail beauty and religious services/specials. We also offer televised religious services weekly, televised morning wheelchair exercise, and strolling music visits.

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



For computer access please visit the Resident's Lounge

located on the third floor.

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.



Redefining Beauty

Everybody knows we should respect our elders, but it's just as important to recognize their beauty—on their own terms. That's the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of "aging beautifully" looks a little different than it once did. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they're in. Some embrace gray hair, others bold fashion, others a bare face. There's no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They're not "still beautiful despite their age"—they're just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence? It's something no cream or routine can replicate.

Guardians of the Wild



One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they

play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.

Religious Events

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

Catholic Mass w/ Father Geoffrey
is scheduled for
Tuesday 7/14 & 7/28 at 10:30am.

Eucharistic Minister Visits
are scheduled for Tuesday 7/7 & 7/21.

Christian Worship w/ Pastor Potter
is scheduled for Saturday 7/11 at 2:30pm.

**Greek Orthodox Service w/ Father John
from Archangel Michael's Church**
is scheduled for Tuesday 7/14 at 2pm.

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

Methodist Service
w/ Rev. Miranda Harrison
from Salem African Methodist Episcopal Church
is scheduled for Wednesday 7/29 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.

National Ice Cream Month!
We welcome all to join our Special
Ice Cream
Sundae Social
on Friday 7/24
at 2:30pm
in the 3rd floor dining room.



July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Richard Petty (race-car driver) – July 2, 1937
Ringo Starr (Beatle) – July 7, 1940
Tom Hanks (actor) – July 9, 1956
Arthur Ashe (tennis pro) – July 10, 1943
Woody Guthrie (folk singer) – July 14, 1912
Ginger Rogers (dancer) – July 16, 1911
Janet Reno (attorney general) – July 21, 1938
Lynda Carter (actress) – July 24, 1951
Gracie Allen (comedian) – July 26, 1895

Monthly Birthday Bash!

Come celebrate your July birthday with live music by Jacques on Thursday 7/23 at 2:30pm in the 3rd floor dining room.

Food Focus Committee Meeting

will be held on
Monday, 7/27 at 11am
in the Recreation Room.

Resident Council Meeting

will be held on
Thursday, 7/16 at 2:30pm
in the 3rd floor dining room.

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