

August 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

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, uno card game, nail beauty, ice cream socials, rhythm 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!

**August 23, 2026 - September 13, 2026
US Open 2026**

Tune into the following channels to watch it on tv: The tournament will be broadcast live on ESPN, ESPN2, and ABC. You can also stream the tournament online through ESPN+, Fubo TV, YouTube TV, and Sling TV.



For computer access please visit the Resident's Lounge located on the third floor.

Family Dog 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.



The Duchess Who Wasn't

Many of us are familiar with the work of the 19th-century Irish writer Margaret Wolfe Hungerford, although we may not even know it. After all, she was the one who first coined the phrase "Beauty is in the eye of the beholder," in her book *Molly Bawn*. Perhaps the reason she is not well known is because she first began writing anonymously and later wrote under the pen name "The Duchess." In honor of this writer and the many others who write under pseudonyms, August 27 is The Duchess Who Wasn't Day.



Hungerford may not have been a real-life duchess, but she was quite a success story. Historical accounts show that she was a master at balancing work and family. In addition to raising six children, she also wrote nearly 60 novels and collections of short stories, as well as newspaper articles. Her fiction was typical of the Victorian time period: light and romantic, entertaining and intensely popular in Ireland, England, and abroad in America. Indeed, Ireland's foremost man of letters, James Joyce, even referenced Hungerford by name in his masterwork *Ulysses*.

What compels a writer to use a pseudonym? Early female authors sometimes wrote as men in order to have their work equally judged. Some use pseudonyms to write fiction (such as crime or horror) that may be less sophisticated or serious than the award-winning literary type. Most of all, writers use pseudonyms to place some distance from earlier work. For example, J. K. Rowling, the world famous writer of the *Harry Potter* children's novels about wizards and magic, wrote a series of new books using the name Robert Galbraith. Why? To find a new adult audience. Agatha Christie, that master of mystery and suspense, wrote under the name Mary Westmacott when she turned to writing romance novels. Perhaps the most famous pseudonym of all is Mark Twain. Before Samuel Langhorne Clemens took the name Mark Twain, he also wrote under the names Josh and Thomas Jefferson Snodgrass. But truly, the more famous one becomes, the harder it is to remain anonymous.

RESIDENT BANKING HOURS

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

*Our annual family fun day
is postponed to a later date.*

Summer BBQs continues...

Each unit receives 2 BBQs for the season. Our sign up only BBQ event will be on Wednesday 8/26 and is for residents who would like to sit with peers from another unit. If you are interested in having the BBQ special with another resident from a different unit, **please sign up with the Therapeutic Recreation Director at ext. 4242 only.** You must sign up no later than Monday 8/17. Space is limited.



The Beauty Salon will be
opened 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.**

Sunharbor Manor Recreation Program Highlights

8/02 Strolling Music w/ Stuart
8/10 Zumba Class w/ Filomenia
8/13 August Birthday Celebration
8/15 Music Show w/ Dave Patrick
8/17 Tai Chi Class w/ Instructor Ali
8/18 Food Focus Committee Meeting
8/19 Summer Luau Party
8/21 50's theme Ice Cream Social
8/23 Grandparents Day
8/23 Seasoned Steppers Performance
8/24 Zumba Class w/ Filomenia
8/25 Music Show w/ Al Oliviera
8/27 Resident Council Meeting
8/28 Recreation Smoothie Social

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 8/08 at 2:30pm.

Catholic Mass w/ Father Geoffrey
is scheduled for

Tuesday 8/11 and 8/25 at 10:30am.

Eucharistic Minister Visit
is scheduled for Tuesday 8/04 & 8/18.

Greek Orthodox Service
w/ Father John or Father Gabriel
from Archangel Michael's Church
is scheduled for Tuesday 8/18 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 8/26 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.

*See our monthly recreation calendar
for all scheduled programs.
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August Birthdays

In astrology, those born between August 1 and 22 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 Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Herman Melville (novelist) – August 1, 1819
Barack Obama (president) – August 4, 1961
Lucille Ball (comedienne) – August 6, 1911
Dustin Hoffman (actor) – August 8, 1937
Danielle Steel (novelist) – August 14, 1947
Roberto Clemente (athlete) – August 18, 1934
Gene Kelly (actor) – August 23, 1912
Mother Teresa (saint) – August 26, 1910
Ingrid Bergman (actress) – August 29, 1915

Monthly Birthday Bash!

Come celebrate your August birthday with live music by Jacques on Wednesday 8/13 at 2:30pm in the 3rd floor dining room.

Food Focus Committee Meeting

will be held on
Tuesday 8/18 at 10:45am
in the recreation room.

Resident Council Meeting

will be held on
Thursday, 8/27 at 2:30pm
in the 3rd floor dining room.

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