

September 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 Beauty Salon will be opened on Wednesday 9/02, 9/09, Tuesday 9/15, Wednesday 9/23 and 9/30.

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

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

Recreation Program Highlights

9/02 Strolling Music w/ Stuart
9/07 Labor Day Music Show
9/08 Zumba Class w/ Filomenia
9/09 Recreation Tennis Party
9/10 Recreation Football Party
9/11 Patriot Day Remembering 911
9/17 Resident Council Meeting
9/21 Tai Chi Class w/ Instructor Ali
9/22 Autumn Begins
9/23 Birthday Bash Celebration
9/24 Dinner Special *Sign up event
9/26 Tai Chi Special w/ students
9/28 Zumba Class w/ Filomenia

The Write Stuff

It's happened to many of us: You want to buy a greeting card, and the next thing you know, you've spent countless minutes reading every card in the aisle. But did you ever stop to wonder who penned all those greeting cards? Most greeting card writers remain anonymous, but that shouldn't stop you from celebrating Hug a Greeting Card Writer Day on September 18.

Despite the rise of digital greetings, text messages, and social media, the greeting card industry continues to thrive. Americans still purchase billions of greeting cards each year, generating roughly seven billion dollars in annual sales. While many people now send birthday wishes online, physical cards remain popular for milestones, holidays, expressions of sympathy, and heartfelt occasions. Perhaps that is because, deep down, we still value tangible messages of love and appreciation. After all, many of us have old greeting cards tucked away in drawers or keepsake boxes. It is the job of the greeting card writer to find the perfect words for our thoughts and feelings.

Opportunities abound for freelance writers who want to break into the greeting card business. While artwork and design may capture a shopper's attention, the message inside often determines whether a card is purchased. Greeting cards generally come in three styles: poetic verse, prose, and humorous punchlines. Writers must be sure to match their submissions to the needs of a publisher. Payment varies by publisher and card type, but writers can earn anywhere from \$25 to well over \$100 per card.

In recent years, companies have introduced everything from intricate pop-up designs to highly personalized cards created online and delivered through the mail. Some services even offer handwritten messages produced on the sender's behalf. As greeting cards continue to evolve alongside technology, one thing remains unchanged: People still appreciate receiving thoughtful words delivered in a personal and memorable way.

The Curious Case of &

September 8 is the day to acknowledge & appreciate & celebrate the amazing ampersand. This shorthand glyph for the word *and* was once the 27th letter of the alphabet. But before it was known as an ampersand, it was simply the symbol &, which stems from Latin. In ancient Rome, the word for *and* was *et*. Roman scribes, looking for a shortcut, combined the two letters in cursive script, which looked like &.

The word *ampersand* evolved by accident when the symbol & became part of the alphabet. In the early 1800s, schoolchildren reciting the alphabet would say "X, Y, Z, and per se and," meaning "and, by itself, *and*." Over time, the repeated phrase "and per se *and*" gradually blended together in speech, evolving into the single word *ampersand*, which became the name of the symbol. The ampersand wasn't the only letter to be dropped from the alphabet. In Old English, the letter *thorn* represented the *th* sound, and the letter *wynn* evolved into the letter *W*.

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 on Mondays at 10:30am.
No prayer group on Monday 9/07.

Catholic Mass w/Father Geoffrey

is scheduled for
Tuesday 9/08 and 9/22 at 10:30am.
Eucharistic Minister Visits
are scheduled
for Tuesday 9/01, 9/15 and 9/29.

Greek Orthodox Service w/ Priest from Archangel Michael's Church

is held on Tuesday 9/15 at 2:15pm.

Shabbat Service w/ Rabbi Tarkieltaub

is held on Fridays at 10:30am.

Rosh Hashanah Shofar Service

w/ the members from the Chabad of Roslyn
is scheduled for
Sunday 9/13 at 2:30pm.

Christian Worship w/ Pastor Potter

will be held on Saturday 9/05 at 2:30pm.

Methodist Service w/ Pastor Miranda Harrison from Salem African Methodist Episcopal Church

will be held on Wednesday 9/30 at 3pm.

***Other Services are
televised on Channel #6.
Religious Room Visits
are available upon request.
Call ext. 4244 to schedule
a visit to your room.**

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Boxcar Willie (singer) – September 1, 1931
Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Otis Redding (singer) – September 9, 1941
Agatha Christie (writer) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Jim Henson (puppeteer) – September 24, 1936
Jack LaLanne (health guru) – September 26, 1914
Gene Autry (singer) – September 29, 1907
Buddy Rich (drummer) – September 30, 1917

Monthly Birthday Bash!

Come celebrate your September
birthday with live music
by the Other Frank on
Wednesday 9/23 at 2:30pm
in the 3rd floor dining room.

Resident Council Meeting

will be held on
Thursday, 9/17 at 2:30pm
in the 3rd floor dining room.

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