

October 2026

Sunharbor Manor

255 Warner Ave. Roslyn Heights, NY 11577 | Phone (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

Theda Shishkin
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 creations, live music shows, movement to music, bingo, pokeno, birthday celebrations, trivia hour, tai chi, zumba class, resident council meeting, uno card game, nail beauty/spa hour, coffee social, rhythm hour, and religious services, holiday specials. We also offer televised religious services weekly and strolling musician visits.

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

Nassau County Board of Elections will be visiting our facility on Thursday, October 29, 2026, at 2pm in the second-floor dining room for residents to vote in the 2026 General Election. Please contact the Therapeutic Recreation Director at ext. 4242 for additional details.

Wear Pink every Thursday for Breast Cancer Awareness Month and join our beading workshop on Thursday 10/8 at 2:30pm in the dining room areas.

Family Dog Visits are allowed. Please provide our facility with a current updated 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
CLOSED on Wednesday 10/7

It will be opened on
Wednesday 10/14, 10/21, and 10/28.

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 and/or thick 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	SUNDAY:	
LOBBY RECEPTION DESK	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**

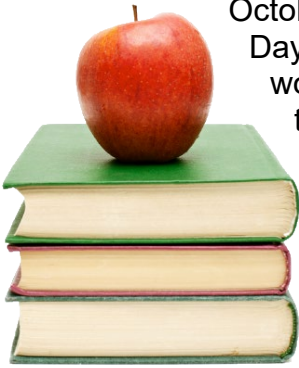
**BANKING HOURS ARE SUBJECT TO CHANGE
ANNOUNCEMENTS WILL BE MADE PRIOR**

**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

Lessons in Appreciation



October 5 is World Teachers' Day, and people all over the world will be turning their thoughts to that special teacher in their life who offered them guidance or support. But are happy memories enough to honor these unsung community heroes? Many believe that education is one of the

most important gifts we can give our children and the best way to ensure they grow up to have a better life, but which countries do the best job of honoring teachers?

According to a study compiled by Professor Peter Dolton of England's University of Sussex, no place in the world respects its teachers more than China. There is a high level of respect for learning in China, and teachers are revered by parents and students alike. Teachers in China are even traditionally honored with gifts and public expressions of gratitude.

Interestingly, though, the highest performing students are not from China but from Finland. Finnish students consistently outperform other countries in international tests of reading, math, and science. Yet when it comes to respecting teachers, Finland lies in the bottom half of the worldwide ratings.

Perhaps another good measure of teacher appreciation is salary. In that case, Luxembourg leads the pack, with experienced teachers among the highest paid in the world. But when it comes to compensation, one American educator recently received a remarkable show of thanks. In 2025, educator and humanitarian Mansour Al Mansour of Saudi Arabia won the Global Teacher Prize, an annual award that recognizes exceptional educators from around the world. Often called the "Nobel Prize for teachers," the winner is awarded one million dollars. Now that's teacher appreciation!

Special Deli Lunch

*You can have a Deli Lunch!
A "deli-style" box lunch can be
delivered to your room on
Thursday, October 15th
around 11:45am*



**To participate, you must sign
up with the Recreation Dept.
by calling ext. 4244
no later than Sunday 10/11/26.**

A Squirrel's Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures.

Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

Religious Events

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

Catholic Mass w/Father Geoffrey
is scheduled for
Tuesday 10/13 and 10/27 at 10:30am.
Eucharistic Minister Visits
are scheduled for Tuesday 10/06 and 10/20.

**Greek Orthodox Service w/ Priest
from Archangel Michael's Church**
is scheduled on Tuesday 10/20 at 2pm.

**Shabbat Service
w/ Rabbi Tarkieltaub**
is held on Fridays at 10:30am.

Sukkot Special w/ Rabbi Reiter
is scheduled for Thursday 10/01 at 2:30pm.

Christian Worship w/ Pastor Potter
will be held on Saturday 10/10 at 2:30pm.

**Methodist Service
w/ Pastor Miranda Harrison
from Salem African Methodist
Episcopal Church**
will be held on Wednesday 10/28 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.**

October Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born between October 23–31 are Scorpions. Scorpions are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Buster Keaton (comedian) – October 4, 1895
Thor Heyerdahl (explorer) – October 6, 1914
Jesse Jackson (civic leader) – October 8, 1941
Henry J. Heinz (magnate) – October 11, 1844
Ralph Lauren (designer) – October 14, 1939
Emeril Lagasse (chef) – October 15, 1959
Annette Funicello (actress) – October 22, 1942
Michael Crichton (writer) – October 23, 1942
Dylan Thomas (poet) – October 27, 1914

Monthly Birthday Bash!

Come celebrate your October birthday with live music by Jacques LeBas on Wednesday 10/14 at 2:30pm in the 3rd floor dining room.

Resident Council Meeting
will be held on
Thursday, 10/22 at 2:30pm
in the 3rd floor dining room.

**Upcoming Election
for President, Vice President
and floor representatives
positions are opened.**