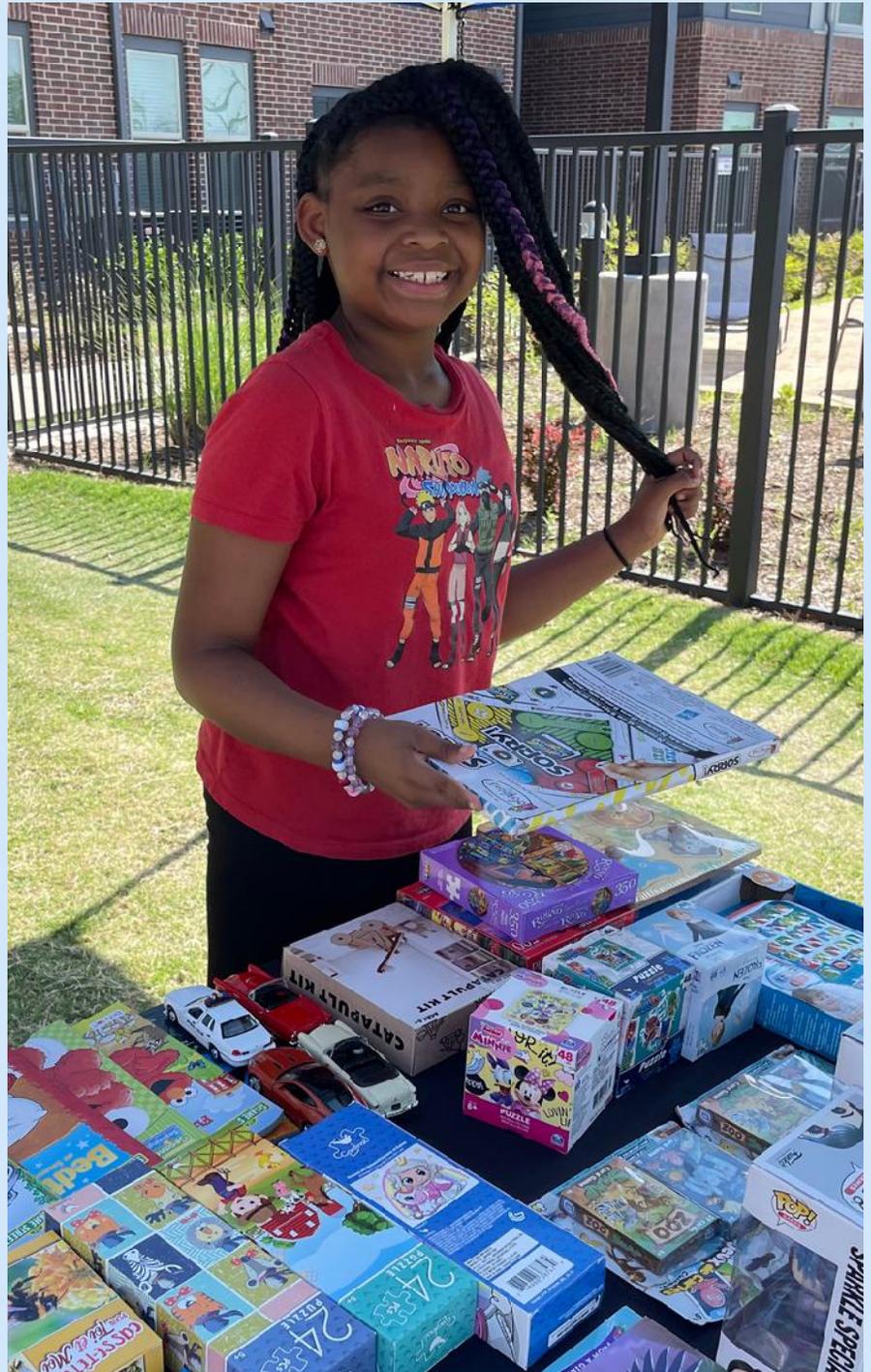


MONTHLY RESIDENT SERVICE ACTIVITY REPORT



PREPARED FOR

IRONWOOD CROSSING - FT WORTH, TX

MERRITT MCGOWAN - MCKINNEY, TX

NEWSOME HOMES - MCKINNEY, TX

NLR HOUSING AUTHORITY - NLR, AR

PARK AT SYCAMORE - FT WORTH, TX

PATRIOT PARK - PLANO, TX

RENAISSANCE SQUARE - FT WORTH, TX

RIDGE AT TRINITY - DALLAS, TX

RUSH CREEK - ARLINGTON, TX

TREYMORE AT CITY PLACE - DALLAS, TX

TREYMORE NORTH - DALLAS, TX

VERANDA TOWNHOMES - PLANO, TX

WM AT THE RIVER - DAYTONA BEACH, FL



SUMMARY

Starting this month, Emana began to provide a social service to the residents at Treymore North and Treymore at City Place in Dallas, Texas, proudly managed by the Carleton Companies. Only on the first event at these two communities have we received several compliments about our service. It was a hot and delicious nacho treat to as many as sixty-eight (68) residents.

The highlights of this month focused on the rich food pantry programs at several sites and the cold treats on hot days. We were able to get more dairy items like eggs and milk for the seniors. Since we are about to enter summer, we served some cold treats with snow-cone at Patriot Park and Veranda Townhomes, where we received more interest and turnouts, especially the school-age children.

This month, the team worked with several local non-profit organizations like Shiloh Baptist Church, City Square, and Amerigroup at Dallas to provide summer free meals and activities for kids for several family communities. All these programs will start in June until August.

May is also a month to celebrate motherhood. The team worked well with business partners to sponsor and support the Mother's Day Tea event at Newsome Homes and the giftbag events at Patriot Park, Ridge at Trinity, and Merritt McGowan.





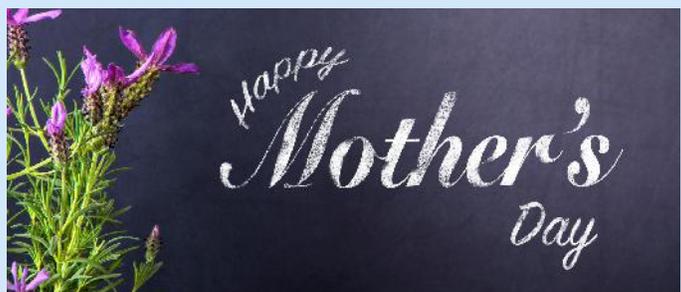
The partners supported the jewelry shop event at Veranda Townhomes and the Moma Mosa Night at Renaissance Square. Thanks to Ms. Perita Brooks from Prime Care, Ms. Kimberly Nguyen from Schooling Encouragement Foundation, Ms. Leatress Anderson from Aetna Healthcare, and volunteers for supporting and participating in those Mother's day events.



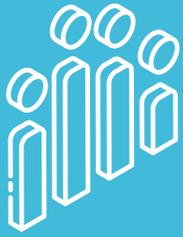
We are thankful for the collaboration and support of the management teams at all communities we served, especially the team at Newsome Homes, Merritt McGowan, Trey more at City Place, Columbia Renaissance, and Ridge at Trinity. During their busy hours, the teams made a great effort to post the flyers and notify the residents of all planned events, encouraging them to participate. Thank you!



We sincerely want to invite the property management team, property owners and investors, and the residents of all communities to join our Facebook page at <https://www.facebook.com/EMANAmfs> for more activity information and send us your comments on our primary internet business pages via the QR codes below.



Scan me	Scan me	Scan me
		
		



ACTIVITY DETAILS & SNAPSHOTS

Columbia Renaissance Square - Fort Worth, TX

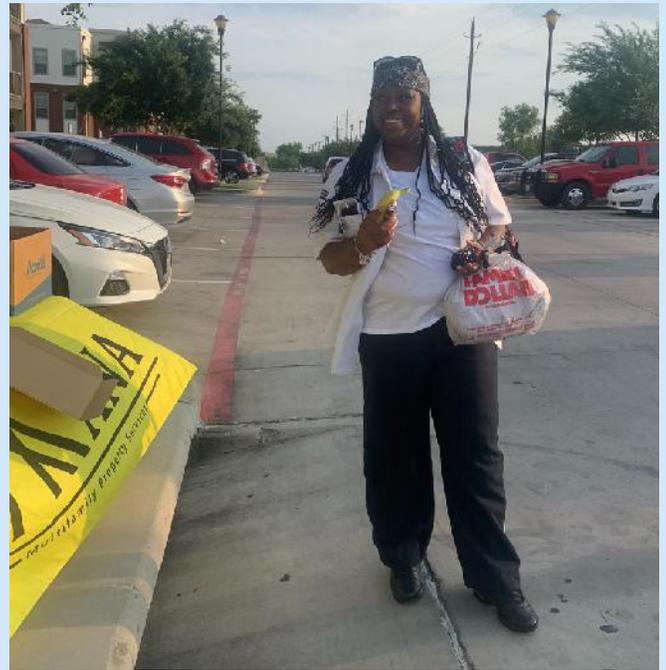
Total Events **Total Participants**
7 **106**

Twenty-two (22) residents came out to participate in the Moma Mosa Night celebrating Mother's Day. The residents enjoyed the sparkling drinks, music, food, and spa treatments. Residents also picked their favorite pair of Banana Republic earrings donated by the Schooling Encouragement Foundation. It was a warm atmosphere and a friendly setting, inviting participants into a comfy exchange.

Five (5) participants attended our weekly exercises. Kudos to residents who joined the activity early in the morning, and we encouraged more residents to join.

Thanks to the Aetna representative for the sponsorship of the breakfast on the go on May 17th. We provided breakfast to twenty-six (26) residents to take on their way to work. Most of the residents showed their appreciation for our service and care.

We hosted two arts and crafts events at Renaissance Square. Twenty-one (21) participants were in the slime-time event, and thirty-two (32) joined us in the rubberband bracelets event.



MAY 2022

Columbia Renaissance Square - Fort Worth, TX



Ironwood Crossing Apartments - Fort Worth, TX
Rush Creek Apartments - Arlington, TX
Park at Sycamore - Fort Worth, TX

Total Events **Total Participants**
3 **113**

We hosted two Slime-time events at Rush Creek and Park at Sycamore and a snacks-to-go event at Ironwood in May.

Forty-one (41) children and parents enjoyed the fun of making fluffy slime at Rush Creek Apartments. They patiently stayed in line for their turn to get the materials and instructions to make their favorite colorful slime. Aetna and Schooling Encouragement Foundation volunteered to help direct the slime-making process.

On May 12th, kids at Park at Sycamore participated in making slime with us. Twenty-seven (27) children and adults came out to have fun. Thanks to Aetna for your time to participate voluntarily.

At Ironwood Crossing, the team provided snack-to-go bags to forty-five (45) residents to kick off the summertime. Many residents appreciated the lovely care from Emana and Aetna teams.



MAY 2022

Ironwood Crossing Apartments - Fort Worth, TX
Rush Creek Apartments - Arlington, TX
Park at Sycamore - Fort Worth, TX



MAY 2022

Newsome Homes - McKinney, TX
Merritt McGowan Manor - McKinney, TX

Total Events Total Participants

10 186

Prime Care sponsored the Mother's Day tea event at Newsome Homes. The seniors tasted various herbal, green, and black teas with fruits and cookies. We also served sandwiches to seventeen (17) participants.

Emana was able to add fresh eggs to the food pantry at the senior site this month. We supplied a variety of snacks, rice, oatmeal, fruit spreads, and the best brand food cans to twenty-one (21) seniors. Everyone expressed their thankfulness to our team for the assistance.

Eleven (11) residents participated in our bingo game on May 25. Seniors liked the game as they spent a relaxing time focusing on the calls, freely laughing with the bingo win, and enjoying the snacks in the early afternoon. We provided the essential household items as winning prizes that everyone loves.

We hosted the arts & crafts events to make a door wreath on May 11 and to make bracelets on May 27 of this month at Newsome Homes.

Eleven (11) residents participated in the first arts & crafts, and they made beautiful wreaths with the scheme and flowers of their choice. At the second event, Fourteen (14) residents joined us in making their bracelets and matched them with a pair of lovely earrings provided by the Schooling Encouragement Foundation.

At Merritt McGowan, we hosted the gift bags to celebrate Mother's Day. Sixteen (16) mothers participated, and they liked the beauty and health products donated by Amway and Airborn.



Newsome Homes - McKinney, TX Merritt McGowan Manor - McKinney, TX

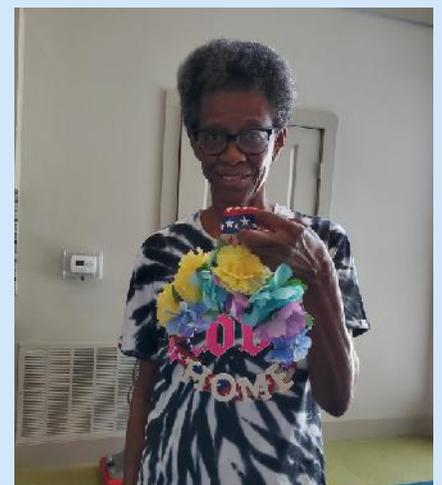
Volunteers for the Schooling Encouragement Foundation assisted two (2) young children at Merritt with their educational needs during the last month of school. They also hosted a youth painting event that attracted thirty-one (30) young kids and one (1) adult to join. It was a fun activity after a long day at school right before the summer vacation.

We hosted the food pantry at Merritt McGowan on May 19th. Thirty-one (31) participants picked up their favorites, and kids also participated in their drinks and spaghetti/pasta selection.

On May 25th, thirty-two (32) kids participated in the snack day event. They picked their favorite snacks with a boba drink. It seemed that the kids enjoyed the event to witness Zoe, a kindergartener, wanting to help serve the boba drinks to her neighbor friends.



Newsome Homes - McKinney, TX
Merritt McGowan Manor - McKinney, TX



Ridge at Trinity - Dallas, TX

Total Events Total Participants

3 64

We celebrated Mother's Day with the residents at Ridge at Trinity through a gift bag event filled with chocolate and jewelry. Thirty (30) mothers came out to share the spirit and picked up their favorite pair of earrings donated by Banana Republic - GAP and carried by the Schooling Encouragement Foundation. It was a lovely jewelry gift to the mothers of the community.

On May 17th, the Emana team returned for the youth program, providing snacks and art materials for twenty-eight (28) young children. It was an effective way to assist the children after-school.

The senior bingo game offered six (6) residents a delightful time. United Health provided the prizes and hosted the game. Considering this is a good activity for seniors, the residents wanted to have it monthly.



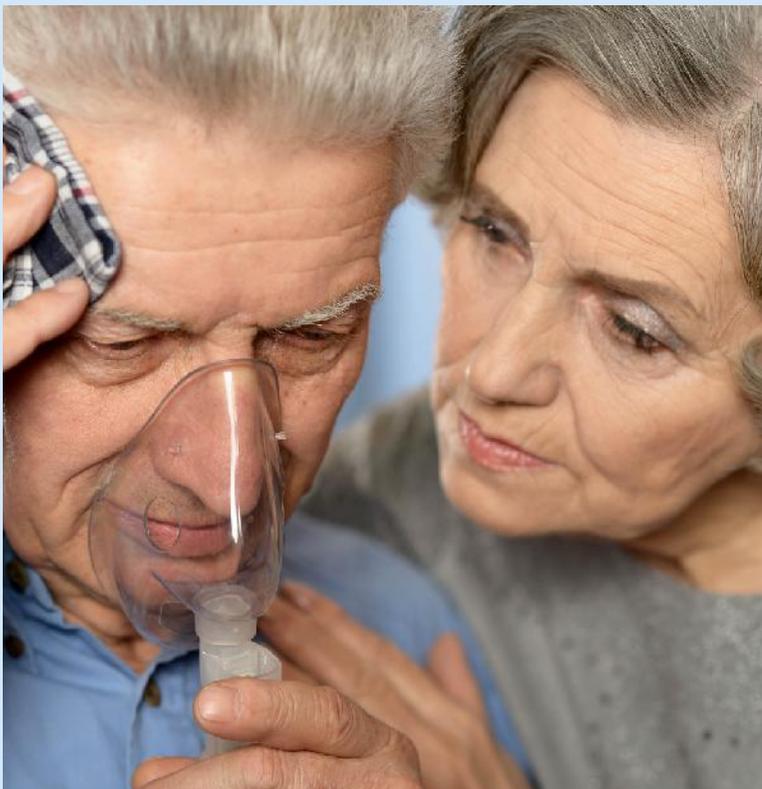
Ridge at Trinity - Dallas, TX



WM At The River - Daytona Beach, FL

In May, we communicated with the senior residents on asthma awareness. We prepared the health education newsletter and sent it to the property, and the property management team delivered it to 200 seniors. We wanted to share the information with the residents on asthma and how to manage it for an aging population because asthma in the elderly often coexists with conditions like obesity, weak immunity, and chronic obstructive pulmonary disease.

Asthma conditions in the elderly remain underrecognized, undertreated, and a challenge to properly diagnose and treat. Therefore, asthma symptoms in the aging population are often confused with other diseases such as cardiovascular and gastroesophageal reflux diseases.



THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by Emana LLC



Promoting Health for Seniors

Asthma in the Aging Adults



Emana shares an asthma awareness in this month's periodic health newsletter. The information contained in this paper is collectively derived from the Pulmonology Avidor, Mayo Clinic, WebMD, and the HealthLine websites by our staff.

Researchers in recent years suggested that asthma affects up to 13% of adults in the United States who are 65 and older. Asthma significantly impacts a person's life quality, especially for the elderly.

Often, asthma in the elderly coexists with conditions like obesity, weak immunity, and chronic obstructive pulmonary disease. Therefore asthma in the elderly remains underrecognized, undertreated, and a challenge to properly diagnose and treat. The asthma symptoms in the elderly are often confused with other diseases such as cardiovascular and gastroesophageal reflux diseases.

When people become older, the lungs respond less well. It is associated with worsening immunity, called immunosenescence, the gradual deterioration of the immune system. Thus, exercise could be a possibility that helps an aging immune system. Doctors suggested that good nutrition, which includes Vitamin D intake and a well-maintained diet to prevent obesity, could be essential for your body's immune function.

The primary interventions to manage asthma are (a) the regular use of appropriate inhaler medications and (b) the keeping up with recommended vaccinations, especially annual flu and pneumonia vaccines.

Signs of worsen asthma condition and what need to be done

It is always harder to control severe asthma than moderate asthma, and severe asthma can be dangerous and even life-threatening in some cases. Therefore, it's essential to recognize when your asthma condition isn't adequately managed, and doing so can help you take steps to find a more effective treatment method.

Here are signs that indicate your asthma is getting worse and what you need to do.

- You have started to feel like your inhaler does not help.
- You are coughing and wheezing more during the day
- Your peak flow readings drop below 80 percent
- You often feel short of breath
- Your chest constantly feels tight
- You find trouble sleeping sometimes
- you cannot maintain your regular exercise routine.



If these occur, the first thing you should do is make an appointment to see your doctor. Don't forget to write down a list of the symptoms you've been experiencing and notify your doctor about it.

While there is no way to prevent asthma, you should work with your doctor to avoid asthma attacks. Here are tips to prevent asthma attacks for you to exercise.

- 1- Identify Asthma Triggers: You must know asthma triggers and try to avoid them. Asthma triggers can be smoke, cold air, fragrances, air pollution, allergies, flu virus, and sinusitis.
- 2- Stay away from Allergens: It is essential to keep a distance from allergens, things you know that trigger your allergy.
- 3- Avoid smoke of any type: Limit your exposure to all sources of smoke.
- 4- Prevent Colds: Wash your hands well and try not to contact people who have a cold or flu.
- 5- Get your vaccinations regularly as recommended by your doctors
- 6- Take asthma medications prescribed by your doctors
- 7- Follow your asthma action plan: keep the inhaler on you, and take your medicines.
- 8- Use a home Peak Flow Meter

**Patriot Park Apartments - Plano, TX
Veranda Townhomes - Plano, TX**

Total Events Total Participants
9 142

We hosted the Mother's Day gift bag event at Patriot Park on May 2nd. Schooling Encouragement Foundation sponsored the gifts with donations from Amway and Airborn's products. Nineteen (19) adult residents participated in this event.

Two (2) young kids made an appointment with the Schooling Encouragement Foundation's volunteers for onsite homework assistance. Fifteen (15) kids participated in the youth game event on May 13th. They focused on winning the tossing games and earned the winning prizes. The children were excited to win the toys, books, and candies.

The monthly food pantry provided needed food to twenty (20) participants. While the adults selected the nutrition they needed, the children also picked the snacks and drinks they liked. The Cocoa puffs seemed to be their favorite snacks of the day.

The team returned to the community on the 27th for a social event. We provided sweet snow cones to fifty-one (51) residents. It was a hot day, making the snow cone a perfect selection for the residents.



Patriot Park Apartments - Plano, TX
Veranda Townhomes - Plano, TX



At Veranda Townhomes, we invited the mothers to the Sip & Shop event. Nine (9) mothers came to shop for the lovely earrings donated by the Banana Republic for free. Carried by Schooling Encouragement Foundation, we also gave away a beauty & health product presented from Amway.



We opened the painting workshop on May 13th. Five (5) young kids came to participate. While focusing on painting the figures, we provide them with some snacks and cold drinks. They all liked what they painted and kept the wood animal figures.

The monthly food pantry was held on May 18th. Nine (9) residents came to select their needed food.



We hosted the snow cone event on May 27th. Kids came out on a hot day to play in the playground and have several rounds of sweet snow cones. It was a purposeful event on that day as the children had a good time together.



APRIL 2022

Patriot Park Apartments - Plano, TX
Veranda Townhomes - Plano, TX



Treymore at City Place - Dallas, TX
Treymore North - Dallas, TX

Total Events **Total Participants**
3 **100**

We hosted the nachos day on the first event of this month for Treymore at City Place and Treymore North. Fifty-three (53) residents came out at City Place, and fifteen (15) residents of Treymore North participated. Residents expressed their joy in having social events at the property. It was a blissful feeling for the whole team on the day.

On May 26, we provide a popcorn bar social. By choice, the residents could add a variety of toppings to their popcorn. Thirty-two (32) residents participated in the event. Many expressed their thankful message to the service we provided. The management team was friendly and supportive of the social activities there.



APRIL 2022

Treymore at City Place - Dallas, TX Treymore North - Dallas, TX



North Little Rock Housing Authority - NLR, AR

Activities	# of Working Hours	
Administrative Activities	25	Emana team continued to work with participants on a regular virtual meeting. FSS Coordinator examined the files and suggested that some participants graduate from the program. The team prepared to enroll more participants from the waitlist.
Goal Progress Evaluation	45	
Communication and Coordination	20	
Case Management	90	



FAMILY SELF-SUFFICIENCY PROGRAM

of the North Little Rock Housing Authority

*Achieve your goals
Increase your earnings
Build your assets and financial capability
&
Be independent*



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