

# 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  
VERANDA TOWNHOMES - PLANO, TX  
WM AT THE RIVER - DAYTONA BEACH, FL





## SUMMARY

In April, the theme of all social events for all serving properties was the Easter bunny. Thanks to Marie and Kim for the bunny suits that made the children at every event feel in love. The Easter egg hunt activity at Columbia Renaissance Square was the month's highlight, and kids of every age hunted in the playground area and the fields behind the property.

We would like to express our appreciation to the Tarrant County Credit Union (TCCU) for the sponsorship and participation. We also want to thank Queen Esther Outreach and Mr. Andrey Southern for the monetary donation needed to spend at several Easter events. We are thankful for the support and contribution of eggs and candies from the Schooling Encouragement Foundation (SEF) for our Easter events in the McKinney and Plano communities.

Starting this month, Emana began to provide a LURA service for Newsome Homes and Merritt McGowan Manor in McKinney, Texas. It was blissful to hear exciting compliments from the elderly residents at Newsome Homes about our first Easter luncheon service. Thanks to the SEF volunteers for being a solid partner in providing youth and social activities at Merritt McGowan, where the children showed their interest in participation.





## APRIL 2022

The number of participants is significantly growing this month. AS the residents became more familiar with our monthly services, the number of residents has consistently gotten bigger every month since January.

More residents participated in the food pantry programs. At Newsome Homes, the seniors were excited about the food we provided for their first food pantry. We also delivered the food to their doors for those who could not participate in the events. At Merrit McGowan, even kids participated and brought home the vegetable or mix-fruit cans they love.

The Emana team prepared and planned for the summer activities. Summer is the season we usually have more activities for the children because they are home. During April, team members met several times to discuss the event planning. At the same time, team managers have met with the City Square, Azar Foundation, "Destined to Be Great" - a summer nutrition program, volunteer students at Austin College, and Plano Libraries to plan for services with their sponsorship.

Every month, we work to improve our social and LURA services to the residents. Therefore, we are open to comments and suggestions. We also wanted to invite the property management team, property owners and investors, and the residents of all communities to follow and review our Facebook page and Google Business.

<https://www.facebook.com/EMANAmfs>





## ACTIVITY DETAILS & SNAPSHOTS

### Columbia Renaissance Square - Fort Worth, TX

**Total Events**   **Total Participants**  
**7**                      **135**

April's first art and craft event at Columbia Renaissance Square started on the 6th. We had sixteen (16) participants enjoying the fun activity. The second event was on the 21st, with seven (7) participants.

The Easter social event on April 14 was successful. Thanks to Brenda Jones, a former Columbia Renaissance resident, for her time volunteering to set up and clean up. We would like to express our appreciation to the Workforce Solutions of Tarrant County employees and Ms. Ann Stevenson from Renaissance United Board, who donated approximately 400 eggs with candies for the event. We would like to thank Tarrant County Credit Union for sponsoring and participating with cash prizes. In addition, we want to send our appreciation to the volunteers of the Schooling Encouragement Foundation for the donation of chips and water to support the event participants. Excluding our guests and volunteers, we hosted sixty-six (66) residents to exercise the fun activities such as following the bunny, taking photos with the Bunny, and hunting for eggs.





## Columbia Renaissance Square - Fort Worth, TX



The birthday bash in April also drew more participants this month. Thirty-eight (38) kids and adults came out to celebrate birthday month and enjoyed their sweet snacks and drinks.

Five (5) residents joined the exercise and fitness this month. Whether we jogged, danced, or squatted, we were together from start to end. Regular participants enjoyed the activities and committed to losing weight.

TCCU conducted a credit and financial management class on Saturday, the last day of the month, and interested three (3) residents to join. Overall, we encouraged residents to participate in our service events at Renaissance Square. The participation number increased by 42% this month.





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

**Total Events    Total Participants**  
**3                    154**

We hosted the Bunny Bash on April 4th at Park at Sycamore. Forty (40) residents joined the event. The kids loved to play the creative game with prizes provided by Schooling Encouragement Foundation. While the Emana team created an Easter bag decoration project for the kids to exercise their painting talent, adult residents joined the event for fun and snacks.

Hippity Hoppity was the theme event at Rush Creek on April 6th. Kids enjoyed the egg hunting around the buildings. Sixty-seven (67) residents came to hang out with us for the music, snacks, and drinks. We were so delighted to witness the little children working hard to find an egg. We would like to thank the Resident Services and Solutions team for their investment in party supplies and candy eggs for the event.

On April 13th, we hosted the Easter celebration at Ironwood Crossing. Thanks to the Schooling Encouragement Foundation provided juices and chips to the participants. Some of the children decorated Easter paper bags and cookies, and some participated in an egg hunt. Ones, who couldn't join in the hunting, wanted to take a picture with Bunny and earned their eggs from it. It was a successful social event for forty-seven (47) participants on Easter celebration day.

Total participants increased by 32% this month compared to the previous month.





APRIL 2022

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





**APRIL 2022**

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

**Total Events Total Participants**  
**9 218**

April is the first month we started to provide the resident services for Newsome Homes and Merritt McGowan Manor. We started with the Easter luncheon at Newsome Homes on the 7th. Twenty (20) seniors were ecalted with the food and the Emana team's hospitality.

We came back with the craft paintings on the 10th. There were six (6) residents who enjoyed decorating the Spring wooden cutouts to hang where they like. The first food pantry on the 21st was a successful event. Thirty-five (35) seniors came down to the community room to collect the food they need. The team also have done a good job, not only organizing the event in an orderly fashion but also, delivering the food to residents' doors for those who could not walk down.

The second art and craft event was on the 25th. Seven (7) seniors joined the event. We wanted to thank Schooling Encouragement Foundation for providing refreshments and making delicious Mango Popping Boba drinks.

Seventeen (17) residents at Newsome Homes have joined our first birthday social Bingo game on the 27th. We were so glad to see how interested the residents were in the bingo game with household product prizes. Seniors loved the game as they can practice their focus ability and have a good time together.





**APRIL 2022**

## **Newsome Homes - McKinney, TX**

### **Merritt McGowan Manor - McKinney, TX**

At Merritt McGowan, we started our services with the Bunny bash event on the 7th. Thirty-eight (38) children and adults came out to share the fun with us, and many kids expressed how they loved the hot chips and candy eggs given by the Bunny. While sharing the joy with the children, we had time to discuss with the adults for the appropriate timing for our upcoming services.

Shooling Encouragement Foundation hosted the youth program on the 14th and drew twenty-nine (29) talented young kids to paint figured dinosaurs. While the children spent their time focusing on painting their favorite dinosaurs after school, volunteers provided cookies and juices to them, making sure the children enjoyed the youth program comfortably.

Twenty-four (24) residents joined us on the 21st for the food pantry. Residents welcomed our food pantry program, and even several kids came out to get their favorite mix-fruit cans.

The social fitness giveaway on the 25th has extracted forty-two (42) participants. Adult residents shopped for their liked T-shirts, and kids selected their snacks and drinks. Some kids could find a t-shirt that fits them, and they showed their excitement by putting it on without hesitation.





APRIL 2022

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





## **Ridge at Trinity - Dallas, TX**

**Total Events   Total Participants**

**3                      110**

As per our social service theme for April, we hosted an event at Ridge to celebrate Easter. The Bunny came to town on the 5th, bringing sweetness, children's baskets, and joy to the families. We also had Wireless Assist from Arkansas join the event and provide free phones to several qualified residents. Forty-seven (47) residents welcomed the Bunny and the team. More than 20 Easter Baskets were delivered to the registered kids.

On April 19th, the Emana team returned for the youth program, delivering snacks and art projects for after-school to fifty-six (56) children. Kids always love a snack after long hours at school and a fun project to complete at home.

The senior monthly bingo game offered a delightful time for seven (7) participants. Residents were in love with the game provided by United Healthcare, and the residents looked forward to participating in the bingo game as their monthly activity.





APRIL 2022

## Ridge at Trinity - Dallas, TX





## WM At The River - Daytona Beach, FL

In April, we collected stress awareness and management information to share with the seniors. 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 how stress can be severe and how to manage their stress. The handouts also teach seniors to exercise to beat stress and prevent the worst consequences.


The team was in contact with the property management team to work on the preparation of upcoming activities that could be helpful for the seniors.

APRIL

## THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by Emana LLC

PROMOTING HEALTH FOR SENIORS



### Stress Awareness and Management

In the US, April represents Stress Awareness Month. Emana's team collected the information from the Cleveland Clinic, National Institute of Mental Health, and Harvard Health Publishing at Harvard Medical School to share. The information included in this newsletter is about Stress, Managing Stress, and some practical exercises to control and reduce your daily stress.

#### So, what is Stress?


By definition, stress is an emotional feeling or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand and is a normal human reaction that happens to everyone. Stress can be positive when your body mentally or physically responds to the changes or challenges, and it helps you work harder or stay awake longer. However, stress can become a severe problem when you continue to be stressed and have no relaxation or relief.

There are three types of stress, generally known as Acute Stress, Episodic Acute Stress, and Chronic Stress.

**Acute Stress** is short-term and very common among adults. This type of stress typically develops when you experience pressure.

**Episodic Acute Stress** is similar to Acute Stress but occurs more often and accumulates. Over time, if you don't manage your Episodic Acute Stress, it will become a severe illness.

**Chronic Stress** develops over a long period and is more serious. Chronic stress makes it difficult for your body to return to a normal state of your stress hormone activity. It can contribute to many severe illnesses such as problems related to your cardiovascular, respiratory, immune, reproductive act, and sleeping issues. A constant state of stress can also increase your risk of type-2 diabetes, high blood pressure, depression, Post-traumatic Stress Disorder (PTSD).



Stress in older adults has many causes. When you experience a loss of your loved one, a change due to financing, retirement, separation from family, etc., you are more likely to develop stress. Therefore, we must be aware of when we experience stress and how to manage or release our pressure to avoid the risk of illness caused by chronic stress.

#### Things to do for the stress relief

When you feel symptoms of stress coming on, you should know how to manage your stress. More often, people handle it the wrong way. For example, they drink, gamble, overeat, compulsively participate in sex, shop, internet browse, smoke, or use drugs. These unhealthy behaviors might help with chronic stress but will develop an unhealthy lifestyle.

**Doing the following healthy activities will positively help you to manage your stress:**

- Exercise. A short walk might boost your mood.
- Before bedtime, take a moment to think about what you are accomplished, but not what you did not get done.
- Set goals for your day, week, and month.
- Consider a talk to a therapist, healthcare professional about your worries.
- Relax. Join a meditation, yoga, tai-chi, breathing exercise, or muscle relaxation program.
- Take good care of your body every day.
- Find a way to let things go as you cannot control everything.
- Stay connected with people who can keep you calm and make you happy.

## PRACTICAL TECHNIQUES FOR SENIORS



Here are some techniques that you can practice, so you can try when you feel pressure or stress.

#### 1. Breath focus.

In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). You gently disengage your mind from distracting thoughts and sensations as you breathe. Breath focus can be beneficial for people with eating disorders to help them focus on their bodies more positively. However, this technique may not be appropriate for those with health problems that make breathing difficult, such as respiratory ailments or heart failure.

#### 2. Guided imagery.

For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes—make sure to choose soothing imagery with personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images.



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

**Total Events**   **Total Participants**  
**10**                    **173**

This month the number of participants increased by 54% at Plano properties.

Except for the events that we will add quarterly and annually, there are ten usual events between Patriot Park and Veranda Townhomes. Consistently, the number of events is unchanged as per requirements written in the provisions of supportive services by TDHCA.

At Veranda Townhomes, the egg hunting and creative bag decorating activities for kids on the 7th were successful. Twenty-two (22) kids participated, and the kids collected more than 300 eggs with candies. The children loved the Bunny, and the families liked the children's excitement. Within the small area of the playground, kids made some noise and worked hard on their hunting.

The monthly food pantry on the 20th recorded seven (7) residents who stopped by to select the food they needed.

We wanted to thank the volunteers of the Schooling Encouragement Foundation for the youth program event that made the children focus on getting the soft darts hitting inside the circle and selected their toys, books, video games, or candy for their winning prizes. Nine (9) participants enjoyed every minute of the event.





**APRIL 2022**

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

The social cold treat event was attractive to the young children, and they loved the sweetness and frozen popsicles. Twenty-one (21) kids attended the event, getting a cold treat and sweet care. They hung out on the playground, playing with each other and coming back to us for another round.

Two teenagers at Patriot Park contacted us for homework tutor, one-on-one at the event and on the phone meeting.

We delivered the Easter baskets to the registered children at Patriot Park on the 11th. Forty-two (42) residents participated in this event to celebrate Easter, get the gift baskets and enjoyed the serving refreshments.

On April 20th, twelve (12) residents stopped by the community room for the food pantry program. People liked the variety of food we provided and showed their gratitude for the opportunity. That put smiles on our team member's faces.

The social ice cream event drew thirty-one (31) residents to participate. It was a hot day and perfect for the ice cream treats. Some of the kids hung out outside playing until they needed another cone.

On the 29th, twenty-seven (27) kids stopped by Emana's table outside to pick and decorate their candy jars. The project was easy, but the candies were good. Kids love sweets as always.





APRIL 2022

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





## **North Little Rock Housing Authority - NLR, AR**

<b>Activities</b>	<b># of Working Hours</b>
FSS Case Manager Orientation	<b>0</b>
Administrative Activities	<b>25</b>
Goal Progress Evaluation	<b>45</b>
Communication and Coordination	<b>20</b>
Case Management	<b>90</b>
Researching and Networking	<b>0</b>

Emana team continued to work with participants on a regular virtual meeting essential. FSS Coordinator worked with other local business leaders to make the resources available for the clients.

