

JULY 2022

MONTHLY RESIDENT SERVICE ACTIVITY REPORT



PREPARED FOR

*BETHLEHEM PIONEER PLACE - MANSFIELD, TX
IRONWOOD CROSSING - FT WORTH, TX
MERRITT MCGOWAN - MCKINNEY, TX
NEWSOME HOMES - MCKINNEY, TX
NLR HOUSING AUTHORITY - NLR, AR
PARK AT SYCAMORE - FT WORTH, TX
RENAISSANCE SENIOR RESIDENCES - FT WORTH, 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
WM AT THE RIVER - DAYTONA BEACH, FL*



SUMMARY



Starting this month, Emana began to provide supportive services to the Columbia Renaissance Square Senior Residences in Fort Worth, Texas, proudly managed by Columbia Residentials. We added several more program activities to the arts & crafts events at all senior properties. Seniors are interested in the "Sun Catcher" activity and the "Luau" social party.

We successfully hosted two back-to-school events at Columbia Renaissance Square and Treymore at City Place. We appreciate CookChildren's and Aetna for the monetary sponsorship and the Schooling Encouragement Foundation for donating backpacks and school supplies and participating in the events.

We also want to thank Amerigroup of Texas, Maximus, Toy for Tots, and Queen Esther Outreach for their sponsorship of the back-to-school program.

We want to highlight the Scholastic and Math Tutoring event by SEF at Merritt McGowan. It was a successful activity where the children could review all the elementary mathematics while attractively enjoying the prizes for winning the math puzzle. It was a fun and exciting way to help children with mathematics problems.



The "Splash" events at Ironwood Crossing and Merrit McGowan brought the children in these two communities a good time in the hot summertime. Kids played and slid through the water slider, then enjoyed their snacks with the cold punch. We all are delighted to witness their laughs, screams, and moves together with happiness.

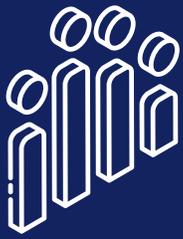


We sincerely want to invite all participants, sponsors, owners, and management teams to follow us on social media for more activity information.

- www.facebook.com/EmanaMFS
- <https://www.emanacorp.com>

Please send us your comments or suggestions so we can continuously improve our services to comply with the requirements and fulfill the residents' needs.





ACTIVITY DETAILS & SNAPSHOTS



Columbia Renaissance Square
Columbia Renaissance Square Senior Residences

Fort Worth, TX
Monthly Participants 175

July was the first month we provided services to the Senior site. We started with the Luau party, where we got twenty-seven (27) seniors joining the event. The Hawaiian culture theme brought much fun and enriched the activities to the residents.

The highlighted activity we hosted at the Renaissance Square Family site was the Back-to-School event. Eighty-four (84) residents came out participating in the event. We gave backpacks, school supplies, snowcones, drinks, hotdogs, and snacks. Thanks to all partners, especially CookChildren's, Toy for Tots, Schooling Encouragement Foundation, Aetna, and Amerigroup of Texas.



The other social events were a snowcone social on July 6th for the family site and a bingo game on July 26th for seniors. Fifteen residents (15) supported the snowcone event and enjoyed the coconut, lime, cherry, and blueberry flavor on that hot day. Seventeen (17) adults had a good time with the "BingocizeSocial" sponsored by Sixty & Better.



We hosted two arts & crafts activities at each site. On July 11th, we worked with seven (7) seniors on making the greeting cards. At the second arts and crafts event, we decorated the wooden figures. Sixteen seniors joined the activity. On the family site,

Columbia Renaissance Square Columbia Renaissance Square Senior Residences

we hosted the arts and crafts following the events at the senior site. A total of nine (9) kids and adults came to join the painting activities.

On July 19th, Oak Street Health sponsored a monthly food pantry at the Renaissance Square Senior Residences. Nineteen (19) Senior participated. We want to thank the volunteer and staff from Oak Street Health.



**Ironwood Crossing Apartments
Rush Creek Apartments
Park at Sycamore**

Arlington, TX; Fort Worth, TX

Monthly Participants 110

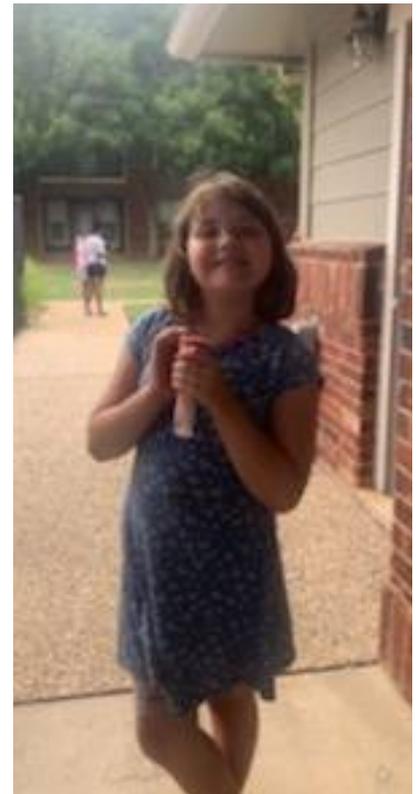
Throughout July, City Square came to Rush Creek five (5) days a week. Many thanks to the organization and its volunteers for providing summer free meals. They have delivered fifty-nine (59) meals so far, keeping the community nutritious.

On July 19th, one of the summer's hottest days, we hosted a water splash activity at Ironwood Crossing. Fifteen (15) children participated and enjoyed the water slide and water war very much.

At Park at Sycamore, we brought ice cream for the social event on July 22nd. Thirty-six (36) residents came to join. Many expressed the satisfaction of being treated with a cold, sweet, delicious ice cream cone.



Ironwood Crossing Apartments
Rush Creek Apartments
Park at Sycamore





The educational tutoring event at Merritt McGowan was a highlighted activity of the month because it was fun and successful.

Twenty-six (26) children participated in the event sponsored by Schooling Encouragement Foundation (SEF). Children were divided into three groups, elementary, 6-7 graders, and older. SEF volunteers presented the simple math problems in a fun way and expected the children to solve them. When they could solve the problem, they won a prize.



Two social activities at Merritt drew seventy-seven (77) participants. SEF sponsored the ice cream social event on the 13th that got thirty-eight (38) children and adults to participate. Emana team hosted the Splash event on the 18th, which drew thirty-nine (39) children joining in.



Thanks to SEF's volunteers for hosting the computer event where they taught the kids skills in maths and writing. Four (4) kids were available to join at the time. It was the first event to use the computer lab to advance the youth programs at Merritt.

Newsome Homes Merritt McGowan Manor

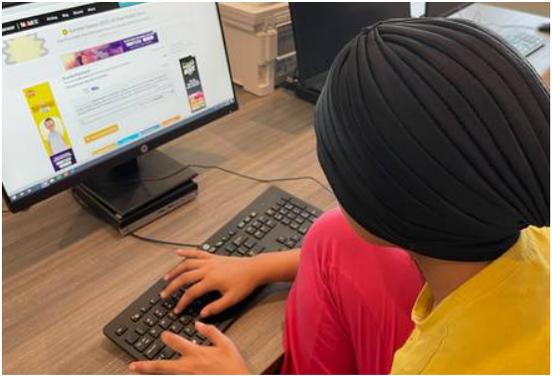
At Newsome Homes, we hosted two social events, a bingo game, and a "Birthday Karaoke Klub." Thirteen (13) seniors came to celebrate birthdays and have a good time with karaoke and gifts from our event sponsor, Amerilife Group. We found many talented seniors with good voices and a sense of humor. Sixteen (16) residents joined the bingo game. Bingo, a very healthy activity for aging adults, is the best game at the senior facilities.

On July 21st, as usual, we provide a food pantry at Newsome and Merritt. Thirteen seniors participated and got what they needed. Children at Merritt started picking up wanted food in their parent's absence. Eighteen (18) participants at Merritt came out to get their food.

We hosted the "Door Chime decoration" and "Sun Catcher" activities for the senior's arts and crafts programs this month. Eleven (11) residents attended the first event. Seven (7) seniors came to the "Sun Catcher" event to make beautiful window sun catchers for taking it home.



Newsome Homes Merritt McGowan Manor



The summer meal program by City Square reported that they served five hundred and nine three (593) meals this month. The organization comes daily to provide free meals and host several outdoor activities. We are thankful to have their support.

On July 7th, Schooling Encouragement Foundation donated the Tommy Filhiger polos and Nike T-shirts to infants, children, and adults. Forty-seven (47) residents participated and picked up their polo or T-shirt for their essential needs. The property manager came out to join in the event and expressed her grateful feeling to us.

Thanks to United Healthcare for continuing to host the monthly bingo at Ridge. Eight (8) seniors participated this month, and they enjoyed the game and had a good time with their neighbors.

Our team hosted the snowcone social event on July 15th. Forty-eight (48) children and adults participated. They were in love with the snowcone and flavor while registering for their summer meal program with Prolific Seeds, Inc., which will provide daily meals to the community when school is back.



Ridge at Trinity



This month, we communicated with the senior residents on Diabetes in Aging People. We prepared the health education newsletter and sent it to the property, and the property management team delivered it to two hundred (200) seniors. We wanted to share the information with the residents on the seriousness of diabetes type II in the aging population.

JULY 2022

THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by Emana LLC

Promoting Health for Seniors
Diabetes in Older People

Diabetes is a severe disease and increases with advancing age. The deficiency of insulin secretion evolving with age and growing insulin resistance caused by a change in body composition and aging are the factors leading to high blood sugar. Diabetes type 2 is the most common form of the disease developing in older adults. Therefore, in this health newsletter, we want to share with you the symptoms, how they will affect your health, and how to manage diabetes through the collection of materials and information from the National Institute of Health (NIH) and the American Diabetes Association.

Symptoms of Type 2 Diabetes

According to Dr. Sue Kirkman (2012), more than 25% of the US population aged 65 and up has diabetes. The aging of the overall population is a significant driver of the diabetes epidemic. The symptoms of diabetes are typical and may include:

- feeling tired
- increased hunger or thirst,
- urinating often,
- having blurred vision,
- slowly heal from cuts and bruises



Searches and studies suggest that older adults used to dismiss these symptoms because they think these symptoms are related to "getting old." These can get worst and become very severe. Therefore, you will need to talk to your doctor if you have any of these symptoms, regardless of age.

Testing for diabetes is not only performed by checking your glucose level in your blood, but also test your A1C.



- Get your eye exam annually
- Get flu shots annually
- The annual flu shot will help keep you healthy. For aging people, make sure you have had the pneumonia vaccine.
- Protect skin. Make sure your skin is clean and soft. Take care of minor cuts or bruises to prevent infections.
- Brush your teeth and floss daily, and have your teeth and gums checked with the dentist twice a year.
- Take time to look at your feet every day for any red patches. If you have sores, blisters, breaks in the skin, infections, or build-up of calluses, see your podiatrist
- Take urine and blood test annually to make sure your kidney is ok.
- Ask your doctor to perform a cancer screening.



Do the following to maintain your healthy blood sugar levels

- Eat a healthy breakfast containing fiber and protein within an hour of waking up.
- Always eat healthy fats, protein, and fiber with each meal, as this slows the digestive process and the number of carbohydrates released into the bloodstream, keeping blood sugar levels stable.
- Exercise regularly to burn off extra blood sugar.
- Drink plenty of water and avoid sugary drinks, such as soda, sports drinks, and juice, as these quickly raise blood sugar levels.
- Keep a supply of hard candy, juice boxes, or glucose tablets on hand in case of low blood sugar crashes.

The A1C test is the lab analysis of the percentage of hemoglobin proteins in your blood coated with sugar. The hemoglobin proteins in red blood cells transport oxygen, one commonly used test to diagnose prediabetes and diabetes.

Your doctor will share that you will be diagnosed with prediabetes if your A1C level is between 5.7% and 6.4%, and you have diabetes if your A1C level is higher than 6.4%. However, this standard may be flexible depending on your actual age.

The Effects of Diabetes on Your Health

Based on findings from clinical research, potential complications of high blood sugar levels from Type 2 diabetes can include:

- Digestive problems, including gastroparesis.
- Eye problems, including diabetes-related retinopathy.
- Foot problems, including leg and foot ulcers.
- Gum disease and other mouth problems.
- Hearing loss.
- Heart disease.
- Kidney disease.
- Liver problems, including nonalcoholic fatty liver disease
- Peripheral neuropathy (nerve damage)
- Sexual dysfunction
- Skin conditions
- Stroke
- Urinary tract infections and bladder infections

How to manage Type 2 Diabetes

Even though diabetes is a severe disease, many people with type 2 successfully manage their blood glucose levels through diet and exercise. In a severe condition, the doctor can treat it with diabetes medication.

When you are diagnosed with type 2 diabetes, your doctor will discuss the best way to manage your condition.



We hosted two snowcone social parties this month, one at Treymore North and one at Treymore City Place. Thirty-nine (39) children and adults participated at Treymoew City Place, and twenty-five (25) Treymore North's residents came out to enjoy. Many residents appreciated that our team came out to provide cold treats on hot days.

On July 28th, our business partners and the Emana team hosted the Back-to-School at Treymore North. Around the pool were the Schooling Encouragement Foundation, Amerigroup of Texas, Emana, and Texas Health Star. Sixty-six (66) people joined in our event, getting the school supplies for the kids and showing their gratefulness towards our vendors for their giving back.



Treymore at City Place Treymore North





We started the month's activities with a "Luau" party at Bethlehem Pioneer Place on July 6th. Twenty-three (23) seniors participated in the event. We provided snacks, drinks, and games so the seniors could have a good time together.



We had two arts and crafts events; The "Card Making" was on July 13th and the "Sun Catcher" was on July 28th. Eight (8) residents came to enjoy the art activities with us.

Thanks, Ms. Audrey from One Point, for volunteering to call the bingo game for our senior on July 20th. Bingo helped our seniors to focus. Eleven (11) seniors participated, and four (4) won the prizes.



The Tarrant Foodbank provided the food to the residents. Foods included bread and fresh produce to thirty (30) seniors on July 21st. We appreciate the assistance from the food bank and the management team in setting it up.



Bethlehem Pioneer Place



North Little Rock Housing Authority - NLR, AR

Activities	# of Working Hours
Administrative Activities	48
Communication and Coordination	48
Case Management	36
Meeting and Training	48

Emana team continued to work with participants on a regular virtual meeting. We attended numerous meetings with ConnectHome, vendors, Housing Authority Staff, and the member of PCC. We attended seminars and online training to prepare for the updated action plan. Though we did not enroll any new participants, we worked with the currently active participants on a regular basis.

