

FEBRUARY 2022



MONTHLY RESIDENT SERVICE ACTIVITY REPORT



PREPARED FOR:

- IRONWOOD CROSSING - FT WORTH, 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

It is a month of love. At Emana, we promote the love theme, "love your family, your partners, your friends, and your neighbor." We creatively hosted the love theme events throughout all communities for children and families.

We created a Periodic Health Newsletter to serve the senior residents. Not only did we provide the health information derived from the Centers for Disease Control and Prevention (CDC) website and Medical journals. We also attached paper quizzes/games for assisting the residents' physical and spiritual fitness.

We networked with our sponsors and other local organizations in the region to bring more assistance to fulfill the residents' basic needs. Businesses and non-profit organizations like Schooling Encouragement Foundation, North Texas Performing Arts, Queen Esther Outreach, Aetna Healthcare, and Amerigroup helped make the activities meaningful and joyful.



In supporting our love theme, many businesses tried to donate some goods to express their love to the communities and keep the residents warm in the freezing season. Thanks to Eddie Bauer, Nike, Amazon, and Stio companies for their generosity. Those product giveaways impacted many families and promoted love within the communities.

This month, the Emana Resident Services team attended several meetings and conferences to network and assist the local communities. We work with non-profit organizations and generous businesses to help and support any communities we could whether or not we are contracted to do so.



For example, the Emana Resident Services team and Schooling Encouragement Foundation donated new shoes to the clients of the New-Leaf Community Services in Fort Worth. New Leaf Community Services is an innovative housing solution for individuals experiencing chronic homelessness.

We collaborated with the YMCA and Steampoint in Florida for future referenced resources to provide more assistance to the communities we served.

We are expanding our team and services—we want to welcome Brandy Jenkins to our needed Client Management position this month. Emana is now providing Information Technology and Branding services as well. Please follow us on LinkedIn and Facebook for more information. We added an upcoming events calendar, so please check out our web pages at www.emanacorp.com and google business to support us. We value your support and thank you for the opportunity to serve.





ACTIVITY DETAILS & SNAPSHOTS

Columbia Renaissance Square - Fort Worth, TX

Total Activities **Total Participants**
5 **64**

Chair Yoga series were the fun events to promote fitness at Columbia Renaissance Square community. We want to express our gratitude to Aetna's Outreach team, who assisted Aqua Fusion Wellness Center to host this month's events. Twelve (12) residents attended the events as they committed themselves to the weight loss campaign. We also added an hour of exercise twice a week to promote this campaign within the community.



"Galentine" crafting event was for lady residents to socialize and creatively craft the wine glasses with fun and love. Fifteen (15) "gal" residents gathered and enjoyed the event on the 8th.

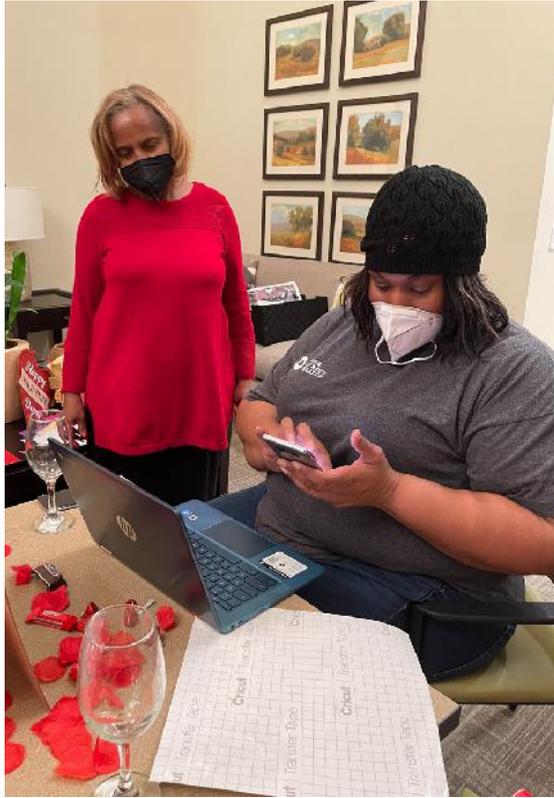


Tarrant County Credit Union helped conduct the financial and budgeting classes at Renaissance for nine (9) residents in two different courses.

Youth programs for the children focused on arts and crafts drew twenty-four (24) participants on the 16th.



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
3 133**



On 2/7, Emana and Schooling Encouragement Foundation gave out thermal blankets to fifty-six (56) residents at Rush Creek in Arlington, TX. As the cold days approached, many residents expressed their gratitude to the team and that they thought the event was a meaningful idea to help the community when the temperature drops in two weeks.



On the next day, we hosted a fun Valentine game at Ironwood. The kids and families would hunt for the hearts we hid around the area to exchange for toys, toiletry products, candies, and many generous door prizes. Forty-one (41) people enjoyed the games and had fun with the team during after-school hours.



At Park at Sycamore, SEF and Emana joined to provide sweetness and fun to thirty-six (36) participants. We made cotton candy with many flavors and served creamy cupcakes to celebrate Valentine's Day. The kids were excited to see how the cotton candy was made while they were in lines to pick their favorite flavor and color.



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



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



Ridge at Trinity - Dallas, TX

Total Events Total Participants
4 76



At Ridge at Trinity, per management request, we worked with Queen Esther Outreach non-profit organization to provide one more housekeeping class for three (3) residents that were invited by the property management.

To assist the residents to celebrate Valentine's day, we worked with the Schooling Encouragement Foundation charity to provide Valentine gift bags to Forty-two (42) residents. The gift bags contain health and nutrition products, hopefully impacting the resident's basic needs at the moment.

There were twenty-one (21) kids who enjoyed our youth program activity after-school on the 16th. We always feel good to see how the children turn out for the activities every month at this community.

The bingo game on the last day of the month was also fun. Ten (10) aging residents love to gather for a good time, practice their ability to focus on the matter, and win some helpful door prizes.

Ridge at Trinity - Dallas, TX



WM At The River - Daytona Beach, FL

Based on the resident survey last month, Health Education is among the most wanted services at WM. Therefore, the EmanA team has created a Periodic Health Newsletter with a practical quiz/puzzle to share information about health and nutrition that helps promote health for aging residents. With assistance from the property management team, we delivered the first Newsletter about Helping Older Adults with Dementia to 250 seniors.

WM AT THE RIVER
DAYTONA BEACH, FL

Feb 2022

THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by EmanA LLC



Promoting Health for Seniors

Helping Older Adults with Dementia

In 2021, 6 million out of 54 million US adults who were 65 or older were diagnosed with Alzheimer's. Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. These are the nation's leading drivers of illness, disability, deaths, and health care costs. Alzheimer's disease and other dementias are most common in adults 60 and older, and the risk increases with age. (CDC, 2021)

To promote health for seniors, the EmanA team collected health information from sources like CDC educational resources and research institutions to share, hoping those informative data can help seniors look out for their health.

Alzheimer's disease is not a normal part of aging, and memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias. In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- Memory loss disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work, or leisure.
- Decreased or poor judgment.
- You are misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior

However, having several or even most of these signs doesn't mean Alzheimer's disease.

Here are Ten Warning Signs:

1. Memory loss: forgetting events, repeating yourself, or relying on more aids to help you remember (like sticky notes or reminders).
2. Challenges in planning or solving problems: having trouble paying bills or cooking recipes you have used for years.
3. Difficulty completing familiar tasks: having problems cooking, driving places, using a cell phone, or shopping.
4. Confusion with time or place: having trouble understanding an event happening later or losing track of dates.
5. Trouble understanding visual images and spatial relations: having more difficulty balancing or judging distance, tripping over things at home, or spilling or dropping things more often.
6. New problems with words in speaking or writing: having trouble following or joining a conversation or struggling to find a comment you intend.
7. Misplacing things and losing the ability to retrace steps: placing car keys in the washer or dryer or not being able to retrace steps to find something.
8. Decreased or poor judgment: being a scam victim, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
9. Withdrawal from work or social activities: not wanting to go to church or other actions as you usually do, not being able to follow football games or keep up with what's happening.
10. Changes in mood and personality: getting easily upset in familiar situations or being fearful or suspicious.



5 tips to keep your brain healthy

- Exercise regularly: Aim to exercise several times per week for 30-60 minutes. You can walk, swim, or do other moderate aerobic activity that increases your heart rate.
- Get plenty of sleep
- Eat a Mediterranean diet: emphasizes plant-based foods, whole grains, fish, and healthy fats, such as olive oil.
- Stay mentally active: challenging yourself with puzzles
- Remain socially involved.



Word Search for Practicing

Trees Word Search

W	R	O	I	H	A	A	Z	H	M	A	T	G	C
A	T	S	I	U	R	P	O	N	U	S	H	W	D
A	T	K	L	A	R	P	T	G	L	A	A	D	O
N	O	R	L	S	Y	L	T	R	W	L	L	O	R
E	S	P	O	C	H	E	S	T	N	U	T	G	A
D	O	O	W	E	R	H	U	R	I	F	W	I	K
P	C	L	N	W	C	O	T	T	O	N	W	O	O
P	K	Y	S	E	R	M	R	D	H	I	C	O	U
M	R	R	P	N	A	O	S	T	P	P	D	Q	L
H	L	R	R	R	D	C	A	P	K	A	L	D	E
O	A	E	U	E	E	Y	A	L	C	K	L	E	S
H	R	H	C	N	U	S	N	O	U	N	P	U	K
A	C	C	E	O	P	G	S	Y	B	I	R	C	H
T	H	A	Z	E	L	P	A	M	N	H	W	R	D
D	C	I	N	C	E	S	W	E	Y	C	H	U	N

Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Squash
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow
Chinkapin	Oak	Yew

Motivation

R	I	A	M	T	O	P	E	H	T	A	E	R	B	Z	C	W	O	R	K
B	E	L	I	E	V	E	S	N	U	H	R	B	Q	Z	R	D	C	H	P
D	L	F	A	B	N	S	Y	X	T	E	A	C	H	X	T	I	V	S	B
E	B	Q	T	G	B	V	H	J	S	A	Y	U	I	S	P	R	U	G	
V	M	T	H	I	N	K	Z	P	X	K	P	H	E	Y	T	P	I	C	L
B	U	A	U	T	Y	C	E	G	H	Q	J	B	U	T	E	R	B	C	M
R	H	B	S	V	X	C	I	D	F	B	C	L	E	C	V	O	Z	E	X
G	R	V	T	K	T	O	R	S	C	R	I	O	S	B	A	E	J		
X	E	O	L	P	R	E	U	N	B	O	Y	E	A	C	O	R	S	D	O
U	R	B	E	S	A	V	I	R	X	Y	C	T	S	R	W	E	D	M	U
I	Y	U	D	M	C	D	E	R	S	N	X	U	W	S	A	S	B	I	R
A	G	R	G	U	A	I	V	S	E	R	B	C	K	J	E	S	P	O	N
Y	I	R	S	E	A	V	C	T	X	L	J	W	I	E	N	D	R	T	E
B	V	G	R	U	S	T	S	W	B	M	J	E	D	S	O	R	U	S	Y
D	E	P	A	V	O	C	I	N	S	P	I	R	E	I	S	B	S	V	H
M	O	S	G	H	S	B	L	H	Q	Y	N	Z	Q	L	O	F	G	I	W
G	D	R	S	R	T	F	C	I	M	A	G	I	N	A	T	I	O	N	E
A	S	G	E	I	K	U	P	R	B	D	W	O	B	C	X	F	P	E	T
S	W	P	U	X	N	E	W	S	A	G	P	O	W	E	R	O	Y		
O	F	S	E	W	I	N	N	E	R	F	M	R	S	U	G	X	B	A	J

HUSTLE	PERSISTANCE	DREAM
INSPIRE	SUCCEED	BEST
WORK	POWER	GIVE
BLESSED	TEACH	WINNER
BELIEVE	HEARING	THINK
JOURNEY	IMAGINATION	SHINE
BREATHE	HUMBLE	PROGRESS
		RESPECT

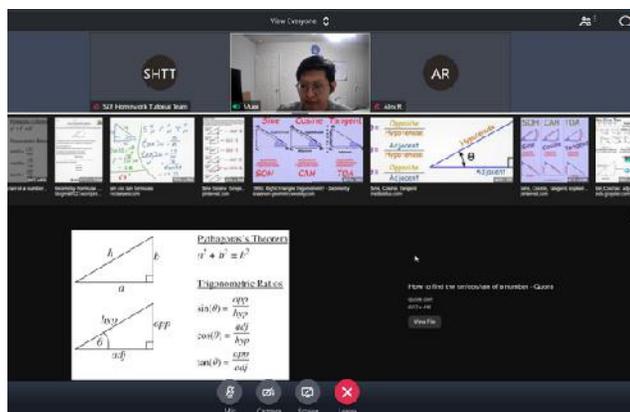
Patriot Park Family - Plano, TX Veranda Townhomes - Plano, TX

Total Events **Total Participants**
8 **96**

Many thanks to the Schooling Encouragement Foundation for your time for residents' income tax filing assistance and homework tutoring at Veranda Townhomes and Patriot. Though only two (2) residents participated to get help on these services this month, we hope more people will take advantage of SEF's service in the future.

The North Texas Performing Arts joined Emana to greet the residents and provide free complimentary tickets to their busy shows. They found several talented kids and residents whom NTPA can support and offer a job or a theater education. We will make sure NTPA comes back in the future to find more talented kids in the communities for the bright future of the art and performing education. There were twenty-eight (28) people who participated from both properties with NTPA. The residents reviewed the video footage of the show, received free tickets, talked about their talents, and enjoyed snacks and beverages with us on Valentine's Day.

We gave out health and nutrition products in gift bags to twelve (12) residents at Patriot Park. SEF distributed free jackets and coats to twenty-one (21) children and moms at Veranda Townhomes on the 16th.



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



We scheduled an outdoor game event for the youth program at Patriot Park on the 22nd. However, that week's temperature dropped too low, so we moved the game into the community room with short notice. Twelve (12) kids come down to play for their prizes.



On the same day at Veranda Townhomes, SEF held a creative activity to perform a face temporary tattoos for after-school children. Seven (7) people came even though it was a cold day to put temporary tattoos on the children's arms, hands, or faces. We love to see their beautiful smiles.



The monthly food pantry events at both properties were cheerful, although we had the coldest day of the month. Six (6) residents from Patriot Park and eight (8) people at Veranda Townhomes come for their need spaghetti, pasta, noodle, rice, beans, canned vegetables, and fruits.



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



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



North Little Rock Housing Authority - NLR, AR

Activities	# of Working Hours
FSS Case Manager Orientation	16
Administrative Activities	40
Goal Progress Evaluation	0
Communication and Coordination	76
Case Management	28
Researching and Networking	0
Program Enrollment and Waitlist Maintenance	0

