



MARCH 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



Spring Break! A whole week off of school allowed the kids to have fun and creative activities at home.

Emana's social services team focused all the events on a spring break atmosphere, providing innovative youth programs and delightful social events. The number of participants increased significantly this month in most individual communities.

This month, we attended some professional seminars from NAHRO and HUD offices to enhance our services.

We have spread our care to other populations even though they are not on our service portfolio. We distributed free blankets donated by Amazon and drinks to more than 50 homeless people in Fort Worth. We attended the Affordable Connection Program webinar by Comcast to learn more about the ACP program that will benefit affordable housing residents nationwide. We participated in the meeting with the community leaders and were ready to assist the people.

We networked with two new non-profit organizations, AmeriCorp and Reading Partners, to help children with books and other supplies for increasing their reading habits and desires. We also reached out to DART for the ability to provide some free day pass vouchers for future service to the residents' transportation needs.

In March, our active sponsors for the activities were the Schooling Encouragement Foundation, The Hope Church of Tarrant County, the Tarrant County Credit Union, Reading Partners, and Aetna Healthcare. We appreciate their support and will keep the vital relationships to ensure effective services to the communities we serve.

MARCH 2022

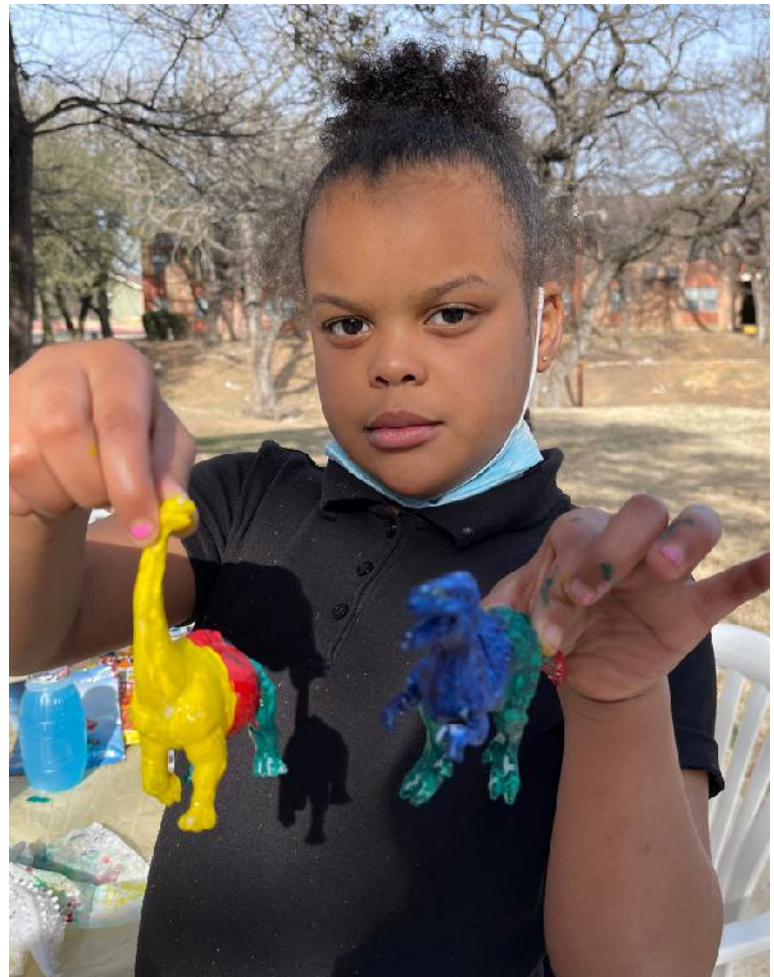
We hosted the youth program events in all communities during the spring break week. We like the children's delightful moments when they focused on playing their tossing games and collecting prizes after they won the game. We are amazed to witness the artistic talents of our young kids in paintings and crafting. Many children and parents across the board directly told our team members how much grateful they are for creating and providing these activities.

We hosted health and nutrition education programs in the Plano and Fort Worth properties. We talked about health or nutrition-related topic while serving the participants refreshments and made the event enjoyable.

The team made a trip to North Little Rock, AR, to host a meeting in person with the FSS participants. We introduced the case management team, reviewed policy, and procedures, and encouraged the participants to complete their goals. Our information services team has helped establish a case management system platform to digitally and innovatively process the FSS case management.

During March, we were able to host more innovative youth programs and adult activities that brought much more pleasant moments to the children and satisfaction to the parents in our serving communities.

We are grateful to serve your communities, and we will try harder to enhance our services monthly.





ACTIVITY DETAILS & SNAPSHOTS

Columbia Renaissance Square - Fort Worth, TX

Total Events **Total Participants**
5 **95**



We started our service at Renaissance Square with the social banking and saving classes by the Tarrant County Credit Union (TCCU). Three (3) residents attended on March 2nd. We made the course more interested with a cash incentive sponsored by TCCU. We increased the number of participants to five (5) in the second class on March 10 and four (4) people in the third class on March 26.

The average number of participants in our weekly Weigh loss program was three (3). Every week, we changed how we exercised. The residents enjoyed the moments and felt great whether we walked, danced, or aerobically moved.



On March 14, Emana hosted a Family Engagement Day, drawing twenty-seven (27) residents to join. We wanted to express our appreciation to AmeriCorp, Tarrant County Credit Union, and Reading Partners to provide food, games, and painting materials to the community on that day. The parents publicly thanked our efforts to create and host the event as they had a good time together with kids and neighbors.

The Quarterly Health and Nutrition Education day was a successful event. Seventeen (17) adults and children came to learn how to cook healthy meals and get the health product gift bags from Schooling Encouragement Foundation. Aetna provided the class on fat and how it is terrible for the human body.



The birthday bash on the 30th was fun. Thirty (30) residents came out to the celebration and had fun. Kids and families enjoyed the wood painting while celebrating their neighbor's birthday with refreshments served.

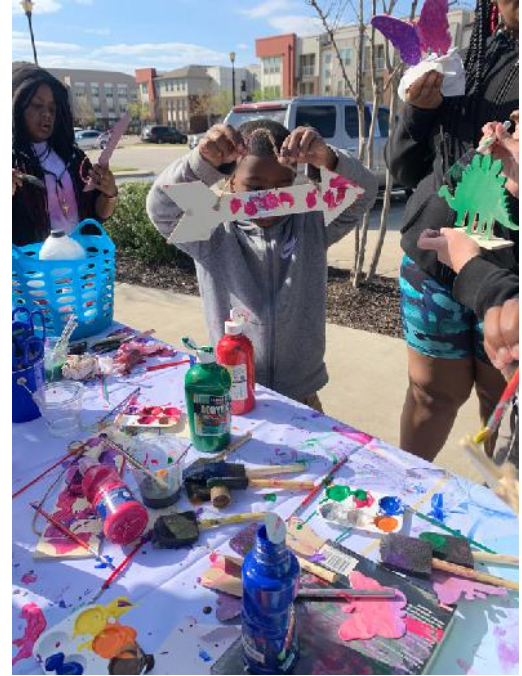
MARCH 2022

Columbia Renaissance Square - Fort Worth, TX



MARCH 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
3 117



There were thirty-nine (39) participants at the Spring Break event at Ironwood Crossing on March 17. It was a windy day, but Schooling Encouragement Foundation still hosted a "painttoos" activity that enlightened the kids with temporary face and body tattoos. Emana team served a Popcorn bar, making it a fun and enjoyable event.

At Rush Creek Apartments, we hosted a successful sweet day. The children played the "Yard Pong" game outdoor to win toys, books, DVDs, and board games and tasted the cotton candy made instantly by SEF. There were fifty (50) children and adults who joined our event and had a good time.



The event at Park at Sycamore drew twenty-eight (28) residents to participate. We had two young college students from UTD who volunteered for SEF, assisting the "Yard Pong" and "Sportz Ring Toss Games for Kids." The children enjoyed the activities and the prizes, and the popcorn bars. Aetna Healthcare also supported the community and our event by providing the fun rope pulling competition and delivering some healthcare information.

MARCH 2022

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



MARCH 2022

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

4 126

It seems that painting is one of the kids' favorite activities after the school day. At Ridge at Trinity, SEF provided the plain dinosaurs for the children to spend their time after school to do while the Emana team served them drinks and snacks. Thirty (30) children participated in the event on March 2nd. They showed their artistic talents and liked the snacks after the whole day of school work.

The Spring Break event on March 15th was even more interesting for the children and families at Ridge. Sixty (60) participants in that event. SEF offered the outdoor games with prizes and made the cotton candy on-site, and Emana provided cupcakes and juice drinks. It was spring break week, so the kids enjoyed the activities alongside their parents. Several children told us how appreciated they were for us to come out and assist them with those activities.

Ten (10) seniors joined the bingo game on March 25th and won some good prizes. They loved the game as they could practice their concentration and at the same time, they could win some lovely gifts.

The Emana team held the quarterly Health and Nutrition course on the last day of March. Twenty-six (26) residents participated. We discussed aging people's health awareness and cooking with the children.



MARCH 2022

Ridge at Trinity - Dallas, TX



MARCH 2022

Ridge at Trinity - Dallas, TX



WM At The River - Daytona Beach, FL

March represents the nutrition month. The team collected health education information from Medline Plus to share healthy eating and a balanced diet with adult residents in our communities. In the handouts, we also include the summary set of questions to ensure the residents read and understood the content of the discussion. Especially for aging residents at WM at the River, we wanted to share that good nutrition is essential to give us energy and help to control our weight.

Good food may also help prevent osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers. We have shared 200 copies of the periodic Health Newsletters with the seniors.

Nutrition for Aging Adults Quiz

- 1- Older adults need more saturated fat than when they were toddlers.
 - A. True
 - B. False
- 2- A healthy diet includes plenty of whole grains, fruits, and vegetables, with little saturated fat or added sugar.
 - A. True
 - B. False
- 3- As you grow older and become less active, you need fewer nutrients in your diet.
 - A. True
 - B. False
- 4- If you have a sensitivity to dairy foods, you can get calcium in your diet by eating more...
 - A. whole grains and fiber
 - B. avocados, apples, and artichokes
 - C. spinach, white beans, salmon, and sardines
 - D. olive oil and other healthy fats
- 5- What's the best eating plan for older people who want to maintain a healthy weight?
 - A. a high protein, low carbohydrate diet
 - B. a balanced diet, such as the Mediterranean diet
 - C. a very low-calorie diet
 - D. a high carbohydrate, low-fat diet
- 6- Healthy fats, in moderation, can help your body...
 - A. absorb vitamins and minerals
 - B. build muscle mass
 - C. stock up on vitamin C
- 7- Good nutritional status can improve an elderly person's quality of life.
 - A. True
 - B. False
- 8- Elderly people can become dehydrated easily and should therefore drink plenty of water.
 - A. True
 - B. False
- 9- Protein is important for older adults (ages 60 and older) because:
 - A. It helps maintain muscle mass and keep bodies strong.
 - B. It supports the immune system.
 - C. It helps blood carry oxygen around the body.
 - D. All of the above.
- 10- All of the foods below are good sources of protein except:
 - A. Chicken, beef, and fish
 - B. Beans, peas, and lentils
 - C. Milk, yogurt, and cheese
 - D. Butter, cream cheese, and sour cream



March

THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by Emana LLC

Promoting Health for Seniors

Essentials of Nutrition for Aging Adults

March is Nutrition Month. We want to share healthy eating and a balanced diet with adult residents in our communities. Emana derived the information from Medline Plus.

Most of the substances in food that our body absorbs to function and grow include carbohydrates, fats, proteins, vitamins, minerals, and water. Good nutrition is essential to give us energy and help to control our weight. Good food may also help prevent osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

When we age, our bodies and lives change, so do what we need to stay healthy. We might need fewer calories but still need to get enough nutrients.

Some changes as we age can make it harder for us to eat healthily, such as changes in home life, health, medicines, income that changes our usual ways of living. Therefore, we need to know how we can eat healthily, and if we cannot, what we should do to help ourselves. To stay healthy as we age, we should eat foods that give us many nutrients without extra calories.



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

Total Events Total Participants
10 112



Spring Break week at Plano ISD fell into a cold week of the month. So we had to hold the youth activities at Patriot indoor. Nine (9) children showed up for a painting event. At Veranda Townhomes, we were able to keep the tossing games outdoor to draw ten (10) children to come out in the cold to play their games and win their favorite toys and books.

On March 11, SEF donated warm clothing and coats to kids, men, and women. Thirteen (13) residents stopped by, spun the wheel, and picked up their clothes. It was a fun and warm event. Many residents talked to us and expressed their appreciation for holding social events like that for their community.



We held a lovely hour to offer participants cupcakes, cookies, and drinks for the enjoyable day event at Veranda townhomes. Eight (8) participants came and spent time with us for a social sweetness.

SEF helped two (2) high school students with their mathematics homework on March 10th and 14th. Also, the SEF's volunteer assisted one (1) resident at Patriot to answer several questions on the income tax returns.

The food pantry event was successful. The number of participants increased this month. We had seventeen (17) residents at Patriot and six (6) residents at Veranda Townhomes to join and collect food they needed from us.

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

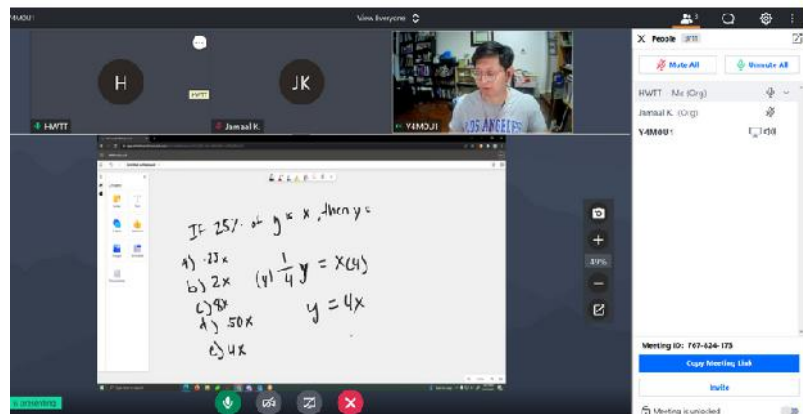
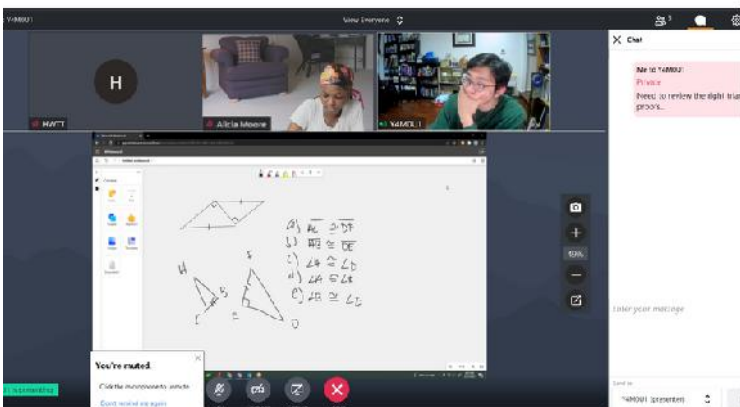
Emana team held a meeting at both properties for the residents to meet with the upper management team at Carleton. We wanted to allow the residents to greet and express their concerns, questions, or complaints to the higher management team. Twelve (12) residents at Patriot and eleven (11) residents at Veranda met with the President and CEO of Carleton Property Management, Mr. Larry Frazier. He addressed all the questions, complaints, and concerns thoroughly at the meeting. However, Mr. Frazier alerted his staff to follow up with every specific issue or complaint to ensure the residents' satisfaction.

As we are entering the 2nd quarter of the year, Emana held a health and nutrition class that discussed the healthy meals that residents can cook with their children. We delivered eleven (11) cookbooks at Patriot and twelve residents at Veranda Townhomes.



JMARCH 2022

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



North Little Rock Housing Authority - NLR, AR

Activities	# of Working Hours
FSS Case Manager Orientation	30
Administrative Activities	30
Goal Progress Evaluation	15
Communication and Coordination	20
Case Management	75
Researching and Networking	0



Emana team met with FSS Participants in-person at Hemplock Community room on March 7th. We reiterated the FSS requirements and Housing Authority policies. We established communication with the participants so we could coach and monitor their progress. We also encouraged them to graduate from the program to benefit themselves. We attended the seminar and training on building an effective PCC and found some discount programs and service opportunities for the participants.

