SEC	Form	4
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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 OMB Number: 3235-0287 Estimated average burden hours per response: 0.5

		Table I - Non	-Derivative Securities Acquired, Disposed of, or Bene	eficially Ow	ned				
(City)	(State)	(Zip)							
Street) BETHESDA	MD	20814			, ,	n One Reporting Person			
7550 WISCONSIN AVE, SUITE 900			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	6. Individual or Joint/Group Filing (Check Applicable Line X Form filed by One Reporting Person				
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/15/2023		Officer (give title below)	Other (specify below)			
1. Name and Addre Carras Susan	ss of Reporting Per	rson *	2. Issuer Name <b>and</b> Ticker or Trading Symbol <u>Elme Communities</u> [ ELME ]		tionship of Reporting Pers all applicable) Director	on(s) to Issuer 10% Owner			
issuer that is inte	of equity securities of nded to satisfy the se conditions of Rule Istruction 10.	the							

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	if any	ution Date, Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Common Stock	12/15/2023		Α		1,578(1)	Α	\$ <mark>0.0</mark>	1,578	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)		Ownership Form:	Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)	

Explanation of Responses:

1. These shares are granted pursuant to the Company's 2016 Omnibus Incentive Plan based on the closing price on 12/15/2023 of \$14.49.

Susan B Carras	By: W. Drew Hammond For:	12/18/2023
Subul D: Cullus	Susan B. Carras	12/18/2025

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 $^{\star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.