FORM 4

Check this box if no longer subject to Section 16

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL							
OMB Number:	3235-0287						
Estimated average burden							
hours per response:	0.5						

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Form 4 or Form 5 obligat Instruction 1(b).	ions may contir	ue. See		Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940										hours per	urs per response:		0.5		
1. Name and Address of Reporting Person <sup>*</sup> Miller David						2. Issuer Name and Ticker or Trading Symbol Ellington Residential Mortgage REIT [ EARN ]												Owner	
(Last) 53 FOREST AVENUE	(First)	(Mi	ddle)		3. Date of Earliest Transaction (Month/Day/Year) 09/13/2022									Officer (give ti	itle below) Other (specify b			becify below)	
(Street) OLD GREENWICH (City)	CT (State)	06 (Zij	370 ))	4	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individ X	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
			Table I -	Non-D	erivativ	e Securi	ities Acc	uired.	Disp	osed of	, or Ber	neficially	Owned						
D				Date	ansaction th/Day/Yea	r) if any	ion Date,				ties Acquir . 3, 4 and 5	red (A) or Di 5)		5. Amount of Sec Beneficially Own Following Repor	ied ted	Direct (D) or ndirect (I) (Instr. 4)		7. Nature of Indirect Beneficial	
							(Month/Day/Year)		v	Amount (A) or (D)			Transaction(s) (Instr. 3 and 4)				Ownership (Instr. 4)		
Common shares of beneficial interest				09	/13/2022	2022 A 6,761 A <b>\$</b> 0 <sup>(1)</sup>		43,001	43,001										
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned       (e.g., puts, calls, warrants, options, convertible securities)																			
Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	cise (Month/Day/Year)			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)				of Securities e Security (Instr	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following	e Own s Form ally (D) o Indir g (Inst	ect (I)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	e V (A)				Date E		N		Amount or Number of Shares		Reported Transacti	ion(s)	)		

Explanation of Responses:

 The common shares of beneficial interest (the "Common Shares") were gran September 12, 2023. ed to the Re the Ellington Residential Mortgage REIT 2013 Equity Incentive Plan. The Common Shares will vest, subject to certain limitation

Date Expi Exercisable Date

Remarks:

<u>/s/ Jason Frank, as attorney-in-fact for</u> David Miller 09/15/2022 \*\* Signature of Reporting Person Date

Transaction(s) (Instr. 4)

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

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If the form is field 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.

## Exhibit 24

## POWER OF ATTORNEY

The undersigned (the "Reporting Person") hereby constitutes and appoints Laurence Penn, Daniel Margolis, Lisa Mumford, Jason Frank, Daniel M. : (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the (2) execute for and on behalf of the Reporting Person, in the Reporting Person's capacity as an officer and/or director of Ellington Residentia (3) do and perform any and all acts for and on behalf of the Reporting Person which may be necessary or desirable to complete and execute any (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of being Person grants to such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite This Power of Attorney shall remain in effect until the Reporting Person is no longer required to file Forms 3, 4 and 5 with respect to the Reporting Formation Formation Formation (Signature Fage Follows)

IN WITNESS WHEREOF, the Reporting Person has caused this Power of Attorney to be executed on the 1st day of July, 2014.

Sign here: /s/ David Miller Print Name: David Miller