

2003 ANNUAL REPORT



**Friends of Grace Seniors(FGS)
Community Center**

Friends of Grace Seniors(FGS) Mission

Friends of Grace Seniors, Inc. is a private, nonprofit, nonpartisan, 501(c)(3) organization committed to its mission to promote independent and healthy living for members and friends in their golden years.

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President's Message



As I sat down to write the president's message for our third annual report, I had the time to reflect and review the past four years of events and activities that have brought us to today. Just to illustrate the tremendous growth that Friends of Grace Seniors has been experiencing in many fronts --

- our group enrollment has grown from 50 individuals in year 2000 to 800 members in year 2003;
- our revenue has increased from \$50,000 in year 2000 to \$300,000 in year 2003; and
- our physical facility has expanded from 1,000 square feet in year 2000 to 9,000 square feet in year 2003.

Without doubt, the year 2003 has been the most exceptional year so far as we experienced incredible growth in many areas. I would like to highlight some of the events that brought us closer to achieving our long-range goals during this one-year period.

1. After many months of meetings, the City of Englewood Zoning Board has finally approved the re-zoning of a one-level building (40 Bennett Road -- 21,500 sq. ft) to be used as a community center.
2. We continue to provide the Care Management program to our frail elderly and their caregivers which is funded by Bergen County Senior Services NJ EASE. This program enables older adults who require skilled nursing care to remain in their homes.
3. We received a two-year grant from the State of New Jersey Health and Senior Services to provide Heart Disease and Stroke Prevention Program. We held a community-wide health fair in September which was attended by over 600 individuals.
4. We opened a program center in Closter with the support from Pascack Valley Hospital in April, 2003. This was made possible by one of our Board Members, Ms. Kyung Hee Choi, who is also Executive Director of Korean Program for Pascack Valley Hospital.
5. FGS "Itinerant Dance Team", made up of older adult members, received an award from the New Jersey Health and Senior Services, HealthEASE, for promoting the practice of Healthy Behaviors and serving as a Model program. The dance team, by invitation, travels to assisted living and nursing facilities in New Jersey to provide entertainment to other older adults.
6. Our magazine "Health & Services" has changed its name to "Korean Community" to better reflect our mission dedicated to serve all people of community.
7. We held several fund raising events throughout the year Anniversary Dinner on March 7, Duo Concert (of classical guitar and violin) on March 8, Annual Benefit Dinner on October 17, and Annual Bazaar on November 1.
8. And most importantly, we were able to hire paid staff including executive director, program director, social workers, and other office employees, to carry out the expanded programs and services to meet the needs of our community. Prior to 2003, we relied mostly on volunteers and FGS members to carry out our work.

FGS is forever grateful to our Board of Trustees for their vision, wisdom and generosity. To our benefactors, both large and small, we are indebted to you for your generous financial support which enables us to respond to people in need. Lastly, our mission would not be possible without our members, volunteers, and friends who are committed to "Walk the walk" in establishing a center and building a strong Korean community. FGS is committed to continue our involvement in some of the more challenging areas of caring for people in need. It will be our pleasure to share our accomplishments and dreams with you.

A handwritten signature in dark ink, reading "Kye-Eun Ma". The signature is fluid and cursive, with a large, stylized 'M' at the end.

Kye-Eun Ma, M.D.
President

Services and Program

Senior and Adult Care Services

Care Management Program
Information, Assistance, and Benefit Screening
Transportation Services
Nutritional and Lunch Program
Friendly Visitor Program
Optional Counseling for Caregiver Program

Educational, Cultural, and Wellness Services

Educational and Cultural Classes
Physical-wellness Programs
Children and Youth Program
Art Gallery
Volunteer Gift Shop
Itinerant Dance and Singing Team

Preventive Health Services

Health Outreach Program
Health Education
Immunization Services
Health Screening and Referral Services
Mental Health Screening and Referral Services

Senior Housing Project

Low income senior housing
Assisted living housing

Senior and Adult Care Services

Care Management Program

The program provides care management to frail and homebound elderly residents and disabled adults who meet skilled nursing level care at home. All care managers complete the State's mandatory core training and continue to attend the training provided by the state to enhance their skills and knowledge. Care managers visit clients in their homes to assess their needs, develop care plans, implement and monitor an individualized plan of care to enable them to remain in the community.



Information, Assistance, and Benefit Screening

Our care managers/social workers provide most up-to-date information and assistance for various social benefits and programs and assist clients in eligibility screening for these programs.

Transportation Services

FGS provides limited transportation services to individuals from their homes to the center, enabling them to come to our center who may not be able to access the services otherwise. We plan to expand our van services when we open the Englewood Center.



Services and Program

Nutritional and Lunch Program

FGS provides light home-cooked meals to individuals who come to the center. Our nutritionist supervises the daily menu to ensure we provide healthy and nutritious meals. We plan to expand this program to educate members on healthy eating tips and have demonstrations introducing a variety of healthy Korean dishes.



Friendly Visitor Program

Trained volunteers visit frail and homebound elderly who are isolated socially and physically and provide recreational and friendly visits.

Optional Counseling for Caregiver Program

The program assists caregivers who are caring for their elderly and disabled family members by providing needed information and mental health counseling.



Preventive Health Services

FGS strongly believes that prevention and early detection of chronic illness is the first step to living healthy and independent lives.



Health Outreach Program

FGS provides on-going outreach efforts to educate and foster awareness of various health risks and promote healthy life behaviors.

Health Education

FGS provides on-going health educational seminars on various topics including heart disease, stroke, physical activity, diabetes, etc.

Immunization Services

FGS provides seasonal immunization services to its members and friends.

Health Screening and Referral Services

FGS provides health screenings including free blood screening for cholesterol, hypertension, diabetes, body mass index, smoking, etc., via community-wide health fairs and at our center. We also make referrals to physicians and medical facilities for those clients who are deemed to be at risk.

Mental Health Screening and Referral Services

FGS provides education and screening for depression and other mental health issues impacting on individuals and their families' quality of life.



Services and Program

Educational, Cultural, and Wellness Services

Educational and Cultural Classes

FGS provides classes including computer, citizenship preparation, English, American history, Far East culture, music appreciation, quilting, calligraphy, oriental brush drawing, water painting, cooking, singing, knitting, harmonica, classical guitar, and other arts and crafts activities.

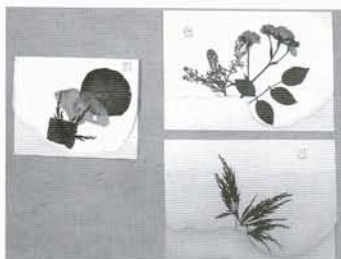
Physical-wellness Programs

FGS provides physical activities including yoga, dan exercise, Korean dance, line dance, ballroom dance, tai chi, physical therapy, etc.



Children and Youth Program

FGS provides creative, fun and educational after-school programs to serve children and youth to keep students safe and at the same time help them develop needed social and academic skills. Our teachers assist them with homework as well as provide fun and educational activities, with emphasis on hands-on learning and enrichment.



Art Gallery

We provide a venue where professional artists, amateurs and individual members can exhibit and share their work with the public.

Volunteer Gift Shop

FGS sells hand-made arts and crafts created and donated by members. This activity not only supports FGS financially, it has become a rewarding outlet for our members to volunteer their time and talents.

Itinerant Dance and Singing Team

FGS older adult members make up the team. They travel to senior centers, medical care centers, and assisted living facilities, by invitation, to entertain other older adults.

Senior Housing Project

FGS continues with our plan to achieve one of our long-range goals of building a retirement housing facility for our members.

Financial Statement

STATEMENT OF FINANCIAL POSITION ("Unaudited") December 31, 2003

Assets:		
Cash and cash equivalents	\$	70,437
Vehicle, net		15,269
Other assets		<u>22,000</u>
Total assets	\$	<u>107,705</u>
Liabilities and Net Assets:		
Liabilities:		
Loans payable	\$	14,618
Net Assets:		
Unrestricted		70,236
Temporarily restricted		<u>22,852</u>
Total liabilities and net assets	\$	<u>107,705</u>

STATEMENT of ACTIVITIES ("Unaudited") for the Year Ended December 31, 2003

	Unrestricted	Temporarily Restricted	Total
SUPPORT AND REVENUE:			
Contributions	\$ 85,349	\$ 2,897	\$ 88,246
Membership income	46,960	-	46,960
Fund-raising activities	885	-	885
Other special fund-raising events	54,313	-	54,313
Interest income	102	157	259
Grant-state and county, etc.	-	89,831	89,831
Program fees	-	42,075	42,075
Net assets released from restrictions:			
Satisfaction of program restrictions	<u>131,906</u>	<u>(131,906)</u>	<u>-</u>
Total support and revenue	<u>319,515</u>	<u>3,054</u>	<u>322,569</u>
EXPENSES:			
Program service	41,078	-	41,078
Fund-raising activities	245	-	245
Other special fund-raising events	17,805	-	17,805
Operating expenses:			
Auto	5,245	-	5,245
Auto insurance	2,103	-	2,103
Depreciation	13,560	-	13,560
Insurance	3,673	-	3,673
Interest	1,496	-	1,496
Miscellaneous	3,218	-	3,218
Office supplies and expense	8,134	-	8,134
Permit and license	4,300	-	4,300
Postage	3,992	-	3,992
Printing	12,209	-	12,209
Professional fees	3,900	-	3,900
Rents	39,235	-	39,235
Salaries & wages	121,224	-	121,224
Tax	12,958	-	12,958
Utilities	<u>11,308</u>	<u>-</u>	<u>11,308</u>
Total expenses	<u>305,683</u>	<u>-</u>	<u>305,683</u>
CHANGES IN NET ASSETS	13,832	3,054	16,886
NET ASSETS, BEGINNING OF YEAR	<u>56,404</u>	<u>19,798</u>	<u>76,202</u>
NET ASSETS, END OF YEAR	\$ <u>70,236</u>	\$ <u>22,852</u>	\$ <u>93,088</u>

Grants & Contributors

The generous support of our donors makes the services and programs of Friends of Grace Seniors possible.

Grants

Bergen County, Department of Human Services, Division of Senior Services.

State of New Jersey, Department of Health and Senior Services, Office of Minority and Multicultural Health.

Contributors

\$5,000 and above

LG

\$1,000 and above

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\$500 and above

Ahn, Dong-kyu
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\$200 and above

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Sadhwani, Sonia
Shim, Eonkyung
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Shim, Kyu Won
Shin, C. M.D
Shin, J.H
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Song, Kil Yeon
Song, Min Ryung
Suh, Helen
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Yang, Hyun Kyung
Yang, Soon Do
Yi, Mikyong
Yim, Jung Ja
Yim, Enmi
Yom, Sang Jin
Yoo, Mi Jung
Yoo, Myung Sook
Yook, Ashley
Yook, Kyung Ja
Yoon, Ji Eun
Yoon, Ji Young
Yoon, Kwang Sun, Ph. D
Yu, Hyung Lyong
Dong E. Insurance
HR CAP, Inc.

Officers, Trustees & Staff

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Hong, Wonwha, MFA Program Director
Lee, Sei Ryun Director, Closter Branch
Park, Eunyong, MA, MPA Director of Communications
Chung, Hye Jeong, Ph.D. Project and Exercise Coordinator
Chang, Hyang Ah Nutritional Services Coordinator
Won, Sarah, MSW, LSW, RN, MSN Care Manager
Kim, Ja Hyang, MS Care Manager
Lee, Kim P. I & A Specialist
Kang, Yonzoo Senior Program Assistant

Membership

FGS programs and services would not be possible without the generous support of its members and friends. Membership is open to anyone regardless of their age, race, financial status, and religions. There are two kinds of membership - Members and Friends.

Members: Individuals over 55 years of age pay annual dues and receive basic membership benefits.

Friends: Individuals over 18 years of age can support the FGS mission through their annual contributions. Friends are also offered the basic membership benefits.

Basic Membership Benefits: Benefits include discounted class fees, an advance notice of special events, discounts from organizations who have written/verbal contract with FGS, and the bi-monthly FGS magazine "Korean Community."

Members and Friends earn numbers of credits which can be accumulated throughout the years as long as they maintain their active membership status. They are given discounts in program fees and the priorities to participate in FGS programs and services based on their earned credits as determined and approved by the FGS Executive Committee.

FGS Volunteers and Trustees: Committed volunteers may be waived from their membership dues and may be eligible to receive basic membership benefits as determined and approved by the FGS Executive Committee. Volunteers and Trustees can earn maximum of four credits per year according to their services given to FGS.



Fund Raising Annual Dinner

Type of Membership	Annual Due/Contribution
Senior Member(over 65)	\$30
Adult Member(55-64)	\$50
Sustaining Friend	\$200 & above
Contributing Friend	\$500 & above
Sponsoring Friend	\$1,000 & above
Partner	\$5,000 & above



Fund Raising Annual Bazaar



Friends of Grace Seniors, Inc. (FGS)

Friends of Grace Seniors (FGS), Inc. is a 501(c)(3) non-profit, community-based organization promoting healthy and independent living for individuals, empowering them to prepare for independent and quality life in their "golden" years by providing programs and services that build spirit, mind, and body. The mission presupposes the aging begins at birth.

The FGS's inception was brought about by a few committed volunteers who saw the increasing needs of the immigrants and their families. FGS strives to provide a "heart" center where people of community can come to share and participate in various social and wellness programs by providing them opportunities for learning and growth.

Our initial program grew out of New Americans Program in YWCA, Fort Lee, Bergen County, in September 1999. On February 16, 2000, FGS formally registered with the State of New Jersey as a non-profit organization under the leadership of Dr. Kye-Eun Ma. On September 6, 2000, FGS received an approval for 501(c)(3) organization from the Internal Revenue Service.

Since its inception in 2000, FGS has grown to become a strong community organization recognized by larger communities at both local and state levels, offering comprehensive and professional services and programs.

FGS was initially run entirely by dedicated volunteers. The FGS' operating fund is derived from contributions, government and private grants, membership dues, program fees and sales from hand-made goods.

Main Office (Englewood Center)

40 Bennett Road, Englewood, NJ 07631

Tel: 201-541-1200 Fax: 201-541-4060

Closter Branch

15 Vervalen Street, Closter, NJ 07624

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FGS Community Center

40 Bennett Road

Englewood, NJ 07631

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