

2005 ANNUAL REPORT



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

Friends of Grace Seniors(FGS) Mission

Friends of Grace Seniors, Inc. is a private, non-profit, non-partisan, 501(c)(3) community based organization promoting healthy and independent living for all individuals, empowering them to help themselves, others, and the community by providing comprehensive, professional services and programs including - health services, senior services, and education and cultural services.

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President's Message



I am delighted to report that 2005 was another successful year of growth and expansion of many of our services and programs. Relocating to a larger facility in Englewood enabled us to better plan and deliver quality programs and services to meet the needs of the Korean American community. We are firmly established as the Korean Community Center in New Jersey serving more than 1000 members and friends. I am also proud that FGS continues to be recognized by government and private organizations statewide.

As we reach our 6th year milestone this year, we are getting closer to achieve our long range goals in terms of services and programs. I would like to highlight some of these events, programs, and services that reflect tremendous efforts and work dedicated by our members, volunteers, and staff in 2005.

1. We developed a partnership with the Ciarco Learning Center of Bergen Community College providing English program to Korean American immigrants. Our first class "Getting to Know America by Learning English" began in March after receiving more than 300 applications.
2. We have continued to provide the NJ EASE Care Management program serving the frail elderly for the fourth year and the OMMH Heart Disease and Stroke Prevention Program for the second grant year.
4. We developed two support groups to meet the urgent needs of the community. We began a monthly support group for parents of autistic and other developmentally disabled children beginning March. In addition, we began a monthly support group for caregivers of patients of Alzheimer's Disease began in September in affiliation with the NJ Alzheimer Association.
5. In April, our 5th Anniversary Dinner was held. In May, our 1st Children's Art Contest award ceremony was held with more than 200 children participating in the event sponsored by FGS Gallery.
6. We developed a partnership with Englewood Hospital collaborating with them on our health care outreach and screening activities by going out to the community churches once a month.
7. We have been awarded three grants in 2005: A three-year grant of \$300,000 to establish Healthcare Resource Center from Robert Wood Johnson Foundation; a three-year grant of \$300,000 for the Diabetes Program from the State of New Jersey; and a one-year grant of \$20,000 to establish a Volunteer Program from the State of New Jersey, Office of Faith Based Initiatives.
8. Our annual health fair was held in September and our 1st health conference was held in October. The Youth Chamber Orchestra and Chorus held their first concert in December. The First Young People's Night was also held in December. Each event was a resounding success!

We are forever grateful to our board of trustees, our benefactors, our members, volunteers, friends, and dedicated staff who have made this year a very success year. Thank you once again for all your support!

Sincerely,

A handwritten signature in cursive script that reads "Kye-Eun Ma".

Kye-Eun Ma, M.D., President

Services and Programs

In order to achieve our mission, we continuously plan and evaluate our services and programs to meet the needs of the community. In 2005, we have been able to expand our services and programs, especially in the area of health services with the grant monies received from the State of New Jersey and the Robert Wood Johnson Foundation.

Senior Services

- Senior Activity Program
- Care Management Program
- Information and Assistance Program
- Friendly Visitor Program

Educational and Cultural Services

- Educational, Cultural and Physical Wellness Program
- Children and Youth Program
- Art Gallery

Health Services

- Health outreach, Screening, and Referral Program
- Health Education Program
- Information and Assistance Program
- Family Support Group Program

Senior Housing Project

- Low Income Senior Housing
- Assisted Living Housing

Senior Services

The programs are intended to serve diverse groups of seniors who plan to retire or have retired, and are inclusive of all seniors from healthy to frail. Senior services are part of the Bergen-NJ Ease Network. Trained care managers and Information and Assistance specialists provide comprehensive services to seniors and their caregivers to meet their particular needs. Our volunteers offer invaluable assistance to our Friendly Visitor program. Bilingual services are provided.



● Senior Activity Program (Saek-Dong Class)

This program is offered to ambulatory seniors 60+ promoting them to live active and meaningful lives by having them participate in our various classes. Classes include daily exercise program (e.g., health exercise, tai chi, guk-sun do, Korean dance, and line dance), weekly seminars (e.g. health, senior, American history, arts and crafts, singing, writing essay, senior computer, health cooking, and current events.) Our program runs Monday thru Friday, from 10am to 3pm. Lunch is provided three times a week. The program is generally run by dedicated volunteer teachers and lunch assistants.



● Care Management Program

The program provides care management to frail and homebound elderly residents and disabled adults who meet skilled nursing level of 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 where they live.

Services and Programs



● Information and Assistance Program

Our care managers and information and assistance specialists provide up-to-date information and assistance and provide eligibility assessment for various governmental social benefits and programs. Monthly seminars on various topics are conducted by inviting professionals who have expertise in particular areas.

● Friendly Visitor Program

FGS Itinerant Dance and Chorus team, made up of older adult members, travels to senior centers, medical day care centers, and assisted living facilities, by invitation, to entertain other older adults. The team has been very popular among residential and senior centers around Bergen County with their schedules planned several months in advance.



Health Services

We strongly believe that prevention and early detection of chronic diseases is the first step to living a healthy and independent life, especially the promotion of the healthy lifestyle modification.

We completed our two-year grant program for the heart disease and stroke prevention in June, 2005. We have been very fortunate to receive a new two three-year grants beginning July- one for the Diabetes Program and the second for establishing a FGS Healthcare Resource Center.



● Health outreach, screening, and referral program

This program has been focused on providing screening and referral services for hypertension and diabetes which are leading causes of death and most prevalent among Korean Americans. A monthly health screening for hypertension and diabetes has been conducted at various Korean churches, supermarkets, and at our center.

Englewood Hospital and Medical Center provides a monthly blood screening at these events. In addition, hypertensive and diabetic individuals without health insurance have been referred to our Physician Network Program provided by volunteer physicians doing pro-bono work for the community. Over 1000 individuals have participated in our program. Our annual Health Fair was held in September with more than 300 individuals attending the event.



● Health Education

We provide a monthly health educational seminar on various health topics. Our 1st annual Health Conference was held in October covering a wide variety of relevant health topics for Korean Americans. Over 200 individuals attended the event.

● Information and Assistance Program

Our information and assistance specialists provide up-to-date information and assistance and provide eligibility assessment for various governmental social benefits and programs.

Services and Programs

● Family Support Program

We developed two support groups to meet the urgent needs of the community. We began holding a monthly support group for parents of autistic and other developmentally disabled children in March. A first caregiver support group for Alzheimer's Disease met in September in affiliation with the New Jersey Alzheimer's Association.



Education and Cultural Services

A newly renovated facility has made it possible for us to expand our programs and add new classes, particularly, embracing younger generation. New programs include an ESL program "Getting to know America by Learning English" was began in partnership with the Ciarco Learning Center of Bergen Community College. The 1st Youth Chamber Orchestra and Chorus's concert and the 1st Young People's Night was held in December.

● Educational, Cultural and Physical Wellness program

Classes include physical exercises and dance, computer, ESL, American history, music and art appreciation, quilting, calligraphy, water, oil, and acrylic painting, ceramic, cooking, singing, knitting, and Korean traditional music and dance. Employment classes such as real estate and postal service were offered to provide wider job opportunities to Korean Americans.



● Children and Youth program

Classes include drawing, ceramic, yoga, kendo, piano, reading and math. The first art contest was held and awarded in May. Over 200 children participated in the event.

● Art Gallery

FGS art gallery provides a venue where professional artists, amateurs, and FGS members can exhibit and share their creative artwork with the public. We have had numerous artists who presented their artwork throughout the year.



Senior Housing Project

We continue with our plan to achieve one of our long-range goals - building a retirement housing facility for our retired members.

Financial Statement

FRIENDS OF GRACE SENIORS, INC.
STATEMENT OF FINANCIAL POSITION ("Unaudited")
December 31, 2005

Assets:		
Cash and cash equivalents	\$	1,902
Automobile, net		10,544
Leasehold improvement, net		192,582
Security deposit		<u>22,000</u>
Total assets	\$	<u>227,028</u>
Liabilities and Net Assets:		
Liabilities:		
Bank loan payable	\$	55,000
Line of credit payable		25,000
Security deposit payable		8,000
Net Assets:		
Unrestricted		<u>139,028</u>
Total liabilities and net assets	\$	<u>227,028</u>

FRIENDS OF GRACE SENIORS, INC.
STATEMENT OF ACTIVITIES ("Unaudited")
for the Year Ended December 31, 2005

	Unrestricted	Temporarily Restricted	Total
SUPPORT AND REVENUE:			
Contributions	\$ 183,481	\$ -	\$ 183,481
Membership income	15,017	-	15,017
Fund-raising activities	41,314	-	41,314
Interest income	55	-	55
Grants	-	221,983	221,983
Class fees	161,105	-	161,105
Program fees	-	17,124	17,124
Other income			
Advertisement	21,070	-	21,070
Others	6,387	-	6,387
Net assets released from restrictions:			
Satisfaction of program restrictions	<u>239,107</u>	<u>(239,107)</u>	<u>-</u>
Total support and revenue	<u>667,536</u>	<u>-</u>	<u>667,536</u>
EXPENSES:			
Program services	26,895	-	26,895
Supporting services:			
Advertising	5,205	-	5,205
Auto expense	4,598	-	4,598
Auto insurance	1,962	-	1,962
Bank check returns	1,754	-	1,754
Conference and meeting	6,444	-	6,444
Depreciation	39,648	-	39,648
Dues and registration fee	450	-	450
Equipment rental and maintenance	2,304	-	2,304
Honorarium	23,358	-	23,358
Insurance	7,361	-	7,361
Interest	1,627	-	1,627
Miscellaneous	670	-	670
Office supplies and expense	5,813	-	5,813
Payroll taxes	66,550	-	66,550
Postage and shipping	5,014	-	5,014
Professional fees	6,760	-	6,760
Rents	240,000	-	240,000
Repair and maintenance	17,206	-	17,206
Salaries & wages	256,572	-	256,572
Telephone	4,707	-	4,707
Travel	964	-	964
Web design and hosting	<u>493</u>	<u>-</u>	<u>493</u>
Total expenses	<u>726,355</u>	<u>-</u>	<u>726,355</u>
CHANGES IN NET ASSETS	(58,819)	-	(58,819)
NET ASSETS, BEGINNING OF YEAR	<u>197,847</u>	<u>-</u>	<u>197,847</u>
NET ASSETS, END OF YEAR	\$ <u>139,028</u>	\$ <u>-</u>	\$ <u>139,028</u>

Grants & Contributors

The generous support of our grantors and donors makes our programs and services 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.
 Robert Wood Johnson Foundation, New Jersey Health Initiatives
 State of New Jersey, Department of State, Office of Faith Based Initiatives

Contributors

\$5,000 & up (Partners)

Samsung Electronics America, Inc.
 Saek Dong Friends
 Englewood Hospital and
 Medical Center
 Oxford Health Plan
 LG Electronics U.S.A., Inc.
 Woori America Bank
 Locus Telecommunications
 Daniel Lee

\$1,000 - \$4,999 (Sponsoring Friend)

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 E2 West Corp
 Yekko
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 Cho, Kyunghee C.
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 Choi, Kyung Hee
 Chong, Byong Sub
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 Juhn, Eunice
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 Ma, Dong M., M.D.
 Moon, Woo
 Park, Hae-Bong
 Park, Young W., M.D.
 Song, Michelle
 Woo, Hee-Taek

Yoon, Doug-Jin
 Yoon, Hang J. & In H.

\$500 - \$999 (Contributing Friend)

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\$200 - \$499 (Sustaining Friend)

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Staff

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Chang, Hyang Ah	Nutritional Service Coordinator
Chung, Steve, MS	Computer Program Coordinator
Won, Sarah, RN, LSW	Care Manager
Kim, Ja Hyang	Care Manager
Choi, Jai Soon	Care Manager
Kim, So Hyun, MFA	Gallery Coordinator
Yom, Yong Ja	Health Services Coordinator
Choi, Jeong Ja	Office Manager
Kang, Yonzoo	Program Assistant

Membership

Our 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 religion. There are two kind of membership ? Members and Friends.

Members

Individuals over 50 years of age pay annual dues and receive the basic membership benefits.

Friends

Individuals over 18 years of age can support the FGS mission through their annual contribution. Friends are offered the basic membership benefits to all immediate family members.

Basic Membership Benefits:

- Benefits include discounted class fees, an advance notice of special events, discounts from business organizations sponsoring FGS mission, and a bi-monthly magazine "Korean Community"
- Members and Friends earn credit points which can be accumulated throughout the years as long as they maintain their active membership status. They earn discounts in program fees and given priorities to participate in FGS programs and services based on their earned credits as determined and approved by the FGS Executive Committee. Members and Friends can also earn credits by serving as a volunteers (maximum annual credits: 4 points).



Annual Dues and Credits

	Dues	Credit(s)
A. Members (over 65)	\$50	1
B. Members (50-64)	\$70	1
C. Sustaining Friend	\$200 ~ \$499	2
D. Contributing Friend	\$500 ~ \$999	3
E. Sponsoring Friend	\$1,000 ~ \$4,999	4
F. Partner	\$5,000 & up	4





Friends of Grace Seniors, Inc. (FGS)

Friends of Grace Seniors, Inc. (FGS) is a 501 (c)(3) non-profit, community based organization promoting healthy and independent living for all individuals, empowering them to help themselves, others and community by providing services and programs that build spirit, mind, and body.

The FGS' inception was brought about by a few committed senior volunteers who saw the increasing needs of the immigrants and their families. Grace Seniors are named for seniors who are willing to help themselves, others, and the community. Grace Seniors are FGS members who are the role models for all individuals of all ages (FGS Friends) and who are the anchors of the spirit of our organization.

FGS strives to provide a "heart center" where people of community can come to share and participate in various social wellness programs, thereby offering them opportunities for continuous learning and growth.

The 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 Kye-Eun Ma, M.D. On September 6, 2000, FGS received an approval for 501(c)(3) nonprofit 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. In September 2004, FGS opened a newly renovated program and service center realizing its long-held dream of creating a Korean Community Center and coming closer to achieving its long-range goals. Although organization first began with a few volunteer seniors, we have been able to expand our programs to address the needs of the entire community members, particularly, embracing children and youth. We have been fortunate in 'seeing' the needs of the community as their needs evolve and expand and have been successful in meeting the community needs as they arise. Thus, FGS is no longer a "senior" center, but a "community" center where individuals of all ages can come to share their resources and receive assistance when it is needed.

The FGS' operating fund is entirely derived from individual and corporation contributions, grants from government and private foundations, membership dues, and program fees. It is important that "Friends" of all ages participate in building 'up' our community.

Main Office

Friends of Grace Seniors (FGS)

Korean Community Center

40 Bennett Road, Englewood, NJ 07631

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

www.fgskcc.org



FGS Korean Community Center
Friends of Grace Seniors, Inc.
40 Bennett Road, Englewood, NJ 07631

TO :

