

Friends of Grace Seniors(FGS) Korean Community Center

"Building on the Vision for Tomorrow and Connecting with the Next Generation"

FGS Korean Community Center

Mission Statement

Our mission is to promote healthy and independent living for all individuals. It was founded on the belief that ensuring good health and independence later in life relies on the life-long efforts of all generations, young and old, and the interdependent community network of support generated by empowering individuals to help themselves as well as others.

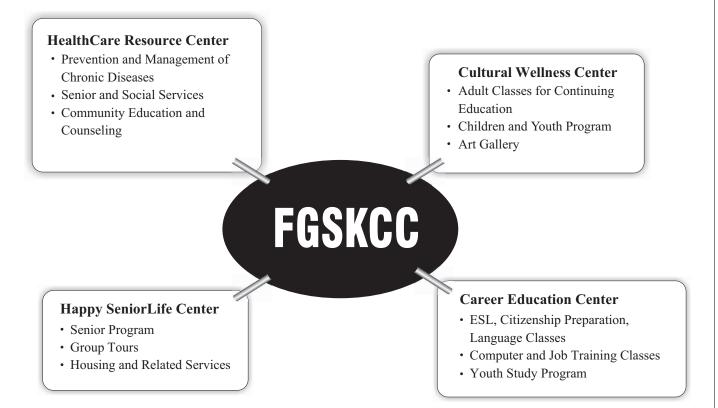


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Dear Friends and Members,

The year 2010 was another successful year in helping the center to firmly establish its root in promoting quality of life for all Korean Americans, as well as to act as a bridge to the mainstream society. We currently have four core centers (healthcare resource, cultural wellness, career education, and happy senior life) serving all ages, including children to older adults, providing over 100 programs and services per month and visited by more than 10,000 people annually. Through the linkage of these four program centers, we are approaching closer to reaching our mission. It also maintains our unique tradition through active interactions with members of our next generations. Since our inception, our center has been successfully providing practical assistance and tools to Korean Americans to live as respectful immigrants in a new world, and at the same time has played a

key role in promoting and maintaining our own cultural and social identity by helping to empower and connect with each other, and to become the "proud home" to our community.

After a decade of growing strong in laying our foundational stone, we are now embarking on a new vision for the next generations of the community center by laying a keystone to our future and looking forward to another successful decade. In preparation for our next step of growth, we have established an advisory building committee for capital fund campaigning in 2010.

Followings are the highlights of the year 2010:

1. We are continuing with our successful Youth program and events with increased community participation. On January 8, Young People's Night Alumni Dinner washeld by inviting all past panelists of Young Peoples' Night and students committee members. February 6, the 5th annual Young People's Night was held under the title "Cost of Happiness." A planning committee consisted of students from the neighboring high schools who took the initiatives in inviting successful young Korean Americans as panelists. These students became actively involved in finding role models and developing networking opportunities. KCC Youth Chamber Orchestra and Chorus held their annual spring concert on March 6 and Father's Day concert on June 19 at the Auditorium of Englewood Hospital. The 6th annual art contest for children held on May 1 was abig success with participants involving preschool to elementary schoolages. This year's title was "Things that make me happy".

2. On March 22, a successful annual fund raising gala dinner was held celebrating its 10th anniversary. Gala Honoree was presented to Dr. BaiO. Lee, president of Lee & Yum Foundation. Il Yeon Kwon, President of H mart, was invited as Honorary Chair. Dr. S. Howard Lee and Dr. Jai Ock Chu were the recipients of the Appreciation Awards and Tack S. Han, President of Hanyang Mart, was the recipient of the CommunityAward. On October 30, FGS Saek-Dong Senior Council members held its annual fund raising bazaar.

3. We opened the Korean American Community Forums to community as follows: Feb 4-Forum on filing income tax, May 13-Forum on estate law, Aug. 19-Forum onchild education, Nov. 18-Forum on career education.

4. The grant for diabetes from the State of NJ has been renewed for its 6th season. Our health screening and physician referral services for un-insured low income individuals with diabetes, hypertension and high cholesterol continued to be held bimonthly. On September 25, Health Fair was held at Englewood Hospital to celebrate a minority health month.

5. On October 16, the 5th annual Korean Traditional Dance and Music night washeld at an Auditorium of Englewood Hospital with the support from the NJ StateArt Council. Our FGS members performed under the direction of Taehee Jung, Art director and Korean dance instructor, continuing the tradition of one of our popular cultural performances.

FGS is forever grateful to our Board of trustees, benefactors, members, volunteers, friends, and the dedicated staff who have made this year another successful year. FGS will continue to commit to its mission and its dedication in bringing all the people of the community together.

Sincerely,

Kye-Ěun Ma, M.D. FGS President

We continue to improve and expand our services and programs through our four core centers - HealthCare Resource Center, Cultural Wellness Center, Career Education Center and Happy Senior Life Center - in order to achieve our mission.

HealthCare Resource Center

- 1. Prevention and Management of Chronic Diseases
- 2. Senior and Social Services
- 3. Community Education and Counseling











Prevention and Management of Chronic Diseases

Prevention and early detection of chronic diseases is the fist step to achieve our mission of healthy and independent living. Healthy lifestyle modification is promoted through health education and physical exercise programs. FGS has received a three-year grant money for diabetes education from State of New Jersey, Dept. of Health and Senior Services, Office of Minority and Multicultural Health (7/2008-6/2011).

Blood pressure measurements and blood screenings for diabetes and high cholesterol are offered three times a month with the clinical assistance from Englewood Hospital and retired health care professionals (2nd Sunday at local churches, 2nd Monday and 4th Mondays at the center). In 2010, 1185 individuals received the services. Approximately 40% of all screened were found to have either or all of diabetes, hypertension, and/or high cholesterol. Half of those were not aware of their conditions. Individuals who found to have diabetes, hypertension or high cholesterol from the screenings and do not have health insurance are referred to our pro-bono physician network services for treatment. Total of 461 visits were served.



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 enabling them to remain in the community and to prevent early institutionalization. Total 73 clients were served in 2010.

Information and Assistance for Senior and Social Services



Information for senior and social services is offered in person and over the phone. Our web pages are offered newly updated social services information translated in Korean language. Our senior services are part of the Bergen-NJ Ease Network. Our information and assistance specialists provide most up-to-date information and assistance for various social benefits and programs, and assist clients in eligibility screening for these programs. Our volunteers offer invaluable assistance to our program. Bilingual services are provided. Low income families without health insurance are assisted in enrolling in NJ Family Care Health Insurance. In 2010, 415 clients received assistance for senior services and 284 clients received assistance for NJ Family Care enrollment.

Community Education and Counseling

Monthly seminars for health and social services are offered twice a month by inviting all professionals in the community. Community Forums are held quarterly in tax, law, insurance and education by inviting professional panelists.



Cultural Wellness Center

- 1. Adult Classes for Continuing Education
- 2. Children and Youth Programs
- 3. Art Gallery





Exercise and Dance Classes

Art Classes





Singing Classes

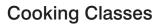












Children and Youth Programs







After-school art and music classes for children



Children's Art Contest





Young People's Night



Art Gallery

Art Gallery provides a venue where professional and amateur artists, and our own members can exhibit and share their creative artwork with the public.



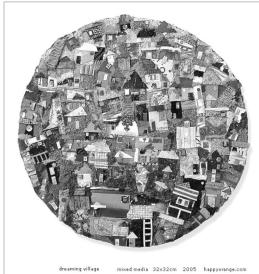




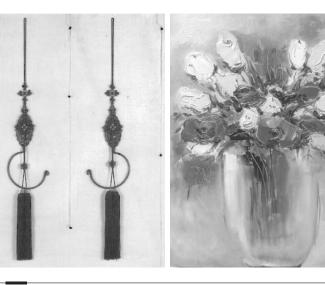


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Career Education Center

- 1. ESL, Citizenship Preparation, Language Classes.
- 2. Computer, Job Training Classes
- 3. Youth Study Program



Computer, Job Training Classes

Computer classes are offered from beginner to advanced levels

ESL, Citizenship Preparation and Language Classes

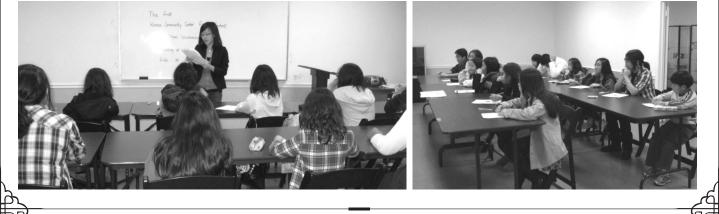


- ESL Classes are offered in various levels speaking, writing, and reading in English.
- Citizenship Preparation Classes for English and Civic information



Youth Study Program

The study program assists children and youth in their school work and preparing them for higher education, SAT etc.



Happy Senior Life Center

Programs offer senior members who have retired or are preparing to retire. Its primary goal is to promote healthy and active lives by exploring opportunities of building a "new" family and "new" life of adventure through new experiences and sharing with others. The Center further encourage seniors to become independent and self-sufficient members within the community by providing additional care and services to those in greater social and physical needs.

- 1. Senior Program
- 2. Group Tours
- 3. Housing and Related Services

Senior Program

Health and wellness are the two key elements that will be strongly emphasized. We offer a full array of classes throughout the year. These classes are not only designed to cater to the particular needs of our contemporary active seniors, but also to enhance emotional and physical well-being of the elderly by providing basic life skills needed to foster active social and physical activities. Further, these classes promote 'pre-emptive aging' - slowing the aging process through a range of activities, diet and exercise that are devised to stimulate the spirit, mind and body of a senior. Carefully crafted classes include daily exercises and dance classes, computer, art, and music classes. Additionally, FGS offers health and social seminars, current events, literature classes, history, special lecture series, knitting, and itinerant dance and music team daily between 10am -3pm. The program also provides social benefit screenings including Medicaid and Medicare, living will with health proxy, physical and mental health counseling linked to HealthCare Resource Center.





Housing and Related Services

FGS continues to plan and develop to achieve one of our long-range goals of building a retirement housing facility and related necessary services for our aging members, including transportation, friendly visitor, and caregiver counseling programs. Daily hot lunch program is offered.

Group Tours

Group tours are planned regularly to take advantage of rich cultural life of Eastern United States.



Young People's Night Alumni Dinner on Jan. 8, 2010



Angela Um Educational Seminar on February 21, 2010



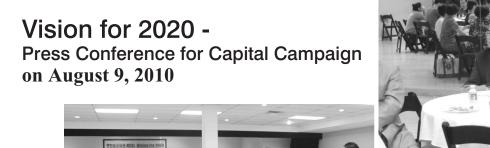
2010 Special Events

Senior Seminar (8weeks)

led by Bergen County Senior Services from April 7 to May, 2010









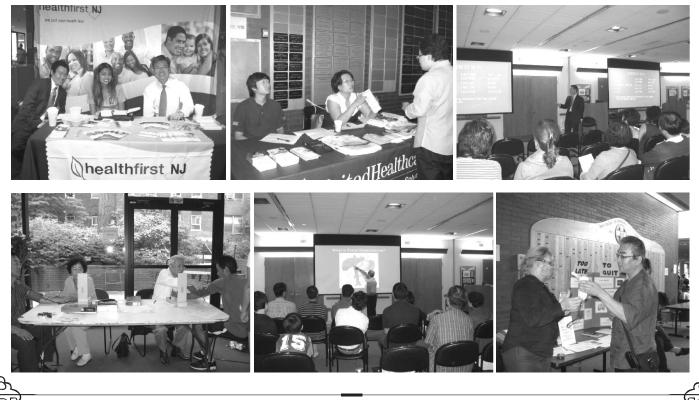




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Korean American Health Fair on September 25, 2010 at Englewood Hospital





"Korean Community" **Bi-Monthly Magazines**



Korean Community Korean Communitu 고민원위규비라인터 전스키름인티인인 6월 기념 6))))))) (KCC) ☞ 한인동포회관(KCC) Korean Commun Korean Communitu Korean Community 코리언 커뮤니티 Vol. 8, No. 4 **특집** 미궁독립기념일 특집 2010년 한인사회를 빛낸 인물들

FRIENDS OF GRACE SENIORS, INC. STATEMENT OF FINANCIAL POSITION ("Unaudii December 31, 2010	ted")	
Assets: Cash and cash equivalents Automobile, net Leasehold improvement, net Security deposit	\$	108,154 1,841 182,275 22,000
Total assets	\$	314,270
Liabilities and Net Assets:		
Liabilities: Accrued expenses Payroll taxes payable Bank loan payable Line of credit payable Security deposit payable	\$	8,619 10,149 50,101 30,000 8,000 106,869
Net Assets: Unrestricted Temporarily restricted		116,063 91,339 207,401
Total liabilities and net assets	\$	314,270

FRIENDS OF GRACE SENIORS, INC. STATEMENT of ACTIVITIES ("Unaudited") for the Year Ended December 31, 2010

Financial Statement

		Unrestricted		Temporarily Restricted		Total	
SUPPORT AND REVENUE:							
Contributions	\$	413.734	\$	-	\$	413.734	
Membership income	Ŷ	26,701	Ŷ	-	Ŷ	26,701	
Fund-raising activities		23,070		67,514		90,584	
Interest income		20,070		07,011		1	
Grants		-		179.984		179,984	
Class fees		243,126		173,304		243,126	
Program fees		243,120		109.943		109,943	
Advertisement income		- 22,840		109,943		22,840	
Other income		,		-		22,040	
		136		-		130	
Net assets released from restrictions:		000 007		(000 007)			
Satisfaction of program restrictions		289,927		(289,927)		1 007 0 40	
Total support and revenue		1,019,534		67,514		1,087,048	
EXPENSES:							
Program services		133,678		-		133,678	
Fund-raising activities		10,817		6,117		16,934	
Supporting services:							
General and administration						-	
Advertising		163		-		163	
Auto expense		129		-		129	
Auto insurance		2,008		-		2,008	
Bank service charge		266		-		266	
Conference and meeting		1,750		-		1,750	
Credit card processing fee		3,011		-		3,011	
Depreciation, amortization and special allowance		20,755		-		20,755	
Equipment rental and maintenance		3,127		-		3,127	
Honorarium		66,502		-		66,502	
Insurance		7,834		-		7,834	
Interest		1,567				1,567	
Miscellaneous		2,734		-		2,734	
Office supplies and expense		5,919				5,919	
Payroll taxes		35,373				35,373	
Postage and shipping		4,614		-		4,614	
		,		-		,	
Printing and publications		22,022		-		22,022	
Professional fees		14,767		-		14,767	
Rents		303,600		-		303,600	
Repair and maintenance		17,975		-		17,975	
Salaries & wages		373,979		-		373,979	
Telephone		4,707		-		4,707	
Utility		42,113		-		42,113	
Total expenses CHANGES IN NET ASSETS		1,079,410 (59,875)		6,117		1,085,527	
NET ASSETS, BEGINNING OF YEAR		(39,873) 175,938		29,942		205,880	
NET ASSETS, BEGINNING OF TEAR NET ASSETS, END OF YEAR	\$	116,063	\$	91,339	\$	205,880	
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Grants & Contributors for 2010

The generous support from 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 New Jersey State Council of the Arts Asian American Federation, Census

\$5.000 and up Kim. Christopher \$200 - \$499 Kim, Oku N. \$500 - \$999 Kim, Paul Kim, Daniel, M.D. Lee & Yum Foundation Kim, E. Christina, Ph.D Bai, Charlene Kim, Sue Korean-American LG Electronics USA Kim, Helen Briggs, Chae Song Kim, Sung Soo SeniorCitisen's Ass. NJ Samsung Electronics Kim. Sunsuk Kim, Jeong W. Byun, Kye An, Chang Y. Kim, Wha Jin America, Inc Kim, Jongoon Cereste, Saverio V., Esq Baek, Jenny Kim, Yong Hee Woori America Bank Kim. Juna Pil Bang, Byung Kee, M.D. Chang, Hyesook, M.D. Woori America Bank/ Kim, Stanley, M.D. Chang, Linda K. Ko, Young Min, Esq Brown, Sherond, M.D. **Bayside Blanch** Kim, Ted Cho, Dong Wook/ Kwak, Syng Y., M.D. Cha, Juhong Joseph, Esq Lee, Ae Cha Ahn, Myung Kyu Kwon, David O. Kyoung, M.D. Chang, Ja Sung Baik. Andrew. M.D. Lee, EunJu Kwon, Douglas Cho, Byung Chang Choi, Henry/Anna Lee, Jin Soon Chon, Jason& Julie Kwon, Jin Suk Choi, Jeong Ja Cho, Eileen Englewood Hospital Kwon, Joong Gab Cho. Susan Choi. Jinhee Lee, John J. Ha, Kwang Boon Kwon, Phillip H. Choi, Jong Sik Lee, Kang Mun Choi, Ho Kyoo Kim, Jongil Lee, Clinton Sangmin Choi, Jung Hye Lee, Mal Mee Choi, Injin Lee, Michelle Kim, Young Kil Lee, Hoe /Eun Sook, M.D. Choi, Kyung Hee Choi, Mike J., M.D. Kwon. II Yon Lee. Jen Choo, Yang Hyee Lee, Sook Mi Chu, Jai Ock, M.D. Lee, Soon Duck Lee, Byungkuk Chun, Sung Lee, Nancy Chun, Charlene Ma, Dong M., M.D. Lee. Ok Ro Ha, Yong Hwa Chun.Yoon Taek.M.D. Lee, Suk Ma, Kye-Eun, M.D. Lim, Jong B. Chung, Charles Lim Mi Young Han, Chang Y. Seak Dong Friends Ma, SongHui, M.D. Chung, Dae syk/ Lim, Christopher Hwang, Myung, M.D. Loh, John, M.D. Shin, Elisa Dong Sook, M.D. Ma, Joon H. Juhng, Soon Yang Maggio, Laura Gungormez, Erol Min, Chung W. Kang, Wha In, Ph.D Min, June J. Min, Seung K. Hada, Kyoung Kang, Yun Jong \$1,000 - \$4,999 Min.Dae Ki. Esg Kim, Chun Sop Han (O'Toole), Young Ok Oh, Se Kyung Moon, Woo, M.D. Kim, Eun Young Han, Sang K. Park, Chang Jo/ Bank Asiana New Jersey Medical Group Han, Suzy Chung Sook, M.D. Kim, Hanyoung Chodae Community Church Park, Hugh Paik, Hak Joo Kim, Henry, D.M.D Hong, Joanne **Confident Care** Park, Christopher Hong, John S. Park, Joo Hyun Kim. Hvuna Soo Hope Presbyterian Church Park, Kie J Park, Hae Bong Hong, Kay Y., M.D. Kim, John S., M.D. Korean American Park, Hee Jay Kim, Jung Bok Hong, Kyung Ja Park, Youngja L. Medical Asso. Park, John C. Huh, Myung In Rama, Maddukuri Kim, Kyoung Shik **Renovare Church** Park, Song Jang, Tony Rhee, Soojin Kim, Sook Hye Shim, David J. Saltano, Paige Chang, Moon Kyung Joun, Sook Nam Kwak, Kae Ok Cho, Taesuk Song, Edmund Juhn, Hyunil Seo, Jenie Lee, Amy Hai Kung Choi, Benjamin, M.D. Shin, Dusik Song, Ha San Jun, Wonkyung Lee, Chol John, M.D. Choi, Connie Song, Kum Ju Lee, Kyung W. Kang, John Sun, Jong C. Choi, Hyung Kee Song, Michelle Lee, Michelle H. Kang, Soon Jon Sun, Sungwu, M.D. Chong, Byong Sub Woo, Hee Teak Kang, Youngsun Tenafly KPA Lee, Sang Ky Chung, Chung Yim, Joan Junghee Yeun, Kyoungran Kho, Hyea K. Lopez, Garrick Taik/Namsook,M.D. Yoon, Dong Jin, Esq Kim, Chung Ja Yip, Jung-Yi Ma, Ookie, Ph.D Yoon, Kwangsun Paul Chung, Young In Yoon, Seunghwa Kim, Chungjung Oh, Soon Hyun, M.D. Hong, Mun Kyung, M.D. Park, Bong Hee Kim, Hui-sook Kim, Jimmy Hong, Tai Sun Park, C. Thomas, M.D.

Silverstein, Samuil C., M.D.

Park, Hoon Jae, M.D.

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Son, Myung Suk

Park, Timothy

Kim, Joo Chul

Kim, Kyung Hee

Kim, Kyung Ja

Kim, MoonOk

Kim, Julie C

Huber, George E.

Jae, Young Shin

Juhn, John Jaewoo

Kim, Chee Gap, M.D.

Huh, Sun Haeng, M.D.

Membership

Our programs and services would not be possible without the generous support from our friends and members. Membership is open to anyone regardless of their age, sex, race, financial status, and religion. There are two types of membership: **Friend and Member**.

Friend

Friend membership is offered to an individual over 18 years of age who support the FGS mission through their annual contribution. The membership benefits are offered to immediate family members including spouse and children.

Member

General membership is offered an individual over 18 years of age who pays annual dues. Membership benefits are offered to children.

Membership Benefits

Friend

- 1. Receive class fee discounts in wellness center.
- 2. Member over 55 years old participate in Happy Senior Life Center programs.
- 3. Receive discounts from local businesses who are sponsoring FGS mission
- 4. Receive credit points which can be accumulated throughout the years as long as they maintain their active membership status (Max. 4points). One bonus point is added at the renewal of membership. Receive additional credit points by serving as a volunteer (Maximum 8 points per year). Credit points could be applied to special discounts in program fees and receive priorities in participating in programs and services as determined by the President.
- 5. Receive a bi-monthly magazine "Korean Community."
- 6. Children under 18 years old receive class fee discounts in wellness center and participate in special programs
- 7. Ads on magazine is offered.
- 8. Spouse receives benefit
- 9. Donation is tax deductible.

Member

- 1. Receive class fee discounts in wellness center.
- 2. Member over 55 years old participate in Happy Senior Life Center programs.
- 3. Receive discounts from local businesses who are sponsoring FGS mission
- 4. Receive credit points which can be accumulated throughout the years as long as they maintain their active membership status (1point). One bonus point is added at the renewal of membership. Receive additional credit points by serving as a volunteer (Maximum 8 points per year). Credit points could be applied to special discounts in program fees and receive priorities in participating in programs and services as determined by the President.
- 5. Receive a bi-monthly magazine "Korean Community."
- 6. Children under 18 years old receive class fee discounts in wellness center and participate in special programs

Board of Trustees

Officers

Doug-Jin Yoon, Esq., Chairman Kye-Eun Ma, M.D., President Kum Ju (Kay) Song, Treasurer Joseph Cha, Esq., Secretary

Executive Director E. Christina, Kim, Ph.D.

Trustees

- Connie Choi Jacquline J. Falk Kwang Boon Ha Jay P. Kim
- Sookhye Kim John Park Michelle Song Seunghwa Yoon







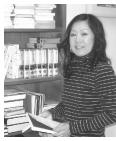






Thanks to Members and Volunteers



















Friends of Grace Seniors(FGS) Korean Community Center

The FGS' inception was brought about by a group of motivated seniors who saw the increasing needs of the immigrants and families for a community center where they can come to share and learn, and a retirement housing for retiring older members. Grace seniors are named for FGS senior members who are empowered to help themselves and others, and who are the anchors of the spirit of our organization.

FGS strives to provide a "heart center" where the people of all generation gather together to learn, share and give, as well as volunteer to teach and help others in need. It has become a place where people experience giving of themselves to help others and the same time learn to become healthier in body, mind and spirit.

The initial program grew out of New Americans Program of YWCA, Fort Lee, Bergen County, NJ in September, 1999. On February 16, 2000, FGS formally registered with the State of New Jersey as a nonprofit corporation under the leadership of Kye-Eun Ma, M.D. On September 6, 2000, FGS received an approval for 501 (c) (3) tax exempt status from the Internal Revenue Service. Use of an alternate name of Korean Community Center was also registered with the State of New Jersey.

In 2000, FGS began with senior programs at the office space of 1,000 sq. ft. in Fort Lee, New Jersey. In 2004, it opened a newly renovated service and program center (Wellness Center of 15,000 sq. ft.) in Englewood, NJ offering over 70 different social, cultural, educational, and wellness classes and seminars for all individuals including children and youth. In 2008, it has newly established a HealthCare Resource Center by expanding its space to additional 5,000 sq. ft. offering comprehensive and professional health and social services to best serve the diverse groups of Korean American community, especially first generation immigrants who have difficulties in accessing social and health benefits due to language and cultural barriers. In 2009, Wellness Center was divided into two centers, Cultural Wellness Center and Career Education Center. In 2010, Happy Senior life Center was newly created to better serve older senior members.

It has grown more than 20 times in its operational revenue and programs, and has been able to provide more than 100 programs and services per month to meet the needs of the entire Korean American Community from children to seniors and visited by more than 10,000 Korean Americans annually. Linking all four core centers together, FGS has grown to become a stronger community organization recognized by wider communities at both local and state levels, reaching closer to its goals for mission.

The center has provided practical assistance and tools to Korean Americans to live as a respectful immigrants in a new world. It plays a key role in promoting and maintaining our own cultural and social identity by helping to empower and connect with each other. The center is a "Proud Home" to our community.

FGS' operating fund is derived from individual and organizational contributions, grants from government and private foundations, membership dues, and program fees. It is important that "Friends" of all ages participate in "building UP" of 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





