2011 NNUAL



Friends of Grace Seniors, Inc. 501(c)(3) Nonprofit Organization

Korean Community Center, Friends of Grace Seniors, Inc.

Mission Statement

Our primary 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.



HealthCare Resource Center

- Prevention and Management of Chronic Diseases
- · Senior and Social Services
- Community Education and Counseling

Wellness Center

- Art School and Art Gallery
- · Exercise and Dance School
- Cooking School
- Language Academy
- Computer Academy
- · Special Individual Classes
- Open Seminars
- · Children and Youth Programs

SeniorLife Center

- Saek Dong Senior Council
- Saek Dong Dance and Music Team
- Group Tours
- Senior Member Services

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Executive Director's Message



Dear Friends and Members,

The year 2011 was a challenging but an exciting year! We have begun the process of strategic planning to develop and establish the needed infrastructures for long term planning in this economically challenging period. After careful assessment and evaluation, we have combined Cultural Wellness Center and Career Resource Center into one center, re-naming it Wellness Center, to manage the operation more efficiently. Our three core centers are the HealthCare Resource Center, Wellness Center, and SeniorLife Center. We have continued to offer more than 100 programs each month for all and diverse generations. In particular, children's programs have seen increased participation by families of

the community. We have also introduced new web-based database system to facilitate more efficient and effective management of information and technology. Our "Korean Community" magazine is published and distributed quarterly instead of bimonthly to correspond to the seasonal programs. Beginning July, our diabetes grant was renewed for another three years. We are also proud to announce the awarding of the grant from the Robert Wood Johnson Foundation for our capacity enhancement project. Lastly, our board was able to recruit community-minded members who have varied experiences in various professional fields to help us take another step (giant!) forward in the coming new year.

Followings are the highlights of the year 2011:

- 1. We have continued to focus our attention and efforts on our *children and youth programs*:
- On February 5, the 6th annual *Young People's Night* was held under the title "Persist and Fail but Don't Fail to Persist" A planning committee consisted of students from the neighboring high schools who took the initiatives in inviting successful young Korean Americans as panelists and mentors. These students were actively involved in finding role models and developing networking opportunities. On February 25, the 2nd *Young People's Night Alumni Dinner* was held, gathering of all past panelists and student committee members.
- KCC Youth Chamber Orchestra and Chorus held their annual spring concert on March 5, and the Father's Day concert on June 18, at the Auditorium of Englewood Hospital.
- The 7th annual art *contest for children* was held on May 2 which was a big success with many participants involving preschool to elementary school ages. This year's title was "Healthy Me."
- Our first KCC Summer Camp was a huge success, with a good solid programenjoyed by the participating children and youth.
- 2. On March 12, our 11th anniversary fundraising gala dinner was held, at Rockleigh Country Club.
- Young Kil Kim, Chairman of Bethel Industries, was invited as Honorary Chair.
- Spirit of Community Award's first recipient was presented to Dr. Bai O. Lee, president of Lee & Yum Foundation.
- Douglas A. Duchak, President of Englewood Hospital, and Connie Choi, our board member, were the recipients of the *Appreciation Awards*.
- Dr. John Hwang was awarded for the *Outstanding Volunteer Award* and Dr. Hwa In Chang (Lee), former chairwoman of the AWCAboard, was the recipient of the *Community Leadership Award*.
- On October 15, our annual fund raising bazaar washeld run by volunteers and staff in the parking lot of the center.
- 3. On October 22, the *6th annual Korean Traditional Dance and Music night* was held at the Auditorium of Englewood Hospital with the support from the NJ State Art Council. Our FGS members performed under the direction of Hyun Ju Lee, Korean dance instructor, continuing the tradition of one of our popular cultural performances.
- 4. Appreciation Dinner for Honor Society was held on October 27, 2011.

C. Ku

We are grateful to our Board of trustees, benefactors, members, volunteers, friends, and the dedicated staff who have made this year another successful year in a very difficult economic time. We will continue to commit to our mission by dedicating our time and efforts to bring all people of the community together for the betterment of our community.

Sincerely,

E. Christina Kim, Ph.D.

Executive Director









Programs and Services

We continue to improve and expand our programs and services through our three core centers --**HealthCare Resource Center, Wellness Center, and SeniorLife Center** - to advance our vision and 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. KCC has received a continuation of three-year grant money for diabetes education from State of New Jersey, Dept. of Health and Senior Services, Office of Minority and Multicultural Health (7/2011-6/2014).

Blood pressure measurements and blood screenings for diabetes and high cholesterol are offered three times a month collaborating with Englewood Hospital and retired health care professionals. In 2011, 1,152 individuals received the health screen 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 care and treatment. Total of 529 visits were served during the year 2011.

























Chronic Disease Self-Management Program (CDSMP)



Chronic Disease Self-Management Program is developed by Stanford University which is sponsored by the state of New Jersey. Trained and certified master trainers facilitate workshops to train peer leaders and the participant workshops to assist the participants to self- manage their health. We currently have three trained master trainers and have offered various peer leader and community workshops through the grant received from the New Jersey State Department of Health and Seniors Services.











Senior and Social Services

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. Our care managers complete the State's mandatory core training and continue to attend the training provided by the state and county 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 74 clients were served in 2011.



Information for senior and social services is offered in person, over the phone and group seminars. Our web pages offer regularly updated social service information obtained from the NJ state which is translated in Korean. 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. Bilingual services are provided. Low income families without health insurance are assisted in enrolling in NJ Family Care Health Insurance. In 2011, 216 clients received assistance for senior services and 59 clients received assistance for NJ Family Care enrollment.







Community Education and Counseling

Free weekly health and social service seminars are offered by inviting specialists in health, legal and social services related field and open to the public. Counseling services for health proxy and living will, insurance, psychology are available by appointment.

















Wellness Center

- 1. Art School and Art Gallery
- 2. Exercise and Dance School
- 3. Cooking School
- 4. Language Academy
- 5. Computer Academy
- 6. Special Individual Classes
- 7. Open Seminars
- 8. Children and Youth Programs



Oil Painting / Watercolor Painting / Abstract Painting / Oriental Calligrapy Pottery Wheel / Functional Ceramic / Printmaking / Wood Craft Photography / Interior Design











Art Gallery

Our Art Gallery provides a venue where professional and amateur artists exhibit and share their creative artwork with the public.



















Exercise and Dance School

Stretching / Soom
Body Conditionong / Jazz Dance
Total Body work / Line Dance2
Woorigarak / Yoga
Terra Band / Ballroom Dance Party
Gyo Bang Chung Chum
Korean Traditional Dance











Cooking School 최현정 요리교실 / 김현우의 먹고싶은 요리여행 / Monica Sull 요리교실







Language Academy Alphabet English / Writing English Beginner, intermediate / Korean Reading English Beginner, intermediate / Speaking English Beginner, Intermediate









Computer Academy वस्ता राज्ये / वस्ता श्रेष्ठिये /







Special Individual Classes

Classic Music Appreciation / Art Appreciation Stock Market / Singing











KCC Seminars

American History Living will, Health Proxy American Politics Bible Study









Children and Youth Programs

Classes

Ceramics Sung Ho Choi's Art Class

Beginner Artist Junior Artist Young Artist Portfolio Private Lesson

Ballet School

Pre- Ballet Ballet 1 Ballet 2 Ballet/Hip-Hop

Hypai Abacus













KCC Youth Chamber Orchestra and Chorus







Young People's Night





Children Art Contest





KCC Children's Summer Camp





SeniorLife Center

Programs offer older senior members opportunities to gather and socialize enabling them to have quality of life in their later life. The Center encourages and assists older seniors to remain independent and self-sufficient within the community by providing additional care and services to those in greater physical and emotional needs.

- 1. Saek Dong Senior Council
- 2. Saek Dong Dance and Music Team
- 3. Group Tours
- 4. Senior Member Services

Saek Dong Senior Council





Saek Dong Dance and Music Team Senior Member Services





Group Tours







2011 SPECIAL EVENTS



















The 11th Anniversary Gala on March 12, 2011





















The 11th Anniversary Gala

on March 12, 2011





The 6th Korean Traditional Dance and Music

on October 22, 2011





















Appreciation Dinner for "KCC Honor Society"













"Korean Community"

Korean Community

Quarterly Magazines













FRIENDS OF GRACE SENIORS, INC. STATEMENT OF FINANCIAL POSITION ("Unaudited") December 31, 2011

December 31, 2011				
AAssets: Cash and cash equivalents Automobile, net Leasehold improvement, net Security deposit	1	91,941 66 63,295 22,000		
Total assets	\$ 2	277,302		
Liabilities and Net Assets:				
Liabilities: Accrued expenses Payroll taxes payable Bank loan payable Line of credit payable		32,241 10,283 38,254 30,000 10,778		
Net Assets: Unrestricted Temporarily restricted		74,005 92,519 66,524		
Total liabilities and net assets	\$ 2	277,302		

FRIENDS OF GRACE SENIORS, INC. STATEMENT of ACTIVITIES ("Unaudited") for the Year Ended December 31, 2011

Financial Statement

Contributions \$268.755 \$1,180 \$269.935 Membership income 28,440 - 28,440 103,780 Fund-raising activities 103,780 188,726 Class fees, net 295,080 - 295,080 Program fees 15,200 162,788 Advertisement income 15,200 162,788 Advertisement income 5,119 - 5,119 Net assels released from restrictions: Satisfaction of program restrictions: Satisfaction of program restrictions Satis		Temporarily Unrestricted Restricted			Total		
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	NET ASSETS, END OF YEAR	\$	74,005	\$	92,519	\$	166,524





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The generous support from our grantors and donors contribute to our growth of our programs and services.

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Membership

Our programs and services would not be possible without the generous support from our friends and members. Membership is open to all individuals over 18 years old regardless of their age, sex, race, financial status, and religion.

There are two types of membership: Friend Member and General Member.

Friend Member

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

Annual contribution of \$1,000 or more are invited to KCC Honor Society

General Member

A General membership is offered to an individual over 18 years old who pays annual dues.

The membership benefits are offered to children under 18 years old.

Membership Benefits

- 1. Receives class fee discounts in Wellness Center.
- 2. Receives discounts from local businesses who sponsor KCC mission.
- 3 Receives the quarterly magazine "Korean Community" in mail.
- 4. Receives credit points which can be accumulated throughout the years as long as they maintain their active membership status (General Member: 1 Point/year, Friend Member: Max. 4points/year). One bonus point is added at the time of renewal of membership. Receives additional credit points by serving as a volunteer (Maximum 8 points/year). Credit points can be used to apply for special discounts in program fees and receive priorities in participating in programs and services as determined by the President.
- 5. Friend Member contribution is tax deductible.









Sincere Appreciation to Volunteers







Friends of Grace Seniors, Inc.

The Friends of Grace Seniors (FGS)'s inception was brought about by a group of motivated seniors who saw the increasing needs of a community center where the community can gather to share and learn, and a plan for retirement housing for many retiring older immigrant members. "Grace(d) seniors" are named for older members who are called to empower themselves and others. They remain the anchors of our organization's true spirit.

FGS strives to provide a "heart center" where the people of all generations gather together to learn, share and give, as well as volunteer their talents and gifts to help others in need, Korean Community Center(KCC). It has become a place where people experience giving of themselves to help others, helping them to become healthier in body, mind, and spirit through their experience of giving.

The initial program grew out of New Americans Program of YWCA, Fort Lee, Bergen County, NJ in September, 1999. On February 16, 2000, Friends of Grace Seniors, Inc. 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. Ause of an alternate name "Korean Community Center" is also registered with the State of New Jersey.

To provide a brief history -- In 2000, FGS began primarily with senior programs in 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 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 focused on first generation immigrants who experience difficulties accessing social and health benefits due to language and cultural barriers. In 2009, Wellness Center was divided into two separate centers, Cultural Wellness Center and Career Education Center. In 2010, SeniorLife Center was newly created to better serve older senior members. In 2011, Cultural Wellness Center and Career Education Center were combined, re-naming it Wellness Center.

Since its inception, it has grown more than 20 times in its operational revenues and programs, and has been able to provide more than 100 programs and services each month to meet the needs of the Korean American Community, from children to seniors, and visited by more than 10,000 Korean Americans annually. Linking all three core centers together, KCC has grown to become a strong community organization recognized by wider communities at both local and state levels, advancing closer to meet its goals.

KCC provides practical assistance and tools to Korean Americans to live as a respectful immigrants in a new world, plays a key role in promoting and maintaining our own cultural and social identity by empowering and connecting with each other, and helps our future generations to have a pride in their Korea heritage.

KCC's operating fund is derived from individual and corporational 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.

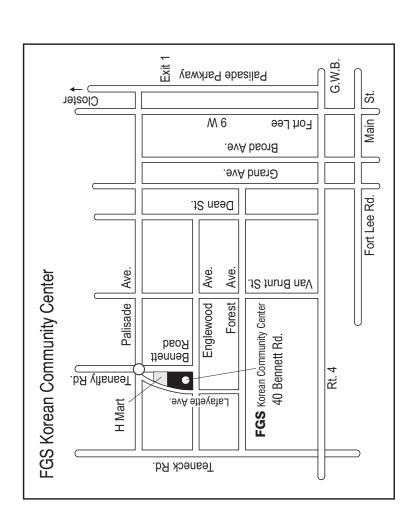
Main Office Korean Community Center

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