

2004 ANNUAL REPORT



**Friends of Grace Seniors(FGS)
Korean 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 healthy and independent living for all individuals in their "golden" years

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President's Message



The year 2004 will remain a truly memorable year in the history of FGS! We finally achieved our dream of opening our own Korean Community Center after many (long...) months of renovation and construction work at the center. As we reached our 5th year milestone this year, the end of the year 2004 has finally brought to its fruition our vision of what Korean Community Center ought to be. And all of us at FGS are very excited to begin a new era. The year 2004 has brought many changes and growth, not only in membership enrollment, but its revenues (\$50,000 in 2000 to \$600,000 in 2004) and its physical space (1000 sq. ft. in year 2000 to 15,000 sq. ft in year 2004).

I would not be able to do justice in attempting to write down everything that happened in 2004 on this one page. However, I would like to highlight some of the events, programs and services that brought us closer to meeting our long range goals in carrying out our mission.

1. In January, our administrative office was moved from Fort Lee to Englewood. We closed the Fort Lee office after four "great" years. In April, we received the construction permit from the City of Englewood and started the renovation of our current program site.
2. We continued to provide the Care Management program to our frail elderly and their caregivers under the auspices of the Bergen County Senior Services NJ EASE. This program enables older adults who require skilled nursing care to remain in their homes. This program was audited by the Senior Services Audit Team and was commended for its meeting all criteria required by the State.
3. We continued to provide the Heart Disease and Stroke Prevention Program for the second year which is funded by the State of New Jersey, Office of Minority and Multicultural Health. We held our second community-wide health fair in March that was attended by over 300 individuals.
4. On February 24, Duck Soo Kim, a well-known Korean traditional performer, held Samulnori Open Workshop which was attended by over 150 individuals. On May 22, an education seminar for the college bound students and their parents were held which were attended by over 100 people. Angela Um, President of Boston Consulting Group, was the presenter.
5. FGS "Itinerant Dance and Chorus Team" made up of older adult members continued to "shine," traveling to various assisted living facilities, nursing homes, and adult day care centers providing "excitement" and entertainment to other older adults.
6. Our cultural, educational, and physical wellness programs continued at the Closter center until September when all programs moved to our current Englewood center. The new Korean Community Center had its pre-opening reception on June 26, and opening ceremony on September 18.
7. Our "Korean Community" magazine was published bi-monthly expanding its editions to embrace news from all corners of our community lives.
8. FGS Gallery was re-opened on September 10 with Moon H. Lee Oil Painting Exhibition. The exhibition raised over \$ 16,000 which was fully donated to FGS. We offer sincere appreciation to Dr. Moon H. Choi and her generosity to our center.
9. The Third Annual Korean American Women's Conference was held on October 30, co-organized with WDII and Radio Korea, and sponsored by The Women's Bureau of the US Department of Labor. The event was attended by over 200 individuals.
10. On November 15, we held an opening reception to congratulate the publication of FGS members' first Essay Book. Each essay and poem was written by our own senior members from the "Book Club" class held over three years. We thank their class instructor, Sun Ja Cha, who has been our long time volunteer instructor.

FGS is forever grateful to our board of trustees, our benefactors, both large and small, our members, volunteers, friends, and dedicated staff who have made our success possible. FGS will continue to commit to its mission and its dedication in caring for the people in need.

Sincerely,

Kye-Eun Ma, M.D., President

Services and Programs

In order to achieve our mission, FGS continuously operates, provides, and expands Senior Care Services, Health Care Services, and Educational, Cultural, Physical Wellness Services. FGS continues to plan and develop our senior housing project. FGS programs are intended to serve diverse groups of seniors and friends who support FGS' mission.

Senior 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 Physical Wellness Services

- Educational & Cultural Classes
- Physical Wellness Classes
- Youth Program
- Art Gallery
- Volunteer Gift Shop

Health Care Services

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

Senior Housing Project

- Low income senior housing
- Assisted living housing

Senior Care Services

FGS senior care 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 program. Bilingual services are provided.



• 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 enable them to remain in the community.



• Information, Assistance and Benefit Screening

Our care managers and information and assistance specialist provide most up-to-date information and assistance for various social benefit 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 as demands are increased.



Services and Programs



● Nutritional and Lunch Program

Volunteers prepare 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 also offer cooking classes for healthy eating tips.

● 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. Trained volunteers also visit isolated frail and homebound elderly at home helping them to be socially active.

● 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.



Health Care Services

FGS strongly believes that prevention and early detection of chronic illness is the first step to living healthy and independent lives. FGS also promotes healthy lifestyle modification. FGS has received two-year grant for heart disease and stroke prevention from State of New Jersey, Dept. of Health and Senior Services, Office of Minority and Multicultural Health (7/2003-6/2005). We are in the process of developing a comprehensive Healthcare Resource Center.



● Health Outreach Program

FGS plans an Annual Health Fair to promote awareness of various health risks and healthy life behaviors, collaborating with local healthcare providers and medical centers. Abnormal findings are referred to our health screening and referral services for a follow-up.

● Health Screening and Referral Services

FGS provides health screenings including daily free blood pressure measurements, monthly blood screenings for diabetes, cholesterol, liver and kidney functions at a reasonable cost, collaborating with local healthcare providers and medical centers. We make referrals to physicians and medical facilities for those clients who are deemed to be at risk.

● Health Education

FGS provides an on-going health educational seminar on various topics and classes including physical exercise and healthy cooking. Hypertension exercise classes are held twice a week and are offered free to individuals "discovered" to have high blood pressure at our health screenings or who are referred by local physicians.

● Immunization Services

FGS provides seasonal immunization services to its members and friends in collaboration with local healthcare providers.



Services and Programs

Educational, Cultural, and Physical Wellness Services

A newly renovated facility consisting of 10,000 sq. ft. opened its door in September. It has kitchen with lounge, exercise studio, ceramic studio, art studio, multipurpose studio, computer room, and art gallery. The program offers over 60 classes a week to choose from at a reasonable cost. Members and Friends get discounts and priorities. Free weekly educational seminars are held on many topics presented by appropriate professionals.



● Educational and Cultural Classes

Classes include computer, citizenship preparation, English, American history, music appreciation, art appreciation, quilting, calligraphy, water painting, oil painting, cooking, singing, knitting, harmonica, ceramics, essay writing, arts and crafts, etc. Other vocational classes (ESL, GED, etc.) are planned in collaboration and in partnership with Bergen Community College.



● Physical Wellness Classes

Classes include yoga, kuksundo, taichi, Korean dance, jazz dance, ballroom dance, line dance, osteoporosis prevention exercise, etc.



● Youth Program

FGS is in the process of planning creative, fun, and educational after-school programs for our children and youth. A Youth Festival including art contest and performing arts is also in planning stage.

● Art Gallery

FGS provides a venue where professional artists, amateurs, and individual FGS members can exhibit and share their creative artwork with the public.

● Volunteer Gift Shop

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



Senior Housing Project

FGS continues with our plan and effort 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, 2004

Assets:		
Cash and cash equivalents	\$	38,841
Automobile, net		12,319
Property and equipment		19,850
Leasehold improvement, net		151,585
Security deposit		<u>22,000</u>
Total assets	\$	<u>244,595</u>
Liabilities and Net Assets:		
Liabilities:		
Accounts payable	\$	27,951
Auto loan payable		10,797
Security deposit payable		<u>8,000</u>
Net Assets:		
Unrestricted		<u>197,847</u>
Total liabilities and net assets	\$	<u>244,595</u>

FRIENDS OF GRACE SENIORS, INC.

STATEMENT of ACTIVITIES ("Unaudited") for the Year Ended December 31, 2004

	Unrestricted	Temporarily Restricted	Total
SUPPORT AND REVENUE:			
Contributions	\$ 288,666	\$ -	\$ 288,666
Membership income	47,525	-	47,525
Interest income	62	85	147
Grant-state and county, etc.	-	142,850	142,850
Program fees	-	87,470	87,470
Other income			-
Rental revenue	5,000		5,000
Net assets released from restrictions:			-
Satisfaction of program restrictions	<u>230,405</u>	<u>(230,405)</u>	<u>-</u>
Total support and revenue	<u>571,658</u>	<u>-</u>	<u>571,658</u>
EXPENSES:			
Program services	23,097	-	23,097
Supporting services:			-
Advertising	7,850	-	7,850
Auto insurance	1,760	-	1,760
Conference and meeting	2,613	-	2,613
Depreciation	6,395	-	6,395
Insurance	1,842	-	1,842
Interest	1,175	-	1,175
Miscellaneous	6,031	-	6,031
Office supplies and expense	14,068	-	14,068
Payroll taxes	19,309	-	19,309
Postage	4,240	-	4,240
Printing and publications	4,393	-	4,393
Professional fees	7,332	-	7,332
Rents	133,700	-	133,700
Repair and maintenance	11,956	-	11,956
Salaries & wages	214,421	-	214,421
Telephone	<u>6,717</u>	<u>-</u>	<u>6,717</u>
Total expenses	<u>466,899</u>	<u>-</u>	<u>466,899</u>
CHANGES IN NET ASSETS	104,759	-	104,759
NET ASSETS, BEGINNING OF YEAR	70,236	22,852	93,088
Designations by governing board:			
Transfer of net assets for supporting services	<u>22,852</u>	<u>(22,852)</u>	<u>-</u>
NET ASSETS, END OF YEAR	\$ <u>197,847</u>	\$ <u>-</u>	\$ <u>197,847</u>

Grants & Contributors

The Generous support of our donors makes the programs and services 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 & up (Partners)

Cho-Dae Presbyterian Church
Samsung Electronics America, Inc.
LG Electronics USA, Inc
Locus Tele Com.
KAMA
Chu, Jae Ok, M.D.
Kim, Richard
Lee, Daniel
Lee, S. Howard, M.D.
Lee, Young Dong
Oh, Sam
Park, Hae Bong

\$1,000 & up (Sponsoring Friend)

Korean Consulate
Care One
Great Lord Church
Han-Ah-Reum
Oxford Health Plans
Pascack Valley Hospital
Saek-Dong
Yuhan
Bloom, Beatrice
Chang, Han K.
Chang, Ja Sung
Chang, Kyle
Cho, Il Whan
Cho, Soon Ja
Cho, Susan
Cho, Kyung Hee Cho, Uee Wan
Choi, Kyung Hee
Chong, Byong Sub
Chun, Songdan
Chung, Hye Jeong
Ha, Kwang Boon
Han, Yong H.
Hong, Wonhwa
Juhn, Eunice
Kang, Soon Jon
Kim, Chee Gap
Kim, Daniel
Kim, Do Young
Kim, Dong Hwan
Kim, Jongoon
Kim, Hyung Soo
Kim, Ja-Hyang
Kim, Yoon Whan
Kwak, Dong M.
Kwon, David
Lee, Kim P.
Lee, Kun B.
Lee, Moon Hi
Lee, Myung Shin
Lee, Sonny-500
Lee, Soo Duk
Ma, Dong M., M.D.
Shin, Judy
Won, Nancy
Won, Sarah

Woo, Hee-Teak
Yoon, Doug-Jin
Yoon, Hang Jin

\$500 & up (Contributing Friend)

Benjamin's Pharmacy
Woomen's Devel. Inst.
So Myung Church
Auh, Yong Ho
Chang, Andrew
Cho, Byung Chang
Cho, Byung Soo
Cho, Dong Wook
Cho, Richard
Choi, Benjamin
Choi, Young Sook
Cho, Jin Ho
Cho, Joseph
Cho, Won S.
Choe, Soon Hee
Chun, Charlene
Chun, Ryo Sook
Chun, Song Dan
Chung, Dae Syk
Chung, Hae Yang
Chung, Myong Il
Chung, Keun Sam
Jang, Soon
Jung, Yi Yip
Kim, Andrew Y.
Kim, Christina
Kim, Chun Sop
Kim, Chung S.
Kim, Jae Man
Kim, John
Kim, Joo Won
Kim, Michael
Kim, Sook Hye
Kim, Steve
Kwak, Whan
Lee, Alexander
Lee, Chi Il
Lee, David W.
Lee, Dong Wook
Lee, In
Lee, In Ja
Lee, Sun Hee
Ma, Kye-Eun
Park, Ae Young
Park, Young Hyun
Smith, Fred
Song, Ho Jung
Yang Yoon Suk
Yoo, Jay Seung
Yoon, Paul
Zajkowski, Debbie

\$200 & up (Sustaining Friend)

Confident Care
KSEA

Kyung-Gi Girls' High School
Alumnae Asso.
Tenafly PTA
Sister Fund
Ahn, Dong-Kyu
Ahn, Helen
Ahn, Hellena
Ahn, Mira
Bae, Jae Yeon
Bae, Young Yul
Baek, Daniel
Baik, Kaum Soon
Chang, Ki B.
Chang, Linda
Cho, Cheon Sik
Cho, Ok-Yeop
Cho, Sang R.
Choi, Henry
Choi, Hyung Jun
Choi, Im Ja
Choi, Im Seon
Choi, Moon Suk
Choi, Song
Chon, Julie
Choo, Kyung
Chun, Annie
Chung, Chung Taik
Chung, Dae Syk
Chung, Haingsub
Chung, Hee Ja
Chung, Inah
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Hong, Moon Ja
Huh, Jung S.
Hwang, Yong Im
Jee, Chan Ae
Jeong, Soo Ja
Joe, Nam-Wook
Juhng, Soon Yang
Jung, Ki Seung
Kang, Hyo Kyung
Kang, Keum Sang
Kang, Soon Jon
Kang Yung Jin
Kim, Andrew
Kim, Ayoung
Kim, Andrew
Kim, Chung Ja
Kim, Christina
Kim, James
Kim, Ji-Sook
Kim, Kei Soon
Kim, Kiyounng
Kim, Oku N.
Kim, Mi J.
Kim, Misook
Kim, Nancy
Kim, Soo Jung
Kim, Sook K.

Kim, Soon Ok
Kim, Sooyoun
Kim, Wha
Kim, Yannie Lee
Kim, Young Yim
Kim, Young Sook
Kwon, Katherine
Lee, Chang Hoon
Lee, Chong S.
Lee, Clara
Lee, Hae Soon
Lee, Jae Ran
Lee, Keon Sook
Lee, Koon Ja
Lee, Kwanil
Lee, Kyung
Lee, Kyungohk
Lee, Mi Hwa
Lee, Nancy-400
Lee, Sang Min
Lee, Sei Ryun
Lee, Soo Ok
Lee, Sung Sook
Lee, Sharon
Lee, Wha S.
Lee, William
Lee, Young
Lee, Young Sook
Lee, Yun Soon
Min, Chang W.
Nam, Jung Soo
Nychka, Adriana
Oh, Hyun Joo
Oh, Hyun Jung
Oh, Soon Hyun
Park, Chang Jo
Park, Charles
Park, In
Park, Jung Sook
Park, Eun Young
Park, Young Mi
Pyun, Hi Jung
Shin, Sookjin
Shin, Eun
Shin, Jung Ha
Son, Hee
Sohn, Edward
Yang, Chang
Yang, Clara
Yang, David
Yang, Won S.
Yi, Grace
Yi, Mikyung
Yi Mee Kyung
Yi, Myoung
Yim, Jung Ja
Yoon, Mi Kyung

Officers, Trustees & Staff

Board of Trustees

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Lee, Keon Sook Vice President
Choi, Kyung Hee Vice President
Ha, Kwang Boon Treasurer
Yoon, Doug-Jin, Ph.D. Esq. Secretary

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Lee, Soo Duck, M.D.
Lee, Moon Hi, M.D.
Ma, Dong M., M.D.
Song, Ho-Jung, C.A.
Yoon, K. Paul, Ph.D.

Staff

Kim, E. Christina, MBA, LSW, P.D. Executive Director
Hong, Wonwha, MFA Program Director
Park, Eunyoung, MA, MPA Public Relations Coordinator
Chung, Hye Jeong, Ph.D. Exercise Coordinator
Chang, Hyang Ah Nutritional Services Coordinator
Chung, Steeve Computer Program Coordinator
Won, Sarah, RN, LSW Care Manager
Kim, Ja Hyang, MS Care Manager
Lee, Kim P. I & A Specialist
Kang, Yonzoo Program Assistant
Choi, Jeong Ja Office Manager

Membership

Programs and services of Friends of Grace Seniors 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 kinds of membership - Members and Friends.

Members

Individuals over 50 years old pay annual dues and receive the 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 for all immediate family members.

Basic membership benefits:

- Benefits include discounted class fees, an advance notice of special events, discounts from businesses 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.



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





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 individuals, empowering them to prepare for independent and quality lives in their "golden years" by providing programs and services that build spirit, mind, and body. The mission presupposes aging begins at birth.

The FGS' inception was brought about by a few committed individuals 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, thereby offering them opportunities for 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 nonprofit 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 our long-held dream of creating our own Korean Community Center and coming closer to achieving our long-range goals.

FGS was initially operated entirely by dedicated volunteers but began hiring staff in 2003 for the long term stabilization of our center. The FGS' operating fund is entirely derived from private contributions, government and private grants, membership dues, program fees, and sales from bazaars of hand made goods.

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.fgscenter.org



Friends of Grace Seniors(FGS)
Korean Community Center
40 Bennett Road
Englewood, NJ 07631

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