

# 2006 ANNUAL REPORT



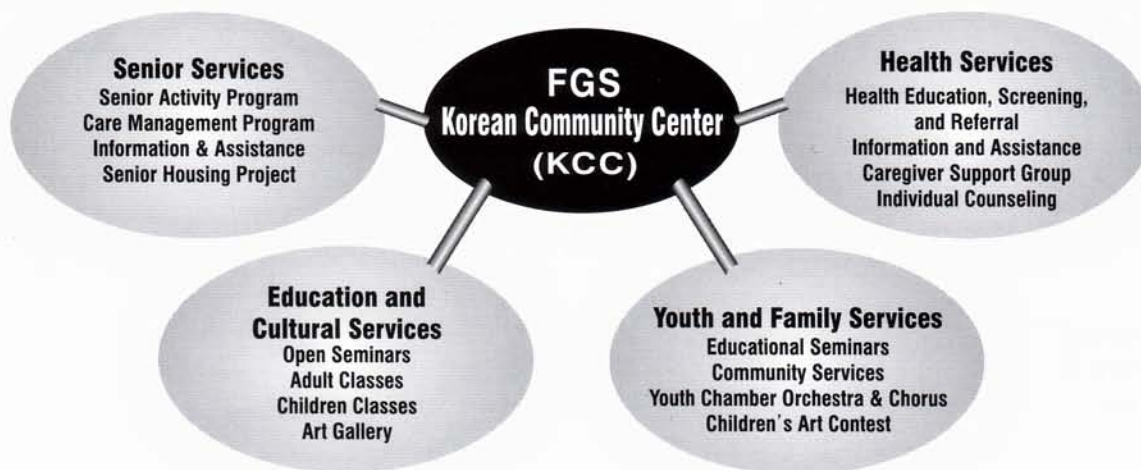
**Friends of Grace Seniors(FGS)  
Korean Community Center**

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

### Mission Statement

Our mission is to promote healthy and independent living for members and friends in their golden years. It was founded on the belief that ensuring good health and independence later in life relies on the efforts of all generations, young and old, creating an interdependent community by empowering individuals to help themselves and help others.

### Services and Programs



## Table of Contents

<b>President's Message</b>	3
<b>Services &amp; Program</b>	
Health Services	4
Senior Services	6
Education and Cultural Services	8
Youth & Family Services	10
<b>2006 Events</b>	11
<b>Financial Statement</b>	12
<b>Grants &amp; Contributors</b>	13
<b>Board of Trustees</b>	14
<b>Membership</b>	14

## President's Message



Kye-Eun Ma, M.D. / President

Heartfelt thanks are being sent out to all our senior members, friends, supporters, and staff who helped to make another successful year possible. We have continued to expand and improve on our services and programs from our previous years with many fruitful outcomes enabling us to make our strategic planning in 2007 and helping us getting closer to achieving our long range goals. I would like to highlight some of our key activities in 2006.

Our health care program has been very successful in reaching out to Korean American community in collaboration with Englewood Hospital and Medical Center, local medical practitioners, and retired physicians providing health screening and referral services. As needs extend our current capacity to full, we have worked hard taking steps to expand our HealthCare Resource Center by planning our move to a facility currently occupied by the Department of Motor Vehicles. The expansion has been approved in December by the Zoning Board of the City of Englewood after several months of hearings.

Our Youth and Family Services Advisory Council has been instrumental in establishing our youth and family program. As can be seen, the Center which has initially begun with a few senior volunteers has now extended to address the needs of the whole community, embracing youth and the family. We have had many successful events this year -- Art Contest for Children, KCC Chamber Orchestra and Chorus Performance, Korean Traditional Dance and Music from Seniors to Youth, Young People's Night, Golf Outing and an educational seminar for college admission.

During our 6th Anniversary Ceremony in April, we were excited to present a Grace Senior Award to three senior members who represent role models for healthy and independent living; an Appreciation Award to eight Board members who served FGS for more than six years; a Community Award to four physicians who provided pro-bono health care services; a Volunteer Award to two volunteers who represent the spirit of volunteerism.

We are forever grateful to our Board of Trustees, our benefactors, and volunteers. Thank you again for your support and for your continued giving.



# Services and Programs

## Health Services

Our primary focus was on public awareness and promotion of healthy life modification for prevention and control of chronic diseases. These services were funded by the NJ Health Initiatives Program of the Robert Wood Johnson Foundation and the Diabetes Program of the State of New Jersey and carried out in collaboration with Englewood Hospital and Medical Center, local health practitioners, and retired health professionals.

### ■ Education, Screening, and Referral

#### Monthly Health Seminars (4th Monday @11am)

Health-related professionals (e.g., physicians, psychologists, insurance agents) were invited to speak on various topics promoting public awareness of chronic diseases and health insurance options.



#### Monthly Health Screening

(4th Monday at the Center and 2nd Sunday at different local churches ).

In 2006, a total of 1500 Korean Americans received health screenings (e.g., blood pressure, blood tests).

#### Annual Health Fair (in September)

Health screenings for blood pressure measurement, electrocardiogram, blood tests for liver function, renal function, lipids, diabetes, and hepatitis were given to 120 individuals. There were live demonstrations of physical exercise and healthy cooking classes. Additionally, First Aids demonstration was performed by Englewood Cliffs Ambulance Corps.



# Services and Programs

## **Annual Health Conference** (in October)

With the support from Englewood Hospital and Medical Center, Korean American Medical Association, and Radio Korea, physicians and other health professionals made presentation on various topics including complication of diabetes, osteoporosis, healthy bone, and hepatitis. Approximately 300 individuals attended the conference. As well, a flu vaccination was given to 130 seniors after the conference.



## **Diabetes Education** (Every Wednesday @1PM)

A Diabetes Education Curriculum was developed in collaboration with a Diabetes Education Specialist from Englewood Hospital. Four sessions include Diabetes Basics, Healthy Eating, Physical Exercise, and Prevention of Complication.

In 2006, a total of 84 individuals attended the sessions.

## **Physician Referrals**

Uninsured individuals found to have uncontrolled diabetes and hypertension from health screening were referred to one of our four pro-bono physicians for further treatments.

In 2006, 197 individuals received further treatments (total 508 physician visits).



## ■ **Information and Assistance**

We have developed a web page for health resources and information in Korean. Brochures for hypertension, diabetes, and heart disease and stroke prevention are also available in Korean.

The importance of Health Proxy (Living will) was counseled by an attorney Peter Sim, twice a month. In 2006, 98 individuals participated in the preparation of a living will.



## ■ **Caregiver Support Group**

Family support group for Alzheimer Disease every 3rd Wednesday @2PM

Support group for parents with autistic and other developmentally disabled children  
every 2nd Friday @ 10AM



# Services and Programs

## Senior Services

### ■ Senior Activity Program

#### Itinerant Dance and Chorus Team

Made up of older adult members, the team travels to senior centers, medical day care centers, assisted living facilities, and other community events, by invitation, to entertain other older adults. The team has been very popular among residential and senior centers around Bergen County and the vicinity. Their schedules are fully booked several months in advance. In 2006, over 50 performances were held throughout the areas.



#### Volunteer Gift Shop

Hand-made items that are created during arts and craft classes are donated to the shop for sale to fund the senior activity programs.



### ■ 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 and to prevent premature institutionalization (e.g., a nursing home placement.). In 2006, 62 seniors received the care at home.

## ■ Information and Assistance Program

### Monthly Senior Seminars (2nd Monday @ 11am)

A variety of topics related to seniors and health (e.g., social benefits, retirement planning, health insurance) is presented by professionals who have expertise on the particular topics. Approximately, 30 to 40 seniors attended each seminar.



### Individual Assistance

Our care managers and information and assistance specialists provide up-to-date information and assistance and provide eligibility assessment for various government and social benefits and programs. In 2006, a total of 327 seniors received assistance.



### Senior Computer Class

A web page for information on senior services was developed in Korean. Senior computer classes were held throughout the year.

A total of 160 seniors completed the 12 week sessions. Seniors are instructed to enter our web page for senior social services benefit. Seniors who completed a twelve weeks section participated in raffle to win a Dell computer.



## ■ Senior Housing Project

We continue with our plan to achieve one of our long-term goals - building a retirement housing facility for our grace seniors. We welcome any person or organization who would like to contribute to the project.



# Services and Programs

## Education and Cultural Services



### ■ Open Seminars

#### Monday Seminars (3rd Monday @ 11am)

Topics on legal or financial services are presented by the experts in their respective fields.

#### Thursday Seminars (Thursdays @ 1PM)

1st Thursday - Current Events

2nd Thursday - Cultural Topics

3rd Thursday - Far East Characters  
and Culture

4th Thursday - American History

### ■ Adult Classes

Classes include physical exercises, yoga, kuk-sun-do, line dance, computer classes, arts and craft, calligraphy, water and acrylic painting, drawing, ceramics, singing, essay writing, cooking, Korean traditional dance, and ESL. Members get discounts on class fees. Physical exercise and healthy cooking classes are offered free to individuals found to be diabetic and hypertensive from our health screening results.



### ■ Children Classes

Classes include individual piano, guitar, Korean traditional dance, and ceramics.



## ■ Art Gallery

FGS Art Gallery provides a venue where professional and amateur artists and our members can exhibit and share their creative artwork with the public. We have had numerous artists who presented their artwork throughout the year.



## The 1st Annual Korean Cultural Event



### ■ Korean Traditional Dance and Music from Senior to Youth

The project was partially funded by the Bergen County Department of Parks, Division of Cultural and Historic Affairs, and the performance was presented to the public on November 4th.



# Services and Programs

## Youth and Family Services

### 2nd Children Art Contest

Title "World I Dream"

A total of 200 children from 5 years old to 12 years old participated in the contest.

An award ceremony was held on April 29th.



### Youth Chamber Orchestra & Chorus

A summer concert was performed on August 26th

### Angela Um's Educational Seminar on September 30th

"Strategy for College Admission"

A total of 120 high school students attended the event.



### 2nd Young People's Night on December 8th

"Serve to Lead & Lead to Serve"  
A meeting with civic leaders who shape our communities

A total of 130 high school students attended the event.





**The 6th Anniversary Celebration**  
on April 29 - Awards Presentation



**Golf Outing**  
September 30



**2006  
EVENTS**



**2006  
"Korean Community"  
Magazine**

# Financial Statement

FRIENDS OF GRACE SENIORS, INC.  
STATEMENT OF FINANCIAL POSITION ("Unaudited")  
December 31, 2006

Assets: Cash and cash equivalents	\$	3,722
Automobile, net		8,769
Leasehold improvement, net		178,579
Security deposit		22,000
Total assets	\$	<u>213,070</u>
Liabilities and Net Assets:		
Liabilities:		
Accrued expense payable	\$	23,800
Payroll tax payable		8,879
Bank loan payable		42,000
Line of credit payable		50,000
Security deposit payable		8,000
Net Assets: Unrestricted		80,391
Total liabilities and net assets	\$	<u>213,070</u>

FRIENDS OF GRACE SENIORS, INC.  
STATEMENT OF ACTIVITIES ("Unaudited")  
for the Year Ended December 31, 2006

Temporarily  
Unrestricted Restricted Total

**SUPPORT AND REVENUE:**

Contributions	\$	245,933	-	245,933
Membership income		12,980	-	12,980
Fund-raising activities		4,370	-	4,370
Interest income		135	-	135
Grants		-	289,693	289,693
Class fees		162,179	-	162,179
Program fees		-	70,116	70,116
Other income				
Advertisement		10,770	-	10,770
Others		1,221	-	1,221
Net assets released from restrictions:				
Satisfaction of program restrictions		359,809	(359,809)	-
Total support and revenue		<u>797,397</u>	<u>-</u>	<u>797,397</u>

**EXPENSES:**

Program services	62,437	-	62,437
Supporting services:			
Advertising	2,735	-	2,735
Auto expense	5,461	-	5,461
Auto insurance	2,145	-	2,145
Bank service charge	1,770	-	1,770
Commission	69,623	-	69,623
Conference and meeting	5,031	-	5,031
Depreciation	21,365	-	21,365
Dues and registration fee	150	-	150
Equipment rental and maintenance	2,430	-	2,430
Honorarium	39,103	-	39,103
Insurance	23,169	-	23,169
Interest	5,367	-	5,367
Miscellaneous	2,517	-	2,517
Office supplies and expense	4,435	-	4,435
Payroll taxes	28,925	-	28,925
Postage and shipping	5,256	-	5,256
Printing and publications	21,369	-	21,369
Professional fees	19,832	-	19,832
Rents	242,000	-	242,000
Repair and maintenance	6,747	-	6,747
Salaries & wages	277,335	-	277,335
Telephone	4,236	-	4,236
Travel	436	-	436
Web design and hosting	2,159	-	2,159
Total expenses	<u>856,034</u>	<u>-</u>	<u>856,034</u>
CHANGES IN NET ASSETS	(58,637)	-	(58,637)
NET ASSETS, BEGINNING OF YEAR	139,028	-	139,028
NET ASSETS, END OF YEAR	\$ <u>80,391</u>	<u>-</u>	<u>80,391</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  
 New Jersey Health Initiatives Program of Robert Wood Johnson Foundation  
 State of New Jersey, Department of State, Office of Faith Based Initiatives  
 New Jersey State Council on the Arts/Department of State  
 Gilead Sciences, Inc.

## Contributors

### \$5,000 & up

#### (Partners)

Coby Electronics Corp.  
 LG Electronics USA  
 Locus Telecommunications, Inc.  
 Oxford Health Plan  
 Sack Dong Members  
 WOORI America Bank  
 Yoon, Doug-Jin, Esq.

### \$1,000 - \$4,999

#### (Sponsoring Friend)

Chang, Kyle  
 Cho, Il Whan/Soon Ja  
 Choi, Connie M.  
 Choi, Hyung Kee  
 Chong, Byong Sub  
 Chu, Jai Ock, M.D.  
 H Mart  
 Hong, Tai Sun  
 Hope Presbyterian Church  
 Justin Hosoon Shin  
 Kim, Chee Gap, M.D.  
 Kim, Chun Sop  
 Kim, Dong Hwan  
 Kim, Hyung Soo  
 Kim, Jongoon  
 Kim, Jung Bok  
 Kim, Sookhye  
 Kim, Sue  
 Kwak, Dong M., M.D.  
 Lee, Daisy  
 Lee, Soo Duk, M.D.  
 Lim, Sung Min  
 Ma, Dong M., M.D.  
 Ma, Kye-Eun, M.D.  
 Moon, Woo  
 New Jersey Medical Group  
 New York Life Insurance  
 Park, Hae-Bong  
 Pascack Valley Hospital  
 Shim, David J.  
 Sim, Peter  
 Song, Michelle  
 Woo, Hee-Taek, CPA  
 Yang, Jaechon

### \$500 - \$999

#### (Contributing Friend)

Baik, Hyun S.  
 Chang, Ja Sung  
 Cho, ChaiDong, M.D.  
 Choi, Kyung Hee  
 Choi, Myung Joo  
 Choi, Young Sook  
 Chung, Hae Yang, M.D.  
 Chung, Un Ye  
 Ha, Kwang Boon  
 Han Kook Florist Inc  
 Jeon, Matthew  
 Joh, Howard  
 Kang, Corona  
 Kang, Young Hee  
 Kim, Andrew Y.  
 Kim, Christina  
 Kim, Eun Young  
 Kim, John S., M.D.  
 Kim, Jung Pil  
 Kim, Peter  
 Kim, Song Pill  
 Kim, Steve, DDS  
 Kim, Young Kil  
 Korean Cultural Service NY  
 Kwak, Whan  
 Kwon, Jin Suk  
 Lee, David W., M.D.  
 Lee, Fred, M.D.  
 Lee, Kim P.  
 Lee, S. Howard, M.D.  
 Lee, Sun Hee, M.D.  
 Ok, Francis  
 Pak, Kang Rok  
 Park, Chong Ho  
 Song, Ho Jung, C.A  
 Song, MI  
 Yip, JungYi  
 Yoon, Hang J.& In H., M.D.

### \$200 - \$499

#### (Sustaining Friend)

Ahn, Jung Whan, M.D.  
 Ahn, Soon Taek  
 Auh, Yong Ho, M.D.  
 Baik, Sunny  
 Ban, Kye Ok  
 Cha, James  
 Cha, Yoon Ja  
 Chang, Jeong Sook  
 Chang, Linda  
 Chang, Song  
 Cho, Byung Chang  
 Cho, Dong Wook, M.D.  
 Cho, Kyunghee C., M.D.  
 Cho, Susan  
 Choe, Suyeong  
 Choi, Henry  
 Choi, Jong Sik  
 Choi, Kyung Nam  
 Choo, Danny  
 Choo, Michael  
 Choo, Yang Hyae  
 Chun, Charlene  
 Chun, Yoon Taek, M.D.  
 Chung, Chung-Taik, M.D.  
 Chung, Dae Syk, M.D.  
 Chung, Hyun S.  
 Gungormez, Erol  
 Hahn, Yong Sik  
 Han (O'Toole), Young Ok  
 Hong, John S.  
 Hong, Kay Y., M.D.  
 Huh, Sun Haeng, M.D.  
 Jeung, Diane  
 Juhn, Eunice  
 Jung, Soo Ryun  
 Jung, Taehee  
 Kang, Hyo Kyung  
 Kang, Keum Sang  
 Kang, Soon Jon  
 Kang, Sung S  
 Kang, Yung Jin, DM.D  
 Kang-Lee, Erica, M.D.  
 Kim, Christine S  
 Kim, Davina T.  
 Kim, Edward

Kim, Hee Sun  
 Kim, HyunSook  
 Kim, Jae Y.  
 Kim, Ja-Hyang  
 Kim, Keunoh  
 Kim, Kimball  
 Kim, Seongwon  
 Kim, Yannie Lee  
 Kim, Yong Hee  
 Kim, Young Y. Maria  
 Kim, Zung Wan, M.D.  
 Koo, Sue Im  
 Lee, Clinton Sangmin  
 Lee, Elizabeth  
 Lee, Hans  
 Lee, Hyun Jung  
 Lee, Jay D.  
 Lee, Jemma  
 Lee, Jin Ho  
 Lee, Kun Y  
 Lee, Nancy  
 Ma, SongHui, M.D.  
 Min Bae, Jae Y.  
 Mok, In Ja  
 Myung, InSun  
 Paik, Hak Joo  
 Park, Bong Hee  
 Park, Charles  
 Park, Charles  
 Park, In Kyung  
 Park, Jeong Im  
 Park, Pong Sun  
 Park, Thomas  
 Rhee, Yon Sin  
 Seo, Eun Ok  
 Song, Kil C., CPA  
 Sun, Sung Wook  
 Um, Young Ok  
 Woo, In Hi  
 Yi, Kil J.  
 Yi, Yong Soon  
 Yim, Jung Ja/Moon Bin  
 Yim, Jung Sun  
 You, Shirley  
 You, Shirley  
 Yun, Jin Yon

# Board of Trustees

## Officers

Lee, S. Howard, M.D., Chairman  
 Ma, Kye-Eun, M.D., President  
 Lee, Keon Sook, Vice President  
 Choi, Kyung Hee, Vice President  
 Ha, Kwang Boon, Treasurer  
 Yoon, Doug-Jin, Ph.D., Esq., Secretary

## Trustees

Chu, Jai Ock, M.D.	Lee, Kenneth, MBA, CPA
Kim, Chee Gap, M.D.	Lee, Soo Duck, M.D.
Kim, Dong Hwan	Lee, Moon Hi, M.D.
Kim, Hyung Soo	Lee, W. Paul
Kim, Jongoon	Ma, Dong M., M.D.
Kim, Ki Young	Song, Ho-Jung, C.A.
Kwak, Dong Myung, M.D.	Yoon, K. Paul, Ph.D.

## Membership

Our programs and services would not be possible without the generous support of our 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 the 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 our 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 our 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' 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](http://www.fgskcc.org)



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

Non-Profit Org.  
U.S. Postage  
**PAID**  
Fort Lee, NJ  
Permit No. 100

**TO :**

