

# 2008 ANNUAL REPORT



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

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

## FGS Korean Community Center

### Mission Statement

Our mission is to promote healthy and independent living for all individuals, especially in their golden years. 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

- Information and Assistance for Health Care and Social Services
- Prevention and Management of Chronic Diseases
- Care Management Program for Homebound Frail Elderly

#### Wellness Center

- Open Seminars
- Adult Classes for Continuing Education
- Children and Youth Program
  - Classes for Art Music
  - Young People's Night
  - Orchestra and Chorus
  - Art Contest
- Art Gallery

### FGS KOREAN COMMUNITY CENTER

#### Senior Living Project

Retirement Housing and Related Services

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# President's Message



Dear Friends and Members,

The year 2008 was another memorable year in the history of FGS! We have finally opened the HealthCare Resource Center after a year-long construction and renovation. Linking Wellness Center and HealthCare Resource Center together, FGS is getting closer to achieving its primary goals in promoting healthy lifestyles and early detection of chronic diseases for the community. All of us at FGS are very excited to begin a new era. The year 2008 has brought many changes within the organization, not only in increased membership enrollment, but its revenues (\$50,000 in 2000 to \$1,000,000 in 2008) and its physical space (1000 sq. ft. in year 2000 to 20,000 sq. ft in year 2008).

Our annually-held special events have been firmly established with improved quality and increased community participation. Followings are the highlights of the year 2008:

1. In February, the 3rd annual Young People's Night was held under the title "Different Path to Success." 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 were actively involved in finding a role model and developing networking opportunities.
2. In April, the 2nd annual fund raising gala dinner was held with a great success celebrating its 8th anniversary. Jeffery Lee, President & CEO of Shinhan Bank America was invited as a keynote speaker and Michael Ahn, President & CEO of LG as a Honorary Chair. Dr. Bai Lee, President of Lee & Yum Foundation was selected as a gala honoree. Dr. Ho-Jung Song and Keon Sook Lee were appreciated for their distinguished commitment to the organization as board members. Hae-Bong Park, Hai Kyung Lee, and Oku N. Kim were the recipients of the Volunteer Awards.
3. In May, a Grand Opening Ceremony for our HealthCare Resource Center was held participated by many guests and friends giving us the opportunity to serve the community's health care in a more comprehensive and professional manner.
4. In May, the 4th annual art contest for children was a big success with a participation of 120 children, from preschool to elementary school ages. This year's title was "With My Friends". Sally Hwang, a 2nd grader, received the grand prize. In June, KCC Youth Orchestra and Chorus held a summer concert for the community with a great success.
5. In July, a \$300,000 diabetes grant from NJ State, Department of Health and Senior Services, Office of Minority and Multicultural Health was renewed for the next three years. In September, Heather Howard, Commissioner of Health and Senior Services, and Linda Holms, Director of Minority and Multicultural Health, visited our center celebrating Minority Health Month with the Korean American community.
6. In August, a Fashion Show was held under the title "Diva's Fashion Show". Past fashions from the period from 1950 to 1980 were replicated and modeled under the direction of Sei Ryun Chun and Susan Park. Our FGS senior members participated as "senior fashion show models" in the event and was popular with all ages. In October, the 3rd annual Korean Traditional Dance and Music night was held with the support from the NJ State Council on the Art and Korean Cultural Service NY. Our FGS members were trained throughout the year under the direction of Taehee Jung, Art director and Korean dance instructor, for this community performance.
7. In November, FGS Saek-Dong Senior Council members held a fund raising bazaar. We also gave the flu vaccination to those who came to the bazaar. The first Appreciation Dinner for the FGS Honor Society was held to thank and recognize all the contributors who contributed from 2005-2008. In December, a Year-End party was held inviting all community members from youth to seniors to our center.

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

Sincerely,

A handwritten signature in dark ink, appearing to read "Kye-Eun Ma".

Kye-Eun Ma, M.D.  
FGS President



# Services and Programs

Services and programs are continuously updated and expanded through HealthCare Resource Center, Wellness Center and Senior Living Project, in order to achieve our mission.

## HealthCare Resource Center

1. Information and Assistance for Health and Social Services
2. Prevention and Management of Chronic Diseases
3. Care Management Program

## Information and Assistance for Health and Social Services

Monthly seminars for mental health, parents, social services, medical and health information are held inviting all community members and providers. 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.





# Services and Programs

## Prevention and Management of Chronic Diseases

FGS strongly believes that prevention and early detection of chronic diseases is the first step to healthy and independent living. FGS also promotes healthy lifestyle modification. 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 twice a month with the clinical support from Englewood Hospital and retired health care professionals (2nd Sunday at local churches and 4th Mondays at the center). In 2008, 1,168 individuals received the services. About 40% of all screened were found to have either or all of diabetes, hypertension, and high cholesterol. Half of those were not aware of their condition.

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 777 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.





# Services and Programs

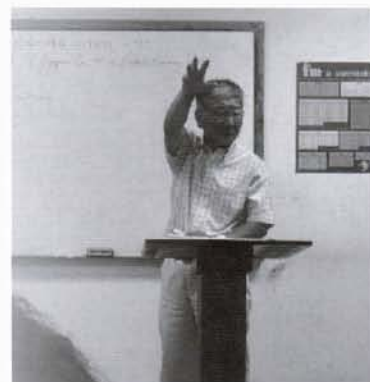
## Wellness Center

1. Open seminars and classes for members
2. Adult Classes for Continuing Education
  - Exercise and Dance
  - Art and Music
  - English and Computer
3. Children and Youth Programs
  - Art and Music Classes
  - Young People's Night
  - KCC Chamber Orchestra and Chorus
  - Art Contest
4. Art Gallery



## Open seminars and classes for members

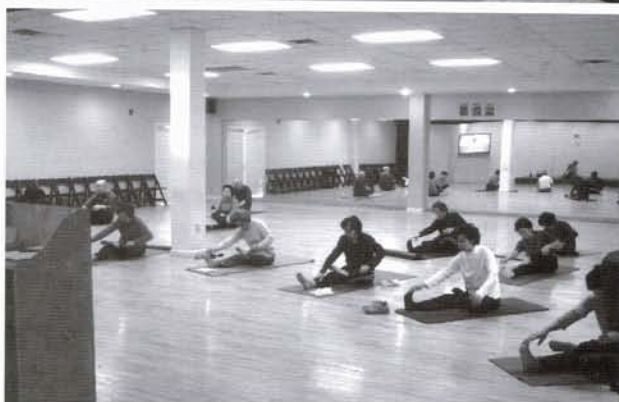
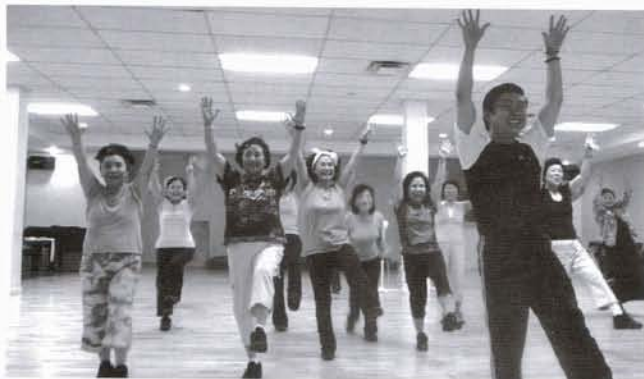
Free seminars and lectures are offered to our members  
Retirement asset management, Senior exercise, Healthy cooking, Karaoke,  
Current events, World history, All about Wines, Far East cultures, Neighbor  
history, American history, Singing.



# Services and Programs

## Adult Classes for Continuing Education

**Various exercise and dance classes** are offered daily at a low affordable cost -e.g., health exercise, dung-du-koong, wellbeing exercise, yoga, line dance, ball room dance, Korean traditional dance. It is shown that seniors who have regularly participated in their daily exercise regiment programs remain healthy in their 70's and 80's enjoying their healthy and independent living.



**English and Computer classes** are offered - e.g., Survival English, Active English, Free senior computer classes, Internet I and II, Computer I, II, III, Digital Camera, CD, Word, Excel, Power Point.





# Services and Programs

**Special art and music classes** are offered to members who are interested in continuing education to improve their quality of life - e.g., drawing, water painting, oil painting, oriental brush painting, quilt, ceramics, special cooking, Korean music and dance.





# Services and Programs

## Children and Youth Programs

After-school art and music classes for children - e.g., drawing, craft, painting, ceramics, piano.



**Children's Art Contest** is held annually in May and the selected artworks are exhibited in our gallery afterwards.



대상 / 황해연



금상 / 윤재영



금상 / 김채연





# Services and Programs

**Young People's Night** is held annually in February - High school students participate in a planning committee which meets regularly throughout the year.



**KCC Chamber Orchestra and Chorus** holds summer and winter concerts. Annual audition days are held to select members.

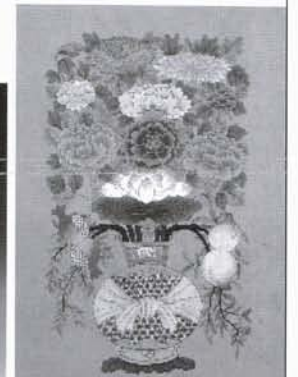
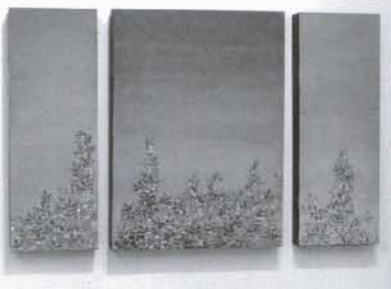




# Services and Programs

## Art Gallery

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



## Senior Living Project

FGS is continuing to plan and develop our dream of achieving one of our long-range goals of building a retirement housing facility and related necessary services for our aging members.

1. Senior Housing
2. Transportation Services
3. Nutritional and Lunch Program
4. Friendly Visitor and Counseling for Caregiver Program







# 2008 Events



**Gala 2008**  
on April 5, 2008



**Grand Opening of HealthCare Resource Center on May 1, 2008**







## Senior Fashion Show on August 7, 2008



## NJ State Health and Senior Services Commissioner(Heather Howard) visits FGS on September, 18, 2008



## Honor Society Appreciation Dinner on November 14, 2008





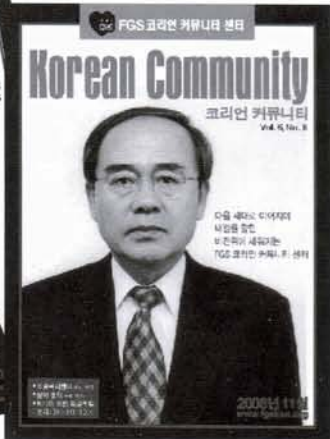
# Korean Traditional Dance and Music Performance on October 18, 2008



## Fund Raising Bazaar on November 1, 2008



## 2008 "Korean Community" Magazine





# Financial Statement

FRIENDS OF GRACE SENIORS, INC.  
STATEMENT OF FINANCIAL POSITION ("Unaudited")  
December 31, 2008

Assets: Cash and cash equivalents	\$ 56,698
Automobile, net	5,391
Leasehold improvement, net	220,235
Security deposit	22,000
<b>Total assets</b>	<b>\$ 304,324</b>
Liabilities and Net Assets:	
Liabilities:	
Accrued expenses	\$ 13,500
Payroll taxes payable	8,072
Bank loan payable	18,000
Line of credit payable	50,000
Security deposit payable	8,000
	97,572
Net Assets:	
Unrestricted	206,752
<b>Total liabilities and net assets</b>	<b>\$ 304,324</b>

FRIENDS OF GRACE SENIORS, INC.  
STATEMENT of ACTIVITIES ("Unaudited")  
for the Year Ended December 31, 2008

	Unrestricted	Temporarily Restricted	Total
<b>SUPPORT AND REVENUE:</b>			
Contributions	\$ 465,870	\$ -	\$ 465,870
Membership income	22,538	-	22,538
Fund-raising activities	34,064	-	34,064
Grants	-	203,508	203,508
Class fees	143,793	-	143,793
Program fees	-	116,064	116,064
Advertisement income	11,620	-	11,620
Other income	2,287	-	2,287
Net assets released from restrictions:			
Satisfaction of program restrictions	319,573	(319,573)	-
<b>Total support and revenue</b>	<b>999,745</b>	<b>-</b>	<b>999,745</b>
<b>EXPENSES:</b>			
Program services	75,341	-	75,341
Fund-raising activities	41,000	-	41,000
Supporting services:			
General and administration			
Advertising	9,595	-	9,595
Auto expense	216	-	216
Auto insurance	2,302	-	2,302
Bank service charge	708	-	708
Commission	4,585	-	4,585
Conference and meeting	2,731	-	2,731
Depreciation, amortization and special allowance	56,761	-	56,761
Dues and registration fee	250	-	250
Equipment rental and maintenance	16,976	-	16,976
Honorarium	25,284	-	25,284
Insurance	8,498	-	8,498
Interest	3,850	-	3,850
Miscellaneous	143	-	143
Office supplies and expense	5,304	-	5,304
Payroll taxes	32,132	-	32,132
Postage and shipping	2,083	-	2,083
Printing and publications	13,910	-	13,910
Professional fees	13,624	-	13,624
Rents	265,000	-	265,000
Repair and maintenance	23,389	-	23,389
Salaries & wages	299,739	-	299,739
Telephone	5,617	-	5,617
Utility	36,844	-	36,844
<b>Total expenses</b>	<b>945,884</b>	<b>-</b>	<b>945,884</b>
<b>CHANGES IN NET ASSETS</b>	<b>53,861</b>	<b>-</b>	<b>53,861</b>
<b>NET ASSETS, BEGINNING OF YEAR</b>	<b>152,891</b>	<b>-</b>	<b>152,891</b>
<b>NET ASSETS, END OF YEAR</b>	<b>\$ 206,752</b>	<b>\$ -</b>	<b>\$ 206,752</b>

# Grants & Contributors

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 Health Initiative Program of Robert Wood Johnson Foundation  
 New Jersey State Council on the Arts

## \$5,000 and up

Chodae Presbyterian Church of NJ  
 Denver Foundation  
 Englewood Hospital  
 Holy Name Hospital  
 Korean American Medical Association  
 Locus Communication  
 Lee & Yum Foundation  
 LG Electronics  
 Samsung Electronics  
 Shinhan Bank America  
 Woori America Bank  
 Chi, Augustine  
 Hong, Mun Kyung, M.D.  
 Lee, Sun Ja  
 Shin, Elisa  
 Shin, Justin Hosoon  
 Won, SunHee Diane

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

BankAsiana  
 Hope Presbyterian Church  
 Long Life  
 New Jersey Medical Group  
 The NY Community Trust  
 Matching Fund  
 Seoul Shik Poom, Inc.  
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 Chong, Michael K., Esq.  
 Chu, Jai Ock, M.D.  
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 Huh, Sun Haeng, M.D.  
 Hyun, Young Soon  
 Kang, Corona  
 Kang, Soon Jon  
 Kang, Thomas  
 Kim, Chee Gap, M.D.  
 Kim, Christina, Ph.D.  
 Kim, Daniel, M.D.  
 Kim, Hyung Soo  
 Kim, Ja-Hyang, MSW

Kim, James (Taein)  
 Kim, Jongoon  
 Kim, Jung Doo, Rev.  
 Kim, Jung Pil  
 Kim, Kimball  
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 Kim, Spencer H.  
 Kim, Stanley, M.D.  
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 Kim, Young Kil  
 Ko, Young Min, Esq.  
 Kwon, David O.  
 Lee, Daniel  
 Lee, Inuk  
 Lee, Kang Mun  
 Lee, S. Howard, M.D.  
 Lim, Christopher  
 Ma, Kye-Eun, M.D.  
 Moon, Woo, M.D.  
 Nam, Hijo  
 Park, Chang Jo, M.D.  
 Park, Fa  
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 Park, John C.  
 Park, Sun, M.D.  
 Shim, David J.  
 Son, Jaesung  
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 Song, Ho Jung, C.A.  
 Song, Michelle  
 Woo, Hee-Taek, CPA  
 Yoon, Doug-Jin, Esq.  
 Zajkowski, Deborah K.

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 Byun, Kye Z.  
 Cha, Juhong Joseph, Esq.  
 Chang, Ja Sung  
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 Cho, Dong Wook, M.D.  
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 Park, Bong Hee  
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 Auh, Yong Ho, M.D.  
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 Yoon, Eunsu  
 Yoon, Seunghwa  
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 Yu, Soon J.  
 Zalavsky, Ella



# 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 or religion. There are two kinds of membership: Friend and Member.

## Friend

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

## Member

Individual over 18 years of age pays annual dues and receives the basic membership benefits.

## Basic Membership Benefits

1. Receives bi-monthly magazines "Korean Community."
2. Receives free or discounted class fees at the Wellness Center.
3. Receives credit points which can be accumulated throughout the years as long as they maintain their active membership status. (Maximum 4 points per year) Credit points could be applied to special discounts in program fees and priorities in participating in programs and services as determined by the President. One bonus point is added at the renewal of membership.
4. Receives additional credit points by serving as a volunteer. (Maximum 4 points per year)
5. Receives discounts from businesses sponsoring FGS mission.

*Sincere Thanks  
to  
all businesses  
who offer  
discounts (10%)  
to  
our members.*



감나무굴



Coser



Hosiery Plus



동아리



If



한양마트



무궁화



보물잔치집



Pho32



K. Fine Art Studio



Cafe Savoy



산촌



산마루



고운떡잔치집

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Huh, Sun Haeng, M.D.	



## Thanks to Members and Volunteers





# Friends of Grace Seniors(FGS) Korean Community Center

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The FGS' inception was brought about by a group of motivated seniors who saw the increasing needs of the immigrants and families of a community center where they can come to share and learn, and a senior housing for retiring seniors. 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 people of community 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 at the same time learn to become healthier in body, mind and spirit.

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) tax exempt status from the Internal Revenue Service. 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, NJ. In 2004, it expanded to a newly renovated program and service center (Wellness Center) of 15,000 sq. ft. space in Englewood, NJ realizing its long-held dream of creating a Korean Community Center. In 2008, FGS has opened an additional 5,000 sq. ft. space of Healthcare Resource Center, a one-stop convenience center providing healthcare and social services. Linking Wellness Center and Healthcare Resource Center together, FGS is reaching closer to its goals in promoting healthy lifestyles and early detection of chronic diseases for the community. FGS has grown to become a strong community organization recognized by wider communities at both local and state levels, offering comprehensive and professional services and programs to address the needs of the entire community members including children and youth.

The FGS' operating fund is 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

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