

2009 ANNUAL REPORT



**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 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

- Prevention and Management of Chronic Diseases
- Care Management Program for Homebound Frail Elderly
- Community Education and Information for Health, Legal, and Social Services

Wellness Center

- Adult Classes for Continuing Education
- Children and Youth Program
- Art Gallery

FGS KOREAN COMMUNITY CENTER

Happy SeniorLife Center

- Senior Program
- Group Tours
- Housing and Related Services

Career Resource Center

- ESL, Computer, Citizenship Preparation and Job Training Classes
- Information & Assistance for Internship and Student Community Services
- Family Crisis Helping Hand

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President's Message



Dear Friends and Members,

The year 2009 was another special year in the history of FGS in spite of an historic economic downturn in the U.S. economy! We have successfully grown through the past 10 years, marking our 10th anniversary with the growth of 20 times in terms of our budget and programs since its inception in 2000. Our original focus was to provide programs for the seniors but we have successfully reached out to serve not only the seniors, but also individuals of all generations by establishing Career Resource Center and Happy SeniorLife Center in 2009 in addition to our HealthCare Resource Center and Wellness Center. We are committed to provide programs and services that cater to the needs of the entire Korean American community. To highlight, we made an agreement with Englewood Hospital and Medical Center for FGS to work as a Korean Liaison to serve Korean

American patients in the Hospital and to assist outreach efforts to improve health care of Korean American Community. In addition, we have launched a long term capital fund campaign to build our own state of art community center.

Followings are the highlights of the year 2009.

1. On February 21, the 4th annual Young People's Night was held under the title "From Pressure To Future." 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. KCC Youth Chamber Concert and Chorus was held on Feb. 7 at our center and June 21 at the Auditorium of Englewood Hospital. The 5th annual art contest for children was a big success with a participation of 200 children, from preschool to elementary school ages on May 2. This year's title was "Wheel the Wheels".
2. On March 7, an annual fund raising gala dinner was held with a great success celebrating its 9th anniversary. Dr. Bai O. Lee, president of Lee & Yum Foundation was invited as a keynote speaker and Kyou Hoi Oh, President & CEO of Woori America Bank as a Honorary Chair. Senator Kevin J. O'Toole and Mayor Jun H. Choi were the recipients of the Appreciation Awards and Byung-Kwon Ahn and Seok Koo Lee were the recipients of the Volunteer Awards. We also had a fund raising golf outing on October 14 at NY County Club.
3. The Korean American Community Forum was developed and implemented. The 1st forum was held on April 16 with the title "American Public Education System," the 2nd Forum on "American Legal System" (May 21), and the 3rd Forum on "Health Insurance of all ages" (July 16).
4. We received one year grant to help low income children and family to join an affordable health insurance, NJ Family Care, and helped many families to receive health insurance. On September 26, Health Fair was held at Englewood Hospital to celebrate a minority health month.
5. On October 17, the 4th annual Korean Traditional Dance and Music night was held at an auditorium of Englewood Hospital with the support from the NJ State Council. Our FGS members trained and performed under the direction of Taehee Jung, Art director and Korean dance instructor, for this community performance.
6. On October 31, FGS Saek-Dong Senior Council members held a fund raising bazaar. On October 20, the first Appreciation Luncheon for the government officials and politicians was held to thank and recognize their dedication to the community.

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 bringing all the people of the community together.

Sincerely,



Kye-Eun Ma, M.D.
FGS President

Services and Programs

Services and programs are continuously improved and expanded through our four centers - HealthCare Resource Center, Wellness Center, Career Resource Center and Happy Senior Life Center - in order to achieve our mission.

HealthCare Resource Center

1. Prevention and Management of Chronic Diseases
2. Care Management Program for Home Bound Frail Elderly
3. Community Education and Information for Health, Legal, and Social Services

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 three times a month with the clinical assistance from Englewood Hospital and retired health care professionals (2nd Sunday at local churches, 2nd Thursdays and 4th Mondays at the center). In 2009, 1,507 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 498 visits were served.

Services and Programs

Care Management Program for Home Bound Frail Elderly

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.



Community Education and Information

Monthly seminars for mental health, 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. Community Forums were also developed and implemented by inviting professionals of specific fields. This year's topics were Public Education System, Legal System, Health Insurance.



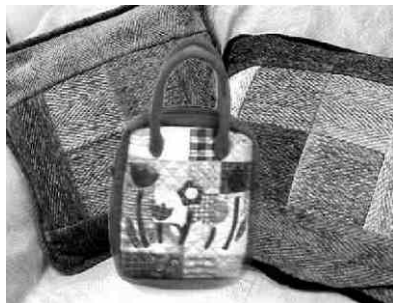
Services and Programs

Wellness Center

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

Adult Classes for Continuing Education

- Various exercise and dance classes are offered daily at a low affordable cost - e.g., Sundo, Dung-du-koong, Line Dance, Yoga, Tai chi, Ball room dance, Latin dance, Korean traditional
- Special art classes are offered to members who are interested in improving and enhancing their creativity in arts - e.g., drawing, water painting, oil painting, oriental brush painting, ceramics, Korean traditional minwha, calligraphy.
- Various cooking classes are offered for special occasions and healthy cooking.



Services and Programs

Children and Youth Programs

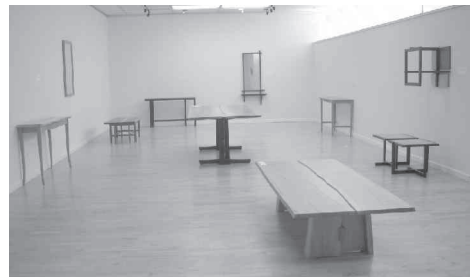
- After-school art and music classes for children - e.g., drawing, craft, painting, ceramics, piano, lego
- Children's Art Contest is held annually in May and the selected artworks are exhibited in our gallery afterwards.
- Young People's Night is held annually in February - High school students participate in a planning committee which meets regularly throughout the year.
- KCC Youth Chamber Orchestra and Chorus is held bi-annually - Members are selected through audition process and meet weekly for practice.



Services and Programs

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.



Services and Programs

Happy SeniorLife Center

The center is opened to help seniors who are retired or are preparing to retire. Its primary goal is to help them to explore opportunities of building a "new" family and "new" life of adventure through exciting programs. The Center will further encourage seniors to become independent and self-sufficient members within the community. In addition, the center provides 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 are 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.



Group Tours

Group tours are planned regularly to encourage seniors to plan ahead.

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.



Services and Programs

Career Resource Center

The center is newly opened to help career seeking individuals to enhance their skills and find job opportunities.

1. ESL, Computer, Citizenship Preparation and Job Training Classes
2. Information & Assistance for Internship and Student Community Services
3. Family Crisis Helping Hand



ESL, Computer, Citizenship Preparation and Job Training Classes



- ESL Classes are offered in various levels. - ESL I, II, III, IV

- Computer classes are offered from beginners to advanced students - Internet I and II, Computer I, II, III, Digital Camera, CD, Word, Excel, Power Point.



- Citizenship Preparation Classes for English and Civic information
- Job Training Classes (in development)

Information & Assistance for Internship and Student Community Services

Provide counseling services to high school students to find internship and community services to help their future career development

Family Crisis Helping Hand

This program is run by experienced volunteers to assist individuals in crisis, e.g. loss of spouse, cancer in family.



Gala 2009 on March 7, 2009



2009 Special Events





Health Fair on September 26, 2009



Special Events 2009



Fund Raising Golf Outing on October 14, 2009





Korean Traditional Dance and Music Night on October 17, 2009



Appreciation Luncheon on October 20, 2009



Special Events 2009

Fund Raising Bazaar on October 31, 2009



2009 "Korean Community" Magazine



Financial Statement

FRIENDS OF GRACE SENIORS, INC.
STATEMENT OF FINANCIAL POSITION ("Unaudited")
December 31, 2009

Assets:		
Cash and cash equivalents	\$	93,109
Automobile, net		3,616
Leasehold improvement, net		201,255
Security deposit		22,000
Total assets	\$	319,980
Liabilities and Net Assets:		
Liabilities:		
Accrued expenses	\$	2,627
Payroll tax payable		10,223
Bank loan payable		6,000
Line of credit payable		50,000
Security deposit payable		8,000
		76,850
Net Assets:		
Unrestricted		243,130
Total liabilities and net assets	\$	319,980

FRIENDS OF GRACE SENIORS, INC.
STATEMENT of ACTIVITIES ("Unaudited")
for the Year Ended December 31, 2009

	Unrestricted	Temporarily Restricted	Total
SUPPORT AND REVENUE:			
Contributions	\$ 395,196	\$ -	\$ 395,196
Membership income	27,614	-	27,614
Fund-raising activities	12,898	-	12,898
Interest income	125	-	125
Grants		198,990	198,990
Class fees	219,385		219,385
Program fees		141,966	141,966
Advertisement income	49,810		49,810
Other income	10,356		10,356
Net assets released from restrictions:			
Satisfaction of program restrictions	340,956	(340,956)	-
Total support and revenue	1,056,340	-	1,056,340
EXPENSES:			
Program services	130,676	-	130,676
Supporting services:			
General and administration			-
Advertising	27,655	-	27,655
Auto expense	460	-	460
Auto insurance	1,754	-	1,754
Bank service charge	328	-	328
Conference and meeting	3,577	-	3,577
Credit card processing fee	2,068	-	2,068
Depreciation, amortization and special allowance	20,755	-	20,755
Equipment rental and maintenance	1,543	-	1,543
Honorarium	77,886	-	77,886
Insurance	9,002	-	9,002
Interest	2,751	-	2,751
Miscellaneous	3,733	-	3,733
Office supplies and expense	6,828	-	6,828
Payroll taxes	30,071	-	30,071
Postage and shipping	4,847	-	4,847
Printing and publications	26,427	-	26,427
Professional fees	18,026	-	18,026
Rents	250,000	-	250,000
Repair and maintenance	20,711	-	20,711
Salaries & wages	333,372	-	333,372
Telephone	4,784	-	4,784
Utility	42,708	-	42,708
Total expenses	1,019,962	-	1,019,962
CHANGES IN NET ASSETS	36,378	-	36,378
NET ASSETS, BEGINNING OF YEAR	206,752	-	206,752
NET ASSETS, END OF YEAR	\$ 243,130	\$ -	\$ 243,130

Grants & Contributors for 2009

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

Englewood Hospital
Lee & Yum Foundation
LG Electronics USA
Locus Telecommunication
Samsung Electronics
America, Inc
Woori America Bank
Chang, Seung Koo
Lee, Jemma
Shin, Elisa
Yoon, Seunghwa

Kim, Hyung Soo
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Kim, Stanley, M.D.
Kim, Tae In
Kim, Young Kil
Ko, Young Min, Esq.
Kwon, Jin Suk
Kwon, Joong Gab
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Lee, Michelle H.
Lee, S. Howard, M.D.
Lee, Chi Il, M.D.

Ma, Dong M., M.D.
Ma, Joon H
Ma, Kye-Eun, M.D.
Min, Dae Ki
Min, June J.
Moon, Sook Young
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Park, Hyun J, DPT
Park, John C.
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Park, Timothy
Park, Wonil, M.D.
Song, Ha San
Song, Kum Ju
Suh, Jeffrey, Ph.D
Suh, Michael
Won, SunHee Diane
Woo, Hee-Taek, CPA
Yoon, Doug-Jin, Esq.

\$1,000 - \$4,999

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Chodae Community
Church, NJ
Hope Presbyterian Church
Korean American
Medical Association
New Jersey Medical Group
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Cho, Il Whan
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Choi, Hank And Hannah
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Juhng, Soon Yang
Kang, Thomas
Kim, Andrew Y.
Kim, Chee Gap, M.D.
Kim, Christina, Ph.D
Kim, Christopher
Kim, Daniel, M.D.
Kim, Doojo
Kim, Helen

\$500 - \$999

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Ahn, Young Sook
Auh, Yong Ho, M.D.
Bang, Ryo Sook
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Chang, Ja Sung
Cho, Henry, Rev.
Choi, Ho Kyoo
Choi, Kwang Thomas
Choi, Kyung Hee
Choi, Mike J., M.D.
Chun, Sungrak
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Chung, Ji Young
Chung, Keun Sam, M.D.

Chung, Young K
Ha, Yong Hwa
Han, Youngsik
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Nahm, Chung. C
Oh, Soon Hyun, M.D.
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\$200 - \$499

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Ahn, Jung Whan, M.D.

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Byun, See Ja
Cereste, Saverio V., Esq.
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Chun, Charlene
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Elamir, Mazhar
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Hong, Kay Y., M.D.
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Hong, Ok ja
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Park, Song
Park, Youngja L.
Rhee, Soojin
Shin, Daniel
Song, Michelle
Song, Nami
Suh, Kun Sik
Sunew, Kenneth
Uhm, Young Ok
Yi, Yong Sun
Yim, Joan Junghee
Yim, Jung Ja
Yip, JungYi
Yoo, Hey Y.

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

An 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

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

Basic Membership Benefits

1. Receive a bi-monthly magazine "Korean Community."
2. Receive discounts on class fees.
3. Receive credit points which can be accumulated throughout the years as long as they maintain their active membership status. 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. One bonus point is added at the renewal of membership.
4. Receive additional credit points by serving as a volunteer. (Maximum 8 points per year)
5. Receive discounts from local stores and businesses who are sponsoring FGS mission.

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

United Worldwide Express
Englewood (201-568-8022)

Ezer Gift Shop
Fort Lee (201-242-1140)

Nissi Stationery(Morning Glory)
Leonia (201-461-7780)

Columbia Autobody
Palisades Park (201-943-5495)

Pawana Tai Restaurant
Englewood (201-227-7484)

School Zone
Palisades Park(201-947-2051),
Fort Lee (201-944-4888)



감나무골



Cafe Savoy



Hosiery Plus



무궁화



If



한양시장



보물잔치집



Pho32



K. Fine Art Studio



산촌



산마루



고운떡잔치집

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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 a need for a center for Korean American immigrants and families that provides a place of sharing and learning, and senior housing for retiring 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 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, New Jersey. In 2010, FGS has grown 20 times in its space and program, and has been able to provide programs and services to meet the needs of the entire Korean American Community from children to seniors by establishing Health Care Resource Center, Wellness Center, Career Resource Center, and Happy Senior Life Center. Linking these four program and service 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 the mission.

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

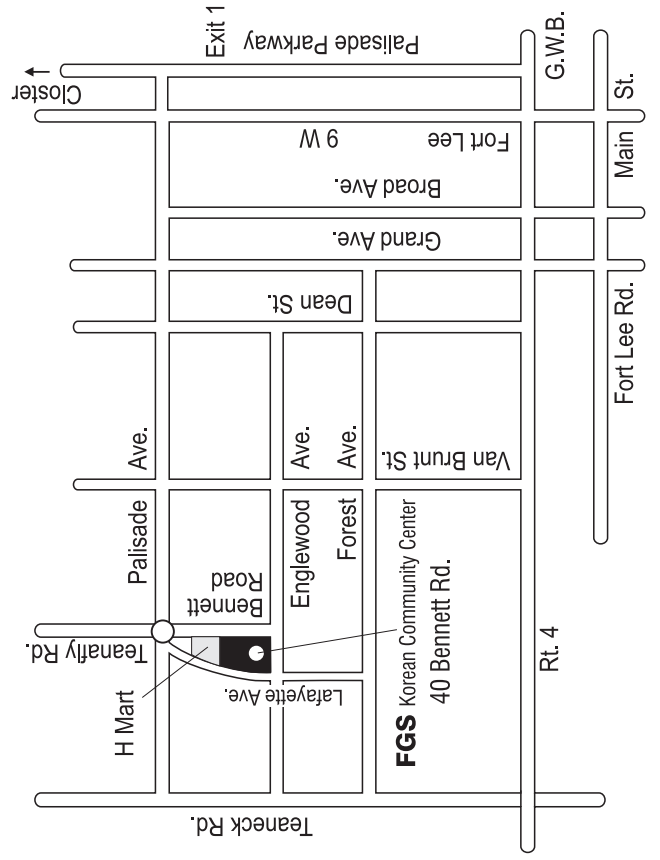




FGS Korean Community Center
Friends of Grace Seniors, Inc.
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FGS Korean Community Center



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