

The Mission Statement

To help the individual and the Community through professional Counseling, Social welfare services, Cultural and educational programs For Asian families, men and Women according to the spirit of Christianity.

Asian Women's Christian Association

AWCA

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Celebrating the 25th Anniversary of the AWCA Family Service Center

Executive Director Mi Kyung Je

The inspirational music of the piano filled the air and embraced all those present at the Home Concert to celebrate the 25th anniversary of the AWCA Family Service Center. Moved by the music and the occasion, the entire audience unified from a pure and innocent place in their hearts. This abundance of happiness continued to overflow throughout the concert.

From the first worship service held to mark the opening of the AWCA Family Service Center to the Home Concert celebrating its 25th anniversary, the Family Service Center has been fulfilling the mission of the AWCA by providing professional counseling to promote the psychological, mental and emotional well-being of numerous individuals and the entire community. This has been only possible because of the endless contribution of valuable time and resources by so many generous individuals. As though it was part of the original plan, these indispensable supporters have been led to the door of the Family Service Center at every moment of need. In hindsight, it is as if we all have been part of a small miracle.

The Home Concert, held on June 5, 2014 to mark the 25th anniversary of the Family Service Center, is the latest of such small wonders. The Home Concert was organized with the specific goal of hiring an additional counselor to expand the capacity of professional mental health services. For this single event, AWCA Board Members, staff and especially the volunteers for the Grace Hotline spared no effort. Also, the concert would not have been possible without the talented artists Min Kwon and the CME performers, Carl Bolleia, SooYeon Cho and Erikson Rojas, who inspired the audience with their compassion. Dr. Taewon Moon and Dr. Hwa-Young Kim generously opened their lovely home, and Yoon & Icon Events made the concert an experience to remember with their exquisite staging and decorations. The last actor to our small miracle was no other than the audience, who donated their valuable time to the cause for a healthier community.

The Home Concert successfully raised a total of \$ 22,000. Though this



amount is not enough to hire a professional counselor, I have faith that just as in the past and proven time & time again, somehow the best interest and needs of the program will be granted. One additional professional counselor can care for twenty additional patients a week, and if we consider the family and friends connected to each of these additional patients, the impact of a single counselor for our community is very significant. Presently the AWCA is an organization which "heals lives", placing the best interest of others before oneself, and envisions a community united through love to deliver hope to those in need.

1. AWCA Senior Center Awarded KACF Grant

AWCA Senior Center was awarded a grant of \$25,000 from Korean American Community Foundation. The grant will be used for senior center operations throughout the year. On July 10, 2014, KACF held an award ceremony with representatives from 22 grantee partner organizations within the New York and New Jersey area.



2. SAT Scholarship Class

AWCA SAT Scholarship Class took place from June 30 to August 1 for 5 weeks to students who otherwise did not have the opportunity for resources of test taking preparations for admission to college. This year, under the direction of SAT Program Director Kathy Huynh, instructor Rachel Kang, who majored in Psychology at Johns Hopkins University, Jackson Kim (Math Teacher), and Joonah Chong (TA) worked hard to teach the students. 18 entering sophomore-seniors studied during the intensive 5 week class to raise their scores by 100 to 300 points. Fellowship time before each class helped the students and teacher connect with one another and improved peer mentor relations. Due to construction of the AWCA main building, the class was held offsite. World of Wings generously donated space for the class in Teaneck, NJ.



3. Chairwoman Re-election, Ok Whan Kim



At the Annual Meeting in June, the AWCA Board of Directors unanimously re-elected Chairwoman, Ok Whan Kim, whose term ended on June 30, 2014. Her new term will end on June 30, 2016.

4. AWCA Social Service Information & Referral Awarded Grant From Bankcard Services

Credit card processing company, Bankcard Services awarded a \$3000 grant to the AWCA's Social Service Information & Referral program.



5. ISoriMoa Children's Chorus Annual Concert

ISoriMoa Children's Chorus 4th Annual Concert was held at Windsor Hall at World of Wings on June 7, 2014. 13 children between the ages of 6-12 opened with a performance of 4 worship



dances and sang 14 Korean Children's, Gospel, and Disney songs. The Parents Association of ISoriMoa arranged rose bouquets for sale and donated the profits to AWCA.

6. Home Concert: Celebrating 25 years of AWCA's Family Service Center

On Thursday, June 5th at 6:30pm, for 3 hours, 100 guests visited the home of Otolaryngologists, Dr. Taewon Moon, and AWCA psychologist and Former Director of the AWCA Family Service Center, Dr. Hwa Young Kim, for a fundraising home concert to celebrate and support 25 years of the Family Service Center's service to the community. At the concert, CME pianist Min Kwon played

with 3 other young artists. A plaque was awarded to Ok Whan Kim, the current AWCA chairwoman, who served as Director of the Center when it was founded. A total of \$22,000 was raised and will be used for hiring professional counselors for the Family Service Center.



7. Annual Spring Bazaar

On Saturday May 3rd at 10am, the AWCA Annual Spring Bazaar took place at the AWCA main building in Teaneck. Food items made by members and donated clothing, scarves, and accessories from sponsors for men and women and children were sold at very low prices. Even though the event was held right before the move to our temporary location for construction of the main building, a net profit of \$5000 was still raised.



8. AWCA Main Building Expansion

The AWCA main building is undergoing construction for the addition of a 2nd floor. Since the second week of May the programs were held at other locations and the main office moved to a temporary location. The main building expansion was initiated by the owner, 9 Genesee, LLC, to resolve issues of inadequate space. Next January is the targeted date for completion of the project. During the construction, both Korean and Japanese Senior Centers and ISoriMoa Children's Chorus will be held at Hope Presbyterian Church in Teaneck, while the Chinese Senior Center will be held at East Bergen Christian Church, and Angel

School, AWCA Book Club and Essay Class will be held at World of Wings. The AWCA Family Service Center remain at their current building and relocate to the new building upon completion of the construction.

9. Mother's Day Ceremony

Mother's Day Ceremony for AWCA Senior Center members took place on May 7, 2014. Carnations were pinned on each member with performances of songs to celebrate motherhood. President Sunwoo Kim donated funds to provide each member a gift of a bag of nutritious brown rice. The senior center members collected \$208 during the spring semester which the AWCA presented to the 1004 Fund during the event to go toward their services for the underserved populations within our community.



10. ANGEL School Field Trip

On Saturday, April 12, students and parents of AWCA ANGEL School visited H-Mart in Ridgefield, NJ and observed the kimchi making process, Korean grocery shopping, and tasted Korean food. Gift of Korean snacks were provided by H-Mart for the participants.



11. Board Member Heather Choi Received Community Service Award

AWCA Board of Director, Heather Choi, received a community service award from the Korean American Senior Citizen's Association of NJ. Ms. Choi served as the previous AWCA President and has provided much service to the community, especially for senior citizens, for several decades.



12. Affordable Health Care Act Assistance

AWCA register as a Certified Assistance Counselor to alleviate and provide greater comprehension of the new health insurance process for the community which closed on March 31st. AWCA provided individuals with free assistance with applications and seminars on the topic not only to Koreans but other populations as well.



13. Providing a Hot Korean Meal to Neighbors in Need

On December 18, 2013, the Executive Committee of 1004 Fund, AWCA and the Beautiful Foundation visited "Straight & Narrow" a nonprofit catholic organization in Paterson, New Jersey, with partial funding from the "We Ah Jah" Bazaar proceeds. 250 neighbors in need within our community were served with a rare chance to taste a hot Korean meal.



14. Angel Basket Presentation

The 1004 Fund's Executive Committee and AWCA presented "Angel Baskets" filled with household items and gift certificates to supermarkets to 40 underprivileged community members of New York and New Jersey from funds raised through the We Ah Jah Bazaar which was held last October.



15. Grace Hotline Awarded Beautiful Foundation USA Grant

The AWCA Family Service Center's Grace Hotline was awarded a \$10,000 grant from the Beautiful Foundation USA. This grant allows us to provide more diverse educational programs in addition to hotline operations during 2014.



16. AWCA 33rd Annual Benefit Dinner

AWCA's 33rd Annual Benefit Dinner was held at the Pearl River Hilton in upstate New York on November 15, 2013. Rob Morris, founder of Love146 gave an acceptance speech for the AWCA Leadership Award. Psychiatrist Ki Sook Yoo of AWCA's Family Service Center and volunteer Kaidee Wang of Chinese Senior Center were also awarded for their volunteerism, while the America Wheat Mission of New Jersey was awarded for their community outreach. \$150,000 was raised by the event.



17. We Ah Jah Bazaar Proceeds Donated to 1004 fund

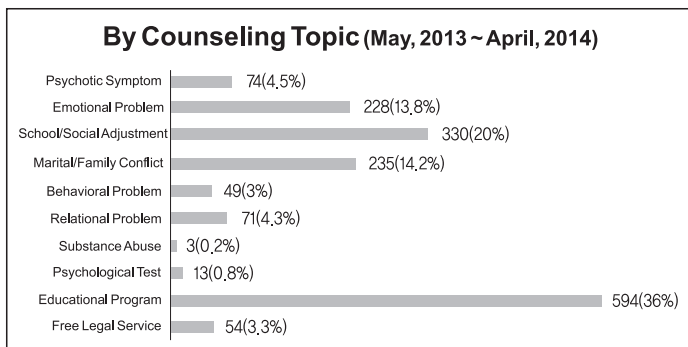
\$7,171.25 in proceeds from the We Ah Jah Bazaar (New Jersey) held on Oct. 19, 2013 were presented by representatives from AWCA, Beautiful Foundation, and HNY Mart to the Executive Committee of the 1004 Fund on Nov. 11, 2013.



Family Service Center

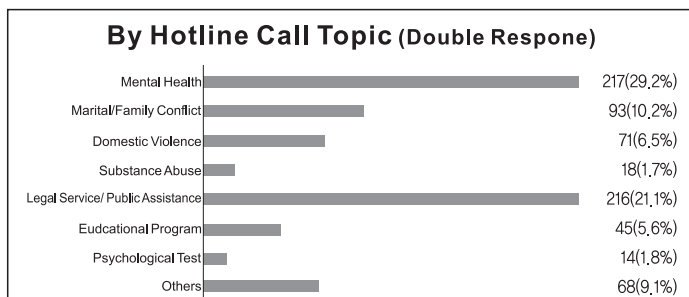
1. The 25th Anniversary of AWCA Family Service Center

In September of 1989, the AWCA Family Service Center opened its doors to help mental health and social adjustment issues prevalent in the Korean communities of New Jersey. After moving to its present location in Teaneck (2009), the FSC expanded its programs to a full five-day counseling service, thereupon launching the Grace Hotline and further developing educational programs. With these efforts, total number of counseling during the latest year (from May, 2013 ~ April, 2014) was at a record high of 992 cases, 14 times that of the first year with 69 cases, which displays the development of FSC through the last 25 years. Following is a detailed chart of statistics categorized by counseling topics during latest year.



2. The 4th Anniversary of Grace Hotline

In 2009, the FSC launched the Grace Hotline to create greater mental health awareness, easy access to mental health services without language and cultural barriers, and the initial step toward enhancing the community's psychological well-being. The Grace Hotline celebrated its 4th anniversary last November and saw greater development in both volume and quality. According to data collected from May, 2013 to April, 2014, a total of 671 cases have been helped by the Hotline. Of those cases, Mental Health Counseling cases were 217 (29.2%), Legal Assistance cases were 216 (21.1%), Marital/Family Conflict cases were 93 (10.2%), and Domestic Violence & Child Abuse cases were 71 (6.5%). In comparison to last year, the number of legal service related calls have



increased by over 10%, which can be explained by the expanded services of the Free Legal Clinic. Since this past March, FSC merged the main office phone line in the evening hours with the hotline to accommodate the high demands and provide greater convenience to callers.

3. The 5th Hotline Volunteer Training

The 5th Hotline Volunteer Training was held from last November to January 16, 2014. A total of 7 new hotline volunteers (from the 2nd left in the front bottom picture: Eungyo Moon, Nansook Shin, Heesook Chung, Jeong Seon Lim, Young Cho, Sookhee You, Grace Yoon) completed the training and came on board from February of this year. As of June, 2014, a total of 20 active Grace Hotline volunteers respond to hotline calls from 5PM to midnight with crisis intervention and referral services. The FSC has provided Hotline Volunteer Training once a year from the first week of November, and the 6th training session will be held on November 6th, 2014.



4. Free Legal Clinic Expanded

AWCA's Free Legal Clinic has provided free legal consultation for low income Korean Americans since 2010. In March of 2014, it expanded its service to twice a month, every 2nd Tuesday and 4th Wednesday, with Ms. Julie Kim (Family and Criminal Law) joining the program. Initially 2 lawyers, Ms. Jina Kang (Family and Commercial Law) and Chang K. Noh (Civil and Immigration Law), and now a total of 3 lawyers dedicate their time and expertise to the program. During last year, a total of 54 people have received assistance. AWCA Free Legal Clinic provides one-on-one services and pre-screened appointments are required by calling (201)862-1116 during office hours.



5. Partnership with Chodae Community Church

The FSC has established a partnership with Chodae Community Church in Norwood since 2013 and received a \$2,400 grant for 2014. This grant will be spent on Grace Hotline development, hotline operation and hotline volunteer training.

6. Mental Health Seminar and Workshop

The FSC has placed greater emphasis on mental health education programs since the 2nd half of 2013 and has provided seminars and workshops with diverse topics. In 2013, 2 workshops for parents on "How to Better Help Your Child's School Life" in September and October of 2013 were provided. In 2014, two seminars, "Understanding Child Abuse in New Jersey" and "Fundamentals of Domestic Violence" in February and May of 2014, and one seminar on "How to Build Happy Interactions with Children with ADHD" in June were provided. Overall, over 150 people participated, and can reflect the importance of appropriate linguistic and cultural approaches when providing needed services. FSC will provide further educational programs in the 2nd half of 2014. You can find them at the following section, FSC's Upcoming Program and Events.



KFSC's Upcoming Program and Event

1) Support Group:

"Helping My Child with Disability"

- Date/Time: August 25th, 2014 from 10:30 AM to 12 PM
- Location: To Be Determined

2) 2014' FSC 2nd Seminar:

"Senescence Life and Mental Health (tentatively)"

- Date/Time: Wednesday, September 10th from 10 AM to 11:30 AM
- Location: Hope Presbyterian Church
(1190 River Rd, Teaneck, NJ 07666)
- Instructor: Hie Sung Lee, Ed.D., President of the Korean Counseling Graduate University

3) 2014' FSC 3rd Quarter Workshop:

"For Happy Communication with Your Child in English"

- Date/Time: Thursday, September 25th, from 10:30 AM to 12 PM
- Location: To Be Determined
- Instructor: JoAnn Tuttle, CCC-SP

4) The 6th Grace Hotline Volunteer Training

- Schedule: 6 week training from November 6th, 2014
- For Whom: anyone who is interested in Mental Health Hotline Volunteer
- Application Deadline: Friday, October 17th, 2014

A letter from a Grace Hotline volunteer

It has already been over 3 years since I joined Grace Hotline as a volunteer at AWCA Family Service Center without hesitation or by suggestion. For the first time training as a volunteer, I began to be aware that so many mental health problems exist within the community and I was missing out. And also I realized that there are so many things to do for those who need help but cannot access resources due to language and cultural barriers.

Over the past three years, regular monthly meetings and several training programs have supplemented my lack of knowledge and experience. Information and know how accumulated little by little over the years have become a great asset to me now. But it is not just knowledge of mental health. It was much more meaningful to have the opportunity for mental health education and volunteer meetings in reflecting on one's own life, which I realized later that I have led immaturely with ignorance.

My small hope is that more people participate in such a good educational opportunity, get quality information, and share it with those who need it the most. I thank many teachers who have always helped me, families, and the community in leading a happy life, and also wish AWCA Family Service Center and Grace Hotline a prosperous future.

Grace Hotline 3rd term volunteer / Cindy Rhee

Client Thank you letter



Thank You Letter #1

I am a mother of a 12-year-old boy who has PDD (Pervasive Developmental Disorder), and Asperger's syndrome. My child has a good intellectual ability, enough to maintain excellent grades in school. However, from the end of sixth grade, he started to show signs of severe anxiety about getting into middle school. He even told me that he contemplates suicide due to the burden and anxiety of studying, which led to various mental evaluations.

Even though he could speak only in English because of his disabilities with language development, the child's neurologist advised to have him receive counseling from a therapist of the same culture. It is very difficult to find a Korean therapist who can counsel a 12-year-old boy speaking only in English. Moreover, since therapy requires long term care, the high cost and finding an accessible clinic made it harder and it seemed impossible to find.

Then, like a miracle, I came across AWCA Family Service Center. While my child received counseling at a low cost and at a convenient location, he successfully adapted to the middle school life.

Now after 10 months of counseling, he has regained confidence with school life, as well as all other areas of life. Not only has he received awards in various art competitions by taking advantage of his gift in art, but also our family relationships have greatly improved. Most of all, the best thing is that he is active again and regained his great laughter. I would like to express my sincere thanks to AWCA for their help.



Thank You Letter #2

It was a shame to be at court for domestic violence. Not only that, I was ordered to get anger management counselling. I felt embarrassed. I had to find a Korean counselor because Korean is more comfortable than English for me. I felt ashamed in my mind. But more importantly, the monetary issue was serious. It was not once or twice, but several sessions were necessary. I heard the costs would be considerable. It happened that I remembered seeing information about AWCA's Family Service Center in local newspapers and I called them. I was so relieved and thankful with low cost counseling fees. And later, even eager for sessions after I began. I was a little worried about the young counselor but it showed that age was just a number.

With only a short period, there are no big visible changes right now. But I know inside me, changes have begun.... I can't reveal my own name, but I'd like to thank counselor S so much, as well as the AWCA.

The Grace Hotline is a Mental Health Information & Referral Service Hotline in the Korean Language for those who suffer psychological difficulty.

Grace Hotline 201-862-1116
Mental Health Crisis Intervention and Referral Services
Monday through Friday, from 9 AM to Midnight 877-862-1116



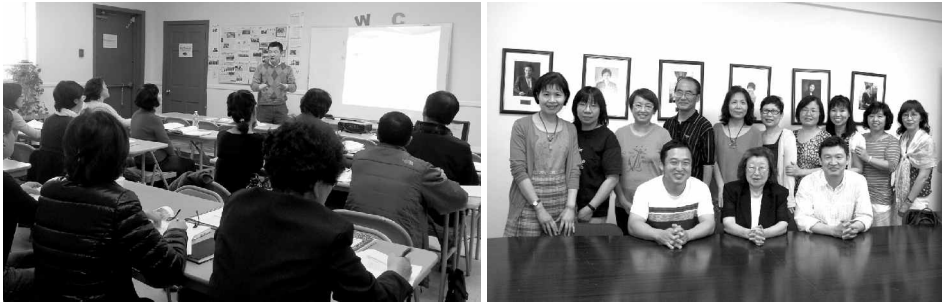
HOME CARE

1. Office Relocation

On May 6, the Home Care office moved from 9 Genesee Ave. to 381 Teaneck Rd. Construction for adding a 2nd floor to the existing office space is in progress in order to accommodate the growth of the agency and in providing a more comfortable and convenient space. The temporary move will be expected until next spring, and we will be back when construction is completed.

2. 42nd CHHA Training Class was finished

8 students participated in the 42nd CHHA Training Class from June 16 to June 27. All of them completed 76 hour training and received certification with high scores and are currently waiting approval from the State of New Jersey.



3. 3rd In-Service Training Class

On July 11th Korean and Chinese CHHAs gathered and had their 3rd in-service training this year. It kicked off with greetings and dinner at 6pm. Afterwards, at 6:40pm, Dr. Mingi Choi gave a lecture on causes, treatments, and care of arthritis and osteoporosis in the elderly. Lectures regarding hospice care by Nurse Joyce Koh in Korean and Nurse Rebecca Lin in Chinese took place.

4. Upcoming Competency Skill Review

During the week of August 4 to August 8, classes will be held for CHHAs to practice the skills necessary to take care of patients. They will practice various techniques such as measuring of pulse and respiration, raising a patient out of bed and putting them safely in a wheel chair and moving them, bathing a patient in a bed, and helping a patient exercise joints regularly. They will practice their skills with instructions from a staff nurse.

5. Staff News

Joyce Koh has come on board as a visiting nurse. Min Li became an addition to the Chinese Department since July. And Lolo Kong recently began her maternity leave and is expected to be out for 3 months.



Joyce Koh



Min Li/Han Ping Song RN

www.awcanj.org



We provide care with a family mind

- ▶ We provide care to elderly patients who are chronically ill.
- ▶ We provide care to patients who are discharged from hospital after surgeries.
- ▶ We provide care to disabled persons who need assistance with carrying out daily routine.

We provide free social welfare consultation service.
Medicaid patients receive free PCA service.



AWCA Home Care

9 Genesee Avenue, Teaneck, NJ 07666
Tel. **201-862-9111** Fax. **201-862-0005**

UPCOMING EVENTS

AWCA Fall Gala 2014

Date: Friday, October 17, 2014, at 6:30

Venue: The Terrace at Biagio's

299 Paramus Road
Paramus, NJ 07652

Senior Center opening

Korean: Wed, September 3, at 9:30 AM
Location: Hope Presbyterian Church
1190 Teaneck Rd. Teaneck, NJ 07666

Japanese: Tue, September 9, 9:30 AM
Location: Hope Presbyterian Church
1190 Teaneck Rd. Teaneck, NJ 07666

Chinese: Fri, September 12 at 9:30 AM
Location: East Bergen Christian Church
320 Beverly Rd. Teaneck, NJ 07666

Angel School of Korean adoptees opening

Sat, September 27, at 10:00 AM
Location: World of Wings

ISoriMoa Children's Chorus opening

New Jersey: Tue, September 9, at 4:00 PM
Location: Hope Presbyterian Church
1190 Teaneck Rd. Teaneck, NJ 07666

Westchester, New York: Sat, September 10, at 1:00 PM
Location: Seed Academy
15 Wilson St. Hartsdale, NY 10530

Continuing Education

Book Club: Tue, September 9, at 10:00 AM
Essay Class: Tue, September 16, at 10:00 AM
Location: AWCA Family Service Center
1329 Teaneck Rd. Teaneck, NJ 07666

Angel School of Korean Adoptee 10th anniversary Home coming day

Date: Fri, December 12, 2014, at 6:00 PM
Venue: WOW(Butterfly Museum)
1775 Windsor Rd, Teaneck, NJ 07666



Asian Women's Christian Association
9 Genesee Avenue, Teaneck, NJ 07666

