

The Mission Statement

"AWCA is centered on the love of Christ, and through our work we provide Asian women and their families the resources to become healthy, contributing members of society. We accomplish this through our counseling, education, social services, and homecare program."

Asian Women's Christian Association

AWCA

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Love Delivers Hope...

Executive Director Mi Kyung Je

Although it was not easy leaving our own home to spend a whole year somewhere else, indebted to another, I believe it allowed all of us to grow closer together. This is a story about none other than the AWCA.

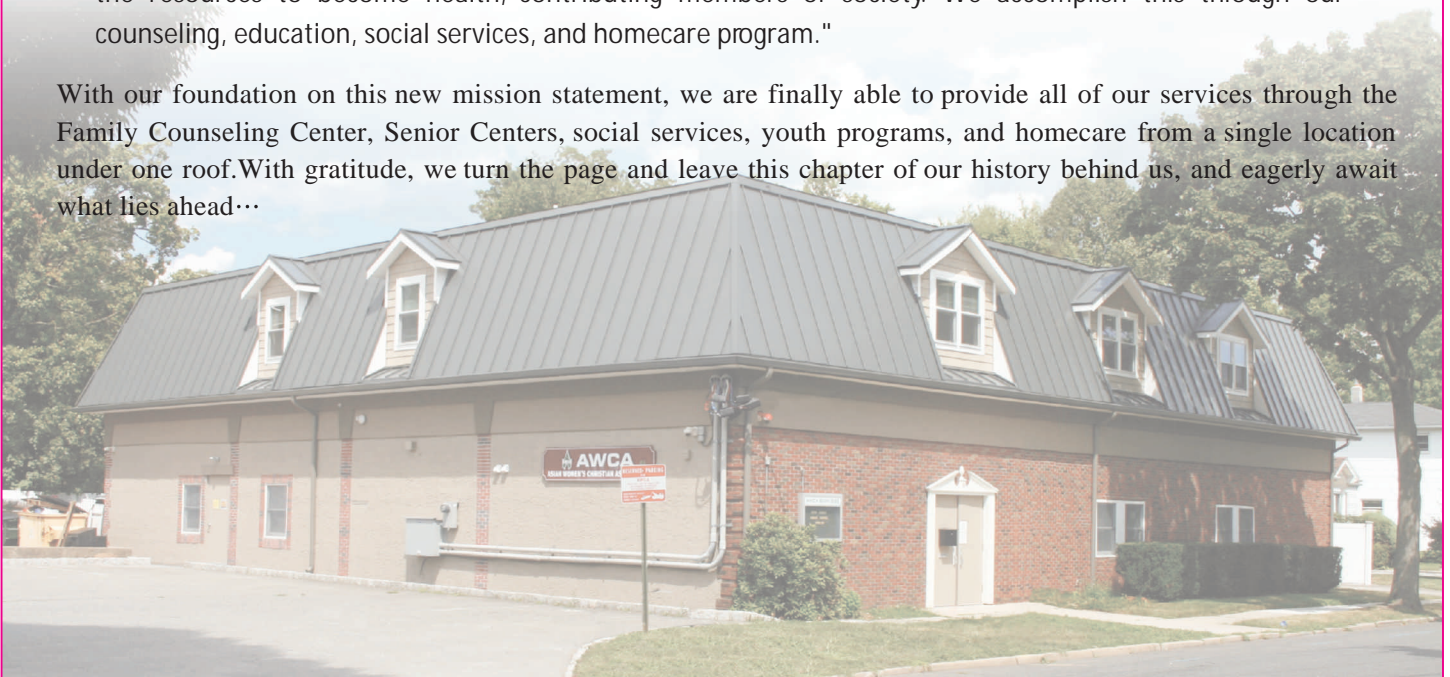
It has already been ten years since the AWCA first moved to Teaneck to rent a one-story building in which to run our programs. The building was old and the space was not big enough to accommodate our growing programs, and so the landlord proposed expanding the building to a second floor and construction began immediately. This past June, we moved back into our newly expanded building which was finally completed after a whole year of construction.

The day we moved back into our new two-story building, the AWCA family prayed a silent prayer in our hearts: that God would allow many beautiful things to happen here, and that He would allow the AWCA to become like family to those who are suffering and in need.

Although all of our programs and departments were operating from various different locations during the one year that the building was under construction, the separation made us think of each other more often, and all of our volunteers and program members waited anxiously for the day we would return home. Furthermore, the AWCA board of directors took on the task of evaluating the future of AWCA through studies and meetings, developing a new mission statement that better encompasses the 35-year history of the AWCA and restructuring all of the AWCA's programs accordingly.

"AWCA is centered on the love of Christ, and through our work we provide Asian women and their families the resources to become health, contributing members of society. We accomplish this through our counseling, education, social services, and homecare program."

With our foundation on this new mission statement, we are finally able to provide all of our services through the Family Counseling Center, Senior Centers, social services, youth programs, and homecare from a single location under one roof. With gratitude, we turn the page and leave this chapter of our history behind us, and eagerly await what lies ahead...



AWCA NEWS

March, 2015 – July, 2015

SAT Scholarship Class

The AWCA SAT Scholarship Class of 2015 came to a close on August 7. Of the nineteen students who were selected for entrance into this class, 15 students successfully completed the intensive 5-week course, accomplishing an increase in their scores of up to 300 points. The SAT Scholarship Class is an SAT prep course offered free of charge to 10th through 12th grade students of low-income families, and this year the program was sponsored by Grace Charity Foundation. The students not only prepared for their exams, but also had times of self-reflections through sermons, panel discussions with their seniors, and career talks with successful business people. This year's SAT Scholarship Class was operated under the supervision of program director Rachel Kang. Instructors Jackson Kim and Nicholas Moon taught the class for the second time this year, and Christina Kang and Kendall Kim volunteered their time as teaching assistants.



SAT Instructors



Expansion of Social Services - Partnership with Bergen County

On July 29, three staff members of AWCA successfully completed social service training at the Bergen County Division of Senior Services, graduating the program with members of two other volunteer organizations on this day. Tae Joon Cha, Daniel Chung, and Rachel Kang, who

completed the 7-week training program with outstanding marks, will provide social services regarding all benefit programs and services provided by the U.S. government to the community.



KACF Grant - Awarded to the AWCA Senior Program

The AWCA Senior Program received a grant in the amount of \$25,000 from the Korean-American Community Foundation (KACF) for the second year in a row. This grant will be used to support the operations of the AWCA Senior Program for the next year. A grant distribution ceremony was held on July 22, 2015, at the Barn Joo Restaurant in Manhattan, during which the KACF distributed 21 grants totaling \$575,000 to Korean and other organizations.



AWCA Senior Program - Recognized as an Official Bergen County Senior Center

The AWCA Senior Program has been recognized as an official Bergen County Senior Center, and beginning this September, the program's operating hours will be expanded to a full five days per week. The Korean Senior Center will be open on Mondays, Tuesdays, and Wednesdays; the Japanese Senior Center on Thursdays; and the Chinese Senior Center will be open on Fridays. The Senior Center is

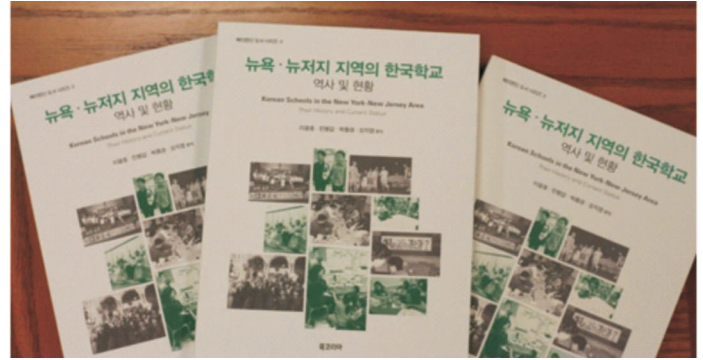
open from 9am to 1pm daily.



Commemorating the Publication of 'Korean Schools in the New York-New Jersey Area'

On July 7, 2015, a special event was held at the Korean Consulate General in New York to commemorate the publication of 'Korean Schools in the New York-New Jersey Area,' a book documenting the history and current state of Korean schools in the New York area. This book includes complete information on Korean schools in the New York Korean immigrant community, and includes the AWCA Angel School in the section discussing Korean schools that have been established with a special purpose. Compiled by Kwangho Lee, Byung-gap Min, Jong-kwon Park, and Jiyong Oh, this publication received a \$10,000 grant from the Overseas Koreans Foundation and has gone

through a rigorous preparation process for one year.



Sunwoo Kim Reelected as President

The AWCA board of directors held a general meeting on June 18, 2015, during which Sunwoo Kim was unanimously reelected as the president of the board for the next fiscal year. President Kim will serve as the board president until June 30, 2017. Board member Susan Kwan was elected as Vice President.



Sunwoo Kim, President



Susan Kwan, Vice President

AWCA Grand Re-Opening Bazaar

AWCA hosted the Grand Re-Opening Bazaar on June 13, 2015, in the parking lot of the AWCA building to celebrate the completion of the year-long construction and grand re-opening of the building. On this day, approximately 30 volunteers gathered to help fundraise by selling items such as clothing, jewelry, health food items, and more to the Teaneck community and AWCA program members. Over 100 people participated in this event.



Board Member Kathy Lee Chong - Awarded the Volunteer Award

Kathy Lee Chong, member of the AWCA board of directors, was awarded the Volunteer Award at the 14th Annual Filial Piety Award Ceremony hosted by the Korean American Senior Citizens Association of New Jersey. Ms. Chong, who was the AWCA board president for consecutive terms, has been in the forefront of service to the community and senior citizens, and has volunteered by serving as the AWCA Bazaar Committee chair.



ISoriMoa Children's Choir - Recitals in New York and New Jersey

The ISoriMoa Children's Choir of Westchester, NY, and New Jersey put on their annual recitals to conclude their yearly activities. The Westchester and New Jersey groups were conducted by Inyoung Chung and Miyong Park, respectively. The ISoriMoa Children's Choir meets weekly to rehearse for two hours each week, and the yearly activities include visits to the nursing home and television station. ISoriMoa is a program through which the children learn about volunteerism and leadership through song.



AWCA Family Counseling Center Benefit Concert - 'The Sound of Spring'

On May 9, 2015, the AWCA Family Counseling Center hosted a benefit concert celebrating the center's 26th anniversary at the World of Wings in Teaneck, NJ. Pianist Min Kwon, professor at Rutgers University, along with young musicians-in-training of the non-profit organization CME performed many crowd-pleasers by Johann Strauss, Schumann, and more. The AWCA raised approximately \$16,000 through this special event.



AWCA Be Healthy Workshop

The AWCA Angel School participated in the 'Eat Healthy & Be Active' Workshops led by the Bergen County Department of Health Services through four sessions held from March 14 to April 25, 2015. The purpose of these workshops was to encourage healthy eating and active lifestyles in our students and families. Mia Youn, member of the AWCA board of directors, participated as the chef for the healthy menu demonstrations. The workshops were led by Dawn Wilkes, health educator at Bergen County Department of Health Services.



About Life and Poetry with Sister Haein Lee

On March 16, 2015, AWCA hosted a special event with Sister Haein Lee at the World of Wings in Teaneck, NJ. At this event, Sister Haein read her poetry, held a book signing, and more. Over 300 members of the Korean community of New York and New Jersey were in attendance on this day, all of whom shared laughter and tears at this enjoyable event. The AWCA gave each of the guests a self-produced collection of Sister Haein's poetry as a complimentary gift.



AWCA Family Counseling Center Mental Health Workshop

During the first half of 2015, the AWCA Family Counseling Center provided two mental health workshops: "What Are You Addicted To?" with Dr. Sung Min Yoon on April 13, and "Autism Spectrum Disorder and Individual Educational Program" with Dr. Young She Bae on June 17. A total of 45 people participated in these workshops.



Free Legal Consultation

The AWCA provides free legal counseling on the second Tuesday and last Wednesday of each month. Attorneys Julie Kim (family law, criminal law), Jina Kang (family law, commercial law, injury), and Chang K. Noh (civil law, immigration law, traffic accidents) have provided their legal services to a total of 33 people during the first half of 2015.



New Staff

Borahm Song, Family Counseling Center



On April 1, 2015, Borahm Song joined the AWCA Family Counseling Center as a mental health counselor. She provides professional counseling services and will run a parenting group in September.

- Licensed Associate Counselor in New Jersey
- Licensed Professional Counselor in Maryland
- Master of Counseling and Counsellor Education, Indiana University
- Graduated from Hanyang University Department of Educational Technology

Family Counseling Center

Mental Health Programs for the Second Half of 2015

1. Parenting Group: "Understanding My Child's Language of Emotion"

This parenting group provides an opportunity to learn the language of emotion, a basic element of a child's intellectual development, encouraging better parent-child communication.

- o Dates/Time : Every Friday from Sep. 18 - Oct. 9
10am - noon (4 weeks)
- o Instructor : Borahm Song, MS, LAC
- o Class Size : 8 maximum (first-come)
- o Location : AWCA
- o Fee : \$20 per session (\$50 if paid in full)

2. Parenting Workshop : "How to Better Prepare for Parent-Teacher Conferences"

This workshop will help to better prepare for parent-teacher conferences by practicing necessary and appropriate English terms and phrases with a speech therapist.

- o Date/Time : Thursday, September 24, 10am - noon
- o Instructor : JoAnn Tuttle, CCC-SP
- o Location : AWCA

3. Mental Health Seminar : "Relationships and Healing in the Family (tentative)"

- o Date: November 2015 (TBD)
- o Instructor: Kyung Sil Kim, Ph.D.
- o Location: AWCA

4. Depression/Suicide Awareness Campaign

- 1) Street Campaign** : First week of October in various locations in Bergen County
- 2) Direct Mailing Campaign** : Schools, hospitals, and various community organizations in Bergen County during the month of October
- 3) Training with Columbia's Suicide Severity Rating Scale**
 - o Date : Thursday, October 8, 10am - 12:30pm
 - o Instructor : Adam Lesser, Deputy Director of the Center for Suicide Risk and Assessment at Columbia University Medical Center
 - o Location : AWCA
 - o All attendees will receive certification upon successful completion of the training

5. The 7th Grace Hotline Volunteer Training

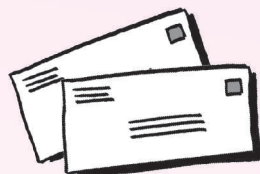
- o Dates : Every Thursday from Nov. 5 - Dec. 17, 9am - noon
- o Responsibility : Responding to hotline calls from 5pm to midnight, once a month as scheduled
- o Benefit : Those who accumulate over 100 hours within the span of one year will be awarded the President's Volunteer Service Award
- o Please submit your application no later than Friday, October 30, 2015

Please direct all mental health related inquires and counseling/seminar requests to:

 **877.862.1116 / 201.862.1116**

Monday through Friday, 9am to midnight

- Trained Grace Hotline volunteers are on call from 5pm to midnight
- All calls are strictly confidential



Letter from a Client

Although it hasn't been that long since I joined the support group at the Family Counseling Center (FCC) of AWCA, I'd like to write a few words about my experience.

I am the mother of a teenage boy diagnosed with Autism Spectrum Disorder. Growing up, my son had a difficult time making friends his age, and had much difficulty adjusting to school life. As hard as it was for my son, it was also difficult for me and my husband and the rest of our family. I felt such remorse for not being able to understand my son, but also such anger towards him for blaming us as his parents for all of his problems and difficulties. Each passing day was filled with such uncontrollable emotions and pain. You cannot imagine how much comfort and consolation I received from the monthly support group in the midst of all my sorrow.

The hurtful words about my son whispered behind my back by the other parents just for laughs would leave scars on my heart. My son kept the curtains of his room closed tight even in the daytime, and I shut myself off from the world along with him. It was a time when even the words of solace spoken to me by my worrying family would cause me pain. The FCC support group only met once a month, but going there allowed me to vent and share all the things that I had been keeping inside, giving me strength to return to my life and persevere. I am so thankful to the other members of the group for listening to the stories that I could not share with anyone anywhere else, empathizing with my pain as if it were their own, and encouraging me, and to the counselor at the FCC for facilitating and leading our times together.

* This letter is written by a member of the support group for parents of children in Individualized Education Program (IEP) at school.

Home Care

The AWCA Home Care is the first Asian-American organization to obtain the Health Care Service Firm license, and currently provides home care services to Korean and Chinese senior citizens. With the motto, "Caring for patients like family," the AWCA Home Care Agency is recognized by the community as a successful home care provider thanks to the sacrifice and hard work of the agency's nurses, staff members, and home health aides.

2015 EVENTS

■ Certified Home Health Aide (CHHA) Training

- 3/9 - 3/20 : 43rd CHHA Training
- 6/16 - 6/26 : 44th CHHA Training
- 9/14 - 9/25 : 45th CHHA Training
- 11/9 - 11/20 : 46th CHHA Training

■ Inservice Training

- Korean : 3/19, 7/9, 9/17, 11/12
- Chinese : 3/26, 7/16, 9/24, 11/19

■ Competency Evaluation

8/3 - 8/7

- Contact : (201) 862-9111 (Korean)
(201) 862-0006 (Chinese)

Competency Evaluation

All staff members who are working as Certified Home Health Aides (CHHA) must complete Competency Evaluations once every year to assess their competency in caring for the patients and fulfilling their duties. All members must complete a practicum which includes tasks such as measuring pulse, temperature, and respiration rates. Members must also demonstrate their competency in bathing bedridden patients and providing sponge baths on a mannequin.

Furthermore, members learn through pictures and video the precautions one must take with a patient who is unable to walk, and directly experience what it is like to move with a wheelchair or cane. Evaluations are conducted with each member to determine their ability to communicate with the patient, record the patient's observed condition, carry out the patient's plan of care, and report the patient's condition to the agency.

The members also retrained in the specifics of responding to an emergency situation, nutrition required by a diabetic patient, caring for a patient's feet and skin, rehabilitation and recovery of a stroke patient, caring for a seizure patient, and more.

This training takes approximately one hour to complete, and is carried out under the supervision of a registered nurse. The AWCA Home Care Agency holds this training once every year in August in order to evaluate all of the skills necessary to work as a home health aide.



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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 Gala 2015

Love is Hope

AWCA 35th Anniversary Annual Fall Gala

Date/Time : **Friday, November 6, 2015, 6:30pm**

Location : **The Terrace at Biagio's**

299 Paramus Road, Paramus, NJ 07652

Keynote Speaker : **Joon L. Chung**, Councilwoman of Harrington Park, NJ

Family Counseling Center

Open : Mon. through Fri. (9am - 5pm)

Contact : (201) 862-1116

Location : AWCA (2nd Floor)

Social Services

Open : Mon. through Fri. (10am - 4pm)

Contact : (201) 862-1665

Location : AWCA (1st Floor)

Senior Center Open

Korean : Tues., Sep. 8, 9:30am

Japanese : Thur., Sep. 10, 9:30am

Chinese : Fri., Sep. 11, 9:30am

Location : AWCA

9 Genesee Ave., Teaneck, NJ 07666

Bergen County Senior Picnic Day

Wednesday, Sep 9, 9:00am

Angel School Open

Saturday, September 19, 10am

Location : AWCA

9 Genesee Ave., Teaneck, NJ 07666

Home Care Agency

Open : Mon. through Fri. (9am - 5pm)

Contact : (201) 862-9111 (Korean)

(201) 862-0006 (Chinese)

Location : AWCA (2nd Floor)

AWCA Board Members

Chair

Okwhan Kim

President

Sunwoo Kim

Vice President

Susan Kwan

Hwain C. Lee, Yoon Hee Kim, Kathy Lee Chong, Bangwon Kim, Mia Youn, Anne H. Lee, Heather Choi, Hwayoung Kim, Soo Jung Kim, Dong Ryung Kang, Julie L. Kim, Myung Hee Chang, Connie Kim, You Jin Chung

Mi Kyung Je, Executive Director

The AWCA is a 501(c)(3) not-for-profit organization. All operations are funded by contributions and donations. All donations are tax-deductible.



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