



January 2025

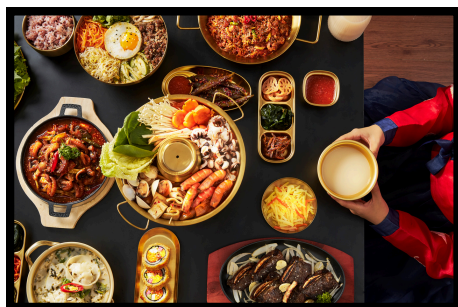
WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A SAFE, WELCOMING PLACE FOR ALL TO LIVE AND WORK

Korean American Day

On January 13th, we celebrate Korean American Day to honor and highlight our friends of Korean descent who have made immeasurable contributions as small business owners, military service members, faith leaders, doctors, artists, and elected officials for over a century. It was on January 13th, 1903, that just over 100 Koreans first arrived in the United States. That number quickly grew, and within two years a further 7,500 Korean immigrants had made the same journey. Today, the Korean American community represents resilience and transformation, evolving from laborers and refugees to professionals and leaders, shaping American society and it is on Korean American day that we honor and celebrate their contributions.

January Celebrations

- 1st New Year's Day
- 4th World Braille Day
- 7th Orthodox Christmas
- 13th Korean American Day
- 14th Orthodox New Year
- 20th National Day of Service
- 27th National Holocaust Remembrance Day
- 29th Lunar New Year



<https://kafgw.org/>





History of Korean Americans

Korean immigration to the U.S. can be divided into three main waves: the first (1903–1949), the second (1950–1964), and contemporary period. Early Korean migration began in 1884, with missionaries playing a key role. Many Koreans converted to Christianity, creating pathways for immigration.

First Wave (1903–1949)

The first wave of Korean immigrants began on January 13, 1903, when a group arrived in Hawaii to work on the island's plantations. By 1905, over 7,200 Koreans had immigrated to escape famine and political turmoil in Korea. The annexation of Hawaii by the U.S. in 1898 created a labor shortage, and U.S. officials helped recruit Koreans to work in the plantations after the [Chinese Exclusion Act of 1882](#) restricted Chinese immigration. This wave marked Koreans' involvement in U.S. labor.

Second Wave (1950–1964)

After Korea's liberation from Japan in 1945, the Korean Peninsula became a battleground in the Cold War, leading to the division of Korea into North and South. [The Korean War](#) (1950–1953) resulted in a national tragedy, with nearly 55,000 lives lost. During this time, about 15,000 Koreans immigrated to the U.S. The [1952 McCarran-Walter Act](#) lifted the ban on Asian immigration, allowing more Koreans to enter the country.

This wave included three main groups:

- War Brides: Korean women who married American soldiers, often faced isolation and cultural barriers.
- Adopted Children: Korean orphans, many fathered by American soldiers, who were adopted by American families. These children, sometimes of mixed race, faced stigma but were welcomed into Christian families across the U.S.
- Students and Professionals: About 6,000 Korean students, as well as businessmen and intellectuals, came to the U.S. Many were well-educated professionals, and helped reshape the Korean American community.

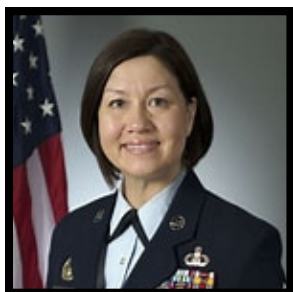
Third Wave (1965–Present)

The [1965 Immigration and Naturalization Act](#) abolished the national quota system, making it easier for workers from Asia to immigrate. The law emphasized family reunification, which led to an increase in Korean immigration. By 1976, the number of Korean immigrants reached 30,000, and between 1976 and 1990, the Korean diaspora became one of the largest immigrant groups in the U.S.. This wave was different from earlier ones, as it was primarily composed of white-collar professionals seeking better opportunities. High unemployment, political instability, and military dictatorship in Korea pushed many to emigrate. These immigrants' children, known as the "second generation" (or gyopo in Korean), are now the core of today's Korean American community.

Notable Korean Americans



James Park: CEO and founder of Fitbit



JoAnne S. Bass: 19th Chief Master Sergeant of the Air Force



Andy Kim: U.S. Representative for New Jersey since 2019, former U.S. diplomat and national security official



Colonel Young-Oak Kim: Highly decorated U.S. Army combat veteran of World War II and the Korean War



Constance Wu: Actress best known for Fresh Off the Boat and Crazy Rich Asians



David Chang: Celebrity Chef and Restaurateur, founder of Momofuku Restaurant Group and a well-known chef.



Michelle Park Steel: U.S. Representative for California since 2021



Judge Herbert Choy: Appointed to the U.S. Court of Appeals



John Cho: Actor and Advocate, known for Harold & Kumar, Star Trek, and Searching.



Jung-Min Lee: Oncologist at the National Cancer Institute



Do Wong Change: Businessman and founder of clothing store Forever 21



Daniel Dae Kim: Actor and Producer, best known for his roles on TV series Lost and Hawaii Five-O

Popular Korean Foods



Bibimbap is a classic Korean dish that's colorful, healthy, and versatile. It consists of rice topped with a variety of sautéed vegetables, protein (like beef, chicken, or tofu), a fried egg, and a spicy-sweet sauce called gochujang (Korean chili paste).



Bulgogi is one of the most popular Korean dishes, consisting of thinly sliced beef marinated in a sweet-savory sauce and then grilled or stir-fried. The name "bulgogi" literally means "fire meat," referring to the traditional method of grilling over an open flame. While modern versions often use stir-frying, the result is still the same: a deliciously tender, flavorful beef dish with a perfect balance of sweet, salty, and umami.



Kimchi: A Korean Staple
Kimchi is a traditional Korean staple made from fermented vegetables, most commonly napa cabbage and radishes, seasoned with chili peppers, garlic, ginger, and other spices. It's a fundamental part of Korean cuisine, served as a side dish with almost every meal, and used as an ingredient in other Korean dishes, like kimchi jjigae (kimchi stew) and kimchi fried rice. Kimchi is known for its bold flavors—spicy, sour, umami—and health benefits due to its fermentation process, which fosters beneficial probiotics.

Bulgogi Recipe

Ingredients

- 3 Tbsp. soy sauce
- 1 Tbsp. sesame oil
- 1 Tbsp. sugar (or honey for natural sweetness)
- 2 Tbsp. rice wine (or mirin)
- 1 Tbsp. gochujang (Korean chili paste) – optional, for spice
- 1/2 pear or apple, grated (or 2 Tbsp. pear/apple juice) – helps tenderize the meat and adds sweetness
- 2-3 cloves garlic, minced
- 2 Tbsp. grated ginger (optional but adds great flavor)
- 2 tsp sesame seeds
- 1/2 tsp black pepper
- 1 lb. beef (sirloin, ribeye, or flank steak are ideal), thinly sliced against the grain
- 1 medium onion, thinly sliced
- 1 Tbsp. vegetable oil (for cooking)
- 1/4 cup green onions, chopped (for garnish)

Instructions

- 1. Marinate the Beef:** In a bowl combine the soy sauce, sesame oil, sugar, rice wine, gochujang (optional), grated pear/apple, minced garlic, grated ginger, sesame seeds, and black pepper. Mix well until the sugar dissolves and the ingredients are thoroughly combined.
- 2. Add the thinly sliced beef and sliced onions to the marinade.** Use your hands or tongs to mix the meat with the marinade, ensuring it's well-coated. Cover and let the beef marinate in fridge for at least 30 minutes, 1 – 2 hours is ideal, and overnight will make the meat more flavorful.
- 3. Grill Method:** Cook marinated beef on a grill or grill pan over medium-high heat. Grill in small batches, allowing it to cook for 3 – 5 minutes, depending on thickness of the slices. **OR Stir-Fry Method:** heat a large pan or wok over medium-high heat and add 1 tablespoon of vegetable oil. Once oil is hot, add the marinated beef and onions. Stir-fry for about 5 – 7 minutes, or until beef is cooked and onions are tender.
- 4. Garnish with chopped green onions and additional sesame seeds if desired.**