Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability

It is rare to find hard-working entrepreneur Monte Gehrke behind the counter of his Countryside Small Engine Service in Lawrence. (Story begins on page 3)
A Message from Susan Harris, JAAA Executive Director

The Older Americans Act (OAA), the first program to focus on community-based services for older persons, was passed in 1965. Each AAA which receives Older Americans Act funds is required to prepare an Area Plan for its specific planning and service area (PSA). The Area Plan is a document that is prepared every four years and updated annually. It specifies the service objectives and activities that the AAA intends to achieve within a specific time period with the use of Older Americans Act funds. The fiscal year used for the Area Plan purposes is the Federal Fiscal year, which begins October 1st and ends the following September 30th. Incorporated within the Area Plan are the various budgets needed to implement the planned services.

The Area Plan serves three main purposes:
- Establishes service objectives based on identified need and resources available;
- Provides fiscal budgets necessary for service provision;
- Provides an evaluation/monitoring tool, which measures the Agency’s performance.

Every spring Jayhawk Area Agency on Aging goes through a process known as allocations where a team of individuals determine what services and provider agencies will receive funding through the Older Americans Act to provide services to those age 60 and older. This year, as with many years, it is a difficult process determining what services will be funded with the limited funds received each year. With the increase in the number of people age 60 and older residing in our service area and the growth of funding not following suit, the Allocations Committee members have a tough job of making sure that services and funding are targeted to specific needs that will benefit the communities we serve.

Older Americans Act services are not means tested in any way and they are provided on a donation basis, with that being said, donations are vital to the programs funded by the OAA. The donations received are returned back to the specific service as program income allowing for more services to be provided, the more donations received, the more services that can be provided. The allocation dollar and service amounts determined by the Allocations Committee are submitted to Jayhawk Advisory Committee.

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### Table: Services Provided/Funded by JAAA

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<tr>
<th>Older Americans Act Title</th>
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<td>OAA IIIE</td>
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Monte Gehrke built his successful business on honesty, skill and a winning personality

By Marsha Henry Goff

“Honesty is the best thing,” says Monte Gehrke, owner of Countryside Small Engine Service in Lawrence. Honesty, his mechanical ability (he’s been working since he was 15) and a friendly, outgoing personality make up the foundation on which this hard-working entrepreneur has built his successful business repairing lawn mowers, snow blowers, weed eaters and anything else that requires a small engine. That is also the reason his customers are so loyal they drive from many cities outside Lawrence, including a 102-year-old World War II veteran from Ottawa whose lawn mower he recently repaired.

Monte's father, Bill, was the alignment man for Gregg Tire and from 1971, Monte accompanied his dad to Gregg Tire during the summers to sit on the steps and watch him work. He was doing that in 1975 when the boss asked him if he wanted a job because the other workers were all out in the field putting tires on tractors. Monte looked at his dad and when he told Monte it was OK if he wanted to try it, Monte said to the boss, “I’m not cleaning toilets.”

“I’m not planning on you doing that,” the boss said, “I’m going to have you work on some cars.” The boss proceeded to test him on using the hoist and tire machine. The boss was surprised that he was proficient at both and Monte assured him, “You don’t have to test me on patching tires, I can do that, too.”

Monte is proud that at 15 he was the youngest person ever hired by Gregg Tire. “You were supposed to be 18 to work there.”

He worked there until his dad decided to start his own business, taking Monte and most of the Gregg Tire workers with him to a building near John Deere on 23rd Street. Monte worked for him rebuilding front ends of vehicles and fixing brakes until, “I got mad at Dad. I loved Dad but I just couldn’t get along with him.”

Actually, a couple of other workers felt one day that his dad was being too hard on Monte and one of them approached John Deere about giving him a job. When he asked if they had any openings, they said they
Monte Gehrke
CONTINUED FROM PAGE THREE
were going to have an opening
because they were letting go of
the man who fixed lawn-
owers. John Deere hired Monte
and started him at a higher
salary than he was making with
his dad.

The biggest surprise was get-
ing a raise on his first paycheck.
“I saw it was for more than they
told me so I went up to the sec-
retary and said, ‘You guys made
a mistake on my check.’ And she
said, ‘Nope, you got a raise!’”
Monte says it was the “parts
guy” at Johns Deere who told
him why he got the raise. “You
did more in one day than the
other guy did in two weeks.”

He never told his dad that
he was making more at John
Deere. He had moved out of his
parents’ home because, “They
wanted me to pay rent and I
thought that I could pay rent
someplace else and not have all
the rules at their house about
when I had to be home and
that I had to eat dinner at 5:00
o’clock. I had out ties but I still
went back to the farm to help
them when they needed help
with something.”

After almost five years, John
Deere had a reduction in force
and laid off Monte who went
back to work for his dad but told
him that if John Deere called
him back, he would go because
he really preferred working on
lawnmowers. “Dad said, ‘So you
want to work on lawn mowers?’
and I said, ‘Yes, I do!’ and within
about five minutes, a sales repre-
sentative from Gravely mowers
walked in and we were in the
lawn mower business.”

His father later moved his
business to 6th and Gate-
way and when the business in
the north end of the building
moved, Monte moved into it
and worked on mowers and
mufflers. “No one could touch
me on mufflers. I was doing it
cheaper than Midas, I was doing
it cheaper than Downtown Muf-
fler and I had tons of business:
the Post Office, Southwestern
Bell, all the used car lots in
town.”

In 1997, Monte went into
business for himself. He built
a house and a Morton building
and named his business Coun-
trysid Small Engine Service.
“But I was too far out in the
country,” he says, so after a while
he relocated to a small unit on
31st Street near the Auto Plaza.
In 2001, he bought the large
brick building on Four Wheel
Drive where he has conducted
business the last 21 years.

“I had a big open house
the spring of 2002. KLWN was
broadcasting from here and
former Royals pitcher and KU
baseball coach Marty Pattin, my
good friend, was frying ham-
burgers. I had this open house
for two days. The Journal-World
even did a story on a new busi-
ness in town.”

Over the next decade, Monte
built his business. When times
were lean, he made items he
did not want to spend money
to buy including a lift to raise
lawnmowers and make repair-
ing easier. He crafted that lift
from a metal box used to trans-
port new mowers. Later he
bought a lift and still uses both.

As his customer list grew, he
learned that sometimes women
customers are cautious, worried
that a mechanic will take advan-
tage of them by overcharging
or putting on a part that isn’t
necessary. “But that’s not me. If
it doesn’t need it, I’m not put-
ting it on.” All of his customers
eventually learned they could
trust him and that is one of the
reasons his business has been
so successful.

He had owned the building
about ten years when he and
his wife divorced and he was
forced to sell the building and
figured he’d have to go out of
business. Then his optometrist

This attractive but dusty “souped up” bad boy mower won both drag race
and circle track race for Monte’s son, Whit, in his automotive class at LHS.

The red mower sits atop a lift that Monte made from a metal box used to
transport new mowers.
Monte Gehrke

CONTINUED FROM PAGE FOUR

and customer, Dennis Hoss of Lawrence, came to his rescue, bought the building and rented it to him, saying he did not want to lose him as his lawnmower repairman. “He’s a really nice guy who has helped me out a lot,” Monte says.

A dusty but attractive black lawn mower sits in the building, a reminder of the years his son Whit took auto mechanics at Lawrence High School where the class had a project to “soup up” lawnmowers for drag racing, circle track racing and tractor pulling. Whit did a lot of the work on it and incorporated several of Monte’s ideas as well as his help. He chose to work on it at Countryside because he did not want the other students to know how fast his mower was. Indeed, it would do 25 miles per hour and when the electric overdrive was engaged, it jumped to 32 miles per hour.

Whit won the trophy for the drag race and also took first in the circle track racing but the rules said you could only win one trophy. “He took fourth in the tractor-pulling contest but it wasn’t made for that,” Monte says. Whit’s trophy and so much other memorabilia are in the building. A favorite that hangs on a wall is a Moog ad featuring his father that appeared in five major motor magazines. “I got a call from a friend sitting in a Tucson Courthouse and he asked, ‘What’s this picture of your dad doing in a magazine?’”

In addition to the memorabilia covering horizontal and vertical surfaces, the building is packed with lawn mowers, snow blowers and all kinds of machinery. Weed eaters hang in rows. Parts line the shelves and yet he has no trouble finding them because he has a bin locater on his computer that tells him exactly where they are. He relies on his memory to locate used parts that he keeps in boxes in one of the rooms. A narrow path between lawn-
In 2012, Daphne Johnson launched a respite ministry at First United Methodist Church in Montgomery, AL. The program was launched as a response to a growing community issue which was support needed for those living with dementia, their care partners, and their families. We are excited to bring that program to Lawrence with the help of Grace Presbyterian Church. The program will run Tuesdays and Fridays from 10 till 2 but is delaying its start because we have a lack of volunteers at this time. This program is about people living with dementia and trained volunteers coming together for games, art, music, exercise, shared meals, and service projects for the community. To keep costs low the program relies on volunteers to cover the activity and assist with lunch and programming. We already have a committed pet therapy and music therapy volunteer.

The Respite for All faith-based, volunteer model of care differs from the various forms of current respite models out there because we provide techniques that address isolation, meaning, and purpose in one’s life. Our volunteer staff can be comprised of retired teachers, doctors, engineers, homemakers, coaches, and business leaders who have been trained in dementia care and offer mental stimulation and socialization—relationships that fill people up with a sense of well-being. The volunteers provide one-on-one care for four hours a day.

Respite for All programs are based on a social model of care. The volunteer staff will not be responsible for tasks such as cleaning or bathing, and no medical staff is required because no medical care is given. No medications are passed throughout the day, either. Our friends living with dementia must be able to care for their own restroom needs and be comfortable in a large group setting. Ambulation requirements, along with paid care attendants, are decided by local communities.

Lawrence is lacking in respite care since Midland cancelled its reasonably priced adult day program. There are a few organizations that offer respite, but they are expensive. The respite program that is sponsored by the Jayhawk Area Agency on Aging will be specifically for earlier stage dementia and is a non-medical model. This means that the clients attending the program need to be able to ambulate and use the bathroom on their own.

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Caregiver support

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their own once directed. The staff of the program will also not be able to provide medications to the participants.

What does a volunteer look like? Anyone, 16 and over, with a heart for seniors. I will train you on the basics of dementia and the program. They need someone to work with them on activities. A one-on-one buddy that they can talk to and communicate with. Once a week, once a month, regularly. It doesn’t matter. We need folks to help our caregivers and give them a much-needed rest. According to the WHO, in 2019, dementia cost economies globally 1.3 trillion US dollars, approximately 50% of these costs are attributable to care provided by informal carers (e.g., family members and close friends), who provide on average 5 hours of care and supervision per day. There is a background check to complete.

The Respite Day will consist of socialization, music, crafts, lunch, exercise, and memory games. Any type of craft, music, cooking, etc. skills are needed. If you can’t volunteer your time, we would love your supplies. Gift cards, pool noodles, balloons, poker chips, yarn, art supplies are a good start. We would also love for organizations to sign up to sponsor a day and have group volunteers spend time or provide the meal for the day. The sky’s the limit.

Email or call me for more information or to get involved. Mdillon@jhawkaaa.org, 785-235-1367.
## Older Americans Act Allocations for Fiscal Year 2024

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<tr>
<th>Provider</th>
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<td>398,930</td>
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### Customer Choice In Home Assistance

- **Attendant Care**: ATCR, 40,145
- **HOMEMAKER**: HMKR, 50,081
- **Respite**: RRRR, 28,600

### Customer Choice Providers:

- **Advantaged Home Care**: ATCR, HNK, RRRR
- **Jefferson Co Health Department**: ATCR, HMKR
- **Home Instead Senior Care**: ATCR, HMKR
- **Interim Health Care**: ATCR, HMKR
- **KS In-Home Care**: ATCR, HMKR, RRRR
- **Midland Care Connection**: ATCR, HMKR, RRRR
- **Prestige Home Care**: ATCR, HMKR, RRRR
- **Trinity In-Home Care**: ATCR, HMKR, RRRR
- **Windsor At-Home Care**: ATCR, HMKR, RRRR
Monte Gehrke

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mowers leads from the front door to a counter, but Monte is rarely there unless he is accepting payment for a bill.

Each morning he opens the big garage door and moves out an abundance of equipment and parks it in front of the building. Before closing, he moves it all back in. That will end in September and, except for what he wants and needs, the rest will be auctioned off as he moves out of the building that has housed his business for 21 years.

When Dr. Hoss decided to sell the building in which Countryside is located, Monte Gehrke was there to ensure that the business continued as usual.

Monte stands amid the mowers he has just brought in before closing. In the morning he will take them out again.

Monte sells things as well as fixes them, everything from mowers and snow-blowers to accessories and parts.
Seniors need action on oppressive real estate property taxes

By Marsha Henry Goff

SmartAsset.com is another company that lists the 10 best states for retirees financially. Kansas is not among them, not even close. Florida tops the list with no state tax and no taxes on Social Security and other retirement income. Kansas is one of only 11 states that taxes both Social Security and other retirement income. Any time I mention to a legislator the disparity in what Florida and other states offer retirees that Kansas doesn’t, they usually respond, “But Florida has tourism.” Yet Iowa is in the top 10 best states for retirees financially and has the same tax benefits for them that Florida does. I can’t imagine that Iowa has more tourist attractions than Kansas.

The same thing happens when I mention property taxes to a legislator. Years ago, when I told a local legislator that Douglas County has higher property tax rates than Johnson County, she answered, “But Johnson County is a wealthy county.” Why is that? What are their elected officials doing that ours aren’t? I suspect it is because Johnson County increases its tax base with business while Douglas County appears to primarily rely on residential real estate property taxes.

My father was a legislator representing Douglas County in the 1950s. Back then all legislators did their best to ease the tax burden on their constituents. One current legislator of my acquaintance has been working hard on that issue for the last two or three years. I have encouraged — he may think nagged — him to think of seniors who have lived in their homes for decades but can no longer afford the swiftly rising appraised values and the resulting confiscatory taxes that result. My opinion is that seniors should downsize when they wish to, not when they are forced to leave the homes they love.

I do know that many legislators wish to address this problem, put it on the ballot as a Constitutional amendment and allow voters to decide, but they do not yet have a majority and they very well may need a veto-proof majority. Please encourage your legislators to help make the majority required to provide tax relief for seniors. Next year is a must for action or we may all wind up in Florida like the New Yorkers and Californians who are fleeing their respective states’ tax burden.

If you would like to place your display ad in the FALL 2023 issue of Amazing Aging, please call Kevin at (785) 841-9417. The deadline is October 15.
By Marsha Henry Goff

Back in 1950 in two-thirds of the states the illiteracy rate was 3% or less. In the other third of states, it was 10% or less. Today, the illiteracy rate in the U.S. is 21% and 56% of those who can read are reading at the sixth grade level or below. We're regressing, not progressing.

Although I cannot find data to support it, logic says that those who cannot read or are reading below sixth grade level are more likely the young, not the old.

If your grandchildren are not reading at grade level, you can help them. Anyone can teach reading. Our first grandchild is special needs and lives in a group home. One day a substitute caretaker called me and asked excitedly, “Do you know he can read? I never worked with a client who could read!”

“Sure,” I said, “my mother taught him.”

Special Ed teachers did not attempt to teach B.J. to read so my mother, who looked after him while his father worked, just could not stand the idea of not trying to teach him to read. She made flash cards, used phonics to teach him to sound out words and showed him lip and tongue positions to pronounce words. Once he could read, she taught him to write the alphabet, then to write and spell words. The first two words she taught him to spell were Corvette (his dad had one) and Mississippi. B.J. may never read a college textbook but he certainly enjoys reading about dinosaurs and the weather.

When my mother-in-law's mother died, with whom Jeanetta, her younger sister with Down syndrome lived, my mother- and father-in-law, then empty nesters, built two rooms onto their farmhouse and invited her to live with them. In the 1920s and 1930s, when Jeanetta was school aged, children with Down syndrome were not allowed to go to school so she had no opportunity to learn. My mother-in-law changed that and taught her to read at the age of 36, as well as to write her name. Jeanetta was capable of learning; she just hadn't had the chance. Fortunately, today children with Down syndrome can go to school and learn as much as their ability allows them.

The amazing thing about my late mother-in-law is that she — as one of the older children in a large family — was forced to quit school in third grade and go to work to help her family. But she was intelligent and an avid reader and self-educated herself.

Susan Harris message

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for review and recommendation to approve and then presented to the JAAA Board of Directors for approval and incorporation into the annual area plan. The table on page two shows the services that are funded by JAAA through the Older Americans Act, as one can see this is a wide range of services targeted to those age 60 and older.

While it may seem early, plan ahead for Medicare Open Enrollment. October 15th starts Medicare Open Enrollment, which runs through December 7th. This is the time that Medicare Beneficiaries are given the opportunity to shop and compare Medicare Part D plans as well as Medicare Advantage Plans. We encourage all Medicare Beneficiaries to take the opportunity to review their current Medicare Part D plan or Medicare Advantage Plan to see if that plan is going to continue to be the appropriate plan for you with regard to cost and coverage. Plans can change annually what they charge in premium, as well as costs you will pay at the pharmacy counter ... it is in your best interest to review your plan and compare coverage options and make changes if necessary. We have a team of individuals ready and able to help you through this process. We will be opening up appointment times in mid-September. Be sure to call to get your appointment with one of our SHICK counselors.

Two Unlikely Reading Teachers

Christina Goff taught her sister to read.

June Henry taught her great-grandson to read.
Monte Gehrke

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personality and voice of both the Jayhawks and Chesty Lions; Roy Williams, KU and UNC basketball coach; Danny Manning, KU and LA Clippers basketball star; and Marty Pattin, Royals pitcher and KU baseball coach. The latter once took Monte and his son to a Royals game, treated them to tail-gating and made sure they each got a special blanket the Royals were giving away that night.

He also tells of the time when Pattin brought in equipment to be fixed and said he would pick it up the following Monday. But that did not happen because Pattin died in his sleep while visiting friends in another state.

While Monte has so many good memories of his interactions with customers, he has a few sad ones, too.

In a few months, look for Monte on the road driving his big trailer emblazoned with Countryside Small Engine Repair. You can bet he will be heading somewhere to fix something that needs fixing. That is what he has done professionally since he was 15 years old and he is really GOOD at it!