

## Additional Age-Friendly Services

As CHCB, Inc. Geriatric Services program participants, older adults, and their caregivers will also have access to a host of additional care services, all located “under one roof”, and all accessible in coordination with an “Age-Friendly” care visit. These additional services include:

- Dental Services including Dentures (Complete and Partial)
- Telehealth includes the easy ability to visit via computer or smartphone.
- Nutritional support including daily diet evaluation and recommendations for enhancements for “Food as Medicine”.
- Ophthalmology Services include scanning for Diabetic Retinopathy (Damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina) caused by Diabetes)
- On-Site Physical Therapy Center featuring state-of-art rehabilitation equipment and programs specialized for Older Adults.
- Care Giver mental health support, education, and resource coordination assistance

**To enroll in the CHCB, Inc. Age-Friendly Geriatrics Services Program contact:**

**Dr. Ann-Marie John**

Wellness and Prevention Director,  
Community Health Center of Buffalo,  
Inc.

716-986-9199 ext. 5909 |  
amjohn@chcb.net  
For more information,  
visit us at [www.chcb.net](http://www.chcb.net)

**Treating All with Caring  
Hands and Open Hearts**



Doris Daniels, Douglas Gaston and Darcy Green participate in physical therapy.



Your Partner for Quality Care  
**CHCB**  
COMMUNITY  
HEALTH CENTER OF BUFFALO, INC.  
BUFFALO • NIAGARA FALLS • CHEEKTOWAGA • LOCKPORT

# AGE-FRIENDLY GERIATRIC SERVICES

**34 Benwood Ave., Buffalo, NY 14214**

# Expert Caregiver Team With Training In Treating Older Adults

Under the leadership of Dr. Shahla Ahmad, MD, CCFP, Family & Geriatric Medicine Physician; and coordination of Dr. Ann-Marie John, PhD, MSN, BSN, RN, Director, Wellness and Prevention, the CHCB, Inc., has formed a team of experienced care givers who have specialized training in treating older adults. Working together, the CHCB, Inc. team including Dr. Ahmad; Dr. John; Dr. Kenyani Davis, MD, MPH, Chief Medical Officer; Mary Kosowski MSN, APRN, A-GNP-C, Geriatric Nurse Practitioner; Dr. Esra Mustafa, PharmD, Clinical Pharmacist; Megan Quinn, LCSW, Manager, Behavioral Health; and Mary Walker, MSW, Care Coordinator, can provide personalized, coordinated care; addressing the medical, physical and mental/behavioral health needs that are particular to older adults.



Dr. Ann-Marie John discusses Diabetes prevention with program participants Doris Daniels and Darcy Green.

## Quality Of Life... With Prevention and Wellness Focus

Older Adult Patients, and their caregivers, who enroll in CHCB, Inc.'s "Age-Friendly Geriatric Services" program will be treated with a specialized focus on enhancing "Quality of Life" and maximizing "Prevention" and "Wellness".

## "Five M" Model of Care

The CHCB, Inc. Older Adults program of comprehensive care follows the "Five M" model. Over a series of coordinated visits, the Patient, and his/her caregiver, working closely with CHCB, Inc. providers, will receive close examination and diagnoses regarding:

- Mobility – How to best maintain movement and flexibility to prevent falls and other possible accidents.
- Mind – Understand changes that can occur in the brain with regards to cognitive, emotional and behavioral health; and how to best maintain and enhance "brain health."
- Medication – Personalized medication consultation and evaluation; and how to best manage medications for maximum effectiveness and safest use.
- Multi-complexity – For Patients with complex or chronic illnesses; how to ensure the best care/treatment plans.
- What Matters Most – With a priority on personal dignity, and utmost respect, engage Patients in caring conversations regarding end-of-life choices, and provide guidance with the Health Care Proxy process.



Dr. Ahmad exams patient Doris Daniels.



Mary Walker reviews how to safely manage medications with patient Darcy Green.