

AGE FRIENDLY TIMES

2022



Geriatric Services Program

Issue #1

Meet The 'Triplets'

Please allow us to introduce you to **Douglas Goston, Darcy Green** and **Doris Daniels**, also known very fondly to the staff at the Community Health Center of Buffalo, Inc. as "the Triplets."

Today, Douglas, Darcy, and Ms. Doris (as we also like to call her), are patients in CHCB, Inc.'s recently launched Age Friendly Geriatrics Program. Ms. Doris is also an original CHCB, Inc. employee, and today serves the organization as Purchasing Officer. *Now, here's some of the rest of their story...*



Ms. Doris and her Triplet siblings Douglas and Darcy have a ball at their Physical Therapy sessions.



Douglas Goston works on his leg strength in CHCB, Inc.'s Physical Therapy department.

Age-Friendly
Health Systems

2022 Participant

Happy! Happy! Happy! Mother's Day 1952

Triplets Make Unexpected Grand Entrance!

At the tender age of 20, with her husband Henry pulling first shift duties working the coke ovens at Bethlehem Steel, Mrs. Minnie Goston was looking forward to a quiet Mother's Day at her home on Buffalo's Walnut Street with her three children George, age four; Thermon, age three; and Lautheria, 19 months.

But, as has been their independent nature throughout their lives, "the Triplets" as they are affectionately known, had other ideas!

In fact, not only didn't Minnie think "Mother's Day" would mean she really would - that day - again become a mother. But all along she was also told to expect twins. That's when the Triplets decided to get busy!

"My brother Douglas was first at 4:37 AM, and my sister Darcy came next at 5:07 AM," explained "Triplet Three" Ms. Doris, who recalled she "was born just a few minutes after at 5:10 AM."

"My father had to go to work early. He worked in the coke ovens at Bethlehem Steel. That was a hard job at that time, and you really couldn't take any time off," explained Ms. Doris.

"My mom didn't even know she was having triplets, she thought she was having twins," Ms. Doris continued, as she at the same time shared a 70-year-old newspaper clipping showing a photo of a smiling Minnie Goston reclining in bed topped by a headline that read: "Her Stork Took Day's Label Too Seriously!"

According to a 70-year-old newspaper article published at the time:

"Mrs. Henry L. Goston, 192 Walnut St., celebrated Mother's Day in a big way yesterday by giving birth to triplets, the first multiple birth to be recorded in the new Buffalo General Hospital wing." "All I really wanted was one girl," said Mrs. Goston, explaining that would have evened the children at two boys and two girls. But she added quickly, nature made things fine again by adding the right number to each sex, resulting in three boys and three girls. "My husband still hasn't heard about this," Mrs. Goston said while her picture was being made. He was at work when I was brought to the hospital." And that wasn't the only Triplet turn of events that day. "We were seven-month babies," explained Ms. Doris. "We had to put in incubators. We weren't quite done!" She added with a loud laugh.

Growing Up at Jefferson and East Utica

School #53, East High School, Burgard Vocational High School

Near Downtown

So with a famous and exciting entry into the world, Douglas, Darcy and Doris eventually joined George, Therman, and Lautheria under the Goston roof, and got busy once again growing up.

“At first we lived in the downtown area on a street named Mortimer,” recalled Ms. Doris. “But with six kids, they moved to Jefferson and East Utica. That’s where we grew up at. That was only a block from where the Tops now is. (By 1955, the Goston children would number eight as Reginald was born in 1953 and baby sister Georgia was born in 1955.)

“We lived our entire childhood at Jefferson and East Utica,” she continued.



East High School

“We went to grammar school at School #53. And then my Triplet sister Darcy and I went to East High School. And my brother Douglas, the other Triplet, he went to Burgard Vocational High School for an aviation mechanics program they had. He didn’t end up doing that. He ended up being a boiler maker. He worked at various places, wherever they sent him.”



Burgard Vocational High School

Triplet Tricks

Now being Triplets, and as sisters born just minutes apart, you would expect that Ms. Doris and Darcy looked and sounded alike. You might also not be surprised to learn that just maybe they once in awhile used these qualities to have a little fun, and even engage in what you might call the “old switcharoo” back in school.

“In high school, me and my sister did things together,” continued Ms. Doris with a slight smile. “I remember one particular time in high school when we switched classes. This is what happened. Darcy had a make-up test she needed to take for typing. And she also had another test in math, and they were scheduled at the same time. Well, I had already taken the math test. And so, I went and took the test again for her. The teachers never found out. I did a lot better on the math test I took for Darcy than I did for me! That was the only time we ever switched classes.”

Off To Work

And when school was out, according to Ms. Doris, the Triplets started working as kids and always had summer jobs.

Ms. Doris recalled that she eventually settled on being a healthcare worker after getting a job in 1989 as a cashier at Geneva B. Scruggs, Community Health Care Center located at 567 Grider St. in Buffalo.

“Geneva B. Scruggs was a healthcare center just like this. It was located behind the Erie County Medical Center on 567 Grider Street,” said Ms. Doris. “I started as a cashier and data entry, and then I learned to do billing while I was working there. My supervisor Gussie O’Steen taught me billing. So, I learned how to do coding. I worked there from 1989 to 1999.”

Joining CHCB, Inc.



Ms. Doris next joined the Community Health Center of Buffalo, Inc., in December of 1999.

“I joined CHCB in 1999. I started in Billing and became Billing Supervisor,” said Ms. Doris. “This was when we were still on Grider Street. When Dr. Ansari came on board, an opportunity opened up in Purchasing so I decided to get out of Billing and move on over to Purchasing.”

Ms. Doris explained that in their early working days, the Triplets “really didn’t do a lot together” as they were each busy “going their own way.”

“We didn’t get back together until we got grown,” she said. “Now, we always hang together. Me and my sister share a house. She lives downstairs and I live upstairs. And we do things together all the time now.”

“Now that we’re older, the three of us always regularly get together. We always get together on our birthdays... always. And we go out to dinner. We may go out to breakfast and dinner. Last year, we went out to the Harriet Tubman site in Auburn, NY. We try to get together on May 11 every year. In fact, we do get together. There is no try.”



Dr. Shahla Ahmad, MD, CCFP, Family & Geriatric Medicine Physician examines Ms. Doris.

Buddy System Success

The Triplets Check-In With Eachother Daily

One extremely important decision the Triplets recently decided to “do together” was to become patients of CHCB, Inc.’s Age Friendly Geriatrics Program.

According to Ms. Doris, the Triplets have been patients at CHCB, Inc. for over 20 years. And when Dr. Ann-Marie John, Director of Prevention and Wellness, informed them of the new Geriatrics program, the Triplets didn’t hesitate to sign up.

“It was a natural decision that we would join this program together,” explained Ms. Doris. “I informed Darcy and the program has been focusing on monitoring her blood pressure.

“The advantages of us doing this together is we can keep tabs on one another, because we do do that all the time,” she continued. “Darcy lets me know what her blood pressure is. My brother lets me know what his is. And I let them know what mine is. So, health wise, we do keep tabs on one another. Because hypertension runs in our family. My dad had low blood pressure, mom had high blood pressure. So that was unusual.

“Darcy also drags me down to PT every day,” said Ms. Doris with a laugh. “She makes sure that I do my exercises. If it wasn’t for her, I wouldn’t do it.

“Douglas just got finished having knee surgery. So, he is recuperating for that,” she continued. “But he’s been at PT working to get his knee back together. He also has back issues. You know all that stuff comes with the territory when you get to be 70,” Ms. Doris added with a chuckle.

Overall, Ms. Doris says “we have a buddy system, definitely.” when describing how the Triplets work to support each other in the Age Friendly program.



Thanks to her sister “Buddy” Darcy, Ms. Doris gets her PT done!

Computerized Blood Pressure Monitoring

‘Great Program Benefit’

“What I really like about the program is how they monitor your blood pressure. With these machines that they have now, when they take your blood pressure, it automatically goes to your medical record,” said Ms. Doris.

“And your provider can look in there and if there is an issue with your blood pressure, they will contact you and let you know what you need to do.

“I really like that. Douglas has a machine like that because he was having blood pressure problems. And Darcy has one because she has a blood pressure problem. My blood pressure is under control.



Ms. Doris enjoys regular blood pressure monitoring

Diabetes Focus

“The diabetes part of the program is also really good,” continued Ms. Doris. “I’m a diabetic and so is my brother. Darcy is not a diabetic. Diabetes runs in my family also. The program took care of the eye exam for diabetics where they look at the retina. I normally get that done at the eye doctor, but they did it here. The program also did my A1C screening.

“You don’t have to worry about going to the lab for that A1C test. They take your blood and do the test right at CHCB. And they let you know right away what your A1 C is. I think it’s great that I can get my blood pressure, PT, retinal exam, A1C all under one roof.

“This program is for people with health issues,” concluded Ms. Doris. “If you have health issues, it’s a wonderful program to be in because they really keep an eye on you!”

And if you join the program and get to know the Triplets, you can bet they will too!

CHCB, Inc.'s Age Friendly Geriatric Services Program

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 Community Health Center of Buffalo, 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.

QUALITY OF LIFE... WITH A PREVENTION AND WELLNESS FOCUS



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

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

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 care giver, 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.



Left: Dr. Ahmad examines Ms. Doris. Middle: Mary Walker reviews safe medication management with Ms. Darcy. Right: Douglas Goston signs in to receive his \$5 coupon as part of CHCB, Inc.'s partnership with Urban Fruits & Veggies to make available fresh picked, seasonal fruits and vegetables to patients and members of the community on a weekly basis throughout the summer.

ADDITIONAL AGE FRIENDLY SERVICES

As CHCB, Inc. Geriatric Services program participants, older adults and their care givers 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 including 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 including scanning for Diabetic Retinopathy (Damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina) caused by Diabetes).
- Outreach Services including home visits by CHCB, Inc. Outreach Nurses who will perform home assessments; provide immunizations and medication assistance, and other care services for home-bound Older Adult Patients.
- Care Giver mental health support, education and resource coordination assistance.
- On-Site Physical Therapy Center featuring state-of-art rehabilitation equipment and programs specialized for Older Adults.
- On-Site Pharmacy.
- Assistance for housing instability, food insecurity, transportation problems, utility help needs and home safety.
- Partnerhips with Roswell Park Cancer Institute and other area hospitals.

How To Enroll

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