Catholic Health
LIFE | Living Independently For Elders

Exhale: Saturday Respite Care
Catholic Health LIFE

600 Doat Street
Cheektowaga, NY 14211

Located on the campus of
Villa Maria College.

(716) 839-8651

chsbuffalo.org/exhale

Our **Mission**

We are called to reveal the healing
love of Jesus to all.

Our **2025 Vision**

As your trusted partner, inspired by
faith and committed to excellence, we
lead the transformation of healthcare
and create healthier communities.

Catholic Health

Exhale:
Saturday Respite
Care program

Catholic Health
LIFE | Living Independently For Elders

Caring for a loved one is hard. Making time to care for yourself can be even harder. We can help.

Take some time for yourself, knowing that your loved one is in good hands. Catholic Health is pleased to bring you Saturday Respite Care at **no-cost** to you, thanks to support from *Exhale: The Family Caregiver Initiative*, funded by Ralph C. Wilson Jr. Foundation, Health Foundation of Western and Central New York, and the Ann Arbor Area Community Foundation.

Who Is Eligible?

Respite care is available to individuals aged 55+ and who reside in Erie County. Assistance with toileting, ambulation, and feeding will be available.

All participants will be screened prior to acceptance.

Space is limited. Learn more online at **chsbuffalo.org/exhale** or call **(716) 839-8651**.

Services Available

Respite services available include lunch during attendance, and a variety of activities such as games, crafts, and exercise. On-site staffing includes a Program Coordinator, Activities Coordinator, and trained Home Health Aides.

Caregivers will also have the opportunity to meet with staff on-site to discuss challenges or needs they may have, attend a caregiver education session, or leave to have time to themselves.

Location

Exhale Saturday Respite Care is available at Catholic Health LIFE located at 600 Doat Street, Cheektowaga, on the Villa Maria College campus.

This day center has secured entry/exits, and is handicap accessible.

If you are unable to drop-off your loved one please contact us to discuss transportation options.