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**Ralph C. Wilson, Jr. Foundation and Health Foundation for Western & Central New York Announce Exhale, the Family Caregiver Initiative’s Next Program Launch Coming in 2022**

*The program will host two free informational events held virtually in November and December 2021 for Western New York area organizations interested in learning more about collaborating on respite initiatives*

**BUFFALO, NY, November 16, 2021 –** Today, [Exhale, the Family Caregiver Initiative](http://www.exhaleforcaregivers.org/), which funds innovative collaborative projects that are reimagining and increasing respite opportunities for family caregivers of older adults, announced two upcoming events to kick off its 2022 program. Open to organizations, both for-profit and nonprofit organizations located in Erie, Genesee, Monroe, Niagara, Orleans, and Wyoming counties in Western New York, the free virtual information sessions will provide attendees with an interactive overview of the Exhale program and its eligibility requirements on Tuesday, November 30 from 10 a.m. to 12 p.m. EST and Monday, December 6 from 1 p.m. to 3 p.m. EST.

“November is National Family Caregiver Month, and we could not think of a better time to launch this initiative for 2022,” said Amber Slichta, vice president, programs and learning, Ralph C. Wilson, Jr. Foundation. “We are rallying businesses and organizations across the Western New York region – that together as a community we can find more opportunities and solutions to better support family caregivers in ways that are meaningful to them.”

Exhale is an opportunity for businesses and organizations to work together to find

innovative solutions that provide caregivers an opportunity to breathe a little easier. Through a short series of virtual workshops, which will begin in January 2022, organizations based in participating Western New York counties will receive free training in creative problem solving and project management as well as a stipend of $500 to explore this opportunity for further funding. Participating nonprofits will also be eligible to apply for grant funding.

“We’re excited to get started on our 2022 Exhale initiative, providing organizations from Western New York with tools to help create invaluable programs that provide relief and comfort to their caregiver communities,” said Ken Genewick, senior program officer for caregiving, Health Foundation for Western & Central New York. “Through these collaborative projects, we can maximize our efforts and creative thinking to better recognize and support the caregiver community, as more than [53 million individuals nationwide care for a parent, spouse, or loved one](https://www.aarp.org/caregiving/basics/info-2020/unpaid-family-caregivers-report.html). It’s important that caregivers set aside time to take care of their own wellbeing and that’s why we’re here to help make that happen.”

Funded by the [Ralph C. Wilson, Jr. Foundation](https://www.ralphcwilsonjrfoundation.org/) and [Health Foundation for Western & Central New York](https://hfwcny.org/), and managed by [The Philanthropic Initiative](https://www.tpi.org/) (TPI) with support from Teresa Lawrence, president, International Deliverables, Exhale was first established in Southern Tier, NY in 2019 and has since expanded into Erie, Niagara, Genesee, Orleans, Monroe, and Wyoming counties. In 2020, the program helped launch three respite initiatives including [Caregiver Tech Solutions](https://www.caregivertechsolutions.org/), [The Intergenerational Enrichment and Educational Respite Program](https://www.genvalley.org/Page/3207/) and [Musical Memories Cafe](https://www.westfallsartcenter.org/memory-cafe167513f0).

To register for one of the virtual information sessions or to learn more, visit [ExhaleForCaregivers.org](http://exhaleforcaregivers.org) or contact [SRajadurai@tpi.org](mailto:SRajadurai@tpi.org).

***Exhale***

Exhale, the Family Caregiver Initiative, is an opportunity for businesses and organizations to work together to find respite initiatives that give caregivers an opportunity to breathe a little easier. In a short series of virtual workshops, those interested in developing a

program will receive free training in creative problem solving and project management, as well as a stipend of $500 to explore this opportunity for further funding.

***Ralph C. Wilson, Jr. Foundation***

The Ralph C. Wilson, Jr. Foundation is a grantmaking organization dedicated primarily to sustained investment in the quality of life of the people of Southeast Michigan and Western New York. The two areas reflect Ralph C. Wilson, Jr.’s devotion to his hometown of Detroit and greater Buffalo, home of his Buffalo Bills franchise. Prior to his passing in 2014, Mr. Wilson requested that a significant share of his estate be used to continue his life-long generosity of spirit by funding the Foundation that bears his name. Based in Detroit, the Foundation has a grantmaking capacity of $1.2 billion over a 20-year period, which expires January 8, 2035. This structure is consistent with Mr. Wilson’s desire for the Foundation’s impact to be immediate, substantial, measurable and overseen by those who knew him best. For more information visit [www.rcwjrf.org](http://www.rcwjrf.org).

***Health Foundation for Western & Central New York***

The Health Foundation for Western & Central New York is an independent private foundation that advocates for continuous improvement in health and health care by investing in the people and organizations that serve young children and older adults. For more information, visit [www.hfwcny.org](http://www.hfwcny.org).