


Seniors Helping Seniors

By Jeff Tintle Jr.

Francelle and Ines are good friends. Together they enjoy painting, reading, exercising, cooking, and doing crafts. They act like long-time friends, but they are not. Francelle and Ines just  last summer. Since then, they meet three days a week for two hours to do activities and chat. So how did these two friends meet? At the supermarket, church, or the neighborhood? No. They met through a caregiving service.

Seniors Helping Seniors® is one of many non-medical, in-home care companies in the Lehigh Valley. In-home care has become very popular, as seniors desire to remain in their home for as long as possible with help from a caregiver who comes to assist with daily activities. The care can include many tasks, including laundry, light housekeeping, errand service, meal preparation and companionship.

What distinguishes this company is the fact that the caregivers are seniors themselves. Caregivers tend to be closer in age and have similar interests as their clients. As a result, many caregivers and clients have a special bond, and the relationship is more like a friendship than business. Francelle and Ines are a great example.

Ines moved to the Lehigh Valley from New York to live in an independent apartment at the home of relatives. To keep Ines as independent as possible, the relatives arranged the services of Seniors Helping Seniors®. “When I called Seniors Helping Seniors® the philosophy and services seemed to make sense. My grandmother (Ines) was new to the area and would appreciate a caregiver who was her age and had similar interests,” said Ines’s granddaughter. When Francelle came to meet Ines, she brought many books and activities and the two bonded. Both not only enjoy reading, but they enjoy the same topics: history, health and women of the Bible. This makes for both good reading and good conversation. They talk as any friends do, and share their stories and their cultures. Ines grew up in Puerto Rico and Francelle is from the South. At Thanksgiving, Francelle made a traditional American Thanksgiving meal and the following week Ines made a Puerto Rican Thanksgiving dinner. They swap recipes and teach one another how to cook in their unique traditions. Together they are a good match.

Francelle is happy working as a caregiver. She has a flexible schedule and works part-time. The most fulfilling aspect is that she makes wonderful friends. “I like the connection and to help motivate people” says Francelle. Ines reacts with a smile and looks at Francelle with fondness and appreciation. She doesn’t say anything but her face communicates everything; they have an invaluable friendship.

If you would like to be a caregiver or receive caregiving services, call Lynn at 610-253-3232 or visit www.seniorshelpingseniors.com.