mGAP Update Week of Jan 15, 2023

This mGAP newsletter includes timely updates for Montclair's community of older residents.

NEXT STEPS in mGAP Campaign to Make Montclair Age Friendlier: Join Us at a Public Meeting

When: 2:30 - 4:00 p.m. Tuesday, January 31, 2023
Where: Union Congregational Church, 176 Cooper Ave, Montclair, NJ, 07043
Click here for further details

Bring your ideas and energy to help plan our next steps toward making our community age-friendlier. All are welcome. RSVP here (Background: December 1, 2022, Montclair Local coverage)

Celebrating Our Local History

On September 11, 1966, Dr. Martin Luther King visited Montclair and spoke to more than 3000 people at the high school. Several current residents will share their memories of that day and also personal interactions with Dr. King in an interactive, program with children from Edgemont School.

Location: Auditorium of Bradford School (yes not Edgemont School)
Time: 2 - 4 p.m. (Program organized by Edgemont PTA and mGAP)

ANCHOR Frequently Asked Questions (FAQs)

ANCHOR provides property tax relief to New Jersey residents who owned or rented their principal residence (main home) on October 1, 2019, and met the income limits... Deadline just extended to Feb. 28, 2023.

Healthy Heart free Cooking Class

Join us for cooking that’s good for your heart and your wallet. Live & In-Person, Thursday Feb 16, 1 pm-2 pm @ Mountainside Medical Center Treatment (should) and Stroke. ACTFAST

How Local Gov't can support mGap

Citizen input helps local government make Aging in Place a reality...

Android vs Apple for Senior Citizens

There are a few key differences between Android and Apple phones that may be relevant for senior citizens...

Caring for a Loved One at Home? State Programs May Pay For Your Help

Nearly 40 million Americans are unpaid caregivers for older or disabled family members or friends. State programs may pay you to care for a loved one at home...

mGAP Newsletter Archive

Want to check on an item you read in a previous Newsletter? Check out our Newsletter Archive...

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