

mGAP Update Week of Feb 12, 2023

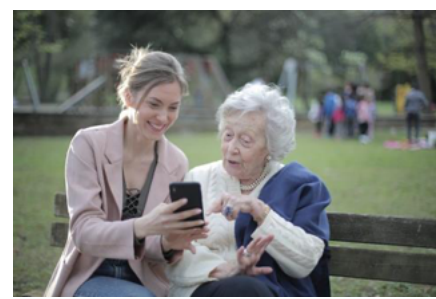
This mGAP newsletter includes timely updates for Montclair's community of older residents.

UsageTip: Headlines for each blurb are clickable and link to the entire news story



Sign our petition to "Make Montclair Age-Friendlier"!

Join the crowd: [Sign our petition](#) to "Make Montclair Age-Friendlier"! Out of a \$92 million budget, the Division of Senior Services received \$352,000 in budget allocation last year. 61% of the township's homeowners are over the age of 55, contributing an estimated \$1.4 million to our tax rolls. As empty nesters, our tax dollars underwrite non-school Township expenses as opposed to property taxes from homeowners with children. We are not demanding reductions in allocations for schools or emergency services. We are calling upon our Council Members to **grow the financial pie** to remedy this financial inequity.



Caregiver Support **NEW!** In Person at Edgemont Park House

Are you caring for a loved one and feel overwhelmed? Give yourself a break and join fellow caregivers for support and fellowship at a new support group [Continue reading ...](#)



Tell NJ Lawmakers: Our Family Caregivers Have Earned Financial Relief!

Many people in New Jersey are struggling to keep their older loved ones at home – and out of costly, taxpayer-funded nursing homes – often sacrificing their jobs and tapping into their savings to make it work. [Continue reading ...](#)



An 85-year Harvard study found the No. 1 thing that makes us happy in life: It helps us 'live longer'

Contrary to what you might think, it's not career achievement, money, exercise, or a healthy diet. The most consistent finding we've learned through 85 years of study is: Positive relationships keep us happier, healthier, and help us live longer. [Continue reading ...](#)



Phone Charges are not created equally

The outdated USB chargers clogging store shelves and online listings won't charge your latest gear as fast as possible. New fast chargers are safe, affordable, and up to three times faster than the old ones many people have had lying around for years. [Continue reading ...](#)



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