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

LAST CHANCE STAND WITH US FOR “MAKING MONTCLAIR AGE-FRIENDLIER.” SIGN OUR PETITION BEFORE APRIL 15 IN ORDER TO INFLUENCE TOWN COUNCIL VOTES ON PROPOSED BUDGET!

The best technology to offset forgetfulness, monitor safety, and help older adults age in place longer

Demand for products that help older people remain safely at home longer and provide family caregivers additional peace of mind is skyrocketing. This month, Gail Stocks, Occupation Therapist (MA, OTR/L, CAPS, ECHM Founder and Principal of EZ Way To Stay), will launch her tech-transfer partnership with mGAP.

Stocks will focus on how Alexia assistive technology can simplify ordinary tasks. Upcoming sessions will be held at the Wally Choice Center and MPL.

Unitarian Universalist Congregation at Montclair to share April Plate with mGAP

Montclair Gateway to Aging in Place extends its heartfelt thanks to the UU congregation which voted to donate part of their April weekly charitable offerings to us. The Church, founded in 1897 and cited as a “leadership church” for its social justice work, is a recognized leader in advocacy for Social Justice. This contribution will allow us to continue to educate and advocate for better public service for seniors and all residents.

Free Tax Filing Service

United Way of Northern New Jersey offers low- and moderate-income families and individuals three ways to file their state and federal tax returns for free. Visit https://www.unitedwaynnj.org/file-your-taxes.

Medicare Delays a Full Crackdown on Private Health

After intense lobbying by insurers, U.S. health officials say changes to reduce over-billing in Medicare Advantage will be phased in over three years.

How will Social Security Impact Your Future

Whether you’re concerned about having to work longer to pay bills or expect to be living comfortably during retirement, AARP’s Social Security Resource Center provides answers and guidance to help you make the best choices for your situation.

May 2023 Older Americans Month: Aging Unbounded

Montclair’s Division of Senior Services will celebrate Older Americans Month with a 1, 2, or 3 mile walk in Anderson Park on May 12, 2023. Guests will be treated to a guided tour of the Olmstead-designed park and a box lunch.

Grade School Children Need Rides

Montclair Fund for Educational Excellence is looking for volunteer drivers to help out with its bilingual after-school programming. You can make a real difference in the lives of our children’s neighbors. Sign up now and you can get to know all the kids; most are able to speak some English already!’

Wise Words for Wise Aging

You know you’ve reached middle age when you’re cautioned to slow down by your doctor, instead of by the police.

— Joan Rivers

mGAP Newsletter Archive

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

Donate to Montclair Gateway to Aging in Place