mGAP Update Week of Apr 23, 2023

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

“Make Montclair Age-Friendlier” Petition Update: SO CLOSE BUT NOT THERE YET. HELP US REACH OUR GOAL OF 1000 SIGNATURES. WE HAVE EXTENDED DEADLINE A FEW MORE DAYS. SIGN OUR PETITION BEFORE IT IS TOO LATE.

“Tiny Houses” In the Press

mGAP continues to advocate for ADU’s. Watch this space for a May announcement about the upcoming ADU Design Competition funded by Partners for Health. In the meantime, check out NJ Monthly’s April 19, 2023 article… Continue Reading

Be FAST: Know the Signs of Stroke

This disease affects the arteries leading to and within the brain. It is the # 5 cause of death and leading cause of disability in the USA, yet 80% of strokes are preventable. Join Hackensack Meridian Mountainside Hospital for a free event which will address signs, treatment and outcomes… Continue Reading

Montclair Residents: Town Wide Garage Sale to Benefit Human Needs Food Pantry

Saturday, May 20 10:00 am - 3:00 pm
Sunday, May 21 10:00 am - 3:00 pm
Register by May 10

Annual Essex County “Drug Take Back Day.” Safely Throw Away Unwanted Medicine:

Drug disposal misuse can lead to drug abuse. Dispose of old or unwanted prescription medications in a safe way… Continue Reading

Essex County Household Hazardous Waste Collection Day

Saturday, May 6 8:30 am - 4:00 pm
99 West Bradford Ave
Cedar Grove, New Jersey

Wise Words for Wise Aging

“Wrinkles will only go where the smiles have been” — Jimmy Buffett

mGAP Newsletter Archive

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