GAP Update Week of July 16, 2023

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

Rep. Mikie Sherrill Hosting Virtual Town Hall
On Monday, July 24 at 5:30 PM, Representative Mikie Sherrill (NJ-11) will hold a town hall in Montclair. Residents are invited to register here. Registered residents will receive the exact address of the town hall upon RSVP.

Mountainside Hospital Community Calendar - Summer 2023
The hospital is hosting a range of upcoming events designed to enhance wellness and support within the community including: wellness screenings, parent information classes, baby expo and much much more.

Seniors-Only Parking Spaces
Seniors in Montclair are grateful to Council Member Peter Yacobellis for implementing a State Law allowing for reserved Seniors-Only parking spaces in our business districts.

Unsafe Driving?
Driving when we are older can be complicated. Eyesight, hearing, balance and attention-span all play a role in safe driving. A list of early signs of unsafe driving can help you monitor a loved one’s driving performance.

Zufall Health Services
Zufall Health has expanded care for vulnerable Essex County seniors, courtesy of a generous award from the Healthcare Foundation of New Jersey (HFNJ). The $120,000 grant from HFNJ supports expansion of team-based medical, dental, behavioral, and supportive services to people 65-plus in and around the West Orange office. Zufall patients are served by a caring, bilingual staff of board-certified physicians, dentists, social workers, and support professionals.

Wise Words for Wise Aging
“If there’s one thing I’ve learned in my years on this planet, it’s that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest.”

___ John Glenn

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