mGAP Update Week of July 23, 2023

Meet new Senior Services Director Judy Hurley

Last month, Montclair welcomed the new Senior Services Director Judy Hurley. We recently had the opportunity to get to know her a bit better. As a Montclair resident herself, Judy has been following the saga of senior services for some time...

The longevity revolution is here: Will you be ready? (Modern Aging)

As we have suggested often, we have entered a new stage in aging which some gerontologists are now calling modern aging. Below is a link to an article written by Ann Lippel, mGAP President, on what modern aging means. The article appeared in the Montclair Local online newspaper...

Senior Farmers’ Market Vouchers

Representatives from the Essex County Division of Senior Services will be at the Montclair Farmers’ Market on July 29 to distribute Senior Farmers’ Market Vouchers worth $50 to eligible seniors...

Older Adults and Caregivers

Join United Way of Northern NJ Caregivers Coalition on Tuesday, July 25 at 11am for “Older Adults and Caregivers: The Challenges and Joys of Relationships”. Connie Palmer, Owner of Therapeutic Learning Connections will assist us with understanding the social and emotional challenges of the senior years...

Defend Yourselves Against Scammers

There is always a potential for bad actors to prey upon unsuspecting citizens who are not savvy to scamming. AARP has developed a Scam Track Map by collecting reports of fraudulent activities from members across the county. The resulting map can be used to alert you, your friends, and family of existing and emerging patterns of suspicious behavior...

Managing Excessive Heat As We Get Older

Why do the climate experts send us health warnings when the temperature warms? As we age the systems that regulate our body heat get sluggish, e.g. ability to sweat and/or the ability to pump blood to the skin. Thus, we can more easily become dehydrated during heat waves. Drinking lots of water helps but experts tell us that there are more things that can be done, like rubbing an ice cube over your skin, spritzing yourself with cool water, drenching your shirt, or taking a cool shower or bath...

Wise Words for Wise Aging

“...he who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden.”

– Plato