



mGAP Update Week of Feb 11, 2024

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

🏈 It's Super Bowl Sunday 🏈



NJAAW State-Wide Survey of Older Adults (60+) 2024

New Jersey Advocates for Aging Well (NJAAW) is a non-profit dedicated to helping New Jersey's older residents age with dignity and choice. They continuously tackle the issues important to older residents and share their needs with the State Assembly, agencies and departments ...

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Montclair's Senior Transportation Network Is Changing

There is nothing as painful as growth in a service that has exceeded everyone's expectations. Montclair Township has found the expense of providing individual EZRide for Life transportation too costly to continue at the previous level of service. EZride was a god-send during the pandemic when traveling in groups was prohibited, but times have changed. If you are interested in helping **mGAP** conduct research into alternative models for senior transportation, please email support@montclairgateway.com.

For full detail on statement from Township: [Continue Reading](#)



State of LGBTQ+ Aging Survey

This research study focuses on learning more about LGBTQ+ people aged 50 and older across the country, including their experiences, needs, and resiliencies as they get older...

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LIVE Cooking Demonstration

Samples will be served, and participants will be entered into a raffle to win a heart healthy cookbook.

Join us in person! February 14, 2024 1pm - 2pm

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Getting to More Accessible, Affordable, Inclusive Housing

Join Shelterforce's **Miriam Axel-Lute** as she hosts "Getting to More Accessible, Affordable, Inclusive Housing," on Thursday, Feb. 15 at 3 p.m. ET. Axel-Lute will be chatting with folks who are actively involved in creating more accessible housing, and advocates who are working on getting more funding for it...

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Wise Words for Wise Aging

"Let food be thy medicine, thy medicine shall be thy food."

Hippocrates



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