

mGAP Update Week of Feb 18, 2024

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



Prescription Assistance Available to More New Jerseyans

Income limits for New Jersey's PAAD and Senior Gold programs have risen by \$10,000, extending prescription savings to more seniors and individuals with disabilities ...

[Continue Reading](#)



Senior Freeze (Property Tax Reimbursement)

The [Senior Freeze Program](#) reimburses eligible senior citizens and disabled persons for property tax or mobile home park site fee increases on their principal residence (main home). To qualify, you must meet all the eligibility requirements for each year from the base year through the application year...

[Continue Reading](#)



Our Roots - Our Future

This Black History Month, discover the rich tapestry of African American heritage as we explore our family roots. Learn about innovative programs designed to empower the next generation of young leaders. YMCA of Montclair members, community members, and families are welcome.

Mountainside Medical Center will be present to provide Blood Pressure and Glucose screenings.

February 17 1:00 - 3:00pm @ [Montclair YMCA](#)

Light refreshments will be served ...

[Continue Reading](#)



Wise Words for Wise Aging

"You must do the thing you think you can not do"

Eleanor Roosevelt



mGAP Newsletter Archive

Want to check on an item you read in a previous Newsletter? Check out our [Newsletter Archive](#).

Montclair Gateway to Aging in Place is a 501 (c) (3) tax exempt charitable organization that survives on donations. Help us continue to serve you.

[Donate to Montclair Gateway to Aging in Place](#)