

mGAP Update Week of Mar 3, 2024

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



Gov. Murphy wants to give money to build affordable housing in NJ backyards and basements

Governor Murphy offers \$10 million proposal for financing ADU construction: 10 or more municipalities would be awarded up to \$1 million through a competitive grant process ...

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Stepping Out Montclair: Discover Your Town, One Step at a Time!

Join ***Out Montclair*** for a refreshing way to explore the vibrant streets of Montclair while connecting with like-minded individuals. Whether you're a seasoned stroller or just looking to stretch your legs, there's a place for you in our community of walkers ...

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Free Tech-Help Drop-in Sessions for Seniors

"I'm so ecstatic and relieved after this 1-hour session (learning about iPhone iCloud keychain password manager), I promise to bring home made muffins for the teachers next week." ...

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How Much Care Will You Need?

1/3 of today's 65 year-olds may never need long-term care support, but 20 percent will need it for longer than 5 years ...

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Medicaid Differences Between at Home, Assisted Living & Nursing Home in New Jersey

According to the U.S. Department of Health and Human Services about 70% of adults over 65 years of age will need some form of long-term care. Briefly stated, this is how that breaks down. ...

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Wise Words for Wise Aging

"Aging is an extraordinary process, where you become the person you always should have been "

Davide Bowie



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