

## mGAP Update Week of Mar 10, 2024

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



### Top 15 websites every Senior Citizen should follow in Montclair

We've meticulously curated a selection of the Top 15 websites essential for every Senior Citizen in Montclair. This list is continuously expanding to serve as a centralized knowledge hub, ensuring every Senior has access to invaluable resources ...

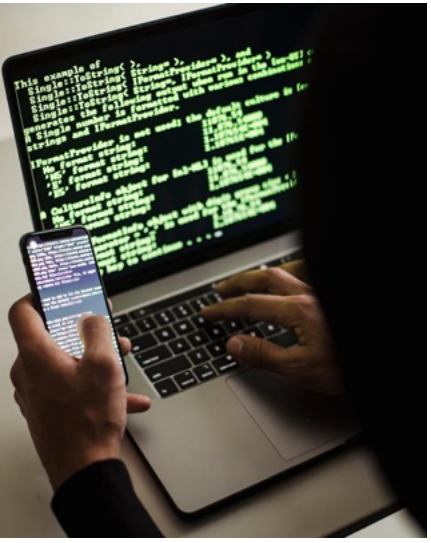
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### How to Spot Hearing Loss as You Age

Hearing loss can sneak up on us — so gradually that many of us don't notice the change. You might think: Wow, was that restaurant noisy? I couldn't hear a thing. My TV must be breaking down. I keep having to turn up the volume ...

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### How Fraudsters Break Into Social Security Accounts and Steal Benefits

Thousands of people receiving Social Security benefits have had their money diverted into criminal accounts. Here's what to know ...

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### Average COST of GROCERIES by State [2023]

Unless you're living off the grid with your own flock of chickens and an apocalypse-ready garden, you've likely felt the strain of inflation. From \$6 eggs to nearly \$2 bread, things can add up quickly. There's no doubt about it; food prices are simply going through the roof

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### The Impact of Disasters on Older Adults

When hazards — whether natural or human-made — strike, the consequences tend to be harder on older adults than on younger age groups.

Older adults often have mobility difficulties that make it harder to get out of harm's way. They often lack access to transportation ...

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### Volunteer Opportunities for Seniors

Learn about ways to stay active and give back during retirement ...

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### Wise Words for Wise Aging

*"Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own."*

*Albert Schweitzer*



### mGAP Newsletter Archive

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