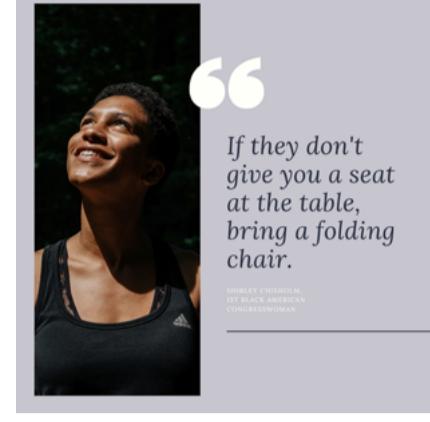




mGAP Update Week of Mar 24, 2024

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



Women's History Month 2024: "You've Come A Long Way..."

Those of you reading this newsletter probably recall the 1968 Virginia Slims' ad "You've Come a Long Way, Baby". This ad was cleverly designed to highlight the impact of the 1960's women's liberation movement. Before Women's Lib ...

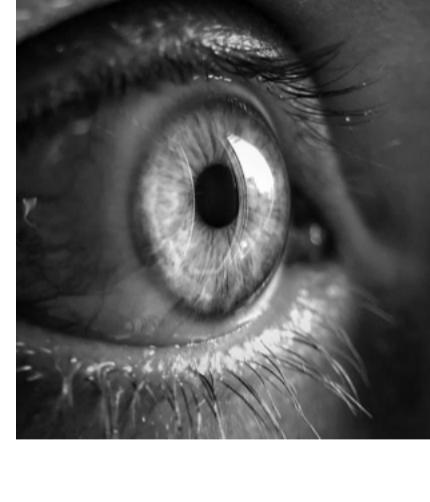
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"Struggling with your Smartphone or laptop? We've got your back!"

Feel free to bring your device(s) and any questions you have to our three conveniently located venues in Montclair. Our team of tech volunteers is eagerly waiting to assist you with all your technology-related inquiries ...

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Vision Zero Task Force Advocates for Safer Streets

Montclair residents are urged to sign this petition to encourage Township, County and State agencies to prioritize safer streets. Ellie Bagli, **mGAP** Executive VP, is a member of this task force ...

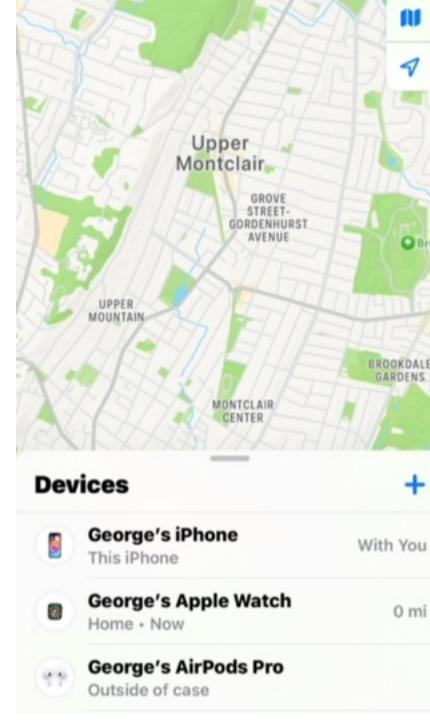
[Petition](#)



Montclair Seniors Have More Transportation Options (FREE)

Montclair seniors can get a ride to appointments, doctor or to meet a friend for lunch, for free, 20 times a month, with EZRide ...

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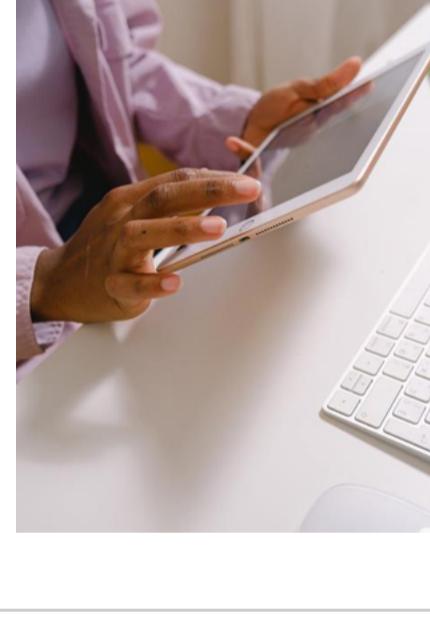


How to Prepare for a Lost, Stolen or Broken Smartphone

You may never have to deal with a missing device, but planning ahead with a few simple steps can make it easier if disaster strikes.

The average smartphone contains so much of one's personal life — photos, list of contacts, calendar, email, digital wallet — that the loss of that handy slab of glass and metal can be highly disruptive and disorienting. You may never have to face this situation, but you would be wise to plan for it ...

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Shopping for Internet Plans Can Be Confusing -- New Rules Will Simplify It

New rules from the FCC agency will require internet service providers (ISPs) across the country to display uniform broadband information inspired by the Food and Drug Administration's Nutrition Facts labeling ...

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Wise Words for Wise Aging

They told me my services were no longer desired because they wanted to put in a youth program as an advance way of keeping the club going. I'll never make the mistake of being seventy again.

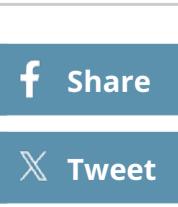
Casey Stengel



mGAP Newsletter Archive

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