



mGAP Update Week of May 12, 2024

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

🌸 Happy Mother's Day 🌸



Seniors learn about potentials SCAMS

Rep. Josh Gottheimer is looking to protect seniors from getting swindled, especially on social media. It's all a part of his Senior Security Strategy ...

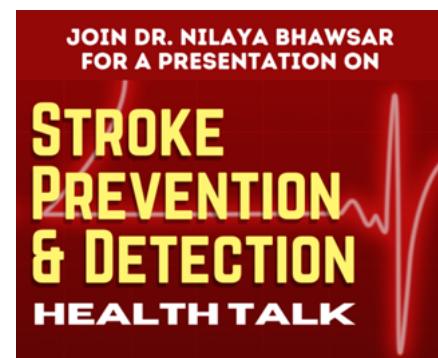
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Seniorama

"Calling all seniors! Get ready for Seniorama, your one-stop destination for housing solutions tailored just for you. Seniorama has all the information you need to find your perfect home sweet home. Join us for a day of exploration, connection, and discovering the ideal place to make your golden years shine!"

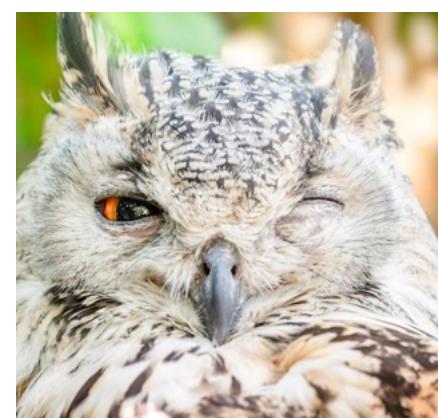
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Stroke Prevention and Detection

Join Dr. Nilaya Bhawsar, DO of Hackensack Meridian Mountainside Medical Center for a presentation on Stroke Prevention and Detection ...

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Wise Words for Wise Aging

"Getting old isn't for sissies."

Main Character of And Then There's Margaret



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