

## mGAP Update Week of July 7, 2024

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

🇺🇸 🇺🇸 **Happy Independence Day** 🇺🇸 🇺🇸



### Mobile Farm Stand 🥬 🥕 🍌

Montclair Community Farms (MCF) mobile farm stand delivers fresh, organic, locally sourced produce right to your doorstep! Thanks to partners like Ethos Farm, and Urban Agriculture, they offer a diverse range of crops. MCF accept all payment methods, including SNAP, and participate in the Good Food Bucks Program, which doubles the spending power of SNAP and FMNP participants! ...

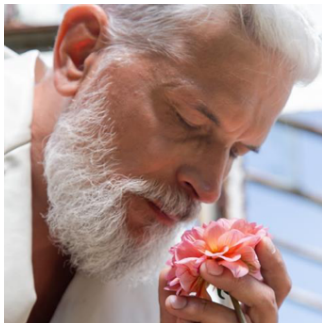
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### 6 Aging-in-Place Renovations That Are Actually Worth It, According to Pros

Many of us have aspirations to stay in our homes as we age. One way to make that more feasible is to invest in aging-in-place renovations before they're needed ...

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### The Surprising Link Between Your Sense of Smell and Brain Health

Experts say a loss of smell can negatively impact mental health. But training your nose can fight off the decline ...

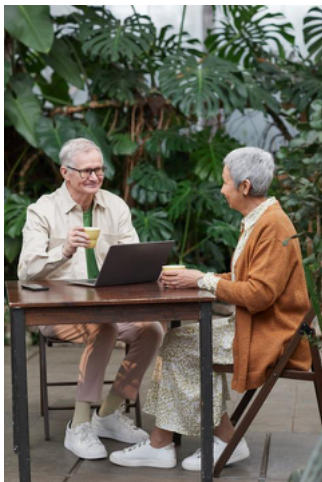
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### Beat the **HEAT** - Heat Related Illnesses and Safety

Summer can bring high temperatures and humidity that stress the body's ability to cool itself, leading to dangerous and potentially deadly conditions. The Center for Disease Control and Prevention reports that each year there are over 67,500 Emergency Department visits and 700 heat-related deaths in the United States ...

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### Montclair Modern Aging Collective Formed to Support New Senior Center

As work on the first-ever **Center for Modern Aging** begins, activists are beginning outreach to Montclair's diverse community to form the **Montclair Modern Aging Collective** (MMAC), a nonprofit organization dedicated to enhancing the lives of modern agers ...

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### Wise Words for Wise Aging

*Old age is like everything else. To make a success of it, you've got to start young.*

*Theodore Roosevelt*



### mGAP Newsletter Archive

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