

mGAP Update Week of June 23, 2024

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



NJ weather: Find a cooling center near you as heat wave approaches

With dangerously high temperatures expected to hit New Jersey, Essex County is preparing to address the heat by setting up cooling centers for vulnerable populations ...

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Hot Weather Safety for Older Adults

Too much heat is not safe for anyone. If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night ...

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Tech: Apps for Seniors

Having apps on a mobile device, whether a smartphone or tablet, can make life easier and more fun. But there are so many apps available that picking the best ones for you can be a challenge. During this **Zoom** session, librarian **Dana Treichler** will showcase some helpful and enjoyable apps that can benefit everyone, especially senior citizens ...

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Participants needed for research study on emerging AI technologies

People over the age of 65 can have their say about emerging technology (including A.I.) and also get paid for it! A group of researchers at the Ying Wu College of Computing at **NJIT** are seeking people willing to share their attitudes and perceptions ...

Compensation \$20 per hour

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Wise Words for Wise Aging

From my perspective, there's no reason to be afraid of aging, because if you age, you're lucky! The alternative is death.

Drew Barrymore



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