



mGAP Update Week of June 30, 2024

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



mGAP Receives \$20K from AARP

Montclair Gateway to Aging in Place (**mGAP**) has been awarded a 2024 AARP Community Challenge Flagship \$20K grant. The grant will support **mGAP**'s digital navigation program to support Montclair's modern agers (age 50+ residents). These include access digital communication, assistive technology and emergency alerts ...

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Senior Law Day: Law & Information for Older Adults

Learn from experts about estate planning, advanced directives, government benefit programs, as well as what you need to know about the services available, how to seek out information about long-term care, and how to pay for it. Geriatric care issues "at home" including planning and modifications that may be helpful ...

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Senior Support Services

As part of our effort in creating community and offering support in Montclair, *Lisy Espindola*, the Township Social Worker, will be offering the following Senior Support Services groups/sessions ...

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Wise Words for Wise Aging

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

Sophia Loren



mGAP Newsletter Archive

Want to check on an item you read in a previous Newsletter? Check out our [Newsletter Archive](#).

Montclair Gateway to Aging in Place is a 501 (c) (3) tax exempt charitable organization that survives on donations. Help us continue to serve you.

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