

## mGAP Update Week of Sept 22, 2024

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



### NJ Property Relief Programs

For those who qualify, New Jersey has programs that offer property tax rebates, including **Anchor** and **Senior Freeze**. By September, many residents will have received Anchor notices in the mail. As to Senior Freeze, new changes to the eligibility requirements, mean that even more homeowners will now be able to receive this rebate ...

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### 2024 MAMMO-RAMA - You're Invited

Hackensack Meridian Mountainside Medical Center is making it easy for you to get your mammogram. The experts from our Women's Center will be available to provide breast health information. Register by calling (973) 873-7787

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### 73-year-old New Jersey man credits Apple Watch for saving his life

Frank Haggerty had no idea he had a heart problem, but he's glad he had the heart rate app activated on his Apple Watch...

Interested in how a smartwatch can enhance your safety during emergencies? [You're invited to participate](#) in our upcoming **mGAP SmartSenior/SmartTech project**, sponsored by AARP and *The Partners for Health Foundation*.

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### NIMBYISM to YIMBYISM

**mGAP** proudly showcases its ADU initiative, highlighting innovative solutions for sustainable living. Check out our 3-minute video on our [YouTube channel](#) to discover how we're transforming spaces and communities for the better...

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### Wise Words for Wise Aging

*Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."*

*Samuel Ullman*



### mGAP Newsletter Archive

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

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