

## mGAP Update Week of Jan 26, 2025

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



### Your Next Opportunity To Shape Montclair’s Modern Aging Center (Jan 28)

Representatives from the Township, Aging in Montclair, Montclair Gateway to Aging in Place, and MNDC/Do Drop hosted the 1st of two January focus group sessions (Tuesday, Jan 23) to provide updates regarding progress on the Lifelong Montclair Center for Modern Aging (The Center) and to listen to community concerns for moving forward together ...

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### Scam Alert: Text Messages Seek Payment for Fake Road Tolls

Fraudulent operators are sending text messages to some residents requesting payment for unpaid road tolls. If you receive a text claiming you owe an unpaid toll, **do not** click on any links or provide personal information. Visit the NJCCIC website for additional guidance ...

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### REAL ID deadline Approaching

If you're a frequent flyer, it's time to get real. The time to get a REAL ID is getting closer. On May 7, 2025, it becomes a requirement to travel by airplane ...

MAKE AN [APPOINTMENT ONLINE](#) - NO WALK-INS WITHOUT AN APPOINTMENT

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### Why Cold Weather Is So Dangerous to Aging Bodies

With cold air blanketing many areas of the country, public health experts are urging **older adults** to take certain precautions. Just like extreme heat poses unique risks for aging individuals, so does extreme cold ...

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### Wise Words for Wise Aging

*"Winter is a time to reflect, to rest, and to prepare for the new growth that comes with spring."*



### mGAP Newsletter Archive

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