

## mGAP Update Week of Dec 15, 2024

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



### Why Falls Can Turn Deadly as You Age

A stumble on uneven sidewalk or a trip over a shoelace may result in a scraped knee or a bruise for a small child. But for an older adult, falls can be serious, even deadly....

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### Reframing Aging with Katie Squires Dec 16 @11am - Zoom

Across the country, organizations and advocates at the local, state, and national level are using the tools of the National Center to Reframe Aging to change the way they communicate about aging. Learn how to embrace these tools and strategies to spread awareness of implicit bias toward older people, and influence policies and programs that benefit all of us as we age with gerontologist **Katie Squires**, PhD, Associate State Director, Advocacy for AARP NJ and a National Reframing Aging Facilitator...

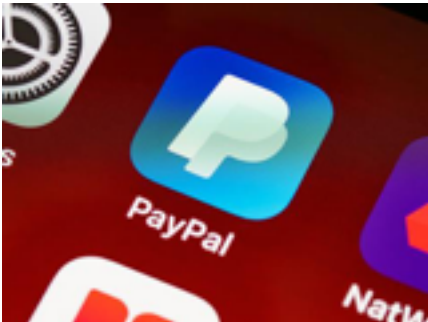
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### Murphy Administration Announces Opening of Wait List for State Rental Assistance Program

The New Jersey Department of Community Affairs (DCA) announced the opening of the pre-application period to enter the lottery for placement onto the State Rental Assistance Program (SRAP) waiting list. Beginning on Monday, January 13, 2025, at 9:00 a.m. (EST) and running through Friday, January 31, 2025, at 5:00 p.m. (EST), New Jersey residents who meet eligibility criteria are invited to apply online ....

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### Make 2024 Count: Your Last-Minute Gift for Montclair Seniors!

As the year comes to a close, it's your last chance to make a difference in 2024! Your donation to **Montclair Gateway to Aging in Place** helps seniors in our community stay safe, connected, and empowered. Whether it's through our smartwatch classes, emergency messaging programs, or vibrant social activities, your support makes it all possible. Giving is easy—write a **check**, hop on **PayPal**, or send a quick **Venmo** to **@MontclairGateway**. Every dollar brings us closer to creating a brighter, more inclusive future for our senior neighbors. Don't wait—let's finish the year strong, together! 🎉...

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### Wise Words for Wise Aging

*Aging is not an option, not for anyone. It is how gracefully we handle the process and how lucky we are, as the process handles us.*

Cindy McDonal



### 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.

[Donate to Montclair Gateway to Aging in Place](#)

Reach out to us at: [support@montclairgateway.com](mailto:support@montclairgateway.com)