



mGAP Update Week of Mar 9, 2025

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

Great News!

For 2025, **mGAP** has received a generous matching fund donation from a loyal supporter. Please consider donating a recurring \$5.00 a month or \$60 a year to help us secure this match.

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



2025 Housing Plan Town Hall Meeting

Join the Mayor and Council for a community discussion on housing in Montclair. Share your input and help shape the 2025-2035 Housing Element and Fair Share Plan ...

Thursday, March 13 -- 7:00 pm to 9:00 pm

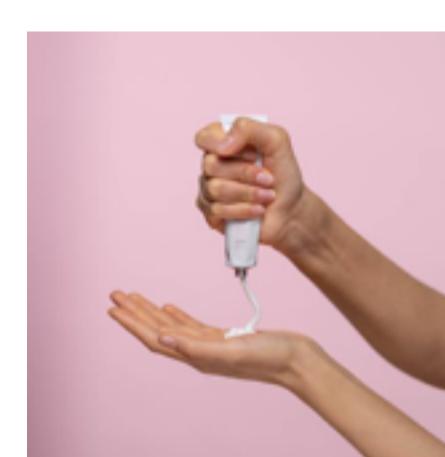
[Continue Reading](#)

SCAM ALERT

Beware of Medicare Fraud: Protect Your Benefits!

Stay alert! If something seems suspicious—like a free medical test offer or unexpected charges on your Medicare statement—it could be a scam. Learn how to spot fraud, protect yourself, and report suspicious activity before it's too late. Your Medicare benefits depend on it! ...

[Continue Reading](#)



Skin Care After 65

Maintaining healthy skin after 65 requires a combination of good habits, skincare products, and lifestyle choices. Here are the **top 10 ways** to keep your skin looking and feeling healthy ...

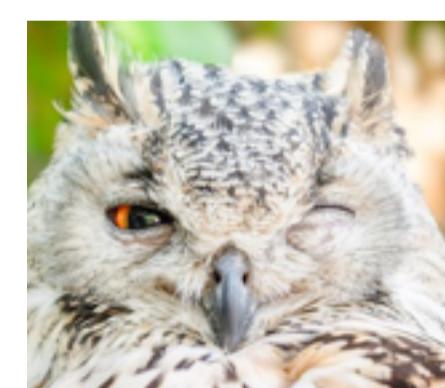
[Continue Reading](#)



Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support **healthy aging**. Use the NIH resources to learn about different patterns of healthy eating and ways to create a **nutritious meal plan** ...

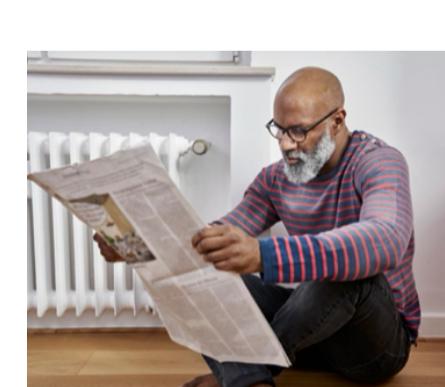
[Continue Reading](#)



Wise Words for Wise Aging

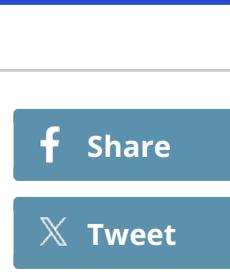
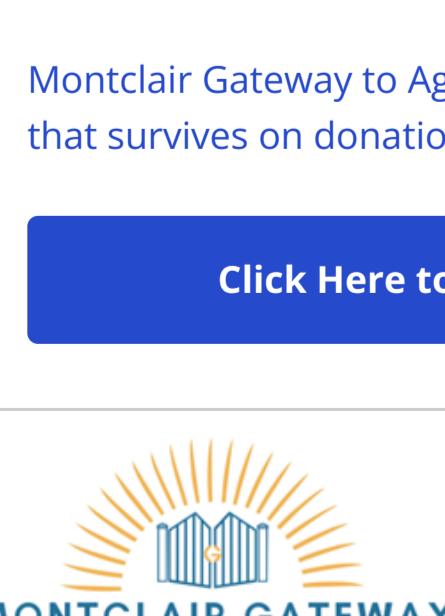
"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"

Ingrid Bergman



mGAP Newsletter Archive

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



Paid for by Montclair Gateway, PO Box 144, Verona, NJ 07044-9998

YouTube:
<https://www.youtube.com/@montclairgateway>

If you no longer wish to receive emails from the Montclair Gateway, you can click the unsubscribe link located below

[Preferences](#) | [Unsubscribe](#)