

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.

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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

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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! ...

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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 ...

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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** ...

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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

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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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