

mGAP Update Week of Apr 06, 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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Make Your Voices Heard

April 8: Montclair Town Council Conference Meeting, 7pm, 205 Claremont Ave.

April 10: Ward Mtg -Council Members-at-Large Susan Shin Andersen & Carmel Loughman, 6:30 pm, Edgemont Park House

April 22: Montclair Town Council Meeting, 7pm, 205 Claremont Ave.

As residents, it is our privilege and right to use all forms of communication to impact public policy. A most effective strategy is to attend public Council and Ward meetings to bring attention to our needs as **modern agers**. This is often the best way to stay informed and influence Council decision-making ...

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Brain Health Study for African American between 60-100 years old

Rutgers University–Newark’s Aging & Brain Health Alliance is inviting older African Americans—between the ages of 60 and 100—who have received full COVID-19 vaccinations to participate in a new research study on memory and brain health. This study, called **“Pathways to Healthy Aging in African Americans,”** is an ongoing effort that has involved over 400 community members in the Newark area since 2015.

Participants in the study can earn up to \$200 ...

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Your Metabolism Has a Clock—And It Matters

Most bodies don't process food the same way at 8 a.m. as they do at 8 p.m.—and understanding your own rhythm can make a big difference in energy, metabolism, and mood. A wave of research shows that eating in sync with your circadian rhythm can improve glucose control, reduce inflammation, and increase energy—**especially after 45** ...

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Wise Words for Wise Aging

I pattern my actions and life after what I want. No two people are alike. You might admire attributes in others, but use these only as a guide in improving yourself in your own unique way. I don't go for carbon copies. Individualism is sacred!

Richard Chamberlain



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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