



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.

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



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 ...

[Continue Reading](#)



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 ...

[Continue Reading](#)



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 ...

[Continue Reading](#)



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

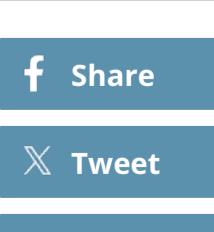


mGAP Newsletter Archive

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.

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



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](#)