

## mGAP Update Week of June 15, 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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### An Evening with Steve Schmidt & Jeh Johnson

Join **Steve Schmidt** and **Jeh Johnson** -- two insiders from opposite sides of the aisle -- for a bold, honest conversation about what's broken in politics today and how it could actually work ...

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### Montclair Public Library Facilities Community Survey

We're reimagining the Montclair Public Library—and we want your input! This survey helps us understand how the library can better serve you—as a place to read, learn, create, gather, and connect ...

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### Is Coffee A Longevity Beverage?

The latest? A new analysis from the Nurses' Health Study, one of the longest-running health studies in the U.S., followed over 47,000 women for three decades and found that those who consumed the most caffeine in midlife (mostly from regular coffee) had a 13% higher chance of reaching age 70 in good health, free from chronic diseases, cognitive decline, physical limitations, or major mental health issues ...

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### Reduced-Fare program - New York

**Reduced fares are available for riders who are 65 or older or riders who have qualifying disabilities.**

The reduced fare for subways, the Staten Island Railway, and local, limited, and Select Bus Service buses is \$1.45 (half the \$2.90 base fare) at all times of the day for eligible customers.

On the Long Island Rail Road and Metro-North Railroad, you can save up to 50% off the full one-way peak fare ...

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### Wise Words for Wise Aging

*"To me, fair friend, you never can be old, For as you were when first your eye I eye'd, Such seems your beauty still."*

*William Shakespeare*



### 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.

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