



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.

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



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 ...

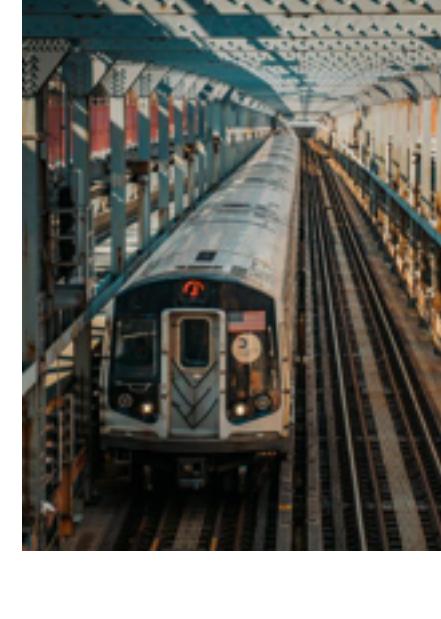
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Is Coffee A Longevity Beverage?

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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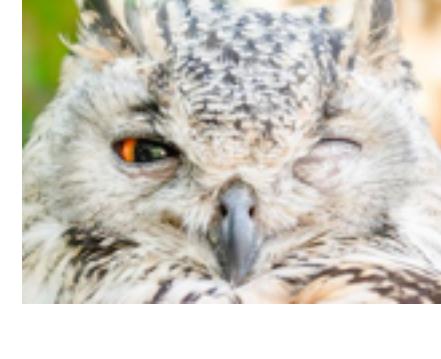
Reduced-Fare program - New York

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

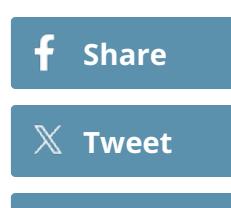


mGAP Newsletter Archive

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