



mGAP Update Week of June 2, 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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Montclair Seniors Rally for Budget Equity: Show Up for the June 3 Council Meeting

"Showing up in numbers is the clearest way to remind the Council that budget equity matters," organizers say. "We flipped the script once --- let's do it again." ...

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Hey America, You're getting older

As we wrap up Older Americans Month, Seattle social worker **Nikki Bagli** sounds the alarm for her generation. Nikki grew up in Montclair and shares her thoughts in a piece that reflects the current situation for older Americans and what's needed to ensure all of our futures ...

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The Best Foods to Eat When You're Stressed

Feeling more achy, tense, or tired these days? A simple boost of magnesium could be the quiet hero your muscles, bones, and nerves have been waiting for—discover how this overlooked mineral can help you stay stronger and calmer as you age ...

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Wise Words for Wise Aging

Embrace the opportunities: June, as the start of summer, often symbolizes new beginnings and possibilities. View aging as a time of renewed opportunities and strengths, not a loss of youth.

Ellie Bagli, mGAP President



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