



mGAP Update Week of May 4, 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](#)



Visit The Rainbow On The Hill

[Montclair's Presby Gardens](#) legendary irises burst into their 98th bloom starting Wednesday, May 15 -- and everyone's invited to wander the living kaleidoscope. A \$10 suggested donation keeps the garden growing. Come see what's in full color ...

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Donate Blood - Save a Life

Montclair Women's Club
82 Union Street, Montclair, NJ
Tuesday, May 13 - (1 - 7pm)
[Click here](#) to sign up (enter code 71133)

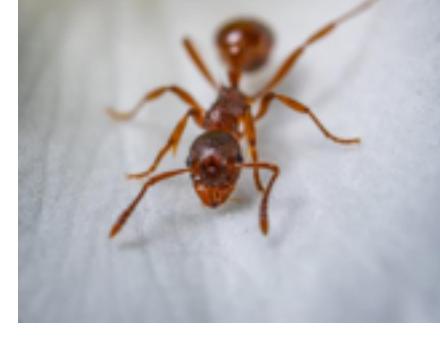
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What to Expect when Giving Blood

Ever wonder how you can make a powerful impact in just under an hour? By rolling up your sleeve and donating blood, you're not only giving hope, you're helping save lives. A quick pinch, a little rest, and someone in need gets a second chance - sometimes it really is that simple ...

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Door-to-Door Pest-Control Scams: What Seniors Need to Know — and How to Stay Safe

A fast-moving trend. Consumer-protection groups are seeing a spike in complaints about young, mostly male sales crews who zip through neighborhoods on electric scooters or Segways, offering "discount" or "left-over product" pest-control treatments. While some companies use legitimate door-to-door marketing, bad actors are exploiting the tactic -- especially in areas with large senior populations ...

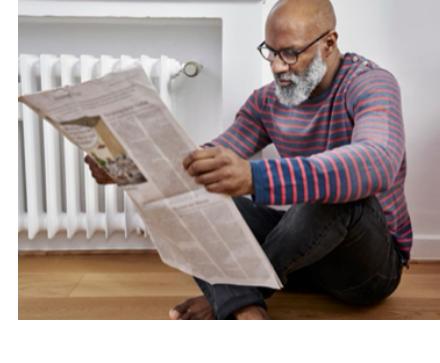
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Wise Words for Wise Aging

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"

Ingrid Bergman



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