



## mGAP Update Week of Oct 26, 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.

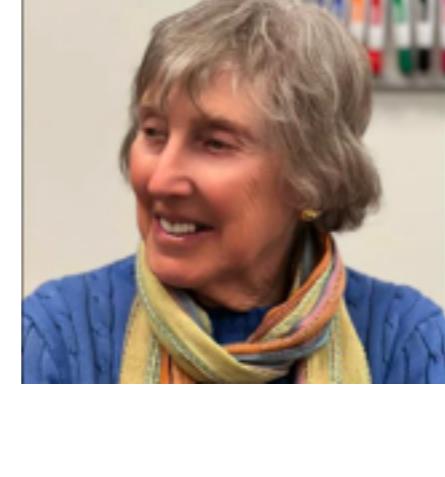
[Click Here to Donate to Montclair Gateway to Aging in Place](#)



### EZRides for Montclair Seniors on Election Day

Need a ride to participate in civic activities this week? **Montclair's Senior Services** is teaming up with **EZRide** to ensure registered members have safe and convenient transportation. Stay engaged, stay mobile, and make your voice heard ...

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### Ann Lippel of mGAP Joins Ken Rosato on ONNJ Mornings to Discuss Housing and ADUs

**Ann Lippel**, founding member of Montclair Gateway to Aging in Place (**mGAP**) and former President, will appear live on ONNJ Mornings with veteran New York City news anchor **Ken Rosato**. The program airs live and local from 7:00-9:00 a.m. on ONNJ, bringing Garden State viewers the latest news, talk, and weather that matter most. Ann's segment starts at 8:45am ...

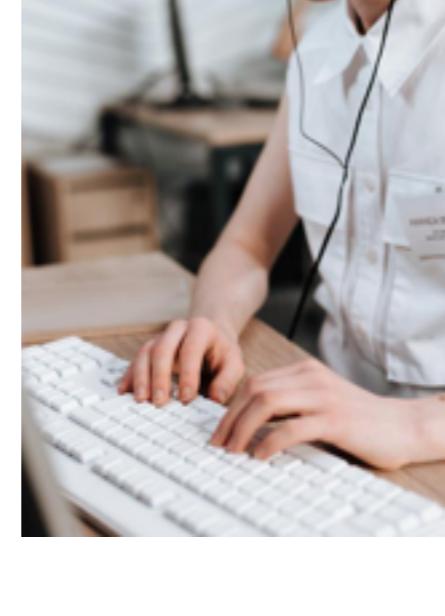
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### Social Security Announces 2.8% Benefit Increase for 2026

Social Security benefits and Supplemental Security Income (SSI) payments for 75 million Americans will increase **2.8 percent** in 2026. On average, Social Security retirement benefits will increase by about **\$56 per month** starting in January ...

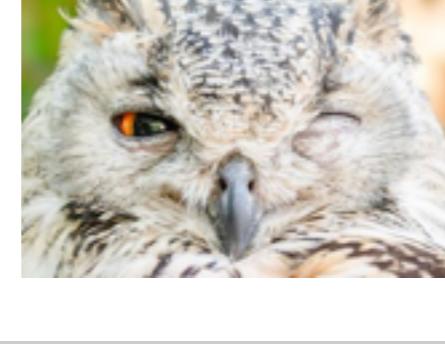
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### Being Your Own Tech Support Department - And Knowing Your Limits

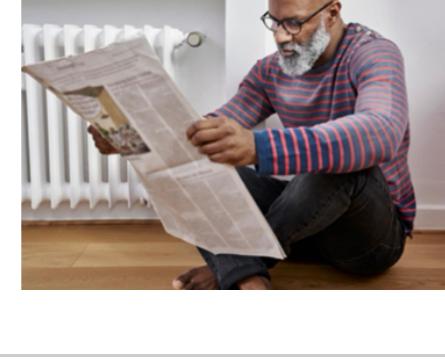
This informative session empowers attendees to be their own tech support department and troubleshoot issues successfully, but to also recognize when to retain the help of a qualified IT professional. From devices to software, and data security to websites, this session is for you - and bring your questions, too! ...

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### Wise Words for Wise Aging

*"Aging in place isn't a refusal to move forward. It's a decision to shape your surroundings so they grow with you, not against you."*



### 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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