

## mGAP Update Week of Jan 18, 2026

This **mGAP** newsletter includes timely updates for Montclair's community of older residents.

### Great News!

For 2026, **mGAP** has once again received a generous matching fund donation from a loyal supporter. Please consider donating an amount you are comfortable with to help us secure this match and to affirm that you appreciate the effort **mGAP** has made to inform, enlighten, and educate our neighbors.

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### Take This Phone And Shove It!: A Frustrated Senior's Guide to Smartphones

Take This Phone and Shove It! offers a refreshing, humorous and deeply supportive approach to learning technology; designed especially for seniors who feel overwhelmed, embarrassed or simply exhausted by today's digital world. Rather than lecturing or confusing readers with jargon, this guide teaches with patience, clarity and heart, helping older adults finally feel confident with their smartphones ...

[Author YouTube Video](#)



### Keep an EYE on your Health

Did you know that half of all people with glaucoma don't even know they have it? At first, glaucoma symptoms can start so slowly you might not notice them. However, glaucoma can cause vision loss and blindness by damaging the optic nerve ...

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### How Physical Therapy and Senior Center Partnerships Can Improve Lives

For senior centers, creating and strengthening relationships with health care providers may improve access to resources and services to help older adults manage chronic health conditions. This can be through health and wellness screenings or programming. Partnering with physical therapy is an opportunity to bring the clinic to the community, which can help the clinicians identify challenges faced by older adults, and create ways to better meet the needs of the community ...

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### Wise Words for Wise Aging

*"Life's most persistent and urgent question is: 'What are you doing for others?'"*

*Martin Luther King*



### mGAP Newsletter Archive

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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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