



mGAP Update Week of Jan 19, 2026

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

***** SPECIAL EDITION *****

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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Flu Activity remains High

Flu activity in New Jersey remains high, with cases doubling compared to last year and hospitalization rates surging, particularly among seniors and children, though the state's specific weekly numbers aren't immediately clear, the CDC shows New Jersey as having high levels, driven by the H3N2 strain, with the season's peak expected in the coming weeks ...

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Wise Words for Wise Aging

"One virus away from having your life wrecked!"

Steven Magee



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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