

## mGAP Update Week of Feb 08, 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.

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



### Bringing Smart Senior, Smart Tech (SS/ST) to Homebound Seniors

Over the past 5 years, our **Smart Senior/Smart Tech** program has helped many Montclair seniors become more comfortable with technology. We meet 3 days a week and work side by side with participants, helping them use phones, smartwatches, and other devices to stay connected and safe.

There is another group of seniors who need this help even more - **homebound residents who cannot attend our sessions**. Health issues, mobility limits, or transportation challenges keep them at home. Yet technology often plays a larger role in their daily lives than it does for others ...

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### mGAP Expands AirPods Pro Hearing Pilot, Volunteers Needed

**Montclair Gateway to Aging in Place** continues its pilot program using **Apple AirPods Pro** as an entry level tool for older adults with **mild to moderate hearing loss**. The goal is simple. Help seniors hear better in daily life before they feel ready to invest in traditional hearing aids.

So far, five Montclair residents are actively using the AirPods for an extended trial. Early feedback has been encouraging. Participants report clearer conversations, improved television listening, and less strain in group settings ...

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### Cold Weather and Older Adults in New Jersey: What to Watch and How to Stay Safe

New Jersey winters bring long stretches of freezing temperatures, wind, and ice. For older adults, cold weather poses real health risks. The body loses heat faster with age. Circulation slows. Some medications reduce the ability to regulate temperature. Even a short period outdoors in severe cold raises the risk of hypothermia or falls ...

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### BOE Listen & Learn for mGAP community

On March 10, 2026 Township of Montclair residents will once again be asked to vote for a referendum on school financing. Superintendent Ruth Turner has once again asked **mGAP** to identify a date and a location for a **Listen and Learn session** which will allow seniors to directly ask her questions about the choices put before us. Watch for our next communication. Details will follow soon ...



### Wise Words for Wise Aging

*"Caring for seniors is perhaps the greatest responsibility we have. Those who have walked before us have given so much and made possible the life we all enjoy."*

Senator John Hoeven



### 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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