

mGAP Update Week of Feb 22, 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](#)



Publishers Clearing House (PCH) scams

Publishers Clearing House (PCH) scams involve imposters falsely notifying victims they have won a major prize, then demanding payment for taxes, fees, or insurance. Real PCH officials never call in advance, never ask for money to claim a prize, and only award prizes in person. Legitimate wins are free; if you must pay to play, it is a scam ...



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"Listen and Learn" session

Once again **Superintendent Ruth B. Turner** is inviting a group of Montclair's older residents to attend a "Listen and Learn" session on **Thursday, Feb 26, 2026**, before the upcoming school referendum.

Because of space limitations, only 80 people who pre-register will be allowed to participate ...

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How I Use My Apple Watch Every Day

mGAP Coach George Frole uses his Apple Watch from morning to night. It started as a fitness tool. It turned into something closer to a daily assistant strapped to his wrist ...

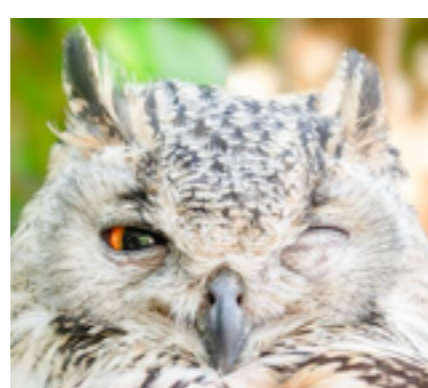
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The Everyday Essentials That Longevity Experts in Their 50s, 60s, and 70s Use in Their Own Homes

Sure, getting older can be a drag. But the truth is, no matter what phase of life you're in, there are all kinds of affordable and easily adoptable habits you can develop and choices you can make that will help you age better and live longer ...

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Wise Words for Wise Aging

"It is not the young man who should be considered fortunate, but the old man who has lived well, because the young man in his prime wanders much by chance, vacillating in his beliefs, while the old man has docked in the harbor, having safeguarded his true happiness."

Epicurus, Greek philosopher



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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