

## mGAP Update Week of Nov 16, 2025

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. Giving Tuesday is approaching soon. Please consider donating a recurring \$5.00 a month or \$60 a year 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](#)



### Seniors press Turner on Montclair school deficit and December 9 Referendum

On Thursday, November 13, 2025, more than 150+ Montclair seniors filled the Essex County Wally Choice Community Center in Glenfield Park for a one hour "Listen & Learn" session with Montclair Schools Superintendent **Ruth B. Turner**. The forum focused on the district's multi million dollar budget deficit and the December 9 special referendum that will ask voters to approve a tax increase to close the gap ...

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### Ann Lippel Wins AARP New Jersey's 2025 Andrus Award for Community Service

**AARP New Jersey** has announced that **Ann Lippel**, founding member of **mGAP**, has been selected as the recipient of the **2025 Andrus Award for Community Service**, the organization's most prestigious volunteer recognition. The award honors exceptional individuals whose service embodies AARP's mission to empower people 50 and older to choose how they live as they age ...

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### When Love Becomes Overreach: A Grandparent's Guide to Staying Close Without Pushing Too Hard

Grandparents mean well. They love hard, remember every birthday, and often see themselves as the family's emotional glue. But when distance, age, and adult independence enter the picture, love can start to feel like interference. Here's how to recognize the warning signs that your involvement with your children and grandchildren may be crossing a line and how to stay connected in ways that feel healthy for everyone...

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### The Not So Subtle Signs Of Getting Older

The not so subtle signs of getting older as experienced by **Cathy Ladman** are absolutely hilarious. In this **video**, Cathy talks about getting older and some of the fortunate and not so fortunate side effects that come with it. Whether you're someone who is getting older, or you're just someone looking for a good laugh, this clip from Cathy Ladman is sure to have you laughing from start to finish ...

[Watch YouTube Video](#)



### mGAP Newsletter Archive: Your Source for Every Issue Since 2022

Stay informed and connected with Montclair's senior community through the **mGAP Newsletter Archive**. Every issue since 2022 is available online, offering updates on programs, events, advocacy, and resources that support aging in place. Whether you want to revisit past stories, find important information, or catch up on what you missed, the archive makes it easy to explore five years of senior-focused news in one place ...

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### Wise Words for Wise Aging

*"Getting older is great. You finally understand how the world works, but your knees refuse to participate."*



### 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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