

## mGAP Update Week of Dec 21, 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 has past but there is still time to show your appreciation. 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.

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### A New, Potentially Severe Flu Variant Is Spreading in the US. Watch for These Symptoms

A mutated strain of influenza that caused severe outbreaks abroad is spreading rapidly across the United States, sparking concern about the winter ahead. With holiday gatherings just around the corner, it's prime time for the virus to surge ...

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### American Cancer Society recommends self-swab HPV test for cervical cancer screening

Cervical cancer screening can now include "self-swab" HPV tests, according to updated guidelines published Thursday by the American Cancer Society ...

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### Best Movies being Release in Dec 2025

December movies hit different. The theaters stay warm, the crowds lean festive, and the stories feel bigger. Grab an afternoon show or a quiet weeknight seat and make it part of your holiday routine ...

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### What to Look for in Slippers for Senior Citizens

Slippers matter more than most people think. For many seniors, slippers are the shoes worn most often. They get used in the kitchen, the bathroom, and on stairs. They touch every daily routine.

The wrong slippers increase risk. Smooth soles slip on tile. Loose fits cause trips. Poor support strains feet, knees, and hips. Falls at home lead to serious injuries. Recovery takes time. Independence suffers ...

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### Wise Words for Wise Aging

*"The best gift you can give is your presence. Material things fade, but the time spent with loved ones creates lasting memories."*

*Eleanor, age 85*



### 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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