

mGAP Update Week of Mar 1, 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](#)



Latest Message from Ruth Turner

"Last night, I shared my Instructional Vision for Montclair Public Schools. This framework establishes a clear, consistent approach to teaching and learning across our district.

Our goal is not simply to manage decline or react to fiscal pressure. Our goal is to strengthen instructional coherence so that every student, in every classroom, receives a high-quality, engaging, and standard-aligned education" ...

[Continue Reading](#)



Why the Next Few Years Will Be a Strong Time to Be a Senior in New Jersey

New Jersey is entering a period of major investment in older adults. The 2026 to 2029 State Plan on Aging lays out a clear strategy. The focus is simple. **Help seniors stay independent, stay healthy, and stay connected.**

New Jersey is aging. Nearly one in five residents is over 60. The state is not ignoring that shift. It is planning for it ...

[Continue Reading](#)



Medicare Telehealth coverage renewed for two years

The Consolidated Appropriations Act, 2026 renewed key Medicare **Telehealth** flexibilities through at least 2027, preserving a benefit millions of older adults grew to rely on after the start of the COVID-19 pandemic ...

[Continue Reading](#)

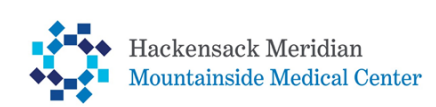


Ride Smart: Your 2026 Essex County Senior Transportation Guide

The new **Essex County Transportation Resource Guide for Seniors** puts every major option in one place. Local shuttles. Dial a Ride services. Reduced fare programs. Accessible transportation for medical appointments and daily errands. Clear contact numbers. Clear eligibility rules.

If transportation has ever limited your plans, this guide changes that. **It gives you practical choices so you stay independent, connected, and in control of your schedule.** Take a look. Your next ride might be easier than you think ...

[Continue Reading](#)



Heart Health: Understanding the Basics of Cardiovascular Wellness



Join HM/MMC's Medicine Physician Team for an engaging, interactive lecture featuring practical tips to support your heart health. F

Free blood pressure and glucose screenings!

[Continue Reading](#)



Want to Age Well at Home? Take Our Room-by-Room Tour

Aging in place — growing old in your own home rather than a nursing home — offers a lot of benefits. You're in the comfort of familiar surroundings, and you retain independence. And depending on your health and level of home care, it can be less expensive. But it also involves risks. As people age, dexterity and balance typically decrease, social isolation can become a problem, and simple chores and home upkeep may prove more difficult ...

[Continue Reading](#)



Wise Words for Wise Aging

"Be the oldest person at the gym and not the youngest person in the nursing home."

Mike Maddaluna



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.

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