



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter

MARCH 2023 VOLUME 4, ISSUE 2

LIFTT receives grant for vaccine access from US Aging

Living Independently for Today & Tomorrow (LIFTT) is pleased to announce a grant received from the US Aging/ Administration for Community Living (ACL), to help facilitate LIFTT's participation in a new multi-organization collaborative to provide greater person-centered access to vaccines

LIFTT executive director Carlos Ramalho.

"We are grateful to US Aging/ ACL for the opportunity and resources to engage in this vital work. The ability of anyone regardless of disability to live independently in the home and community of their choice be-

Fallon, Garfield, Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Stillwater, Wibaux, and Yellowstone counties.

While plans are still to be finalized activities to be undertaken as part of the ADVC project include hiring and training additional independent living specialists and community health workers, holding community vaccination clinics, facilitating transportation to vaccination sites, assisting with in-home vaccinations,

additional independent living specialists and community health workers, holding community vaccination clinics, facilitating transportation to vaccination sites, assisting with in-home vaccinations,

US Aging

Leaders in Aging Well at Home

such as COVID-19 and flu to the aging and disabled community.

"The COVID-19 pandemic has reinforced the fact that people with disabilities face a myriad of barriers in accessing the health care resources they desire to utilize including vaccines. We hope through this project to work with our partners as well as the individual consumers to tear down some of those barriers and get people the care they want," said

gins with the ability to manage their healthcare as they choose."

Through the Aging and Disability Vaccine Collaborative (ADVC), LIFTT will partner with public health agencies, clinics, providers, and community to further increase access to vaccines across the LIFTT's 18 county service area in South-eastern & Southcentral Montana including Big Horn, Carbon, Carter, Custer, Dawson,

and providing accurate and timely education and outreach to LIFTT consumers and the public in physically accessible and culturally competent formats. All these activities will be person-centered.

For more information about the ADVC and the other services LIFTT offers please visit <http://www.liftt.org>, download the LIFTT app for your Apple or Android mobile devices, or call LIFTT in Billings at (406) 259-5181 or in Glendive at (406) 948-8500.

Director's Corner: Forging the aging and disabled alliance

With the new funding received from the USAging/ Administration for Community Living (ACL), LIFTT enters a new phase of work in association with the Area Agencies on Aging (AAAs) and Adult Day Health Centers (ADHCs), Department of Public Health and Human Services (DPHHS), and other Long-Term Services and Support (LTSS) Providers.

Even though people still tend to think that aging and disability are different life experiences and distinct from each, they are not. In Montana and all over the nation: aging and disability dynamically intersect, the facets of aging and disability harmoniously coexist, cooperate, and mutually support each other. Americans of all races, colors, creeds, genders, sexual orientations, national origins, ages, and disabilities complement each other. In that spirit, we believe partnerships such as the one established between USAging and LIFTT will strengthen our society.

LIFTT wants to further the alliance between aging and disability by establishing new partnerships with the AAAs to focus on aging and disability within the boundaries of their intersection, where these camps cross paths and achieve independent living goals. By establishing partnerships with AAAs and other core

organizations, LIFTT will promote person-centered health and help all Montanans live longer and healthier lives.

On our end, LIFTT handles a complexity of issues that affect the disabled population: youth transition to adulthood; meaningful and sufficiently paid employment; adequate support for workers with disabilities; disincentives and incentives for work; family support; deinstitutionalization; housing; group homes; transportation; ADA accessibility



and accommodations; Medicaid; discrimination; formal and informal in-home supports; self-direction of care; access to healthcare; and civil rights. In short, LIFTT helps people to live successfully in their homes and communities.

From their perspective, USAging/AAAs and other core partners address: chronic disease; prevention and wellness; financial security and insecurity; age

discrimination; medication management; dementia; family caregivers; cost of care; abuse; Medicaid; transportation; home and community-based services; Medicaid spend down; palliative care and hospice; the role and future of nursing homes; the importance of self-direction; end of life issues, and death. In short, USAging/AAAs assist older persons in living meaningful and independent lives.

With these commonalities in mind, LIFTT has accepted funding from the USAging/ACL and committed itself to the alliance between aging and disability. The intersection of aging and disability provides a common need to focus on helping people live in their communities by aligning our policies and programs to focus on how best to support a person's need for long-term support and care.

The partnership is a powerful force capable of facing some of our most significant social challenges, such as COVID-19 and Influenza. LIFTT is inviting the AAAs and other aging core-partner organizations to preserve, protect and promote the aging and disability alliance and help the people with disabilities and older adults of the great state of Montana to live good long lives. We look forward to making our plans a reality.

Thank you,

Carlos Ramalho
Executive Director

Make sure your address is up to date with OPA

With the end of the federal public health emergency and accompanying extra Medicaid funding set for March 31, 2023, the state of Montana Office of Public Assistance (OPA) has begun the process of determining if everyone who received Medicaid coverage during the public health emergency will remain qualified to do so under normal circumstances.

To that end, OPA is contacting all Medicaid enrollees via mail to start the eligibility redetermination process. Therefore, all Medicaid enrollees must provide OPA with their accurate mailing addresses. You can check and correct your address information at <https://mt.accessgov.com/dphhs/>

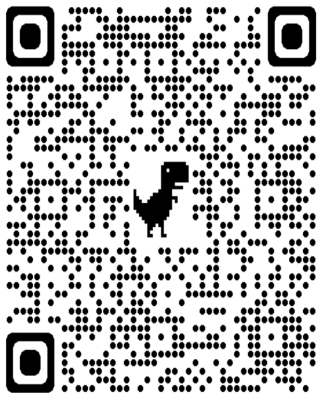
Forms/Page/medicaid/changeofaddress.

If you need assistance in checking or changing your address online or with filling out and submitting the Medicaid eligibility redetermination forms, contact the LIFTT office in your area at (406) 259-5181 (Billings) or (406) 948-8500 (Glendive).

Thank You Glendive Tractor Supply!

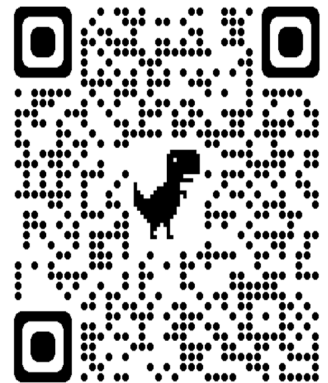
Store manager Carrie Skartved and LIFTT team members John Robison, Jen Hawkinson, and Freda Mook stand next to the gas grill the store donated for our "Luck of the Draw" Raffle.

See page five for more details about how you can win it or other great prizes!



Take IL on the Go!
Download the
LIFTT Mobile APP!
Free for Apple & Android

Just use the QR Codes or
go to liftt.org/mobile-app



A Good Way of Finding Things Out: Information & Referral

Editor's note: With this newsletter we begin a series called "Getting to the core of it" where a LIFTT Team member offers their perspective on one of our Core Independent Living Services. Communications & Government Affairs Coordinator Jed Barton talks about the service of Information & Referral.

Sesame Street ranks as one of my all time favorite tv shows, and a search of YouTube confirms that one of the lessons imparted by that show on a regular basis was and still is (feel free to read the following in the voice of your favorite Muppet). "Asking questions is a good way to find things out."

In my mind that is the attitude that lies at the heart of the core independent living service of information and referral. Living with a disability means living with a high level of uncertainty;

of not knowing where to go or what to do in a certain situation.

That is where information and referral comes in; a consumer



once told one IL specialist that the LIFTT team is like a "Human Google" that there wasn't a question they had asked that we didn't either answer or point them in the direction of someone who did.

What are my rights under the ADA? Where can I find accessible housing? How do I ride the Met Bus? Who can help me with adaptive technology, These are some of the questions the LIFTT team has guided consumers the answers to through information and referral.

So if you or someone you know has a question about living with their disability relating to Medicare, Medicaid, Social Security benefits, food insecurity, human & civil rights, affordable & accessible housing, home modification, service animals, adaptive equipment, accessible technology, employment, education, transportation or anything else find us on the web, call us on the phone or drop by the office and we will do our best to provide you with the information or referral contact you seek.

Jed Barton



Pint Night for LIFTT!

Thursday, March 30
5-9 p.m.

Thirsty Street Brewing
2321 1st Avenue North in Billings

\$1 from every beverage sold will be donated to support our mission to "LIFTT" people with disabilities over life's barriers!

To learn more about LIFTT visit our website at liftt.org.



Peer Support Group

Would you like to connect with others living with disabilities?

Join the weekly fellowship of LIFTT's online peer support group. Whether it's games or supportive deep discussion, you're sure to enjoy the new perspectives and the positive sense of belonging.

Join LIFTT peer coordinator Tanya Thomas for our online peer support groups every Thursday at 3pm.

Join Zoom Meeting <https://zoom.us/j/93017341646>
Meeting ID: 930 1734 1646
One tap mobile +13462487799, 93017341646# US



Luck of the Draw



\$20 per Ticket

*Proceeds help fund **LIFTT***

GRAND PRIZE: GRILL'n MORE (\$555 Value)



**Tickets can be purchased at the Glendive
LIFTT Office located @ 120 S. Kendrick Ave**

**Come meet our Staff and find out what
services LIFTT has to offer!**

**Winners will be drawn at 5:30pm on March 30th
and will be announced on March 31st.**

Visit liftt.org to see prize package details!

Softer Side (\$450 Value)



Ruff 'N' Tuff (\$450 Value)



Date Night (\$375 Value)



MARCH MADNESS DRAWING

Must be 18 or Older to Enter / Need Not be Present to Win



1201 Grand Avenue, Suite #1,
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(406) 259-5181

We are on the web @
www.LIFTT.org

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US Postage
PAID
Billings, MT
Permit No. 88

LIFTT's Mission— Living Independently for Today & Tomorrow, Inc. is Montana non-profit organization committed to empowering persons with disabilities to live freely and equally in Southeastern Montana through the provision of independent living services which reduce societal barriers.

**GRRRRR,
GREAT!!**
SCAN THIS
QR CODE TO
GET IMMEDI-
ATE
ACCESS TO
THE LIFTT
WEBSITE!

<https://liftt.org/>



**LIFTT is a not-for-profit agency gov-
erned by a consumer-led Board of
Directors whose lives have been per-
sonally
impacted by a disability.**

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Department of Public Health and Hu-
man Services and the Administration
for Community Living, United States
Department of Health and Human
Services. The statements herein do
not necessarily reflect the opinion of
the Montana DPHHS, ACL, or HHS.**

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