



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter

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LIFTT Launches a New Mobile App!

LIFTT is thrilled to announce the public launch of a Mobile App for Apple and Android devices. You can find the link to download it for free from the Apple App store or Google Play at <http://www.liftt.org/mobile-App>.

"Our App provides our consumers, friends, and the community with a simple way to learn about LIFTT," said LIFTT Executive Director Carlos Ramalho. "You can now find helpful information about our services, group events, and community activities using your mobile device."

"We hope that people will find the LIFTT App refreshing and modern. Our team worked very hard to ensure it communicates valuable information to assist you and is easy to use," said Ramalho.

For more information or any questions, comments, or concerns regarding the LIFTT App please contact Jed Barton, at (406) 294-5186 or jedb@liftt.org

ADA CELEBRATION

LIFTT hosted a community celebration to mark the 32nd anniversary of the Americans with Disabilities Act (ADA) on July 26. The landmark bipartisan civil rights legislation was signed into law by President George Bush in a White House ceremony on July 26, 1990. "The Americans with Disabilities Act marks the first time in history a nation put into law the concept



that people with disabilities are first and foremost citizens entitled to the same rights, protections, and access to their communities as anyone else."

LIFTT Outreach and Government Affairs Coordinator, Jed Barton

LIFTT is a Montana 501(c)3 corporation organized as a Center for Independent Living (CIL). With team members based in Billings, Red Lodge and Glendive, LIFTT provides people with disabilities with programs and services that help empower them to break down the physical, bureaucratic, and cultural barriers that prevent them from being fully independent participants in their lives and communities throughout 18 counties in southeastern Montana: Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield, Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Stillwater, Wibaux, and Yellowstone.

Living Independently For Today and Tomorrow

Providing services in Southeastern Montana which empower people with disabilities to live independently in and have access to their communities.



Read the Director's Corner on page 3 for more information!



CONSUMER PROFILE: A CARETAKER'S STORY

With a diagnosis of supranuclear palsy in 2019, life has been anything but ordinary and effortless for the Tipton family. Les is nonverbal and his wife Gina spends her days as his caretaker tending to his needs as this terminal disease progresses.

"It's a pretty unforgiving disease," said Gina. "It's pretty tough to see someone who was always a worker go through this. It kind of hit us out of left field. There's a little bit more of him taken every day."

In hindsight, Gina reminisces about seeing the warning signs for years, missteps here and there from Les. At the onset of the diagnosis, Les would rely on Gina to hold his hand. With the disease crippling his sense of balance, falls ensued as time went on.

"That's what this palsy is," said Gina. "He loses his balance." Once Les transitioned to a wheelchair, the two had a

ramp installed leading up to their home.

"I almost felt like we needed a winch to winch him up," Gina said in good humor. "For the consumer there's no way I could've afforded to redo that ramp."

Access in and out of their home became a herculean feat for Gina. She ran across some information on LIFTT on Facebook. She remembered being unsure whether they would be able to ease the task of transporting her husband, or whether they were overqualified for assistance. LIFTT was able to track down a grant that covered the cost of a new ramp for the Tiptons.

"They did a wonderful job," said Gina. "They were the ones who went out looking for the grants. I'm very happy with it. Those wheelchairs aren't exactly light. I wasn't aware we were able to get help like that."

In the midst of an entirely new reality for the Tiptons, Gina expressed her sincere gratitude for the ways in which LIFTT supports consumers like her. "It's been a challenge," Gina said. "And to have someone like LIFTT come out and help us, it's mind boggling really. Someday I hope to repay them. They've been a Godsend to us really."

This July will mark 45 years of marriage for Les and Gina. "We've always said we'd try to help each other as much as possible," she said.



LIFTT's online Halloween Haunt!

3pm—4pm, Thursday, Oct. 27th, 2022

Games to be played and prizes for the best Halloween costume and decorated background or Zoom Halloween background.

DIRECTOR'S CORNER



WE CREATED AN APP FOR YOU!

In August 2022, LIFTT launched its new App. We are the first Center for Independent Living (CIL) in the nation to do so.

It is vital to have an App because the mobile era is here to stay. More people are using mobile devices such as smartphones, GPS, laptops, tablets, and netbooks than desktop computers. LIFTT recognized that our consumers, partners, and friends want mobile access to our services and information. With that in mind, we first launched a new state-of-the-art ADA-accessible website in January, and now the App. We believe these tools will improve user experience.

LIFTT chose to use both mobile websites and Apps because of their usability features and the audience we serve. Both LIFTT's website and App are fully personalized. They offer the information and services needed for people with a disability to live independently.

We invite you to download the new App on your smartphone and start using it according to your preferences.

We will continue to post blogs and articles about subjects that might interest you and motivate you to engage with LIFTT. No matter where you are within Southeastern Montana, there will be something for you.

The App will allow us to communicate directly with you by sending notifications and alerts that will be instant, but non-intrusive. You will only receive them once you have opened the App.

Although LIFTT's website requires an internet connection to work, the App allows you to access its content and functionality offline. We hope you will spend some time on LIFTT's App and give us feedback!

And last, but not least, you will have the opportunity to donate to LIFTT anytime by using the donate button!

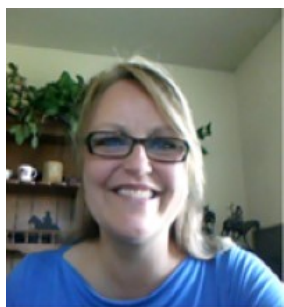
LIFTT will continue to invest in the future of independent living. We have long-term objectives that consider the intrinsic value of every person with a disability.

Our objectives create solutions and opportunities, remove all types of barriers that stand between living life to the fullest while being disabled, and contribute to individual and system change.

Welcome to LIFTT's new App.

Cheers!

Carlos Ramalho, Executive Director



LIFTT expand its presence in Carbon & Stillwater Counties

Living Independently for Today & Tomorrow is pleased to announce that **Melissa Larsen** is joining our team. Based in Red Lodge, Larsen will serve as LIFTT's Independent Living Specialist for Carbon and Stillwater Counties.

"Carbon and Stillwater Counties are home to some 21,000 people, about 2,000 of whom are thought to be living with a disability; said LIFTT executive director Carlos Ramalho.

"We are proud to welcome Melissa aboard as our first IL Specialist specifically assigned to serve these communities."

Larsen joins LIFTT with a wealth of community and nonprofit experience. She is currently the district clerk and office manager for the Luther School and has previously worked as a project manager and addiction counselor at the Center for Children and Families and in various positions at the Boys and Girls Clubs in both Red Lodge and Glendive. Larsen holds a B.S. in Psychology from Montana State University Billings.

Larsen will be available Mondays through Fridays 1pm to 5pm. and can be reached at (406) 445-5100 or melissal@lifftt.org. LIFTT, P.O. Box 1630, Red Lodge, MT 59068



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We are on the web @
www.LIFTT.org

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LIFTT's Mission— Living Independently for Today & Tomorrow, Inc. is a 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.

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 host 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

LIFTT is a not-for-profit agency governed by a consumer-led Board of Directors whose lives have been personally impacted by a disability. It is funded in part by the Rehabilitation Act of 1973 as amended in 1992 (Title VII - Independent Living Services), and the Montana Dept. of Public Health and Human Services (Disability Employment Transitions Division (DETD)).

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