



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter



LIFTT Charges into 2025!

LIFTT is leading the charge for independence and inclusion as we step into 2025 with a focus on our core services and new innovative programs. We are redefining what it means to live independently and ensuring a future of equity and inclusion for all.

[Find out more about whats on tap for LIFTT in 2025 and how you can get involved!](#)

LIFTT's Accessible Rural Transportation Program envisions a bold mission

The Advisory Committee for LIFTT's ADA Accessible Rural Transportation Program (ARTP) has approved bold and transformative mission & vision statements

[Read the mission and vision statements and learn more about the meaning behind them](#)



Journeying Together: LIFTT and Northern Cheyenne discuss partnership

Recently a group of LIFTT team members had the honor of meeting with the Northern Cheyenne Tribal Council during one of their sessions in



Lame Deer. The discussion centered on how LIFTT and the tribe can work together to strengthen wellness and independent living services for tribal members on and off the reservation.

[Read about how LIFTT and the Northern Cheyenne look to build something remarkable](#)



Director's Corner: 2025, a New Year, a Renewed Commitment

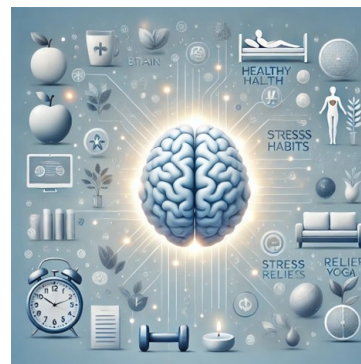
Executive Director Carlos Ramalho says that for LIFTT, the start of 2025 is an opportunity for LIFTT to "recommit to our mission, reaffirm our values, and redouble our efforts."

[Read Carlos's thoughts](#)

Optimize your Brain Health!

Are you interested in learning lifestyle habits that help prevent Dementia? Join our FREE 8-week class entitled "Optimize your Brain Health!" Class sessions are offered on Mondays at 10 a.m. starting January 13 and on Wednesdays at 3 p.m. beginning January 15.

[New Year, New Mindset. Sign up now!](#)



New Diabetes Prevention Class Starts February 15

Are you ready to feel your best and take control of your health? Join us for a FREE, interactive Diabetes Prevention Program (DPP) designed to help you prevent diabetes and thrive through simple nutrition tips, fun physical activity ideas, and sustainable lifestyle changes.

- Learn how to eat balanced meals without sacrificing flavor.
- Discover easy, enjoyable ways to stay active.
- Gain support from coaches and



Next Session
Starting February
2025

LIFTT is now offering a:
DIABETES PREVENTION PROGRAM
FREE OF CHARGE!

DID YOU KNOW?

1 in 3 people have prediabetes
In the United States, 98 million people have prediabetes. This condition is defined as elevated blood sugar levels, but not high enough to be diagnosed with diabetes.

Prediabetes is reversible
You can reverse prediabetes by making changes to your lifestyle such as eating healthier foods, exercising, and losing weight.

The National Diabetes Prevention Program works
Studies conclude that participants who completed the program reduced the risk of developing type 2 diabetes by up to 71%.

Empowering people of all abilities
The curriculum is accessible and specifically designed to meet the unique needs of individuals with disabilities.

CONTACT US TO REGISTER
Anya Pulis
Nutritional Health Coach/ IL Specialist
406-606-1766

Classes held at:
1241 CRAWFORD DR.
Billings Office: 406-259-5181

peers every step of the way

Don't just survive but thrive with LIFTT & DPP!


LIFTT & MSU Extension team up for Cooking and Nutrition Class Starting January 16

Living Independently for Today & Tomorrow (LIFTT) and the **Montana State University Extension Service** are excited to announce that starting in mid-January, they are teaming up to offer a **free nine-week cooking and nutrition class!**

Each Thursday from 1:00-2:30 p.m. starting on January 16 and running through March 13, join MSU Extension's Debbie Holman in the kitchen of LIFTT's Billings location at 1241 Crawford Drive as she offers a hands-on interactive experience.

Register today!

Scan for LIFTT's website:



Starting
January 16th,
2025

FREE COOKING AND NUTRITION CLASSES

Taught by:

MONTANA STATE UNIVERSITY | EXTENSION

Every Thursday
1-2:30pm @ 1241 Crawford Dr.

Registration is required in advance.
Contact Anya Pulis to enter.
Call: 406-606-1766 or
Email: anyap@liftt.org

Interested in joining a FREE 9-week program that teaches healthy eating, budget-friendly meal planning, and ways to stay active?
Learn hands-on cooking skills and taste your creations!

LIFTT
Living Independently for Today & Tomorrow

success
stories

Success Stories

One way we measure how well LIFTT is fulfilling its mission is by assessing the success of consumers and peers in achieving their individual goals.

When a consumer or peer completes a goal, their IL Specialist, SDPAS Facilitator, or Peer Program Coordinator writes up a "success story."

In this issue, we would like to introduce you to Justin, an IL program consumer from Glendive who responded to losing a job by utilizing LIFTT to pursue his dream of owning his own small welding business.

Justin: From Setback to Success

You can start your success story today by contacting LIFTT to see how our programs and services can help you. Give us a call at (406) 259-5181 (Billings), (406) 948-8500, or reach out to us online at liftt.org/contact



LIFTT ARTP Plans First Route

As part of the planning process, The LIFTT ADA Accessible Rural Transportation Program (ARTP) has selected its inaugural route.

The first route will connect consumers in Glendive with their regional office of Public Assistance in Miles City, helping people who need OPA's vital services to bridge the 75-mile divide.

LIFTT is Connecting Communities

Living Independently for Today and Tomorrow

Call 406.259.5181
or click to learn more.

Pam Rameriez: Returning Home to Empower Lives at LIFTT

New Independent Living program manager Pam Ramirez shares her journey from Glendive to Arizona and now back to Montana and LIFTT as well as thoughts about the future of IL Services at LIFTT

[Meet Pam!](#)



SAIL: Charting a Course to Wellness

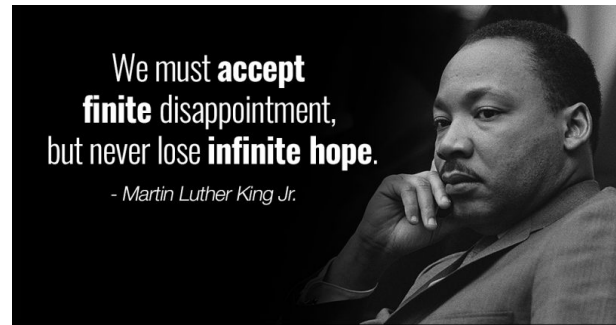
LIFTT is excited to announce that we will soon be offering the Stay Active and Independent for Life (SAIL) fitness program for older adults.

SAIL program offers a dynamic and evidence-based approach to maintaining activity and independence for seniors through a structured fitness regimen

Inclusive Day of Service Marks MLK Day

Join LIFTT, The United Way, MSU Billings Eagle Mount and others as we commemorate the life and legacy of Rev. Dr. Martin Luther King Jr. with a bell ringing ceremony and inclusive service projects as part of "United We Serve" on January 20, from 9:30 a.m. to 12:30 p.m. on the MSUB Campus.

[Click here for more info and to signup!](#)



Area II Agency on Aging and LIFTT Join Forces in Musselshell County

LIFTT is excited to announce a dynamic partnership with the [Area II Agency on Aging](#), designed to impact health, wellness, and independence in Musselshell County. Ensuring that residents have access to crucial resources and support.

[Fostering A Unique Collaboration](#)

LIFTT's Low Glycemic Cookbook is available on Amazon!

LIFTT is pleased to announce that our Low Glycemic Cookbook is now available on Amazon in both Kindle and paperback formats! A culinary companion created in honor of our Diabetes Prevention Program. This collection of recipes is more than just a cookbook; it's a testament to our commitment to supporting the health and well-being of our community.



[Get your Copy Today!](#)

Support LIFTT's Mission and Vision

2025 is going to be an exciting year at LIFTT but to make it all happen we need your support. No gift is too small! so please follow the link below and thank you in advance.



[Donate to LIFTT Today](#)



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Call 406.259.5181
or click to learn more.

LIFTT is partly funded through contracts and grants from the Montana Department of Public Health and Human Services, USAgging, and the Administration for Community Living, United States Department of Health and Human Services. The statements herein do not necessarily reflect the opinion of DPHHS, USAgging, ACL, or HHS.

LIFTT is a Montana 501(c)3 corporation organized as a Center for Independent Living (CIL). With team members based in Billings 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 and southcentral Montana: Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield, Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Rosebud, Stillwater, Wibaux, and Yellowstone.

Living Independently for Today & Tomorrow (LIFTT)

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119 South Kendrick Avenue · P.O. Box 1387 Glendive, MT 59330 · (406) 948-8500

Support Independent Living in Montana by Donating to LIFTT Today!



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