



LIFTT
Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter



FROM THE DESK OF THE Executive Director

Finding the way forward amid new realities

Recent federal government decisions on the funding of vital programs such as food assistance, housing rights education and enforcement, and the breaking up of the Administration for Community Living have intensified the need for adaptation and innovation for LIFTT and many of our community partners if we are to continue to meet the needs of those who depend on us.

Read Carlos's thoughts on:

- [What does the end of the ACL mean for LIFTT?](#)
- [The revocation of Montana Fair Housing's federal funding](#)
- [Cuts to food assistance that are emptying food bank shelves](#)



Equally Different, Unequally Remembered: Montana's Disability History Demands Your Attention

LIFTT encourages everyone to visit the Western Heritage Center's new exhibit on the history of disability in our region.

With the current headwinds against equity and inclusion in our politics, stories like these on display at WHC mustn't just be told but uplifted.

[This exhibition isn't polite. It's necessary.](#)



Flash Tattoo FUNDRAISER

Get inked for the cause! Join us at Legendary Tattoo Studio and Art Gallery for a special Flash Tattoo Fundraiser for LIFTT. Scheduling in advance is preferred.

LIFTT empowers consumers to live independent lives in their own homes and communities. Working across our 18 counties in Southeast and South-central Montana, we assist our consumers in everything from applying for social security benefits and finding affordable and accessible housing to navigating public transportation systems, self-directing their in-home caregiving, and becoming their own best advocate for what they need to live a fulfilling life. The proceeds from this fundraiser will benefit LIFTT's services for the aging and disabled.

**APRIL
12-19** | **STARTING
AT \$100 PER
TATTOO**
1124 16th St. W, Billings, MT 59102



Please note:
This is a voluntary event, and participation is at your own discretion. Choosing to get a tattoo is entirely your decision. Getting the LIFTT logo tattooed is not permitted.

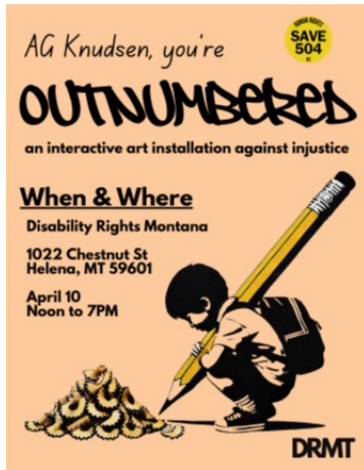
Disability Resource Fairs coming to Miles City, Sidney & Hardin this May

The Montana Statewide Independent Living Council (MTSILC) is partnering with community organizations, including LIFTT, to hold "Disability Resource Fairs" in three Eastern Montana communities this May.



Montana
Statewide Independent Living Council

The fairs will allow people with disabilities, families, caregivers, and interested community members to connect with LIFTT and other regional service providers to learn more about the programs and assistance offered.



Outnumbered: an interactive art protest to save Section 504!

On April 10, over 5,000 pencils, one for each Montana student with a 504 accommodation plan, were sharpened at Disability Rights Montana in Helena as an artistic protest of Attorney General Austen Knudsen's participation in a lawsuit seeking to strip people with disabilities of their right to receive accommodations to participate in federally funded programs and services.

LIFTT stands in solidarity with DRM as they work to defend Section 504 by bringing Outnumbered to communities across Montana. The movement to save reasonable accommodation is just getting started.

[Find out how you can bring it to your community!](#)

Thank you for supporting LIFTT in March!

Living Independently for Today & Tomorrow (LIFTT) would like to thank everyone who showed up and donated at the two fundraising events we held in March. Your generosity made the Cheesecake Luncheon in Glendive and the Pizza Ranch Night in Billings successful!

Special kudos go to the LIFTT team members who pulled together to do the planning, promotion, baking, cooking, decorating, soup serving, table bussing, and the myriad of other tasks these events require without missing a beat on their "day jobs," empowering our consumers.



Finally, a shout-out to our event hosts, [Black Sheep Market](#) in Glendive and [Billings West Pizza Ranch](#). We appreciate you letting us come into your business.



Fitness to hold workshop April 28

Join us at LIFTT's Billings office on Monday, April 28, at 4 p.m. for an empowering and informative event with Apex Fitness.

Personal trainer
Luke McLaughlin

will be on hand to offer practical tips and simple exercises to help you build strength, improve mobility, and boost overall wellness—no matter your fitness level.

Mark your calendars and bring a Friend!

Food as Medicine

Food is medicine, and LIFTT wants to show you how to make choices in the grocery store that will help you stay healthy and boost your energy!

The tips you will learn on one of our guided tour of the grocery store can make a big difference in how you shop.

A Delicious Path to Better Health!



Success Story: Carlos, From Fatigue to Flourishing

Not only is he the executive director, he is also a consumer! LIFTT's own Carlos Ramalho recently worked with our nutritional health coaches to tackle a potassium deficiency

Food as Medicine in Action!

Living Independently for Today and Tomorrow

Call 406.259.5181
or click to learn more.

Holly Hanson: From Facilitator to Leader

LIFTT PCA Program Facilitator Holly Hanson is beginning an 18-month journey to become the next PCA program manager!

With years of hands-on experience in the field, she has worked directly with clients, managed teams, and ensured quality care in various roles. She knows what it takes to support PCAs and consumers effectively, and now she's stepping up to take on an even more significant role.



Congratulations, Holly, we are cheering for you!

No More Exceptions: Rethinking Work, Worth, and Wages

LIFTT IL Program Manager Pamela Ramirez writes about conducting career counseling with subminimum wage workers through Section 511 of the Workforce Innovation and Opportunities Act.



A required yearly Section 511 counseling is often the only time such workers learn about alternatives to their situation, and it can lead some to consider a radical change to the life they have known to date.

Planting Seeds of Independence

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



Living Independently
for Today and Tomorrow
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, USAGing, 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, USAGing, 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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Support Independent Living in Montana by Donating to LIFTT Today!



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