



The LIFTT Connection Newsletter



LIFTT Glendive Office Moves to 119. S. Kendrick Ave

Q: Why did the Center for Independent Living move across the road?

A: To better serve our consumers, of course!

LIFTT's Glendive office has moved across the street from its previous location to 119 S. Kendrick Avenue.

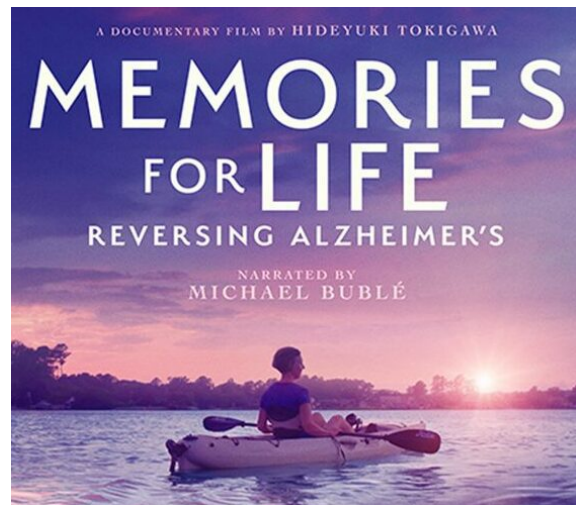
[Learn about our new Glendive location and an upcoming Open House!](#)

"Memories for Life" @ Babcock, 10/06

The community is invited to a FREE screening of the documentary film [Memories for Life: Reversing Alzheimer's](#) on Sunday, October 6, at 2 p.m. at the [Babcock Theatre](#) (2810 2nd Avenue North) in downtown Billings.

The film highlights people achieving the "impossible" by making changes that have reversed memory loss.

[Learn More & See the Trailer!](#)

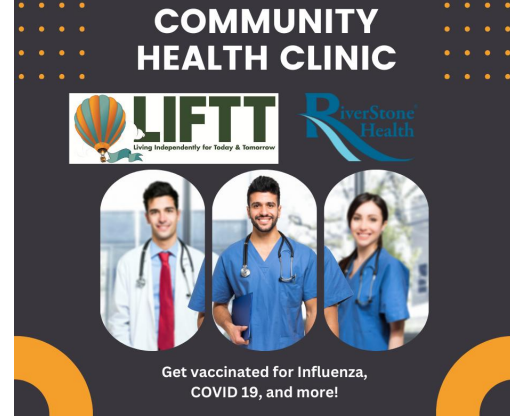


Vaccine Clinic October 4

LIFTT and RiverStone Health are partnering to hold a vaccine clinic at LIFTT's Billings office (1241 Crawford Drive) on Friday, October 4, from 2:30 to 4:30 p.m.

Available vaccines include Influenza, COVID-19, HPV, Hepatitis A & B, and Tdap.

Protect Yourself, Your Loved Ones, and Your Community!



TAI CHI TUESDAYS

Experience meditation in motion.
9 a.m. every Tuesday at LIFTT in Billings
All skill levels are welcome.

For more info, contact Eileen @ (406) 294-5185 or
eileenr@liftt.org



Director's Corner: Advancing Digital Equity

Executive Director Carlos Ramalho writes about some new federal legislation that will help LIFTT in its campaign to bridge the digital divide in Southeastern and south-central Montana.



[Read Carlos's thoughts.](#)

LIFTT to offer Digital Literacy Classes, Desktop Computer Labs

Living Independently for Today and Tomorrow (LIFTT) is excited to announce two new initiatives that will help advance the cause of digital equity and inclusion for persons with disabilities across our service area.

Digital literacy classes and desktop computer labs for consumer access are coming soon to the Billings and Glendive offices.

[Creating Digital Community @ LIFTT](#)



Celebrating National Hispanic Heritage Month

Join LIFTT in celebrating National Hispanic Heritage Month, which runs from September 15 through October 15, 2024.

LIFTT is committed to creating a welcoming environment where everyone can thrive regardless of background or language

[More about National Hispanic Heritage Month](#)

¡Celebrando el Mes Nacional de la Herencia Hispana!

Únase a LIFTT para celebrar el Mes Nacional de la Herencia Hispana del 15 de septiembre al 15 de octubre 2024.

Sin importar tu origen o idioma, LIFT está



comprometido a crear un entorno acogedor donde todos puedan prosperar

Más sobre el Mes Nacional de la Herencia Hispana



Fiesta for Fighters is October 24

[Fiesta-for-Fighters image](#)

LIFTT invites everyone to mark breast cancer awareness month by joining us for "Fiesta for

Fighters," an evening of Latin-based dance fitness classes on Thursday, October 24, from 5-7 p.m. in the community room of the Billings office at 1241 Crawford Drive.

In addition to the dance classes, attendees will hear from inspiring speakers and learn about local support programs, treatment options, and services for those fighting breast cancer from several amazing organizations in Billings.

Wear Pink & Be Ready for an Empowering Playlist!



Breakfast & Lunch Program Update

The Breakfast and Lunch Program at LIFTT's Billings location is proud to partner with our Diabetes Prevention Program to offer delicious, diabetes-friendly meals and expert guidance on preventing and managing diabetes.

We serve more than just meals—we deliver education and support to help you stay healthy! Enjoy a balanced, nutritious breakfast or lunch while learning practical, healthy lifestyle tips.

Cooking up good things at LIFTT

VOTE on Nov 5! & every other election

LIFTT encourages everyone to get registered and vote this and every election season.

If you need help getting registered or with the voting process, LIFTT can help! please contact at us (406) 259-5181 in Billings or (406) 948-8500 in Glendive and a LIFTT team member will be glad to assist you.



Low Glycemic Recipe: Taco Skillet with Cauliflower Rice!



Billings Met installs Bus Stops @ LIFTT

Thanks to [Billings MET Transit](#), there are now bus stops on both sides of 13th Street W in front of LIFTT, allowing consumers and visitors to access LIFTT more easily.

LIFTT is on the # 3 "Crosstown" route, Stop #0347 is on the east side of the 13th W directly in front of our building for Inbound (Downtown) riders, and #0348 is across on the west side of 13th W for Outbound (Stewart Park) riders

Whether you're coming to LIFTT for a class, a meeting, or to say hello, getting here is now more convenient than ever! We're thrilled to be part of connecting our community like never before.

[Hop on the Bus!](#)



Supporting LIFTT has never been Easier!

We are excited to announce that our new and improved donate page is now available at lifftt.org/donate-support.



Follow the on-screen instructions to make a secure donation through PayPal, or click the orange 'Donate' button whenever you see it on our website.

[Donate to LIFTT Today](#)



**Walking & Rolling Group
Mondays @ 9 a.m.**

**Meet at LIFTT 1241 Crawford Drive
For info, contact Anya Pulis
(406) 606-1766, anyap@lifftt.org**



LIFTT
Living Independently for Today & Tomorrow

USAgings, 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)

1241 Crawford Drive Billings, MT 59102 · (406) 259-5181
119 South Kendrick Avenue · P.O. Box 1387 Glendive, MT 59330 · (406) 948-8500

**Support Independent Living in Montana by Donating to LIFTT
Today!**



Living Independently for Today & Tomorrow (LIFTT) | 1241 Crawford Drive | Billings, MT 59102 US

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