



# LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection  
Newsletter

YEAR 2024 ISSUE 3



## Vicki Larson inaugurates LIFTT Art Gallery

Vicki Larson is the inaugural artist to exhibit in a gallery space in the reception area of our new Billings location. Despite being disabled with kidney disease, she is a vibrant and creative artist passionate about watercolors.

[Learn more about Vicki and see her art!](#)




## A Grand (Opening) Thank You!

Living Independently for Today & Tomorrow (LIFTT) would like to thank all of the consumers, strategic partners, and community members who attended the grand opening of our new Billings location on May 10.

The new building is a huge step in realizing LIFTT's long-held dreams regarding how we engage the community in our mission and vision, and it was wonderful to share it with all of you.

[Special Acknowledgments & Party Pics!](#)



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## ADA ANNIVERSARY COMMUNITY CELEBRATION

LIFTT invites you to celebrate 34 years of the Americans with Disabilities Act (ADA). Signed into law on July 26, 1990, the ADA is a historic civil rights law that protects the rights of people with disabilities.



**FRIDAY  
JULY 26**  
11AM TO 3PM

**Don't miss this opportunity to hear from the voices making a difference in our community.**

**1241 CRAWFORD DRIVE, BILLINGS, MT 59102**

**WWW.LIFTT.ORG**



**Diabetes Prevention & Management  
Program**



### LIFTT launches DPM Program

Living Independently for Today and Tomorrow (LIFTT) is pleased to announce the launch of a brand-new Diabetes Prevention and Management (DPM) Program.

[Learn more about DPM @ LIFTT](#)

### Director's Corner: Adapt to Move Forward

Executive Director Carlos Ramalho writes that LIFTT has shown and needs to continue to show the ability

to adapt to changing circumstances.

[Read Carlos's thoughts.](#)



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LIFTT & Billings Met Transit  
Present  
Disability Inclusion Through Transportation  
AKA "The Bus Adventure"



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**World Elder Abuse Awareness Day is June 15**

Each year since 2006, the World Health Organization (WHO) and the International Network for the Prevention of Elder Abuse (INPEA) have declared June 15 as "World Elder Abuse Awareness Day" (WEAAD).

WEADD aims to create an opportunity for communities around the world to promote a better understanding of the crisis of elder abuse and neglect.

[How can I get involved in WEAAD?](#)

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## Independent Living Success Stories!

LIFTT's overall success is measured in large part by the success of consumers and peers in achieving their individual goals.

When a consumer or peer successfully completes a goal, their IL specialist, PCA facilitator, or Peer Program Coordinator writes up a "success story."

It is our privilege and pleasure to share some of them with you.

**Peer Success Story: John Paul Z.**

**Consumer Success Story: Clarissa L.**





**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](http://liftt.org/mobile-app)**



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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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