



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter



FROM THE DESK OF THE *Executive Director*

Motherhood, Disability, and the Quiet Architecture of Resilience

Motherhood has always been a story of improvisation, courage, and unseen labor. But when disability intersects with motherhood — whether in the mother herself, her child, or her community — the story becomes even richer, more intricate, more demanding of the kind of perseverance that builds legacies in silence.

As we approach Mother's Day, it is important to acknowledge an often overlooked truth: that many mothers in our communities are engaged daily in strategic living.

[More from Carlos & Happy Mother's Day from all of us at LIFTT](#)



**Building the
Inclusive Workforce
to Power**

Montana's Future!

LIFTT Expands Partnership with Montana Vocational Rehabilitation

Living Independently for Today and Tomorrow (LIFTT) is proud to announce that we are expanding our partnership with Montana Vocational Rehabilitation (VR) services!

LIFTT and VR will support adults and students with disabilities as they prepare for greater independence, employment, and success.

[How LIFTT & VR can help you!](#)

What does the Trump budget mean for Aging & Disability Programs?

LIFTT executive director Carlos Ramalho provides some information and thoughts about what the proposed federal budget could mean for LIFTT and other programs related to aging and disability.

Cuts could limit Home & Community services.



COMMUNITY GARDEN KICK-OFF EVENT

Come grow with us! LIFTT is launching an ADA-accessible community garden designed for individuals of all abilities. This inclusive space offers the chance to grow fresh produce, connect with others, and enjoy nature in a safe and supportive environment. For just \$10, participants receive a garden plot, seeds, tools, water access, and guidance throughout the season.

May 16th @ 1pm

Register in advance by calling LIFTT, or scanning the QR code above

**🌱 Kickoff Event – May 16th at 1:00 PM
@ 1241 Crawford Dr.**

Join us for a hands-on garden workshop with special guest Anthony Sammartano from MSU-Extension, who will teach participants how to start their garden plots and provide expert tips for a successful growing season.



📞 406-259-5181

📍 1241 Crawford Dr.

For More Information visit: www.liftt.org

Community Garden Kicks Off May 16!

LIFTT will hold a kick-off event for our ADA Accessible All-Inclusive Community Garden on Friday, May 16, at 1 p.m. at the LIFTT Billings office (1241 Crawford Drive).

Join us as we inaugurate this inclusive, safe, and supportive space for growing healthy, fresh produce, connecting with others, and enjoying nature!

Thank You Ace Hardware!

As we launch our ADA Accessible All-Inclusive Community Garden LIFTT would like to extend our gratitude to our neighbors at Evergreen Ace Hardware at 1540 13th Street West and store owner Charles King for their generous donation of potting soil and compost.

This contribution has helped us transform an idea into earth, roots, and growth —

Anthony Sammareto from the Montana State University Extension Service will offer a workshop full of expert tips on starting your garden plot and having a successful growing season.

[Reserve a Garden Plot Today!](#)

literally and symbolically!

[Read More](#)



LOW BACK PAIN & SCIATICA SUFFERERS

NORTH 40 PHYSICAL THERAPY

Get the Individual Care YOU Deserve

Call 406-318-8340
FREE Workshop
May 19th @ LIFTT
4-5pm

Back Pain and Sciatica Workshop
Reveals How to Naturally Heal Back
Pain and Sciatica For Good.

LIFTT
Living Independently for Today & Tomorrow

LIFTT & North 40 Fitness to hold lower back pain Workshop May 19

Join LIFTT at our Billings Office on Monday, May 19, at 4 p.m. as we welcome the experts from **North 40 Physical Therapy** for a **FREE** workshop to help those experiencing sciatica and lower back pain.

[Learn techniques and exercises to relieve and heal your pain naturally!](#)

SAIL Classes cast off at LIFTT starting May 27!

Join LIFTT for Staying Active & Independent for Life (SAIL)
SAIL is a 12-week program for seniors that focuses on building strength, balance, and flexibility, skills critical to maintaining independence, preventing falls, and improving overall well-being.

SAIL at LIFTT is made possible through a generous grant from the Montana Department of Public Health & Human Services.

[Stay Afloat with SAIL](#)



Stay Afloat with SAIL Training!

Join LIFTT for Staying Active & Independent for Life (SAIL)

SAIL is a 12-week program for seniors that focuses on building strength, balance, and flexibility, skills critical to maintaining independence, preventing falls, and improving overall well-being.

Call (406) 259-5181 or visit Lifftt.org/sail-grant for more info!

Living Independently for Today and Tomorrow Call 406.259.5181 or click to learn more.

LIFTT renews partnership with MTDH

Living Independently for Today & Tomorrow (LIFTT) has renewed its partnership with a long-time collaborator, [The Montana Disability & Health Program \(MTDH\)](#).

In 2025, we are proud to work with MTDH on programs and services that continue championing the rights, health, wellness, and independence of people with disabilities across our region.

[LIFTT to participate in three MTDH projects](#)



Tattoo Fundraiser
Leaves a Positive
Mark on LIFTT!

LIFTT would like to thank [Legendary Tattoo Studio & Art Gallery](#) of Billings for

the \$1160 donation we received from the "Flash Sale" fundraiser between April 12 and May 1. Your generosity is permanently inked on LIFTT's Story. Thank you!



A Day of Generosity and Community Connections

On May 1, 2025, LIFTT proudly participated in Give Local Glendive: A Community Day of Giving.

Give Local Glendive was organized by the [Glendive Chamber of Commerce & Agriculture](#) and the [Greater Glendive Community Foundation](#) as an inspiring event to celebrate generosity, civic pride, and local impact.

Raising Awareness of LIFTT in Eastern Montana

Autistic ≠ Broken

LIFTT Team member Jed Barton, who is on the autism spectrum, offers a personal reflection on the federal government's new autism initiative.



Jed's Two Cents

PCA Team Receives Glowing Review

We are proud to share that LIFTT's PCA Program has received a glowing review from the Montana Department of Public Health and Human

Congratulations to the PCA team!

Services.

Our team's Self-Direct Provider Quality Assurance Report submission was recognized for its thoroughness, clarity, and commitment to excellence.

Well done, PCA Team! Your work empowers individuals to live independently with dignity and choice.

[Read More](#)

Support LIFTT's Mission and Vision

In this era of uncertain federal, state, and foundation support, your contributions are more vital than ever.

Any amount you give will go directly to supporting LIFTT's programs and services, which promote independence and self-determination for people with disabilities in our region.



[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, 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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**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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