



# LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection  
Newsletter

Join LIFTT on August 1  
For  
**Hidden Treasures & Grand Journeys**  
An Evening of Opportunity

*Hidden Treasures & Grand Journeys:*  
*An Evening of*  
**OPPORTUNITY**

*For RideWell*  
**A Program by LIFTT**

*Saturday, August 1*  
STARTS AT 5:30 PM

*Fundraising Dinner • Live & Silent Auction*  
Columbia Club 2216 GRAND AVE, BILLINGS

This special fundraising event will take place on Saturday, August 1, 2026, at the Columbia Club in Billings.

Designed as both a fundraiser and a community gathering, the evening will feature a catered dinner, live and silent auctions, and opportunities for engagement with LIFTT's mission and programs.

Proceeds from the event will directly support the RideWell ADA Accessible Rural Transportation Program – A Program of LIFTT, which will provide critical mobility services to aging and disabled individuals in Southeastern and South-Central Montana. Through RideWell, individuals will be able to attend medical appointments, access essential services, and remain connected to their communities.

[Read More](#)

## A Moment that Matters: Civil Rights, Community and the Future We Choose

There are moments when a community is called not simply to observe, but to respond. This is one of those moments.



Across Montana, more than 1,000 individuals and 64 organizations have come together to raise their voices in defense of something fundamental: the civil rights of people with disabilities. At the center of this effort is Section 504 of the Rehabilitation Act.

[Read More](#)



## upLIFTT Thrift is coming to Glendive!

Living Independently for Today & Tomorrow (LIFTT) is proud to announce the opening of a second upLIFTT Thrift Store, coming soon to Glendive, Montana. Located at LIFTT's newly acquired building at 206 S. Douglas Street, the store is expected to open in May 2026.



[Expanding the Mission](#)

## Community Garden Kickoff is May 15

There are seasons in life when we prepare the soil, and seasons when we begin again. At LIFTT, the garden is calling us back.

After a remarkable first year, one that brought together more than 100 participants, fostered inclusion across abilities, and transformed a



simple space into a living community, the ADA-accessible, all-inclusive Community Garden is preparing to open its gates once more.

This new season begins on May 15 at noon, when LIFTT will host its Community Garden Kickoff. As part of the celebration, free plant starts and seeds donated to LIFTT by San Diego Seed Company will be offered to anyone in the community who wishes to take part

## Growth, Connection, and Possibility Awaits

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### From the Executive Director: "A Personal Journey"

LIFTT Executive Director Carlos Ramalho talks about how the last year has been "a deeply personal journey" as he has undergone cancer treatment.

[Read More](#)

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**LIVING INDEPENDENTLY FOR TODAY & TOMORROW (LIFTT) WILL BE PARTICIPATING IN THE YELLOWSTONE VALLEY GIVES ANNUAL DAY OF GIVING ON APRIL 30-MAY 1, 2026.**

**SCAN THE QR CODE OR CLICK TO VISIT OUR YVG PAGE TO LEARN MORE AND MAKE YOUR GIFT OF SUPPORT TO EMPOWER DISABILITY INDEPENDENCE IN SOUTHEASTERN AND SOUTH-CENTRAL MONTANA!**



# THANK YOU!

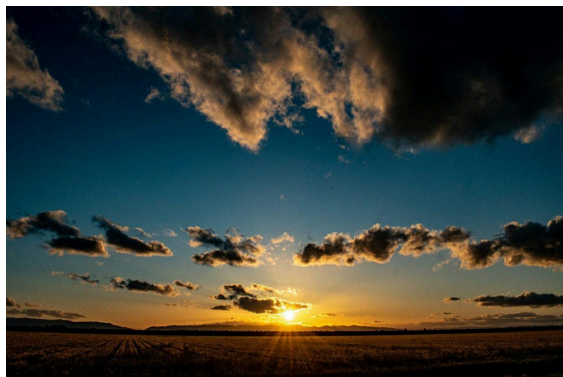
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## Moment of Independence: Taking Control of Health Through Knowledge and Support

Each month, the LIFTT Connection Newsletter highlights a "Moment of Independence," showcasing ways LIFTT Team members have successfully assisted consumers in meeting their goals.

This month is a story of how, through our Peer Counseling Services and Knowledge (specifically the DECIDE Self-Management Program), LIFTT helped an older adult to take better control of their health.

[Read More](#)



## A Path Forward: Building Independence

There are moments when the work we do invites us not only to look at what has been accomplished, but to reflect on where we are going.

At Living Independently for Today & Tomorrow (LIFTT), the past months have been filled with movement: quiet, steady, and meaningful movement. Behind every conversation, every service, and every program is something larger taking shape: a community where independence is not an aspiration, but a lived reality.

[Read More](#)

## Living Well in Community Starts May 5

Living Independently for Today & Tomorrow (LIFTT) is pleased to announce that we will be conducting a "Living Well in Community" (LWC) Workshop. The 11-week workshop will be held on Tuesdays from 10 a.m. to Noon beginning on May 5 and concluding on July 14.

Designed as part of the [Healthy Community Living \(HCL\) program](#) and rooted in the Independent Living Philosophy, the LWC workshop is a dynamic, interactive course that helps you take control of your health, well-being, and personal goals

[More Info](#)





## upLIFTT hosts Eagle Mount's "Out and About" Scavenger Hunt

On March 23, upLIFTT Thrift hosted [Eagle Mount Billings's](#) "Out and About" program for a scavenger hunt designed to teach participants budgeting and decision-making skills.

[Read More](#)

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## Community in Action: LIFTT thanks Mayflower UCC for Coat Drive

Living Independently for Today & Tomorrow (LIFTT) is proud to recognize and thank [Mayflower Congregational Church](#), a congregation of the United Church of Christ (UCC) in Billings, for its generous and impactful Palm Sunday coat drive benefiting the local community.



Through this initiative, members of Mayflower Congregational Church collected and donated coats to help individuals and families in need stay warm and supported. The coats are now being distributed through the upLIFTT Thrift Store, located at 1201 Grand Avenue in Billings, where they are available to community members.

[Meaningful change begins with simple acts of generosity](#)



## Strengthening Independence with New EVV Standards

Living Independently for Today & Tomorrow (LIFTT) is proud to announce the adoption of a new Electronic Visit Verification (EVV) Compliance Policy, which further strengthens its Personal Care Assistance (PCA) Program and reinforces its commitment to quality,

accountability, and independent living.

[More Info](#)

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## Learning on the Job

LIFTT team members across all our departments are constantly attending training and continuing education events, with an eye toward bringing back to the agency information that will empower and support the consumers we serve.

Here, Nutritional Health Coach Eileen Rodriguez and Independent Living Specialist Erin Culp share about the trainings they have or will soon be attending



[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 elders and 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.

## Living Independently for Today & Tomorrow (LIFTT)

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206 S. Douglas Street, Glendive, MT 59330 · (406) 948-8500


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 aging and disabled members of the community 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 south-central Montana: Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield, Golden Valley, McCone, Musselshell, Powder River, Prairie, Richland, Rosebud, Stillwater, Treasure, Wibaux, and Yellowstone.

**Our Vision:** Empowering aging and disabled individuals to LIFTT themselves above the barriers of life.

**Our Mission:** Living Independently for Today & Tomorrow (LIFTT) empowers aging and disabled individuals to live independently through education, support, and opportunities.


LIFTT is partly funded through contracts and grants from the Montana Department of Public Health and Human Services, USAging, National Aging and Disability Transportation Center, 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, NADTC, ACL, or HHS.

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

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