



## Online Wellness Classes to Combat Loneliness and Isolation during the Pandemic



The IL-NET National Training and Technical Assistance Center is providing online support as we all navigate the unprecedented times of the COVID-19 pandemic. The following information is provided by the Partners in Care Foundation.

### Arthritis Foundation Exercise Program

Participate in low-impact exercises and gentle activities to help increase joint flexibility and range of motion, and to help maintain muscle strength. Sessions take place for 1 hour twice per week for 6 weeks. You do need an internet-connected device with a camera to participate.

### Bingocize

Try Bingocize at home to exercise and connect with others! It's a 10-week online health promotion program combining Bingo with fall prevention exercises and health education. Bingo games are twice per week for 1 hour.

### Healthier Living

This program teaches practical everyday skills like problem-solving, nutritious eating, and relaxation techniques that help those living with chronic conditions. This online workshop consists of 2 1/2-hour sessions, once per week for 6 weeks.

### Healthier Living Tool Kit

Have a chronic condition but no access to a computer or internet? This workshop is for you! Participants receive a mailed tool kit that walks them through information focused on better managing their health. Participate through small group phone calls for 30 minutes, once per week, for 6 weeks.

There is no charge for these programs. To learn more or register for one of these classes call Partners Community Wellness at: 818-403-5452 or send email to: [ebprograms@picf.org](mailto:ebprograms@picf.org).



<https://www.picf.org/online-wellness-programs/>

### Now That's Entertainment!

Stave off boredom and immerse yourself in great entertainment with the click of a mouse! Thanks to the generosity of local arts and literature organizations, you have access to a multitude of free options that will lift your spirits and pique your interests.

**Tippet Rise Art Center** offers recordings of classical music concerts from internationally known musicians. Both the National Theatre and Glyndebourne Opera offer fabulous free productions. More great performances can be found at the **Billings Symphony Orchestra's** online *Symphony Favorites* series. If you are a bookworm or a film buff, you can check out a variety of audiobooks, music, and videos at the **Billings Public Library**. What's more, the library offers over 500 online courses ranging from how to bake cookies to studying legal and criminal law.

So, kick back and enhance your life with music, films, literature, and virtual classes. Enjoy!

#### **Billings Symphony Orchestra:**

<https://billingsssymphony.org/symphony-favorites/>

#### **Tippet Rise Art Center:**

[www.tippetrise.org](http://www.tippetrise.org)

**National Theatre:** (a new play streamed each Thursday) <https://www.nationaltheatre.org.uk>

**Glyndebourne:** (a new opera streamed every Sunday) <https://www.glyndebourne.com/openhouse/>

**Billings Public Library:** <https://billingslibrary.org/357/eLIBRARY>

“It’s an interesting time to be doing this work. So many things are changing because of the pandemic and that can foster change for the better.”



Jed Barton, Outreach and Government Affairs

## MEET THE LIFTT STAFF!

Meet Jed Barton, history buff, trivia expert, and fervid supporter of cultural change.

Jed brings to his job a passion for enhancing the lives of the Independent Living community. He splits his time between communicating with advocates, legislative committees, working on public policy initiatives and assisting disabled people navigate the confusing maze of government regulations, applications, and independent living skills.

Jed has cerebral palsy and autism. He grew up in

Billings and felt he was fortunate to have completed “nine-tenths” of his education in mainstream classrooms where he received the help he needed to succeed. His efforts resulted in a B.A. in History with a minor in Political Science from Montana State University-Billings. While attending MSUB, Jed participated in the university’s College Bowl team, which won the Northwest Regionals three consecutive years, and a trip to the Nationals. Jed believes every disabled person deserves these types of academic opportunities.

Before joining LIFTT ten years ago, Jed worked as a journalist and for Montana political campaigns. He finds it rewarding to apply his knowledge to help LIFTT consumers achieve their personal goals. He also finds fulfillment in his work throughout the country to foster cultural and political change.

With a head for trivia and a heart for change, Jed strives to provide full access for the disabled, and to reach more people who will benefit from LIFTT resources.

“Alexa, where can I get an Echo Dot for free?”



Echo Dots are free to LIFTT consumers and peers thanks to a generous grant from the Billings Community Foundation and Amazon. The Echo Dot (3<sup>rd</sup> gen) is Amazon’s most popular smart speaker and allows you to make calls,

control smart home devices, and listen to music, news, jokes, weather forecasts and much more. Supply is limited and will be distributed on a first-come-first-served basis, so **call LIFTT today, (406) 259-5181.**

## Take the Survey!!

Download and complete the survey at:  
**[www.liftt.org](http://www.liftt.org)**



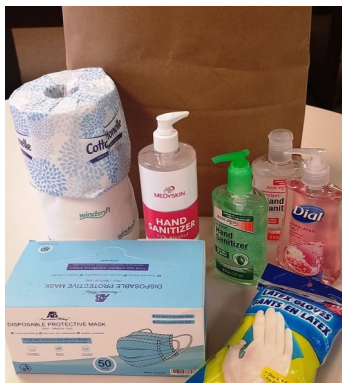
As a center for independent living, LIFTT is

committed to providing people with disabilities accessible, affirming educational and social programming. As programming has moved to the virtual sphere due to the COVID-19 pandemic this commitment has not

changed. However, we need your help!

Please take a few minutes to visit our website and let us know what you would be interested in seeing LIFTT cover in upcoming virtual programming.

## RESPONDING TO COVID-19



A variety of supplies are bagged in the COVID-19 prevention kits. Now available at no cost for LIFTT clients.

Weathering the pandemic is difficult for all humans, but for disabled people, it can often be devastating.

Carlos Ramalho, executive director of Living Independently for Today and Tomorrow (LIFTT) said, "in many cases, people with disabilities face a greater negative impact during challenging world-wide events." Normally, LIFTT hosts classes, counseling sessions, and peer groups, on site, but as a safety precaution, the office remains closed. LIFTT is committed to serving disabled individuals and their families in all ways possible during this crisis.

Through the CARES Act, the federal government award-

ed LIFTT a major grant which specifically targets individuals and families who are experiencing difficulties due to COVID-19. A portion of LIFTT's grant was used to assemble kits carrying cleaning disinfectants, hygiene products and face masks. Funds also are available for a variety of expenses, including financial assistance to clients to cover household expenses such as rent, utilities, and access to technology. To access these funds, applicants must go through LIFTT's information and referral process. Recipients can only receive COVID-19 funds once. The funds must be distributed by September 30, 2021, and are available on a first-come, first-serve basis. Please contact LIFTT to discuss the application process and whether you and/or your family are eligible.

*"COVID is not going away soon. This is our new reality."*

*We are working at reinventing LIFTT."*

Carlos Ramalho,  
executive director  
at LIFTT



Steve Woodard

Congratulations to Steve Woodard on his August 31st retirement. Steve has been a dedicated and appreciated member of LIFTT's staff for more than ten years. As an IL Specialist, Steve's devotion and faithful service to LIFTT's consumers will be missed.

Know a disabled person  
who needs a LIFTT?  
Have them give us a call!  
(406) 259-5181

NOT IN OUR SERVICE  
AREA? CONTACT ONE  
OF OUR PARTNER  
ORGANIZATIONS:

Summit Independent Living Center  
Montana Independent Living Project  
North Central Independent Living Services

406-398-9002  
406-735-6457  
406-823-6248

<https://www.summitilc.org/>  
<http://www.milp.us/>  
<http://ncils.org/>







## Living Independently for To- day and Tomorrow

1201 Grand Avenue, Suite #1, Billings, MT 59102  
(406) 259-5181

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**LIFTT's Mission**— Living Independently for Today & Tomorrow, Inc. is a Montana non-profit organization committed to empowering persons with disabilities to live freely and equally in Southeastern Montana through the provision of independent living services which reduce societal barriers."

We are on the web @ [www.LIFTT.org](http://www.LIFTT.org)



*LIFTT is a not-for-profit agency governed by a consumer-controlled Board of Directors whose lives have been personally impacted by a disability.*

*It is funded in part by the Rehabilitation Act of 1973 as amended in 1992 (Title VII - Independent Living Services), and the Montana Department of Public Health and Human Services (Disability Services Division).*

## Give a call or email us anytime!

LIFTT Main Number/Messaging: (406) 259-5181

LIFTT Contact Us email form: <http://www.liftt.org/contact/>

LIFTT Fax Number: (406) 259-5259

### SELF DIRECT PERSONAL CARE ASSISTANT PROGRAM

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### INDEPENDENT LIVING PROGRAM

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Megan Child, IL Specialist (Miles City), (406) 851-8378, [meganc@liftt.org](mailto:meganc@liftt.org)

### PEER PROGRAM

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