



The LIFTT Connection Newsletter



Discover your transportation voice!

This holiday season, Living Independently for Today & Tomorrow (LIFTT) invites you to embark on a journey toward change!

We're conducting a **special survey** to uncover the unique transportation needs of aging and disabled individuals across the 18 counties we proudly serve.

[Scan the QR Code on the image to the left, or click here for a link to have your say about the present and future of transportation in southcentral and southeastern Montana!](#)

Coming in 2025 LIFTT's Accessible Rural Transportation Program!

As 2024 draws to a close, Living Independently for Today & Tomorrow (LIFTT) is thrilled to share some exciting updates about our Accessible Rural Transportation Program.



[Learn More about the Accessible Rural Transportation Program and our first ADA vehicle!](#)

Vaccine Clinic January 10

LIFTT and RiverStone Health are partnering to hold a vaccine clinic at LIFTT's Billings office (1241 Crawford Drive) on Friday, January 10, from 3 to 4:30 p.m.

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

VACCINE CLINIC



Covered by Medicare/Medicaid



**FRIDAY, JANUARY 10
3-4:30 PM**

**1241 CRAWFORD DRIVE
BILLINGS**

No insurance? No problem.

TDAP, HEPATITIS A, HEPATITIS B, COVID, HPV, SHINGLES, RSV AND INFLUENZA.

TDAP, HEPATITIS A, HEPATITIS B, COVID, HPV AND FLU

Vaccines are available at no cost to the patient



SEASON OF TOGETHERNESS:
CELEBRATING ALL FAITHS AND ABILITIES

PROUDLY SERVING THE COMMUNITY FOR OVER 36 YEARS

CELEBRATING THE SEASON OF TOGETHERNESS

LIFTT honors the diverse faiths and traditions that bring us closer. Let's embrace the spirit of inclusion and unity, ensuring everyone is welcomed and celebrated through the **FREE** services we provide.

- **Independent Living**
(Assistance in applying for benefits such as SNAP or Medicaid, skills and pre-employment training, advocacy, and much more)
- **Personal Care Assistant (PCA)**
(Provide long-term care in the home setting to Medicaid recipients)
- **Peer Program**
(Support, guidance, and socialization opportunities from other disabled persons)
- **Health and Wellness Programs**
(Diabetes Prevention Program, Brain Health Classes, Group Exercise)

Billings Office:
1241 Crawford Dr.
406-259-5181



Glendive Office:
119 S. Kendrick Ave.
406-948-8500

Director's Corner: 2024, A Year of Transformation for LIFTT

Executive Director Carlos Ramalho offers holiday greetings and reviews LIFTT's achievements during 2024 while previewing things to come in 2025.



Read Carlos's thoughts.

LIFTT & MSU Extension team up for Cooking and Nutrition Class Starting January 16

Living Independently for Today & Tomorrow (LIFTT) and the [Montana State University Extension Service](#) are excited to announce that starting in mid-January, they are teaming up to offer a **free nine-week cooking and nutrition class!**

Each Thursday from 1:00-2:30 p.m. starting on January 16 and running through March 13, join MSU Extension's Debbie Holman in the kitchen of LIFTT's Billings location at 1241 Crawford Drive as she offers a hands-on interactive experience.

[Register today!](#)

Scan for LIFTT's website:



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1241 Crawford Dr.
406-259-5181

Glendive Office
119 S. Kendrick Ave.
406-948-8500

Starting
January 16th,
2025

FREE COOKING AND NUTRITION CLASSES

Taught by:



Every Thursday
1-2:30pm @ 1241 Crawford Dr.

Registration is required in advance.

Contact Anya Pulis to enter.

Call: 406-606-1766 or
Email: anyap@liftt.org

Interested in joining a FREE 9-week program that teaches healthy eating, budget-friendly meal planning, and ways to stay active?

Learn hands-on cooking skills and taste your creations!



Success Stories

One way we measure how well LIFTT is fulfilling its mission is by assessing the success of consumers and peers in achieving their individual goals.

When a consumer or peer completes a goal, their IL Specialist, SDPAS Facilitator, or Peer Program Coordinator writes up a "success story."

In this issue, we would like to introduce you to two Self-Direct Personal Assistance Services (SDPAS) consumers who, although we are no longer working with them, have left a profound mark on our entire organization.

Melissa: Celebrating Independence Tetona: A Legacy of Resilience

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

Heal and Protect Your Brain with Good Bugs!

What if the key to unlocking a sharper mind, stronger memory, and more vibrant life was already within you?

Welcome to LIFTT's Brain Health Class, where, armed with cutting-edge knowledge and an eagerness to optimize brain health, we will unravel the mysteries of cognitive wellness and take actionable steps to prevent decline.





Strength Training: Strong Bones, Strong Future

Imagine this: your bones as a fortress, standing tall and unyielding, guarding your independence and vitality. Now, imagine those walls weakening, crumbling piece by piece. This is the silent threat of osteoporosis,

But here's the good news: you have the power to fight back. The secret weapon? Strength training.

[Learn more!](#)

LIFTT Gets Out the Vote!

During the weeks leading up to the 2024 General Election LIFTT engaged in a robust campaign to get the aging and disabled community to vote.

In addition to a multimedia marketing campaign, LIFTT team members registered voters, provided non partisan information on the voting process, and even gave some folks rides to the polls on election day.

[Read more about how we did and what we learned in the process](#)



“

**VOTE AS IF
YOUR LIFE
DEPENDS
ON IT
BECAUSE
IT DOES!**

JUSTIN DART

FATHER OF THE ADA AND CO-FOUNDER
OF THE AMERICAN ASSOCIATION OF
PEOPLE WITH DISABILITIES (AAPD)

Thank You JSEC!

Living Independently for Today & Tomorrow (LIFTT) recently received a generous \$750 gift from the [Billings Job Service Employers Committee \(JSEC\)](#).

This generous donation reflects not only the kindness and selflessness of the individuals behind this effort but



also the shared vision of our organizations in fostering independence, dignity, and opportunity for everyone in our community.

With these funds, LIFTT will be able to provide disabled job seekers with adaptive vocational experiences, essential work clothing, transportation support, and specialized equipment.

LIFTT and JSEC's Partnership continues to grow



Nutrition Seminar

December 16th
4-5pm Seminar
5-5:30pm InBody Scan



Keep up-to-date on the latest nutrition topics, and have the chance to use the InBody, a body composition scanner that can read your muscle mass, fat mass, and hydration levels.



@ LIFTT
1241 Crawford Dr.
Billings, MT 59102



Attendance is free. No registration is required. For additional information:

Office Number

406-259-5181

Visit Our Website

liftt.org



Include LIFTT in your Year-End Giving

We are excited to announce that our new and improved donate page is now available at liftt.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

Donate



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, USAging, 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, 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.

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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