

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.



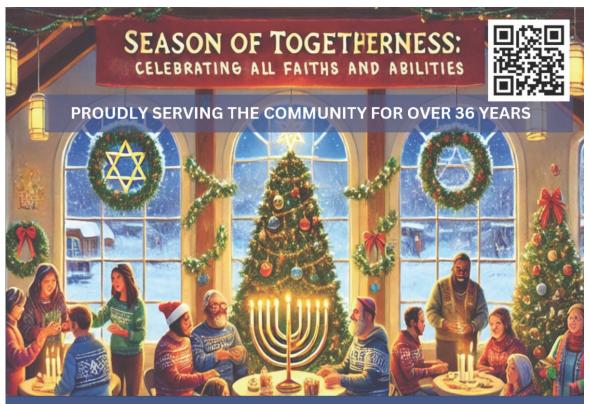
Learn More about the Accessible Rural Transportation Program and our first ADA vehicle!

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.





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)

Peer Program

(Support, guidance, and socialization opportunities from other disabled persons)

<u>Billings Office:</u> 1241 Crawford Dr. 406-259-5181

- Personal Care Assistant (PCA)
 (Provide long-term care in the home setting to Medicaid recipients)
- Health and Wellness Programs
 (Diabetes Prevention Program,
 Brain Health Classes, Group
 Exercise)

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.

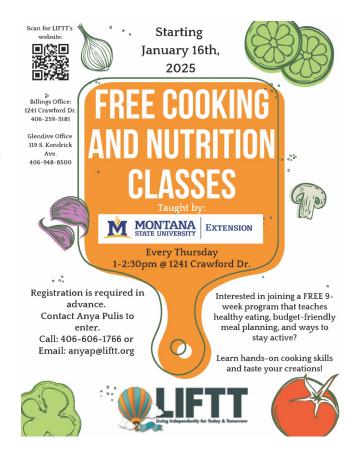


LIFTT & MSU Extension team up for Cooking and Nutrition Class Starting January 16

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!





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.

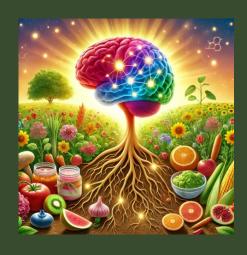
Melissa: Celebrating Independence Tetona: A Legacy of Resilience

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!

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

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

Visit Our Website

406-259-5181

liftt.org



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.





Living Independently for Today and Tomorrow Call 406.259.5181

or click to learn more.

PTT is partly funded through contracts and grants from the Montane Department of Public Health and Human Services, USAging, and the Administration for Community Living, United States Department of Asalth and Human Services. The statements havein do not recessarily reflect the epinion 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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