



LIFTT

Living Independently for Today & Tomorrow

The LIFTT Connection
Newsletter

A New Home for LIFTT in Glendive!

A new space for independence, opportunity, and community in Eastern Montana.



LIFTT is proud to share an exciting milestone for our work in Eastern Montana. Our Glendive office is moving to a new home at 206 South Douglas Street.

For many people in rural communities, finding support, guidance, and opportunities for independence can be challenging. This new building will help ensure that individuals and families across Eastern Montana have a welcoming place to turn when they need information, encouragement, and practical support.

The building will become a permanent home for several important LIFTT programs, including LIFTT's Independent Living Program, RideWell, our ADA Accessible Rural Transportation Program, and the Glendive branch of our upLIFTT Thrift store.

[Read More](#)



**Advocacy
Alert!**

Help Protect Section 504!

Protecting Disability Rights: Section 504 Update

A new federal lawsuit threatens Section 504 of the Rehabilitation Act. Join LIFTT, Disability Rights Montana, and others in taking action to help protect these vital rights today!

[Read More](#)

Stockman Bank gives support to RideWell



Stockman Bank has made a generous donation to LIFTT's new Rural ADA Accessible Transportation Program, RideWell, helping further its mission to ensure that aging adults, people with disabilities, and low-income residents have safe, reliable, and accessible transportation options, even across long distances.

[Read More](#)



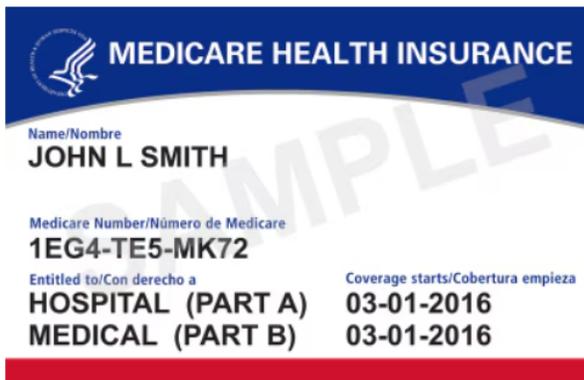
From the Executive Director: "A Form of Healing"

LIFTT Executive Director Carlos Ramalho reflects on how a letter he received from a participant in LIFTT's Creative Aging Art Class "captures something essential about LIFTT's work."

[Read More](#)

Moment of Independence: Finding a Path Through Medicare

Each month, starting in March 2026, the LIFTT Connection Newsletter will highlight 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 the core service of Information & Referral (I&R), LIFTT helped a family gain a better understanding of their Medicare benefits.

[Read More](#)



Helping People Return Home

At LIFTT, one of our goals is to help individuals live as independently as possible in their own communities. One program helping make that possible is [the Money Follows the Person \(MFP\) Program](#).

We spoke with Pam Ramirez, LIFTT's Independent Living Program

Manager, to learn more about how this program helps individuals transition from nursing facilities back into community living.

[Read More](#)

Creative Aging Art Showcase March 17

Living Independently for Today & Tomorrow (LIFTT) invites the public to a FREE Art Showcase celebrating our first Creative Aging Art Class on Tuesday, March 17, from 10 to 11:30 a.m. at the Billings LIFTT Office (1241 Crawford Drive).

Made possible by a grant from the [Montana Arts Council](#), the Creative Aging Art Class has taken its participants on a 10-week journey learning the basics of acrylic painting.

Now the class is ready to share the fruits of their labor with the public through this showcase.

[More Info](#)

ART SHOWCASE

Join us to celebrate & enjoy the Creative Aging Art Class paintings!

MARCH 17TH
AT 10:00-11:30AM

Funded by
MONTANA
ARTS COUNCIL



FREE Seed Starting Event

Join us here at LIFTT to learn how to start healthy plants for this year's garden!

FRIDAY,
MARCH 27 AT
10AM



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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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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