

YELLOWSTONE COUNTY INSIDER

JANUARY 2024

ISSUE 421

MONTANA



Bitterroot

Montana State Flower

Board of County Commissioners

John Ostlund

Chair

Mark Morse

Member

Donald W. Jones

Member

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Commissioner Corner

Happy New Year. I hope everyone had a wonderful holiday season with your family and friends.

Employee Spotlight:

Last year the Commissioners approved a new position in the Public Works Department for a Deputy Public Works Director. Monica Plecker was selected for the position and has been with the County for about a month. Monica previously worked for the City of Laurel as the City Planner and most recently for the City of Billings as the Planning Division Manager. Monica grew up in Millboro, VA and moved to Roberts, MT where she owns 3 horses and has lived for 12 years. Welcome aboard Monica!



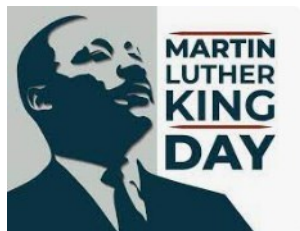
In early December the County contracted with Schutz-Foss Architects for a feasibility study on a temporary holding facility. On January 4th the Commissioners held a discussion meeting regarding the proposed temporary holding facility and Schutz-Foss Architects findings on the facility. Schutz-Foss has recommended a 33-inmate holding facility that will be a permanent addition to the detention facility for 72 hour holds. With public safety being a priority, the Commissioners will look at this \$3.3 million dollar proposal.

Yellowstone County's mid-year budget review will take place on Monday January 29th from 1:00 pm – 4:00 pm in the Commissioners Board Room.

Thank you all for your hard work last year. I look forward to another great year in 2024.

Sincerely,
John Ostlund, Chairman

The Yellowstone County Courthouse will be closed on January 15, 2024 in observance of Martin Luther King Day.



Emergency Contact Information

Do you remember who you have as your emergency contact? If not or you need to update, you can log into NeoGov and update it through the emergency contact update quick link on your dashboard.

Address Changes

Please make sure your address is up to date with Human Resources. If you need to update your address, you can log into NeoGov and update it through the address change quick link on your dashboard.

New Employees



April Lubbers
Gideon Holmes
William Ketchum
Thomas Work
Detention Facility

Travis Wilkes
MetraPark

Beth Phillips
County Attorney

Cole Goodale
Justice Court

Kyle McClaren
Chad Hofmann
Greyson Hull
Hezekiah Sexson
Sheriff's Office

Nicholas Wilks
Matthew Robison
Monica Plecker
Alexis Hellman
Public Works/Road

Edward Sweeney
Facilities

Recognition of Service



10 Years of Service

David Carter
Justice Court
1/1/2014

20 Years of Service

Cheryl Steiner
Detention Facility
1/5/2004

Brandy Butler
Extension
1/5/2004

25 Years of Service

Jason Valdez
Detention Facility
1/27/1999

January Recipe

BLT Quinoa Bowls

- 1 cup quinoa
- 4 tablespoons olive oil, divided
- 2 tablespoons minced basil
- 2 tablespoons white wine vinegar, divided
- 1 tablespoon lemon juice
- 8 ounces cherry tomatoes
- 3 cups arugla
- 1 small ripe avocado, peeled and sliced
- 4 bacon strips, cooked and crumbled

Prepare quinoa according to package directions. Combine 3 tablespoons olive oil, basil, 1 tablespoon vinegar and lemon juice. Add to cooked quinoa; stir to combine.

In a large skillet, heat remaining oil over medium heat. Cook tomatoes 8-10 minutes, when they begin to release their juices. Add arugula; cook and stir 1-2 minutes, until arugula is wilted.

To serve, divide quinoa evenly among 4 bowls. Add tomatoes, arugula, avocado slices and crumbled bacon.

SUNSHINE NEWS



Thank you to all who participated in the contests these past couple of months. We have enjoyed seeing the fun ideas everyone comes up with. Our next event will be Valentine's Day. Happy New Year to All!!

Congratulations to Detention Officer Noall on her career with the Yellowstone County Detention Facility. You may have left the team, but you will always be part of the YCDF family! Best of luck in your future endeavors.



Congratulations to the following for receiving the 2023 annual awards for the Yellowstone County Sheriff's Office.

- Commander of the Year (YCSO): LT Frank Fritz
- Commander of the Year (YCDF): SGT Dan Rickett
- Deputy of the Year: Corporal Matt Remmich
- Detention Officer of the Year: Officer Brooke Miller
- Reserve Deputy of the Year: Billy Neale
- Daily Operational Support Staff of the Year (YCSO): Nikki Olson
- Daily Operational Support Staff of the Year (YCDF): Anja Silvesan





Good Mood Foods: Feel Great Physically and Mentally

Just the simple act of eating is enough to make us feel good. But if you're not putting the right things in your body, that mouth pleasure is likely just a flash in the pan. That's why it's important to eat things that will keep you feeling and looking your best. We truly are what we eat. So, what do you want to be? If you want to feel energized, clear-minded, and happy, there are foods that can help you achieve that state. With that advice in mind, here are some foods to get you feeling your best both physically and mentally.

Bananas



Rich in potassium and the mood-regulator, tryptophan, bananas are a healthy and natural way to fill up. Plus, their biodegradable peel cuts down on trash in landfills. An appetite-killing, mood-enhancing, eco-friendly superfood? That's bananas.

Quinoa



This edible seed contains quercetin, a flavonoid shown to have anti-depressant effects. Some other anti-depressant effects include less carbs and calories and more protein and fiber than rice.

Oysters



This anxiety-reducing food is rich in zinc, which can help keep you calm and cool when life gets stressful.

Turmeric



This East-Asian spice contains the chemical compound, curcumin, which is known to enhance mood and fight depression. Add this spice to chicken and rice for a delightful treat to your mouth and your mind.

Dark Chocolate



Some say this is proof that God loves us: dark chocolate is good for you. Rich in antioxidants and found to reduce the stress hormone cortisol, this most decadent and delicious food is the best of both worlds.



Work Comp Claim FREE - Congratulations!

Congratulations to the following departments for **December**: Clerk & Recorder/Auditor, County Attorney, District Court, Disaster & Emergency Services, Elections, Extension, Facilities, Finance, Human Resources, Information Technology/GIS, Junk Vehicle, Justice Court, MetraPark, Motor Vehicle, Public Works, Road & Bridge, Weed, & Youth Services.

In December there were 7 claims filed: 1-Commissioners, 2-Detention Facility, 3-Sheriff's Office, and 1-Treasurer



Ditch the New Year’s Resolution Diet

As anyone who’s been to a gym in January knows, “get healthy” is a popular New Year’s resolution. So it’s fitting that the third week of January (the 16th-22nd this year) is National Health Weight Week.

Maintaining a healthy weight is one of the key ways to maintain overall good health and reduce the likelihood of conditions like high blood pressure, type 2 diabetes, heart disease, stroke, arthritis, sleep apnea, and many types of cancer.

One of the best ways to achieve and maintain a healthy weight is to eat a healthy and nutritious diet. But that doesn't mean being “on a diet”! It means finding realistic, sustainable ways to eat healthy and nutritious foods throughout your lifetime. And of course, the usual self-care entourage of exercise, sleep, and stress management play a role as well.

You don’t have to figure it out all at once—here are some easy ways to start shifting toward healthier weight management behaviors:

- ◆ **Substitutions:** If you put whole mile in your cereal, try 2%. Try switching from white bread to whole wheat. If you snack on chips, try hummus and celery sticks. If you have candy or baked goods for a snack, try fresh fruit instead. If fresh fruit isn’t accessible, go with canned. Even small switches to lower-fat, lower-sugar, higher-nutrient foods can make a big difference!
- ◆ **Remove Temptations:** Willpower isn’t an effective tool for maintaining a healthy weight. Don’t bring treats you know you can’t resist into your home or workplace. Or set a buying schedule to limit how often those things are present.
- ◆ **Sleep well:** Sleeping poorly means you don’t have a lot of energy, which naturally leads you to seek out extra food for an energy boost.
- ◆ **Move Every Day:** You don’t have to run a marathon, but find something you enjoy that gets you moving every day, even if it’s only for five or 10 minutes at first.
- ◆ **Be Kind to Yourself:** Neither food nor weight have moral value—they just are. Maintaining a healthy weight is not easy for everyone, so if it’s not easy for you, that’s totally normal. If you’re really struggling to lose weight or maintain a healthy weight, talk to your doctor—there are plenty of medical conditions that could be contributing.

Remember: Healthy weight varies from person to person. Talk with a healthcare professional about what a healthy weight is for your body.



Departments had fun decorating their doors for Christmas.

From left to right: GIS, District Court, Pretrial Services, Justice Court, Central Services, Elections, County Attorney, and Human Resources. Thanks to all for participating.





Yellowstone County



SAVINGS SIMPLE & SAFE

SIGN UP TODAY

Medications FREE to your door!
See reverse for a full list of medications.

CRX International is a voluntary international mail order prescription program that is available to eligible members, non-Medicare eligible retirees and their dependents of Yellowstone County, MT.

Brand name medications, in the original factory-sealed manufacturers packaging, are delivered DIRECT TO YOUR DOOR from certified pharmacies in Canada, the United Kingdom and Australia. YOU PAY NOTHING thanks to the savings CRX brings to your plan.

Getting started is super easy!

1. Check to see if a medication is offered. Call **1-866-488-7874** and speak with a CRX representative or view the complete formulary and print enrollment material at www.crxintl.com (WebID: **YELLOWSTONE**).
2. Ask your doctor for a prescription for a 3-month supply, with 3 refills.
3. Submit documentation (completed enrollment form, prescription and a copy of your photo ID).
4. Sit back and relax...medication will be mailed direct to your home within 4 weeks!

- ✔ \$0 Copay
- ✔ 500+ FREE Brand Name Medications
- ✔ Easy, convenient refills
- ✔ Refills only, no "new to you" meds
- ✔ No additional costs

For More Information



1-866-488-7874
www.crxintl.com
WebID: **YELLOWSTONE**



**MONTANA PUBLIC
EMPLOYEE RETIREMENT
ADMINISTRATION**

*This Message is for PERS DC Plan or State-Sponsored 457(b)
Plan Employees*



You're welcome to stay as long as you like

Did you know that as your career and life change, you can keep your assets in your plan and take advantage of the financial guidance and resources we offer?

Did you know you have access to a local retirement plan counselor (RPC) at no cost to you?

Meet with your RPC to review your savings and investments. You and your RPC will discuss your progress toward your retirement goals and ensure you have information that can help you make the most of your assets.

Contact Corinne Moncada at (406) 876-2933 or by email at corinne.moncada@empower.com



Know Your Germs Before, You Pop That Pill

What's good for the goose isn't always good for the gander, especially when it comes to bacterial and viral infections.

This is the time of year when colds, flu and other illnesses seem to run amok. Wanting to feel better, sooner, we often turn to antibiotics for quick relief. Doctors and pharmacists are saying not so fast.

The overuse of antibiotics has led to a rise in “super bugs,” or antibiotic-resistant germs. According to the Centers for Disease Control and Prevention, 2 million people in the United States are infected with antibiotic-resistant bacteria each year and at least 23,000 people die from these infections.

An antibiotic is a medication used to treat patients with bacterial infections (“anti” “bio”). “If someone has a viral infection, antibiotics are not effective,” says Catherine Davis, a SCL Health clinical pharmacist who specializes in infectious diseases. “One thing I review in my daily patient rounds is whether or not there’s a clear indication for administering an antibiotic.”

When antibiotics are used incorrectly, such as on a virus or when someone has been prescribed a course of antibiotics but discontinues use early because he or she feels better, antibiotic resistance can happen.

“Antibiotic resistance is a normal process bacteria go through to survive,” says Davis. “Just like anything in nature, bacteria adapt and change to make it so that the antibiotics won’t be effective against them. When that happens, resistance can lead to infections that are difficult to treat or there may not be available treatment options.”

To prevent antibiotic resistance as we head into cold and flu season, Davis offers a few tips:

- ◆ Be aware of when you may not actually need antibiotics. If you have a cold, sore throat, or fever—especially around this time of year—it could be a viral infection.
- ◆ Do not share medications.
- ◆ Take medications as prescribed. If you are prescribed a 7-day course, take the whole course, even if you start feeling better before those seven days are up.
- ◆ Wash your hands. Hand hygiene is probably the number one way to prevent the transmission of infections.

Talk to your primary care provider.

Before you use any new prescription medicines, tell your primary care provider about other medicines you use — both prescription and OTC “over the counter”.