

YELLOWSTONE COUNTY INSIDER

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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



January is already over, and we are already well into February. Valentine's Day is quickly approaching on Wednesday, February 14th. Make sure you remember your loved ones on that day.

Employee Spotlight:

With public safety being the number one topic recently I thought it would be appropriate to spotlight an employee from the detention facility. Officer Aidan Johnson was born and raised in Billings and has been at the detention facility for 7 months. Time management is a large part of being successful at the detention facility. There are many things happening at the detention facility everyday and it is important that the employees stay on top of deadlines and have inmates where they need to be at different times. Another large part of the job is learning how to read and communicate effectively with different people passing through the facility. Officer Johnson's favorite part about working at the detention facility is the teamwork aspect of the job. All the employees work together to keep the facility running smoothly. Thank you, Officer Johnson, and the rest of the detention facility employees, for your dedication to keeping Yellowstone County safe.



MetraPark has another busy month with many exciting events coming up:

Building & Remodeling Expo	February 9 th – February 10 th
Gun Show	February 9 th – February 11 th
MHSA All Class Wrestling	February 9 th – February 10 th
Jon Pardi	February 13 th
MATE Show Home and Health Expo	February 15 th – February 17 th
No Limits Monster Trucks	February 17 th
Eastern A Divisional Basketball	February 22 nd – February 24 th
Billings RV & Boat Show & Sale	February 21 st – February 25 th
Southern B Divisional Basketball	February 28 th – March 2 nd



The Board finished up our mid-year budget hearings on January 29th and held a public hearing on Tuesday, February 6th to finalize the mid-year budget.

President's Day is coming up on Monday, February 19th, I hope everyone has a great long weekend. Thank you all for your hard work serving the citizens of Yellowstone County.

Sincerely,
John Ostlund, Chairman
Board of County Commissioners



February Recipe

Lemon-Butter Halibut

- 2 tbsp butter, melted
- 1 lemon, zested and juiced
- 1 lb halibut or other white fish
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp each paprika, garlic powder and onion powder
- 1 tbsp extra-virgin olive oil
- ¼ cup freshly chopped parsley



EASY recipe

In a small bowl, blend melted butter with lemon juice and zest. **Set aside.** Pat fish dry with paper towel. In a large bowl, combine salt, pepper, paprika, garlic powder and onion powder. **Evenly** press fish fillets into spice mixture. **Add** olive oil to pan set over medium heat. **Once** pan is hot, sear fish on one side, about 2-3 minutes. **Drizzle** with lemon butter sauce, flip and cook until opaque, about 6-8 minutes. **Add** remaining lemon butter sauce to pan and spoon over fish. **Plate** fish topped with pan drippings and parsley.

Makes 4 servings. Per serving: 175 calories | 22g protein | 10g total fat | 4g saturated fat | 3g mono fat | 2g poly fat | 0g carbohydrate | 0g sugar (0g added sugar) | 0g fiber | 374mg sodium

New Employees



- Raylee Parker
- Alison Prescott
- Aaron Schlicting
- Tiffany Jackson
- Joaquin Sanchez
- Emie Bonner
- Khalil Snekcim
- Mallary Parker
- Detention Facility
- Stacie Jones
- Teresa Hutchison
- Breanne Overfelt
- Amelia Lopez-Gutierrez
- Motor Vehicle

Recognition of Service



- 15 Years of Service
- Jennifer Goodyear
- Detention Facility
- 2/9/2009



SUNSHINE NEWS



The Sunshine Committee would like everyone to be our Valentine's. Stop by Room 105 for a cupcake on Feb. 14th between 11:30-1:30.

We hope to see you there!



The Empower 457 Plan Representative, Corrine Moncada, will be here on February 14, 2024
From: 10:00 am to 4:00 pm

Want to talk about your financial future? Schedule a consultation today.

[Book Appointment \(empowermytime.com\)](http://empowermytime.com)

The Yellowstone County Courthouse will be closed on February 19, 2024 in observance of Presidents Day.



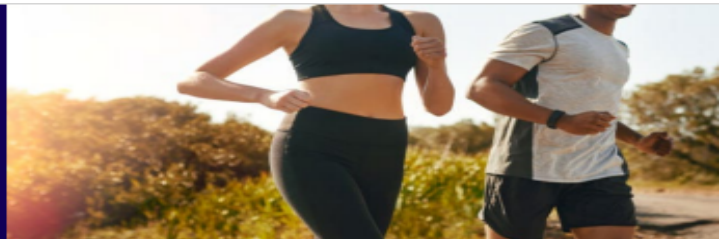
Congratulations to Detective Lt. Frank Fritz on his well deserved "Commander of the Year 2023" award.

Congratulations to Officer Potter, Officer Vosse, Officer Hoellein and Officer Flagor on their graduation from the Montana Law Enforcement Academy CDOB Basic #180.





Strengthen Your Heart



Keep heart health in mind every day.

- **Eat a well-rounded, balanced diet.**

A healthy diet consists of eating a variety of foods from all the food groups. The American Heart Association healthy diet emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils.

- **Don't sit for too long.**

Some jobs are more sedentary than others. If your job doesn't keep you active on your feet throughout the day, make an intentional effort to get up and move to help maintain a healthy weight. "The American Heart Association recommends 150 minutes of moderate exercise a week. If you don't have time during the day to exercise, get up and walk around for at least 10 minutes three times during your workday—and always, always take the stairs.

- **Brush your teeth every day – and don't forget to floss.**

Inflammation plays a key role in plaque forming in your heart arteries. Good dental hygiene is a good way to a healthy heart.

- **Quit smoking and avoid second-hand smoke.**

This goes for cigarettes and vaping products. Cigarette smoking is a major risk factor not only for heart disease, but also for stroke, pulmonary disease and cancer.

- **Snack smartly throughout the day.**

A healthy snack in the afternoon—such as a handful of almonds or walnuts. Certain fruits like apples, grapes, strawberries and citrus fruits are rich in pectin, a type of soluble fiber that fills you up and also lowers your cholesterol.

- **Get plenty of sleep.**

The National Sleep Foundation recommends that adults get between seven to nine hours of sleep. Not getting enough sleep can make you feel tired during the day and in turn more likely to crave non-healthy foods that can lead to weight gain.

- **Recognize and reduce stress in your life.**

Stress can cause high blood pressure, and is linked to cardiovascular disease. Seek out healthy ways to reduce your stress, such as exercise, yoga, meditation and positive social interaction with friends.



www.intermountainhealth.org/GoodHealth



Work Comp Claim FREE - Congratulations!

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

In January there were 4 claims filed: 1-Metra, 2-Detention Facility, and 1-Sheriff's Office

Heart Health Myths



American Heart Month in February is a good time to review the current primary heart health facts and figures. Some current statistics:

1. Heart disease remains the No. 1 killer of American men and women.
2. Each year an estimated 250,000 Americans die within one hour of onset of a heart attack, and 60% to 70% of those individuals are male.
3. Older women who have heart attacks are twice as likely as men to die in a few weeks.
4. Most heart problems and strokes can be avoided through blood pressure control, a healthy diet, regular physical activity and smoking cessation.



Some key heart health myths to be aware of:

- **Myth:** Only men should worry about heart attacks. **Fact:** 44% of women in the U.S. are living with some form of heart disease, the leading cause of death for women, affecting them at any age.
- **Myth:** Heart attacks are purely hereditary. **Fact:** Only 40% of the risk for heart disease lies in hereditary factors.
- **Myth:** Chest pain is the only sign of heart attack. **Fact:** More subtle symptoms include discomfort in your back, neck, jaw or in one or both of your arms. You may feel lightheaded or short of breath and even nauseated. Take these symptoms seriously and seek medical help immediately.

Remember these heart health goals:

- Eat a healthy, balanced diet high in plant foods and fiber — and low saturated fats.
- Don't smoke or use tobacco, a primary trigger for heart damage.
- Stay physically active with 30 to 60 minutes of moderate-intensity physical activity, such as walking, most days.
- Maintain a healthy weight.
- Manage stress.
- Get regular health screening tests.

Knowing the difference between fact and fiction may save your life.

BEST bits

|| **Watch infants and their screen time.** With every additional hour of screen time (from less than one hour to more than four hours), one-year-olds had a higher risk of developmental delays in communication and problem-solving at ages two and four, according to a study published last year in *JAMA Pediatrics*. The study involved 437 children and their parents in Singapore from 2010 to 2020. Parents reported the amount of screen time. Since mobile devices became available, children between six and 18 months get two to three hours of screen time a day. The American Academy of Pediatrics advises parents to keep children away from screens until they're 18 months old, except for video chats, and limit digital media for two- to five-year-olds to one hour daily.



|| **February is National Children's Dental Health Month** — raising awareness about the importance of oral health — starting early in life and giving kids a jump on a lifetime of healthy teeth and gums. Nearly one in five kids has untreated cavities; the pain can make it hard to eat and speak, and prevent kids from playing and learning. As soon as baby teeth appear, parents can start brushing their kids' teeth with a soft toothbrush and plain water twice a day. Children can start brushing with supervision at about age three. Fluoride varnish treatments applied by a pediatrician or a dentist can prevent about a third of cavities in baby teeth.



|| **National Donor Day is February 14.** Also known as Organ Donor Day, this event aims to increase awareness about organ donation, and the lives it saves. More than 120,000 people in the U.S. are waiting for a life-saving donation, whether it be for organs, tissue, marrow, platelets or blood. This date pays tribute to those who have provided the gift of donation, have received a donation, are waiting, or have died waiting by joining the donor registry. Every day can be a good day to donate. Learn more at organdonationalalliance.org.



Assumptions Kill: The Hidden Dangers

Look around and observe people. Whether hard at work on the job or out for a walk after work, a lot of people live their lives making assumptions about their safety and the safety of those around them. Making assumptions may make work and life easier, but it also leaves us exposed to hazards and failed processes. In fact, making too many assumptions about safety could cost you or someone else their life.

Join Montana State Fund this March for Assumptions Kill: The Hidden Dangers. This workshop is free of charge and open to all Montanans.

Workshop Dates

- Billings, Tuesday, March 5, 2024 9:00 a.m. to 11:00 a.m.
- Kalispell, Tuesday, March 5, 2024 9:00 a.m. to 11:00 a.m.
- Butte, Wednesday, March 6, 2024 9:00 a.m. to 11:00 a.m.
- Bozeman, Thursday, March 7, 2024 9:00 a.m. to 11:00 a.m.
- Great Falls, Thursday, March 7, 2024 9:00 a.m. to 11:00 a.m.
- Missoula, Thursday, March 7, 2024 9:00 a.m. to 11:00 a.m.
- Helena, Tuesday, March 12, 2024 9:00 a.m. to 11:00 a.m.

Register online at
safemt.com



Billings Workshop will be held at the Hampton Inn & Suites, 5110 Southgate Drive



**Sign up today for the
Yellowstone County Women's Run Team!**
The Yellowstone County Stepinators



Run it! Walk it! Live it! Do it on Your Own!
The Montana Women's Run - May 11, 2024
Join the "Yellowstone County Stepinators" Team today!

It simple to join...just register on line at www.womensrun.org and follow these simple steps:

- 1) Click on "Team Up" tab
- 2) Type in the team name "Yellowstone County Stepinators"
- 3) Select "Join"
- 4) Code to join is "YC-106"
- 5) Fill in your personal information and select 2 mile or 5 mile

Be sure to print up a copy of your registration and bring to HR.

It's that easy to join!

Female employees, employee's wives, mothers, daughters, sisters, friends, and grandmothers are welcome to participate.

It doesn't matter if you want to do the 2 mile or 5 mile course, you can run or walk - Do it at your own pace... Join Today!

The Yellowstone County Commissioners will provide a specially designed Yellowstone County Women's Run Team shirt!

Deadline for registering with the Yellowstone County Team to receive a team T-shirt is April 12, 2024



May 11, 2024

2 mile & 5 mile Courses
Downtown Billings

Run It, Walk It, Live it, Bring a friend!

www.womensrun.org • *register today!*



Pint Night

Thirsty Street
at the Garage
4/4/2024
5 to 9 pm

Getting Started Clinics

Pioneer Park
Monday Nights
4/15/24 - 5/6/24
5:30 pm



Scan to register!



Leap Year Fun Facts

- 4 million people in the world are leap day babies. Do you know one?
- There is a one in 1,461 chance of being a leap day baby.
- Leap day babies are called leapers or leaplings.
- Without leap day, our calendar would be off by about 24 days every century, or every 100 years.
- There are two "Leap Year Capitals of the World" –Anthony, TX and Anthony, NM.

Pharmacy Benefits Updates

Reminder: BCBSMT Offers LifeScan as Preferred Option for Glucose Management

New for Members with Diabetes: LifeScan® One Touch test strips and supplies are now preferred options for BCBSMT members with diabetes (effective Jan. 1, 2024). LifeScan products include the OneTouch family of meters, such as the OneTouch Verio Reflect®, Verio Flex®, Ultra Plus Flex™, and Ultra 2® test strips and supplies.

All preferred diabetic glucose-monitoring devices and supplies are available to members with Prime Therapeutics as their pharmacy benefit manager.

- Contour and Contour Next test strips remain preferred options for managing diabetes.
- LifeScan's OneTouch test strips have been removed from the Glucose Test Strip STQL effective Jan. 1, 2024.

Free Glucose Monitor: Members may use a coupon in our [member flier](#) for a free, blood-glucose monitor from either preferred vendor.