

# YELLOWSTONE COUNTY INSIDER

FEBRUARY 2025

ISSUE 434

MONTANA



Bitterroot

Montana State Flower

## Board of County Commissioners

Mark Morse

Chair

John Ostlund

Member

Michael Waters

Member

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## Commissioner Corner



It is already February which means we are almost halfway through winter.

We have many construction projects going on in various county buildings. Below are a couple of updates for two of our biggest projects.

### Short-Term Holding Facility:

We are continuing work on the short-term holding facility through the winter. The exterior walls have gone up and we are starting work on the interior walls. This project is on schedule and is set to be completed by October 2025.



### Miller Building Updates:

Remodeling of the Miller Building has started. County Offices will occupy all but the 5th floor. We estimate floors will be completed between October 2025-February 2026. The move will be staggered so all departments will not move at once. All these dates are subject to actual completion dates and weather conditions.



### Stillwater Building/City Hall Access Update:

Access to the Stillwater Building/City Hall has been moved from the doors on 3rd Ave back to the east entrance on N 26th St.

MetraPark has some great events coming up this month;

MHSA All Class Wrestling

February 13th – 15th

Gun Show

February 14th – 16th

Mate Show Home and Health Expo

February 20th – 22nd

Grand National Monster Trucks

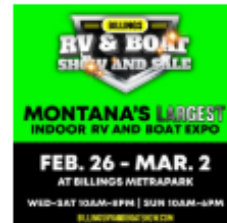
February 22nd

Billings RV & Boat Show & Sale

February 26th – March 2nd

Eastern A Divisional Basketball

February 27th – March 1st



Thank you all for the work you do for Yellowstone County. I hope everyone enjoys President's Day on February 17th.

Sincerely,  
Mark Morse, Chair

New Employees



Stephenie Davis  
County Attorney

Brendan Beckett

Ann Bryan

Logan Arnold

Kaylee Maser

Detention Facility

John (JB) Roan

Jacob Winter

Road & Bridge

Andrea Kreft

District Court

Adrienne Wood

Election Dept.

Steven Caton

James Waller

Nathan Schug

Sheriff Office

Katie Patterson

Youth Services

William Grimm

Information Technology

\*\*\*\*\*



Recognition of Service

15 Years of Service

Brent Johnson

Detention Center

2/1/2010

10 Years of Service

Cody Goodyear

Detention Center

2/17/2015

February Recipe

Greek Yogurt Ranch Dip with Vegetables

EASY recipe

- 1 cup plain non-fat Greek yogurt
- 1 tsp dried parsley
- 1 tbsp apple cider vinegar
- ¼ tsp kosher salt
- 1 tsp extra-virgin olive oil
- 1 cup carrot sticks
- ½ tsp garlic powder
- 1 cup sliced red pepper
- ½ tsp onion powder
- 1 cup cucumber sticks
- ½ tsp dried dill



In a medium bowl, stir together Greek yogurt, vinegar, oil, garlic powder, onion powder, dill, parsley and salt. Garnish with a pinch of dried dill or parsley. Serve with carrots, red peppers and cucumbers for dipping.

Makes 2 servings. Per serving: 152 calories | 14g protein | 3g total fat | 1g saturated fat | 1g mono fat | 1g poly fat | 18g carbohydrate | 9g sugar (0 added sugar) | 4g fiber | 379mg sodium

Sunshine News



Let us call you Sweetheart.

Join us from 11:30-1:00 in Room 105 on February 14<sup>th</sup> for sweet treats.

A Barber Shop Quartet will be in the lobby around 12 pm (noon) serenading everyone.

The Yellowstone County Courthouse will be closed on February 17, 2025 in observance of President's Day.



The Empower 457 Plan Representative, Corrine Moncada, will be here on March 12, 2025

From: 10 am to 4:00 pm

Where: Room 212 at Courthouse

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

<https://corinne-moncada.empowermytime.com/#/>



# Healthy Body, Healthy Heart

Each day your heart beats, on average, **100,000 times**, pumping your blood through a vast system of blood vessels that's more than 60,000 miles long. Your heart is an amazing engine, but it needs your help to keep blood moving.

That means controlling or even preventing the primary factors that lead to heart disease and heart attack: **high blood pressure, unhealthy blood cholesterol levels and smoking.** Nearly half of the U.S. population has at least one of these risks, according to the CDC. Other factors that put us at a higher risk for heart trouble include:

- Diabetes.
- Overweight and obesity.
- Unhealthy diet.
- Physical inactivity.
- Excessive alcohol use.
- Insufficient sleep.

### Steps to better heart health and lower risk of cardiovascular disease:

**Manage your blood pressure** to reduce strain on your heart, arteries and kidneys.

**Monitor your blood cholesterol** to give your arteries their best chance to remain free of blockage.

**Stop using tobacco.** Cigarette smoking significantly increases the risk of cardiovascular disease and stroke.

**Maintain healthy blood sugar** to help prevent type 2 diabetes, a factor that can damage your heart, kidneys and nerves.

**Eat well.** A heart-smart eating plan contains lots of vegetables, fruit, whole grains, nuts and fish. It's also lower in refined flour, salt, meat and sweets.

**Move every day.** Physical activity helps keep your heart muscle strong. Making your heart work harder through consistent, moderate- to vigorous-intensity exercise can help lower your blood pressure and keep your heart in shape. Getting at least 150 minutes of moderate-intensity activity weekly (any amount is beneficial, but more is better), such as brisk walking, helps reduce your heart disease risk.

**Maintain a healthy weight.** Both aerobic exercise and resistance (weight) training burn calories, aid weight loss and help improve your baseline metabolic rate. The more muscle mass you develop, the more calories you burn. Losing even 10% of your weight can reduce the burden on your heart. Your health care provider can help you safely manage your weight.

**Watch your alcohol intake.** The American Heart Association advises that men should have no more than two drinks per day, and women should have no more than one drink per day. If you don't drink alcohol, don't start.

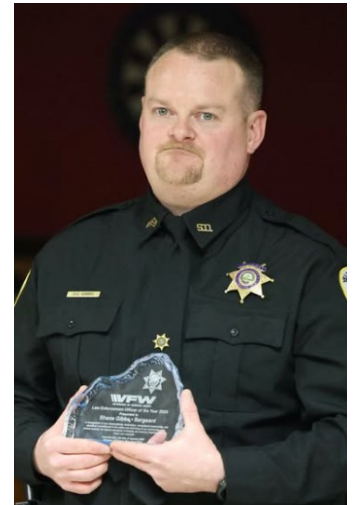
**Make time to sleep.** You need seven to nine hours every night (or day, if you work shifts). Quality sleep allows the body to repair itself and helps reduce inflammation, a contributing factor in heart ailments. Did you know? Sleep deprivation is linked to high blood pressure and heart disease, according to the CDC.

## Law Enforcement Officer of the Year 2025

On January 11, 2025, VFW Post 6774 presented Yellowstone County Sheriff Officer, Sergeant Gibbs with their Law Enforcement Officer of the Year 2025 Award.

### Congratulations!

Thank you Sgt. Gibbs for your service to the residents of the County.



## Public Employee's Retirement

Joel Thompson, with the Montana Public Employee's Retirement System (PERS & SRS) will be here on March 11 & 12, 2025 to visit with employees about retirement or to speak to new employees about their plan election within the first year of employment. Watch the newsletter for more information.

## 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 and Youth Services

**In January there were 3 claims filed: 1-Sheriff's Office; 1-Detention Facility; 1-MetraPark**





## How to Cope With Job Stress

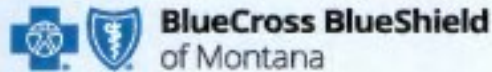
Whether you are going into work or working from home, the way you work now has changed. Anxiety and other strong emotions (from any source) can be overwhelming, and workplace stress can lead to burnout. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. In order to stay healthy, it is important that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

### Recognize the symptoms of stress you may be experiencing.

- Feeling irritation, anger, or in denial
- Feeling uncertain, nervous, or anxious
- Lacking motivation
- Feeling tired, overwhelmed, or burned-out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

### Follow these tips to build resilience and manage job stress.

- Increase your sense of control by developing a consistent daily routine when possible.
- Take breaks from work to stretch, exercise, or check in with your supportive colleagues, coworkers, family, and friends.
- Spend time outdoors, either being physically active or relaxing.
- If you work from home, set a regular time to end your work for the day, if possible.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about negative things can be upsetting and mentally exhausting.
- Check on others. Helping others improves your sense of control, belonging, and self-esteem. Look for safe ways to offer social support to others, especially if they are showing signs of stress, such as depression and anxiety.
- If you feel you may be misusing alcohol or other drugs (including prescription drugs) as a means of coping, reach out for help.
- Store your medicines in a cool, dry place where children and pets can't see or reach them.
- Keep a list of all the medicines, vitamins and minerals, and herbs that you use. Share this information with your doctor at your next checkup.



Jan. 30, 2025

## Contract Negotiations with Billings Clinic

Dear Member:

We're negotiating new contracts with Billings Clinic. We're working hard to reach an agreement, but if we don't, Billings Clinic hospital and other facilities will leave our provider networks on April 1, 2025.

If this happens, you'll **continue to have access to other in-network** facilities. Log into Blue Access for Members<sup>SM</sup> to find options. If you don't have access to BAM<sup>SM</sup>, go to the website on the back of your member ID card.

If an agreement is not reached and you're pregnant or being treated for a disability, acute condition or life-threatening illness, you may qualify as a **continuity-of-care** patient and continue to receive care at Billings Clinic at in-network rates. Call the number on your member ID card for more information.

Check [bcbsmt.com/billingsclinic](https://bcbsmt.com/billingsclinic) for the latest information, including the outcome of the negotiation.

Sincerely,  
Your Customer Advocates  
Blue Cross and Blue Shield of Montana

*Para obtener información en español, comuníquese al número de servicio al cliente en su tarjeta de asegurado.*

## Establishing an Emergency Fund

If you look at your needs vs. wants, you probably will find some ways you can begin to save.

Financial experts generally agree the best place to start is to set aside money in an emergency fund. This fund protects you from the "what if" expenses that happen to all of us from time to time.

- What if the refrigerator stops working?
- What if I need a plumber?
- What if my car breaks down?

Of course, it's easy to use a credit card to pay for these expenses. But if you don't pay off the bill right away, you'll have to pay interest. After a few months, your balance could really snowball.

Not having an emergency fund is one of the reasons many individuals borrow too much money, resort to high-cost loans, or increase credit card balances to high levels. An emergency fund gives you peace of mind, knowing you can pay for unexpected expenses.

## Ways to Save

There are multiple ways to save money for an emergency fund. First, set a small goal and build from there. You could start with saving \$400 over a specific time period. Then when you've reached that amount, you can gradually increase your savings goal to an amount equal to one month's income, then three month's income, and so on.

- **Save automatically** – You can direct deposit a portion of your paycheck to a savings account, so you save without thinking about it. You also can use payroll deduction for 401(k), HSA and FSA savings and expenses.
- **Save your tax refund** – If you're getting money back this year, use it to pay down high interest debt or put it towards your emergency fund.

For more information and ideas about ways to save, visit: [www.americasaves.org](https://www.americasaves.org) – "54 Ways to Save Money"

## Get Caught Up on Your Cancer Screenings



- **Oral Cancer**  
Once a year with your dentist.
- **Lung Cancer**  
Get a low-dose CT scan if you are **55-77 year of age**, have smoked a pack per day for 30 years or have smoked 2 packs per days for 15 years or quite smoking within the past 15 years.
- **Colon Cancer**  
**45-50 years of age** to start getting screened and every 10 years there after that until age 75. Colonoscopy is the most effective way to screen for colon cancer – and remove polyps before they turn to cancer.
- **Skin Cancer**  
**Every month.** Keep an eye on moles and dark spots. Report any changes to your doctor right away
- **Prostate Cancer**  
**50 years of age** to start getting screened. 45 years of age for African-American men and those with a family history of prostate cancer.
- **Breast Cancer**  
**45-54 years of age** for women with average risk. Before age 45 for women with a family history of breast cancer.
- **Cervical Cancer**  
**Every 3 years** for Pap test for women ages 21-29. Every 5 years PAP and HPV co-test for women ages 30-65
- **Other Gynecologic Cancers**  
**21 year of age** women should start getting a regular pelvic exam. Before age 21 for women who are sexually active.

Source: American Cancer Society



[www.intermountainhealth.org/GoodHealth](http://www.intermountainhealth.org/GoodHealth)



## Electronic 1095-C Forms

Dear Employees of Yellowstone County,

Many people wonder, “**What is a 1095?**”

Here’s a summary of the form series.

With the passing of the Affordable Care Act, three new tax forms came into the scene:

- Form 1095 A, B, and C.

These tax forms were used to report your healthcare coverage during a tax year. But, in 2019, the healthcare penalty went away. So many people were wondering if they need Form 1095 health insurance statements for their tax returns any longer. As with most things tax, the answer is: it depends.

### Here’s a quick summary to outline if you need your Form 1095.

You don’t need your Form 1095 to file your federal return if:

- ◆ You had health insurance through your employer, a government program or other non-marketplace source: You get Form 1095-B or Form 1095-C

You do need your Form 1095 to file your federal return if:

- ◆ You got health insurance through a federal or state marketplace: You get Form 1095-A

If your state requires this, you may need to report coverage information on your state tax return.

If you receive a 1095, keep your copy with your tax records.



Trusaic is excited to announce that they are offering electronic 1095-C distribution for the 2024 Reporting year!

### Why use electronic distribution?

Employees can access their forms faster and store their forms online.

Employees are able to manage their own paperless preferences, and no additional work is required to maintain ‘opt-in’ preferences. These forms will also meet accessibility standards for persons with disabilities as well. Finally, online forms reduce paper waste and benefit the environment.

### How can employees access their forms?

Navigate to: <https://1095c.trusaic.com/>

Select “New to the site? Get Started!”

Register with your SSN and address.

**The company code is IC6199**

Note: The form becomes available after February 9, 2025. Employees that don’t “opt-in” can request a copy of their 1095-C.

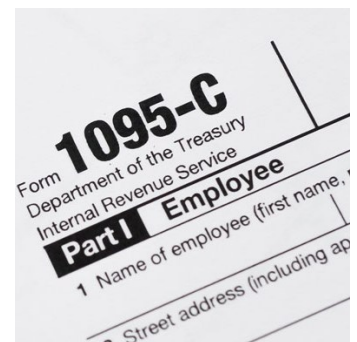
### How to Request Your Form 1095-C:

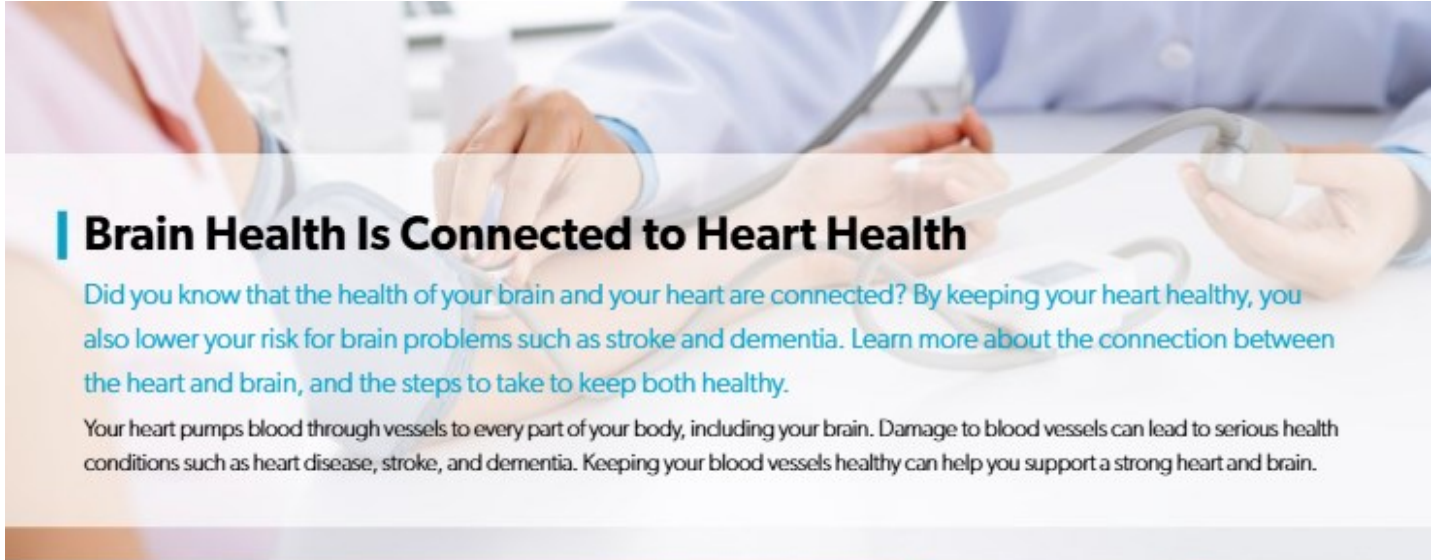
If you would like to receive a paper Form 1095-C for the 2024 tax year, please request it by February 28, 2025.

You can request the form by:

Submitting a request through your NeoGov Dashboard at [www.neogov.com](http://www.neogov.com)

Yellowstone County will provide your Form 1095-C within 30 days of your request.





## Brain Health Is Connected to Heart Health

Did you know that the health of your brain and your heart are connected? By keeping your heart healthy, you also lower your risk for brain problems such as stroke and dementia. Learn more about the connection between the heart and brain, and the steps to take to keep both healthy.

Your heart pumps blood through vessels to every part of your body, including your brain. Damage to blood vessels can lead to serious health conditions such as heart disease, stroke, and dementia. Keeping your blood vessels healthy can help you support a strong heart and brain.

### Unhealthy Heart, Unhealthy Brain

Some health conditions and unhealthy habits can damage blood vessels, putting your heart and your brain at risk for serious problems.

- A heart attack happens when plaque buildup or a blood clot blocks blood flow to the heart.
- A stroke, sometimes called a "brain attack," happens when a clot or a plaque blocks a blood vessel in the brain, or when a blood vessel in the brain bursts. When this happens, brain tissue dies, which can lead to memory loss and disability.
- A type of dementia called vascular dementia can happen as a result of a series of small, "silent" strokes, sometimes called "mini-strokes." Dementia can cause memory loss, slowed thinking, and personality changes.



"You'd better sit out the rest of the game. You might have a concussion."

Yellowstone County Sheriff Mike Linder presented the 2024 4th Quarter STAR Award to YCSO Deputy Stamm and YCDF Officer Hoellein.

Recipients of this award are nominated by their peers and chosen by an award committee.

Congratulations Deputy Stamm and Officer Hoellein! Well done!







## Sheriff Office Happenings

On January 14th, 2025 Yellowstone County Sheriff Mike Linder swore in (4) new deputies to the Sheriff's Office, at the Board of County Commissioners meeting.

Please join us in congratulating:

- Deputy Dolbearre
- Deputy Caton
- Deputy Waller
- Deputy Schug

We want to wish them all the best of luck. Congratulations!





# EMPLOYMENT OPPORTUNITIES

Control Operator - \$20.87 per hour

Deputy or Senior Deputy County Attorney-\$84,000.00-\$108,161.00 per year

Deputy Sheriff - \$31.33 per hour

Detention Officer-\$24.07 per hour

District Court Clerk - \$17.93 per hour

Events Maintenance Worker - \$22.25 per hour

Juvenile Care Worker - \$23.87 per hour

Legal Assistant-\$21.74 per hour

Seasonal Weed Control Technician - \$17.00 per hour



To apply for any of the open positions listed above, you can scan the QR code or visit the career page at [www.governmentjobs.com/careers/yellowstonecountymt](http://www.governmentjobs.com/careers/yellowstonecountymt)

