

YELLOWSTONE COUNTY INSIDER

JULY 2024

ISSUE 427

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



I hope everyone had a great 4th of July and were able to do some of the fun events around Billings and Laurel.

Employee Spotlight:

Our new I.T. Director, Steve Yogodzinski, started on Monday June 24th. Below is a short bio to get to know Steve. If you see him around, please welcome him to Yellowstone County.

“Hi, my name is Steve Yogodzinski [yo-go-zin-ski] and I am the new Director of IT.

For the past 20 years I worked for a large flood insurance company in Kalispell, Montana. I look forward to meeting all of my new co-workers here at the County offices and working with you to meet all of your IT needs.

I'm sure I'll run into many of you on the nearby trails as I like to hike in the summer and snowmobile in the winter. I'm also an avid scuba diver, so if anyone knows of any hidden spots I can explore for lost sunglasses and sunken oars, let me know.”

We wrapped up our preliminary budget hearings on June 26th. The budget should be approved in early September for this coming year.

MontanaFair is quickly approaching. This year's dates are August 9th-17th. There is an excellent night show line up this year, I hope everyone can make it out and enjoy all the great entertainment.

Boys Like Girls with 3OH!3 and Red Jumpsuit Apparatus
 Stephen Pearcy of RATT with Special Guests Quiet Riot
 Kip Moore
 Big Air Bash
 Yellowstone River Roundup Rodeo

August 9th
 August 10th
 August 11th
 August 13th
 August 16th-17th

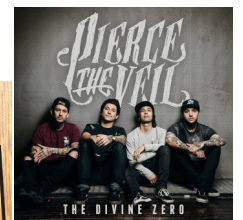


MetraPark also has some great events coming up this month.

Montana Brews & BBQ July 13th
 Pierce the Veil July 16th

Thanks again for all you do for Yellowstone County, I hope everyone is having a great summer.

Sincerely,
 John Ostlund, Chairman



New Employees



Chandler Jeppsen
 Julia Barfels
 Trevor Petersen
 Carter Kissler
 Morgan Sharpe
 James McFarland
 Hagen Miller
 Detention Facility

Laila Ketchum
 Kaitln O'Neil
 Youth Services

Logan McIsaac
 Public Works

Alora Best
 Frankie Marullo
 Callie Clark
 MetraPark

Ashley Crase
 John Jones
 Sheriff's Office

Haley Roedocker
 Edi Planinic
 County Attorney

Steve Yogodzinski
 Information Technology

Destiny Lave
 Summer Wittmayer
 Justice Court



July Recipe

Tomato, Nectarine and Burrata Salad

EASY recipe



- | | |
|------------------------------|---|
| 4 cups favorite salad greens | ¼ cup chopped fresh basil |
| ¼ cup extra-virgin olive oil | 2 cups cherry or grape tomatoes, halved |
| 2 tbsp balsamic vinegar | 2 nectarines, sliced |
| 1 tsp Dijon mustard | ½ cup pitted cherries |
| 1 tsp honey | 8 oz. burrata cheese, torn into chunks |
| Pinch each salt and pepper | 2 tbsp toasted pecans |

Lay salad greens on a large platter. In a small container with a lid, add oil, vinegar, mustard, honey, salt, pepper and basil. Shake well to combine. In a large bowl, combine tomatoes, nectarines and cherries. Top with half of the dressing and stir to combine. Add fruit mixture over salad greens. Top with chunks of burrata and pecans, and drizzle the remaining dressing on top. Serve.

Makes 4 servings. Per serving: 301 calories | 10g protein | 23g total fat | 2g saturated fat | 15g mono fat | 5g poly fat | 17g carbohydrate | 12g sugar (1g added sugar) | 4g fiber | 65mg sodium

Sunshine News



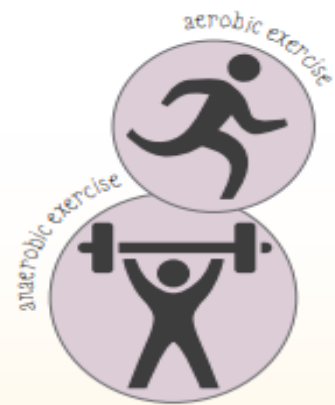
On August 23 come join us, on the courthouse lawn, from 11am-2/3pm.

We are bringing the BBQ back.

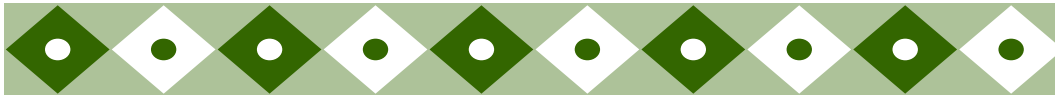
More details as we get closer to the date.

Congratulations!
Dan Damjanovich
4/16/1980 - 7/24/2024
Road & Bridge

Thank you for your 44
years of service to
Yellowstone County!



What's the difference between anaerobic and aerobic physical activity? Aerobic exercise, such as running, relies on oxygen you breathe while exercising for sustained periods of time and builds endurance. **Anaerobic exercise**, including sprinting and weight training, is intense physical activity performed very quickly and fueled by energy stored in your muscles instead of oxygen. That makes anaerobic workouts better at building muscle mass and bone strength, according to the American College of Sports Medicine. Adding regular anaerobic exercise can improve blood glucose control and can help the body use insulin more efficiently, too, according to the American Diabetes Association.



Going Barefoot? Think Again

Keeping your feet safe and healthy are key to staying active, fit and free of chronic, painful foot problems that slow you down. These basic tips are sure to help you stay in step for the miles ahead.

Only wear shoes that fit well and allow your feet to function normally. The right shoes will provide support and comfort for your feet, legs and back. Well-fitted shoes can help prevent blisters, bunions and chronic pain in the heel, arch and forefoot.

Bad news shoes: High heels can cause foot and leg problems by cramping toes and applying added pressure to the ball of the foot. Flip flops lack stability, arch support and cushioning.

Notice changes in your feet. Don't delay reporting symptoms to your health care provider, such as worsening pain in your arch and heel (plantar fasciitis), a large bump on a big toe joint (bunion) and curling toes (hammer toes). All should be reported.

Don't walk barefoot. Footwear helps you avoid foot injuries (e.g., bumps, jams and cuts), which can lead to infections, bites and stings. Shoes also shield your feet against bacteria and fungi in public places.

Practice foot hygiene. Wash your feet and toenails daily. Use a pumice stone to smooth out callused areas. Trim your toenails straight across, but not too short.

If you have diabetes, professional foot care is critical to avoiding serious foot problems worsened by nerve damage. Always wear shoes to avoid injuries. Make sure your provider routinely checks your feet for injury or infection. Examine your feet daily to spot any new sores or areas that are slow to heal.

As the temperature rises, remember that common over-the-counter (OTC) and prescription drugs can interfere with sweat production or make dehydration more likely. These changes increase the risk of serious problems, such as heat exhaustion and heatstroke. Drugs linked to heat intolerance include antidepressants medications, anticholinergics (e.g., oxybutynin or diphenhydramine), and heart medications.

And heat can damage prescription and OTC drugs. For instance, exposure of insulin to heat makes it less effective. Don't store medications in direct sunlight or in hot places, such as a car or near a stove. Most medications should be stored in a cool, dry place at 59°F to 77°F. **Tip:** Talk to your health care provider for individualized heat-safety precautions.



Work Comp Claim FREE - Congratulations!

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

In June there were 9 claims filed: 3-YCDF, 1-Sheriff Office, 4-Youth Service Center, 1-Motor Vehicle



How to Spot Skin Cancer



[Skin cancer](#) is by far the most common type of cancer. If you know what to look for, you can spot warning signs of skin cancer early. Finding it early, when it's small and has not spread, makes skin cancer much easier to treat.

Some health care professionals include skin exams as part of routine health check-ups. Many also recommend that you check your own skin about once a month. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

Use the "ABCDE rule" to look for some of the common signs of [melanoma](#), one of the deadliest forms of skin cancer:

Asymmetry

One part of a mole or birthmark doesn't match the other.

Border

The edges are irregular, ragged, notched, or blurred.

Color

The color is not the same all over and may include shades of brown or black, sometimes with patches of pink, red, white, or blue.

Diameter

The spot is larger than ¼ inch across – about the size of a pencil eraser – although melanomas can sometimes be smaller than this.

Evolving

The mole is changing in size, shape, or color. [Basal and squamous cell skin cancers](#) are more common than melanomas, but they are usually very treatable.

Both basal cell carcinomas and squamous cell carcinomas, or cancers, usually grow on parts of the body that get the most sun, such as the face, head, and neck. But they can show up anywhere.

Basal cell carcinomas: what to look for:

- Flat, firm, pale or yellow areas, similar to a scar
- Raised reddish patches that might be itchy
- Small translucent, shiny, pearly bumps that are pink or red and which might have blue, brown, or black areas
- Pink growths with raised edges and a lower area in their center, which might have abnormal blood vessels spreading out like the spokes of a wheel
- Open sores (that may have oozing or crusted areas) and which don't heal, or heal and then come back

Squamous cell carcinomas: what to look for:

- Rough or scaly red patches, which might crust or bleed
- Raised growths or lumps, sometimes with a lower area in the center
- Open sores (that may have oozing or crusted areas) and which don't heal, or heal and then come back
- Wart-like growths

Not all skin cancers look like these descriptions, though. Point out anything you're concerned about to your primary care provider, including:

- Any new spots
- Any spot that doesn't look like others on your body
- Any sore that doesn't heal
- Redness or new swelling beyond the border of a mole
- Color that spreads from the border of a spot into surrounding skin
- Itching, pain, or tenderness in an area that doesn't go away or goes away then comes back
- Changes in the surface of a mole: oozing, scalliness, bleeding, or the appearance of a lump or bump



Sheriff Office Promotions



Above: Captain Smart with Sheriff Linder

A lot has been happening in the Sheriff's Office in July with five promotions within their ranks. Congratulations to the following officers:

- Captain Smart - YCDF
- Detective Sandquist
- Lieutenant Shafer - YCDF
- Sergeant Johnson
- Sergeant Turner

CONGRATULATIONS and thank you for your service to our community.



Above: Lieutenant Shafer with Sheriff Linder



Above: Detective Sandquist with Sheriff Linder

Below: Sergeant Turner with Sheriff Linder



Above: Sergeant Johnson with Sheriff Linder

Eat to Beat the Heat

By Cara Rosenbloom, RD

As the temperature rises during the hot summer months, it's essential to stay cool and hydrated. Incorporating the right foods and beverages into your diet can help you beat the heat all summer long. Here's a guide to some delicious options that are perfect for summertime:

Drink water. Don't wait until you feel thirsty. Keep a water bottle handy and sip all day. You can also stay hydrated with unsweetened beverages, such as coconut water and unsweetened iced coffee or tea.

Snack on hydrating fruits. Load up on juicy fruits, such as watermelon, strawberries, cantaloupe and berries. Their high-water content keeps you hydrated. **Bonus:** They are also filled with beneficial vitamins, minerals and fiber, which support optimal health.

Enjoy refreshing salads. Salads allow you to keep the oven off but still enjoy a balanced meal. Start with a layer of hydrating vegetables, such as cucumbers, lettuce, celery and tomato. Add dressing and your favorite no-cook protein: Try rotisserie chicken, canned chickpeas, cheese cubes or tuna.

Rely on frozen treats. Replenish fluids with homemade popsicles made from fresh puréed fruit and yogurt. Try ice granita or frozen grapes as nourishing dessert options.

Scale back on caffeine and alcohol. Both can be dehydrating when consumed in excess. Stick to no more than three cups of coffee (or other caffeinated beverages) per day. If you don't drink alcohol, don't start. If you do, limit yourself to one drink (female) or two drinks (male) per day.

Add mint. Incorporate cooling herbs, such as peppermint and spearmint, into your salads and meals — and into your water bottle. They add flavor and have natural cooling properties.



BEST bits

|| **Good news for egg lovers:** Enjoying eggs regularly isn't a heart risk. After years of warnings that eggs contain harmful cholesterol, researchers found eating one or two eggs a day isn't a heart health concern. In fact, eggs provide a host of vitamins and some have omega-3 fatty acids, which support cardiovascular health, including lowering triglycerides. And any increased blood level of cholesterol from eggs is typically good HDL. Because eggs are high in protein, they can help control weight, too. The American Heart Association says it's time to stop fearing eggs, and enjoy one or two a day as part of a heart-healthy diet.



|| **World Hepatitis Day is July 28.**

All five types of hepatitis (A, B, C, D and E) cause infections, but B, C and D can cause cirrhosis and liver cancer, too. Unprotected sex is a top risk for hepatitis A and hepatitis B in adults, and drug use with shared needles can spread hepatitis B and C. Hepatitis E infections result from contaminated water or undercooked pork or wild game. Talk to your health care provider about your risks. You can get vaccinated for hepatitis A and hepatitis B, but there are none for C, D and E. However, getting the hepatitis B shot can protect you against getting hepatitis D (D occurs only in people infected with B).

|| **Do you struggle to sleep in the summer?** Snooze easier with these hot weather tips:

- Change your heavy quilt to a thin blanket or sheet.
- Stop drinking beverages three or four hours before bed for better sleep.
- Exercise and do outdoor chores early in the day, if possible, and avoid vigorous physical activity within a couple of hours of bedtime.
- Lower your body's core temperature by taking a lukewarm shower or bath one to two hours before bed.
- Aim for a regular bedtime, even on vacation.

Wellness Screenings 2024



Wellness Screenings will be held between September 3 - November 1, 2024. Watch the newsletter and your emails for more information as we get closer to those dates.



New Health Insurance Premium Rates - Effective August 1, 2024

Yellowstone County



HUMAN RESOURCES

(406) 256-2705
(406) 254-7908 (fax)
P.O. Box 33041
Billings, MT 59107-5041

June 7, 2024

TO: Yellowstone County Employees

New Health Insurance Rates:

Yellowstone County continues to make every effort to provide the best medical, dental and prescription drug plan to its employees and retirees. Below are the health insurance rates effective August 1, 2024.

Premium rates are listed by the per-pay period (pp) costs for the employee and dependent health insurance premiums for fiscal year 2024/2025 effective on August 1, 2024 – this rate change will be reflected on the August 7th payroll.

Effective August 1, 2024	Traditional Plan (\$500/\$1,500)	HDHP Plan (\$3,200/\$6,400)
Single – No Cost to the employee	\$476.00 /pp paid by County \$0 – Cost to the employee	\$398 /pp paid by County \$78.00 /pp into employee HSA by County \$0 – Cost to the employee
Spouse only	\$279.00 /pp	\$160.00 /pp
1 child	\$174.00 /pp	\$70.00 /pp
2 children	\$347.00 /pp	\$217.00 /pp
Family (3+ children)	\$372.00 /pp	\$239.00 /pp
Part-time single (.5 - .74 FTE)	\$238.00 /pp paid by Employee	\$199.00 /pp paid by Employee + \$39 in HSA
Part-time single (.75 - .99 FTE)	\$119.00 /pp paid by Employee	\$100.00 /pp paid by Employee + \$59 in HSA

Remember the annual Election Period will be from October 21 to November 3, 2024 for 2025 benefit coverage.

Be sure to take advantage of the services offered at the annual Wellness Screenings which will be from September 3 through November 3, 2024 . Check out the County’s newsletter available on your NeoGov Dashboard to keep informed on benefit changes and other County sponsored events.

Sincerely,

Board of County Commissioners, Yellowstone County



Telehealth is Here with 98point6

Telehealth Options for You!

Yellowstone County is excited to share that we've added a new telehealth service to our health insurance benefit offerings...

98point6



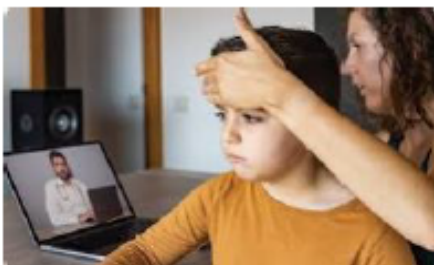
98point6 is a new kind of virtual-on-line, primary care that gives you on-demand access to a care team, including board-certified physicians, via secure in-app messaging on your mobile device. We've added 98point6 to your health insurance benefits so you can now have access to care 24/7 from wherever you are—between meetings, while making dinner and even in the middle of the night.

Your 98point6 care team can:

- Diagnose and treat a range of conditions, including upper respiratory illnesses, itchy or sore throat, gastrointestinal issues and UTIs
- Answer any medical questions you have (no question is too small)
- Outline care options
- Order any necessary prescriptions or lab tests



Visits with a 98point6 care team, including board-certified doctors, are available to employees and dependents ages 1+ are \$0 per visit**.



We encourage you to take a few minutes today to download the 98point6 app and register so it's easy to access and use when you need it. Instructions on how you and your dependents ages 18+ can download the app and create an account are available at:

www.98point6.com/members

You can start visits for your dependents ages 1 to 17 once you set up your account.

We hope you take advantage of this benefit today!

**\$5/Visit HSA-eligible fees waived through 12/31/24 under the CAA Safe Harbor Act

Download the 98point6 app and register in less than 90 seconds from the Apple App Store or Google Play.



98point6 - How to Sign Up

On-demand, text-based care

Diagnosis, treatment and support for 900+ conditions.

Connect with a care team member for treatment and diagnosis, get answers for any and all health questions, get prescription orders or refills - via text, 24/7, right from the palm of your hand.



GET THE APP:



[NEED SUPPORT?](#)

What to expect



Get care quickly and easily

Get text-based care 24/7, wherever it works best for you.



Trusted support

Get answers to all your health questions anytime, and consistent guidance navigating chronic health conditions.



Convenience

No appointments, no waiting rooms, no hassle. Start a text-based visit from your couch, your car, your desk or wherever you find yourself.



High-quality care

The care team you work with through 98point6 are regularly reviewed by other providers, and our own quality program, to make sure they're delivering the best care.



Download the app to get started with 98point6



1

Install the app

Download 98point6 from the Apple App Store or Google Play.



2

Create your account

No password to remember. Enter your mobile number and we'll send you a unique PIN.



3

Start your visit

Get care when you need it, as well as necessary labs ordered and prescriptions sent to your local pharmacy.



Yellowstone County Fact Sheet *BBQ Safety*



Nearly 9,000 home fires a year involve grills, according to a National Fire Protection Association report. Of all the home fires involving grills, gas-fueled grills accounted for four out of five fires, while 16% involved charcoal or other solid-fueled grills.¹ Gas and charcoal grills each have ardent advocates, who praise the convenience of gas or the flavor of charcoal. Whichever your preferred grilling method, follow these important safety considerations.

Gas Grill Safety

A leak or break was the leading factor contributing to gas grill-related fires, according to the NFPA report.

- Check the gas cylinder hose for leaks before using it for the first time each year.
- Apply a light soap and water solution to the hose, which will quickly reveal escaping gas by releasing bubbles.
- If you smell or otherwise suspect a gas leak, and there is no flame, turn off the gas tank and grill. If the leak stops, get a professional to service it before using it again. Call the fire department if the leak does not stop.
- If you smell gas while cooking, get away from the grill immediately and call the fire department. Do not attempt to move the grill.
- Never turn on the gas when the lid is closed. The gas may build up inside, and when ignited, the lid could blow off and cause injuries or burns.
- After cooking, make sure you completely close the valve on your gas grill.
- Always store gas grills – and propane tanks – outside and away from your house.

Charcoal Grill Safety

The leading cause of structure fires from use of charcoal grills was leaving or placing an object that could burn too close to the grill, according to the NFPA study.

- Charcoal grills can continue to remain hot for many hours after the flames extinguish. Avoid placing any burnable objects near the grill or moving the grill while the coals are hot. Keep combustible items that may be blown by the wind away from the grill.
- Check for rust damage in metal grills, which may make it possible for charcoal to fall through onto surfaces below and cause a fire.
- Purchase the proper starter fluid. Store out of reach from children and away from heat sources.
- Do not add charcoal starter fluid when coals or kindling have already been ignited. Never use any other flammable or combustible liquid to get the fire started.
- If the fire is too low, rekindle with dry kindling and more charcoal if needed. Avoid adding liquid fuel because it can cause a flash fire.
- Do not leave the grill unattended.



Yellowstone County HR
PO Box 35041
Billings, MT 59107
406-256-2705 - phone
406-254-7908 - fax

**Keep your BBQ at least 8-10 feet away from the wall of your home.
Do not grill in your garage or under trees & structures.**

Yellowstone County Employee/ **FREE-First Aid/CPR/AED Training**

Yellowstone County will be installing AED machines in county buildings. **Be prepared!** Learn what to do in the event you will need to use the AED to save a life!



**Tuesday, August 20, 2024
1:30 – 3:30 pm
Room 212 - Courthouse**

**Learn the new procedures!
Class size limited to 6-12**

To register, contact HR at 256-2705 or email:
mreinke@yellowstonecountymt.gov or
lschmidt@yellowstonecountymt.gov

Don't delay – register by Wednesday, August 14!

Walking Montana Mileage Logs Will you reach 150 miles by July 12th???

If so, please turn in your mileage log to Human Resources no later than **July 19** to be entered into the Midway Give-a-Way! Remember to keep tracking those miles to earn awesome awards from our sponsors:

100 Miles - St. Vincent Healthcare

150 Miles by July 12 - MetraPark

Midway Give Away

200 Miles - BCBS

300 Miles - Marsh-McLennan Agency

Thank you to our sponsors who help to make this program possible.

Strawberry Trifle



Ingredients:

- 10-14 oz Angel Food Cake
- 2 pints strawberries, sliced
- 2 pints blueberries
- 6 TBSP Fat-free sweetened condensed milk
- 1 1/2 C cold water
- 1 pkg sugar-free pudding (White chocolate or Cheesecake)
- 12 oz Fat-free Cool Whip

Whisk together condensed milk and water. Whisk in pudding mix and mix until soft set, about 2 minutes.

Let stand for about 2 minutes and then fold in whipped topping.

Cut angel food cake into 1 inch squares and put an even layer in the bottom of your serving bowl. Next put a layer of blueberries. Spread an even layer of cream mix over the blueberries. Top with a layer of sliced strawberries.

Layer cake cubes over strawberries. Add layer of blueberries and top with remaining cream mixture. Finish top layer with remaining strawberries and blueberries. Can also add some raspberries if you like. Refrigerate for 1 hour before serving.

July is
National
Pickle
Month

