

YELLOWSTONE COUNTY INSIDER

MARCH 2025

ISSUE 435



Bitterroot Montana State Flower

Board of County Commissioners

Mark Morse Chair

John Ostlund Member

Michael Waters Member

INSIDE THIS ISSUE:

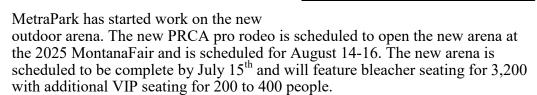
March Recipe	2
•	
Sunshine News	2
Workplace Fatigue	3
Protect Your	4
Financial Future	
National Colorectal	5
Cancer Awareness	
Planning for	6
Retirement	
Electronic 1095-C	7
Sheriff's Office	8-9
Awards and Medals	
Stop the Bleed	10
Montana Women's	П
Run	
BCBSMT	12
Employment	13
Opportunities	
Word Search	14

Commissioner Corner

March is here and the official first day of spring is March 20th. Don't forget to set your clocks forward on Sunday March 9th. With all the snow we got in the past couple of weeks the county

has seen some runoff and water crossing on various County Roads. This led to some county roads being closed due to water over the roadway. With the weather warming up the County Road and Bridge Department will be hard at work clearing any debris and addressing any issues. Thank you to our crews for all your hard work.

On February 27th, LT Jason Valdez was presented the distinguished career award for his service at the Yellowstone County Detention Facility. Thank you, LT Valdez, for all the hard work and dedication you have shown over your career.



MetraPark has some great events coming up this month.

Southern B Divisional Basketball	March 5 th – March 8 th
Home Improvement Show	March 7 th – March 9 th
Billings Shootout	March 9 th
YVEC Annual Meeting	March 18 th
Jobs Jamboree	March 19 th
Pierce RV Show	March 20 th – March 23 rd
Montana State AAU Wrestling Tournament	March 21 st – March 23 rd
Montana Open Wrestling	March 28 th – March 30 th
RMEF Beartooth Chapter Banquet	March 29 th

Thank you all for your hard work. I hope everyone has a chance to get outside as the weather starts to warm up.

Sincerely,

Mark Morse, Chairman



LT Valdez

New Employees



Rebecca Ries County Attorney

Jay Anderson Public Works

Bradly Skogas Tommy Harrell Daniel Chapel Road & Bridge

Kelby Pemberton
District Court

Rashawn Kroll
Justice Court



25 Years of Service

William Tipton Road & Bridge 3/27/2000

10 Years of Service

Bernadette Wahl District Court 3/16/2015

Michael Kelso Sheriff's Office 3/30/2015



March Recipe

Chicken Reuben Roll-Ups

2 slices swirled rye bread

2 boneless skinless chicken breast halves

1/4 tsp garlic salt

1/4 tsp pepper

2 slices Swiss cheese

2 slices deli corned beef



Preheat oven to 425 degrees. Tear bread into 2-inch pieces; place in a blender. Cover and pulse to form coarse crumbs. Transfer to shallow bowl. Pound chicken breasts to ½ inch thickness; sprinkle with garlic salt and pepper. Top with cheese and corned beef. Roll up chicken, secure with toothpicks. Brush outsides with dressing; roll in bread crumbs. Place roll-ups on a greased baking sheet, seam side down. Bake until chicken is no longer pink, 20-25 minutes. Discard toothpicks; if desired, serve with additional dressing.

Sunshine News



March is a busy month for the Sunshine Committee.

The week of March 10^{th} we will be holding our parking raffle AND our annual 50/50 Raffle. We will draw the winners and have treats on the 17^{th} . More details to follow in an email. Could this be your lucky month? All proceeds help to provide events to the County.





Daylight Savings
Time begins at
2:00am on
Sunday, March 9,
2025. Remember to
turn your clocks
ahead one hour.



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://corinnemoncada.empowermytime.com/#/



A total lunar eclipse, or "blood moon," will be visible overnight from North America on March 13-14. Beginning at 8:57 p.m. MDT, the full moon will pass through Earth's shadow, reaching totality around 12:26 a.m. MDT.

What You Can Do to Manage Workplace Fatigue

Adults need 7-9 hours of sleep per night, along with opportunities for rest while awake, optimal health, and well-being. Long work hours and shift work, combined with stressful or physically demanding work, can lead to poor sleep and extreme fatigue. Fatigue increases the risk for injury and deteriorating health (infections, illnesses, and mental health disorders).

Recognize these are stressful and unusual circumstances and you may need more sleep or time to recover.

Tips to Improve Sleep:

- You'll sleep better if your room is comfortable, dark, cool, and quiet.
- If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things to help you relax. Try meditating, relaxation breathing, and progressive muscle relaxation.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, when possible. Exposure to light just before bedtime can cause you to feel more awake.
- Consider using blackout shades at home when sleeping.
- Take naps when you have the opportunity.
- Eat healthy foods and stay physically active, as it can improve your sleep.
- Avoid alcohol, heavy meals, and nicotine for at least 2–3 hours before bedtime.
- Don't drink caffeine within 5 hours of bedtime.

Make Every Bite Count!

The foods and beverages we consume have a profound impact on our health, yet we're still not following a healthy dietary pattern. On December 29, 2020 the Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) released the Dietary Guidelines for Americans, 2020-2025 to help Americans to consume a healthy, nutritionally adequate diet.

More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.



of people have dietary patterns low in vegetables, fruits, and dairy



limit for added sugars



exceed the limit for saturated fat



exceed the Chronic Disease Risk Reduction limits for sodium

It's never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern. Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



YCSO would like to congratulate Detention Officers Kissler, Stanley, Smith, Hicks, and Shoop on their graduation from CDOB #187, at the Montana Law Enforcement Academy.

And further congratulations to Officer Shoop on receiving the "Outstanding Officer Award".

Congratulations to all!



Public Employee's Retirement

Joel Thompson, with the Montana Public Employee's Retirement System (PERS & SRS) will be here on March 11 & 12, 2025 from 9:00 am to 3:00 pm to visit with employees about retirement or to speak to new employees about their plan election within the first year of employment.

Thinking about retiring in 2025?

On March 11, 2025 from 12:00 pm to 1:00 pm, Joel will be doing a "Getting Ready to Retire" class in Room 212-County Courthouse.

Work Comp Claim FREE - Congratulations!



Congratulations to the following departments for **February**: 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, Motor Vehicle, Public Works, Road & Bridge, Treasurer, Weed and Youth Services

In February there were 8 claims filed: 5-Sheriff's Office; 3-Detention Facility;





4 Steps to Protect Your Financial Future

Finances are consistently a top concern for many Americans, with "saving money" a top-10 most common New Year's resolution. This year, Americans are more concerned than ever before due to the uncertainty in the economy.

Saving money is more than just putting spare change into a coffee can, or simply ordering takeout less often. While those things can add up over time, people may find that their greatest savings can come from taking a look at the necessary expenses they pay for every month, such as insurance.

- Check your auto insurance coverages. There's no reason to pay for more coverage than you need, but being underinsured can leave you exposed. It's important to make sure you have the right amount of auto insurance coverage to protect against unforeseen events.
- Know what your homeowner's insurance covers. First and foremost, be sure to read your policy so you're clear about what it does and doesn't cover. It's a good idea to check in with your insurance agent each year to ensure you have adequate coverage. Also, maintain a home inventory to ensure you have an accurate record of your belongings and property.

Be aware of potential gaps in coverage.

A standard homeowners insurance policy often doesn't cover mechanical failures to your home's appliances. Adding home systems protection and service line protection endorsements can help provide coverage for costly repairs and replacements, saving money and ensuring peace of mind. Pennies spent now can save you thousands of dollars later.

Regularly shop for the best coverage and price.
Insurance prices can vary significantly from company to company, so it's a good idea to take a few minutes to see if you're getting a good deal. Shop around at least once a year – making sure to look for the exact same coverage limits. You may be able to find a more affordable rate.

The most effective way to make sure your finances are minimally impacted by insurance costs this year is to speak to an independent insurance agent. They can help make sure you have the proper amount and type of coverage to keep yourself, your family and property protected.



National Colorectal Cancer Awareness Month

In 1999, the Prevent Cancer Foundation led the charge to designate March as National Colorectal Cancer Awareness Month. This year, more than 145,600 people will be diagnosed with colorectal cancer, and more than 51,000 will die of the disease.

If you are age 50 to 75, get tested regularly for colorectal cancer. A special test (called a screening test) can help prevent colorectal cancer or find it early, when it may be easier to treat. You may need to get tested before age 50 if colorectal cancer runs in your family. Talk with your doctor and ask about your risk for colorectal cancer.

How Do I Decide Which Test to Take?

There are different ways to test for colorectal cancer. Your doctor can help you decide which test you would prefer.

Before you talk with your doctor about which test to get, it can be helpful to think about your values and preferences.

Answer these questions to find out which test you would prefer – then share the results with your doctor.

Together, you and your doctor can make a screening plan that's right for you.

What Do I Ask the Doctor?

Visiting the doctor can be stressful. It helps to have questions written down ahead of time. You may also want to ask a family member or close friend to go with you to take notes. Print out these questions and take them to your appointment.

- What is my risk for colorectal cancer?
- When do you recommend that I start getting tested?
- What are the different types of screening tests for colorectal cancer?
- Which screening test do you recommend for me? Why?
- How often do I need to get tested?
- What happens during the test? How do I prepare?
- Does the test have any risks or side effects?
- How long will it take to get the results?

What can I do to reduce my risk of colorectal cancer?

Staying Active

Physical activity can provide immediate benefits. Physical activity can help boost your mood, reduce stress, improve sleep, and sharpen your focus – benefits that can be especially important during stressful times. Physical activity can also help you live a longer, healthier life by reducing the risk of many common chronic diseases, like type 2 diabetes and some cancers.

How to Be Active Without a Gym

There are all kinds of ways to get active at home. Workout videos, dancing, and even active video games are great ways to get moving. This might be the perfect opportunity to try something new!

- Try streaming a group workout online in your home. Many gyms and organizations across the country are offering free streaming or on-demand fitness options.
- Are you used to lifting weights at a gym and don't have any at home? Try some bodyweight exercises they can help you build strength, just like lifting weights.
- Household chores and gardening are also good ways to get moving, and a great way to multitask.
- Take a walk, run, or bike ride in a quiet neighborhood, or hike on a local trail.

The **Move Your Way Activity Planner** is a great way to identify activities you can do at home! Your local parks department or recreation center website might also have guidance.



MONTANA PUBLIC EMPLOYEE RETIREMENT ADMINISTRATION



Want to learn more about planning for retirement?

The winter webinar schedule is available – join us for any of these online sessions through March!

Topics include:

Ready to Retire for PERS Defined Benefit Members Leaving, but not retiring? Investment Basics 457b Enrollment & Overview

And much more!

Register Now! https://mpera.mt.gov/education/MemberWebinars

Questions? Contact MPERA at (877) 275-7372 or (406) 444-3154 or email mpera@mt.gov.



Electronic 1095-C Forms Corrections

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 <u>healthcare penalty</u> 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 <u>no additional work</u> 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: Forms are being corrected for those individuals with dependent coverage. HR will send a notice when the correct forms are available. 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

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



SHERIFF HAPPENINGS

We are proud to honor the dedicated men and women, of the Yellowstone County Sheriff's Office, who exemplify excellence, bravery, and commitment to our community. Please join us in recognizing the 2024 award and medal recipients for their

outstanding contributions.



Pictured above: Commander of the Year YCSO: Captain O'Donnell



Pictured above: Daily Operational Support Staff of the Year YCSO: ACO O'Donnell



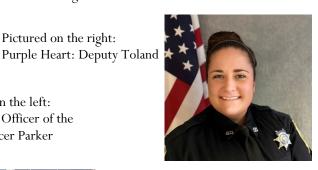
Pictured above on the left: Daily Operational Support Staff of the Year YCDF: Booking Clerk Gorseth

Pictured below: Deputy of the Year: Deputy Galles



Pictured on the left: Detention Officer of the Year: Officer Parker

Pictured on the right:



Pictured on the right: Commander of the Year YCDF: SGT Goodyear





Pictured on the left: Yellowstone County Sheriff Mike Linder recently recognized a promotion within the Yellowstone County Detention Facility. Please join us in congratulating



On February 11th, 2025 Yellowstone County Sheriff Mike Linder swore in a new deputy to the Sheriff's Office and recognized two (2) promotions within YCDF, at the Board of County Commissioners meeting. Please join us in congratulating Deputy Potter (pictured above), YCDF Officer Mattheis on his promotion to Corporal and YCDF Corporal Johnston on his promotion to Sergeant (both pictured to the left). We want to wish them all the best of luck.

Detective Zidack received the Medal of Honor. (not pictured)

1 S S U E 4 3 5

Lt. Jason Valdez - Recipient of the Distinguished Service Medal



Pictured on the left: Lt. Jason Valdez accepting the Distinguished Service Medal from Sheriff Linder Pictured below: Lt. Valdez in front row with coworker from YCDF.

Congratulations go out to Lieutenant Jason Valdez who was nominated and awarded the Distinguished Service Medal, on Thursday, February 28, 2025.

Lieutenant Valdez has worked for YCDF for

26 years. In his 26 years at the facility Lt. Valdez has worked every possible position that the Detention Facility has to offer, including the Commander of the facility for a short amount of time.

Below are excerpts from the nomination letter submitted by Officer Dee-Dee Webb:

I believe Lt. Valdez deserves the Distinguished Service Medal for multiple reasons, starting with his dedication to this facility, even in his sickest of days. As we all know, Lt. Valdez has been fighting a battle with stomach cancer and has been very ill in the last year and a half. Lt. Valdez was still coming to work even after chemo when he was not only sick, but weak, and absolutely exhausted. Lt. Valdez had so much sick time built up due to his dedication and loyalty to the facility through the years, that he was able to manage to use his sick time sporadically to fill in the gaps when he needed to.

In one of our most recent CJCC meetings, which includes Judges, P&P, all Law Enforcement Agencies, as well as Pre-Trial services, there were multiple people commending Lt. Valdez for all the help he provides to each and everyone of them. Judge Fehr, and Katie Weston were two of the ones off the top of my head that really wanted it to be known to everyone how great he does for the facility and to help them out. Lt. Valdez is constantly trying to get our numbers down in the jail by calling the agencies to get inmates moved when possible.

On that note, I just want to add how well-liked Lt. Valdez is to all the surrounding counties, weather it's Law Enforcement related, or just because he is a genuine great guy. Seems like for the last 24 years that I have worked here if I mention where I work, one of the first questions asked, "Do you know Jason Valdez?" Lt. Valdez just recently, in the last year had to quit doing the MSPOA Board and other things for the facility that he used to love to do because of his health.

Lt. Valdez has worked for YCDF with great professionalism. Starting with leading as an FTO, to a Sergeant, to a Lieutenant, all the way up to the Commander of this facility. He wouldn't have been chosen for these roles if he hadn't worked his entire career proving to be a great leader, treating people right, and being fully committed to his staff.

Congratulations Lt. Valdez on your prestigious award and for a job well done throughout your career at YCDF. Thank you for your commitment to the citizens of Yellowstone County.





EVENT DATES & DEADLINES

MARCH 13 • 5 PM

Pint Night at Thirsty Street Brewing Free MWR pint glass - first come first served

April 14, 21, 28, May 5 • 5:30 PM - 6:30 PM

Getting Started Clinics at Pioneer Park

April 20 • By 11:59 PM

Guaranteed t-shirt, Team-Up, Virtual Race, Pat Jaffray Inspiration Award nominations deadline. (Register for race up to May 9, but you are not guaranteed the size of t-shirt)

May 7-9 • 9 AM - 6 PM

Packet Pick Up -Downtown Billings Association 102 N 29th St., Billings, MT 59101



Sandra Woodyard Youth Service Center 1/1/1996 to 3/26/2025 29 Years of Service

Willie Tipton Road & Bridge 3/27/2000 to 4/15/2025 25 Years of Service

Thank you for your years of service to Yellowstone County and it's citizens.

The best part about being retired is never having to request a day off. We wish both of you the best retirement ever! Enjoy this new chapter of life. Congratulations!



March 17, 2025 2:00 pm Room 212 Sign up today!

Learn the techniques to "Stop the Bleed"

To sign up for the class, please contact HR at 256-2705 or by email mreinke@yellowstonecountymt.gov

You may be able to save a life by taking simple actions immediately.

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care. According to a recent National Academies of Science study, trauma is the leading cause of death for Americans under age 46.

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 10, 2025 Join the "Yellowstone County Stepinators" Team today!

It simple to join...just register on line at <u>www.womensrun.org</u> and follow these

- 1) Click on "Team Up" tab
- 2) Type in the team name "Yellowstone County Stepinators"
- 3) Select "Join"

simple steps:

- Code to join is <u>"YC-106"</u>
- 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!

<u>Deadline for registering with the Yellowstone County Team</u> to receive a team T-shirt is April 10, 2025

Important Notification Regarding Billings Clinic

BlueCross BlueShield of Montana (BCBSMT) and Billings Clinic are currently in contract negotiations. The current contract expires March 31st. If an agreement between BCBSMT and Billings Clinic hospital (both in Billings and Billings Clinic outpatient facility and surgery center in Bozeman) is not reached, Billings Clinic will be out of network effective April 1, 2025.

BCBSMT is working to protect your access to Billings Clinic and has made Billings Clinic a fair and reasonable offer. This negotiation **does not include** the **Billings Clinic physician group**, which will remain in our networks. **BCBSMT** has created a site with information and an FAQ on this matter at: https://www.bcbsmt.com/billingsclinic.

Next Steps

If BCBSMT does not reach an agreement by April 1, 2025, and you want to stay in-network, BCBSMT will help you move your care. If you are receiving ongoing care from Billings Clinic, call BCBSMT and they can discuss your options. Visit bcbsmt.com and select Find Care

- Register for or log in to <u>Blue Access for Members</u>SM or the website on the back of your member ID card
- Call the number on your member ID card
- Please note that the health plan contains a "Continuity of Care and Transitional Care" provision that allows members to continue to receive in-network care for certain situations and for a limited period as follows (the below information has been copied from the medical plan's Summary Plan Description):

Continuity of Care and Transitional Care

Although each Participant has a Primary Care Provider, a Participant may continue to receive services from the Participant's previous provider if the Participant is a new enrollee to the Plan, if the Blue Options Provider's or Participating Provider's contract is terminated without cause, or when the Blue Options Provider or Participating Provider voluntarily terminates the contract with the Plan, and the Participant:

- 1. Has a life threatening, disabling, or degenerative condition, or a serious acute condition requiring complex ongoing care. Coverage by the previous provider will be allowed for 90 days beginning on the date of the Participant's enrollment or the provider's termination.
- 2. Has a terminal illness with life expectancy of less than 6 months. Coverage by the previous provider will be allowed for 6 months from the date of the Participant's enrollment or to the date of death, whichever occurs first. If death does not occur within the first 6 months, the situation will be evaluated to determine if transition to the selected Primary Care Provider is appropriate.
- Is in the second or third trimester of pregnancy. Coverage by the previous provider will be allowed through the completion of the postpartum period.

The previous provider must agree to meet the contractual terms applicable to comparable Blue Options Providers or Participating Professional Providers.

For members renting medical supplies from Billings Clinic, such as a CPAP machine, the "Continuity of Care" provision does not apply. Please contact BCBSMT for options that may include purchasing the equipment.

In the case of a life-threatening illness or injury, call 911 or go to the nearest emergency facility right away. Emergency services are covered at the in-network benefit level.

For more information, you can visit the following site: billingsclinic | Blue Cross and Blue Shield of Montana



EMPLOYMENT OPPORTUNITIES

Comptroller-\$73,814.00-\$86,840.00 per year

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

Equipment Service Worker - \$20.82 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







SMIT PATRICUS DAY R Wordsearch &

N R G S Ε Q NLHOΕ D D С O В С D G В R U Α F С Т С Q Ε Ε Q С Q S В 0 G J Ε С Ε М С М R Κ Q C Κ R R S Κ D Κ D O С Ζ Q Х С Ε G R Ε С В Ε R D S D Ε S Ε т O D D С В В G Ε D Ε S Т Ε Н W В R Α Т Ρ D Α Ε R В Α D O 0 L R S 0 0 Ε Κ Ν Т Α D Ε G Н Ε S J Υ Κ Q R S Ζ J О В Ε O O Т S S C Ε S О O Н S C D 0 J S D S C Ε Х O S Ε Т С R Н 0

WORD LIST

CABBAGE CELEBRATE CELTIC CLOVER COINS DANCE FIDDLE FOLKLORE GOLD GREEN HARP HOLIDAY HORSESHOE IRELAND IRISH FLAG LEPRECHAUN LIMERICK LUCK MARCH MISCHIEF PARADE PRAYER RAINBOW SAINT PATRICK SHAMROCK SNAKE SODA BREAD TRADITION TREASURE TRINITY

COMEMADE EASY