

# YELLOWSTONE COUNTY INSIDER

NOVEMBER 2023

ISSUE 419

MONTANA



Bitterroot

Montana State Flower

## Board of County Commissioners

John Ostlund

Chair

Mark Morse

Member

Donald W. Jones

Member

## INSIDE THIS ISSUE:

November Recipe 2

New Hires &  
Recognition 2

Mind Your Food  
Environment 3

Best Bits 3

Cooking Safety 4

Safety Divident 4

IRS HDHP Limits 4

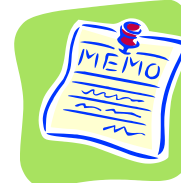
Tip of the Month 5

Historical Events 5

National Memory  
Screening Program 6

Wellness Screening 7

## Commissioner Corner



Fall is here and we have already seen our first snowstorm of the season.

A few months ago, members of the Eugene Sara Detachment #418 Marine Corps League approached the Commissioners with an idea to place markers on section 7 of the Riverside Cemetery Cremation Garden. Two hundred and four markers in total were placed on graves in section seven in October by members of the Eugene Sara Detachment of the Marine Corps League. These markers will not only help identify the graves of those interred at Riverside Cemetery but also show respect and honor for those who have passed with no family or financial resources. This project was a combined effort of the County Commissioners, Purchasing Agent James Matteson, Janet Reynolds with GIS and Joe Aguilar with Riverside Cemetery Maintenance. Thank you to everyone involved in this important project.



MetraPark has a full month of events coming up in November;

Big Sky Reptile Expo	November 11 <sup>th</sup> -12 <sup>th</sup>
Holiday Food & Gift Festival	November 11 <sup>th</sup> -12 <sup>th</sup>
Flakesgiving	November 17 <sup>th</sup> -18 <sup>th</sup>
Mannheim Steamroller	November 17 <sup>th</sup>
4H Family Fun Night	November 18 <sup>th</sup>
Gun Show	November 24 <sup>th</sup> -26 <sup>th</sup>
MT Country Creations Craft Show	November 25 <sup>th</sup> -26 <sup>th</sup>
Billings Pow Wow	November 25 <sup>th</sup> -26 <sup>th</sup>
Festival of Trees	November 30 <sup>th</sup> -December 2 <sup>nd</sup>

I would like to wish everyone a Happy Thanksgiving and I hope everyone will be able to spend time with their families or friends. Thank you for all of the hard work you do for Yellowstone County and enjoy the holiday season.

Sincerely,  
John Ostlund, Chairman  
Board of County Commissioners

New Employees



Michelle Morgan  
Antonio Lanter  
Rylee Williams  
Detention Facility

Logan Harding  
MetraPark

Wacy Weeks  
Elections

Misty Rilley  
Motor Vehicle

\*\*\*\*\*

Recognition of Service



20 Years of Service

Andy Dean  
Road & Bridge  
11/03/2003

Michael Lechner  
Youth Services  
11/04/2003

\*\*\*\*\*

Departure of Service

Kelly Hogg  
Detention Facility  
10/21/2003 -  
10/31/2023



# November Recipe

**EASY** recipe

## One-Pan Chicken Parmesan Pasta

- |  |   |
|--|---|
| 2 tbsp extra-virgin olive oil                | 1 box (16 oz.) whole-grain pasta (penne or fusilli) |
| 18 oz. boneless, skinless chicken breast     | 2 cups broccoli florets                             |
| 2 tsp Italian herb seasoning, <i>divided</i> | 1 cup shredded mozzarella                           |
| ½ tsp garlic powder                          | ½ cup grated Parmesan                               |
| 3 cloves garlic, minced                      | ½ seasoned Italian-style bread crumbs               |
| 1 jar (24 oz.) tomato marinara sauce         | ½ cup chopped fresh basil                           |
| 4 cups water or chicken broth                |   |



Set a large oven-proof pan over medium heat and add olive oil. **Add** chicken, 1 tsp Italian herbs and garlic powder. **Cook**, stirring, 5 minutes. **Transfer** to plate and cover to keep warm. **Add** garlic to same pan and sauté 1 minute. **Add** tomato sauce and water and bring to a boil, then reduce to simmer. **Add** remaining Italian herbs, pasta, broccoli and chicken. **Stir** to combine. **Cook** 12-15 minutes or until pasta is tender. **Top** pan with mozzarella, Parmesan and bread crumbs. **Transfer** to oven and broil for 1-2 minutes until cheese browns. **Garnish** with basil and serve.

**Makes 8 servings. Per serving:** 418 calories | 28g protein | 11g total fat | 3g saturated fat | 4g mono fat | 3g poly fat | 56g carb | 8g sugar (0 added sugar) | 10g fiber | 467mg sodium

### SUNSHINE NEWS



The Sunshine Committee will be having a 50/50 raffle for Thanksgiving!

Ticket sales will be Nov. 20-24. Just in time for Black Friday Shopping!

We will be sending out an email with more information.

### 31st ANNUAL COURTHOUSE CRAFT and BAKE SALE



**IT'S THAT TIME AGAIN. THE CRAFT SALE THIS YEAR IS DEC. 7TH & 8TH, 2023 7 AM-4:00 PM**

**IF YOU HAVE CRAFTS OR BAKED GOODS TO SELL, WE WANT YOU. IF YOU ARE INTERESTED IN A TABLE, PLEASE CONTACT JILL GIBBS AT: [jgibbs@yellowstonecountymt.gov](mailto:jgibbs@yellowstonecountymt.gov)**

The Yellowstone County Courthouse will be closed on November 10, 2023 in observance of Veteran's Day, and November 23, 2023 in observance of Thanksgiving.



# Mind Your Food Environment

By Cara Rosenbloom, RD

**Food advertisements, social media and grocery stores all influence our daily food choices.** Of the \$14 billion food companies spend on advertising each year, more than 80% promote ultra-processed foods, such as sugary drinks, fast food and candy. Unfortunately, high consumption of these foods is linked with an increased risk of developing heart disease, type 2 diabetes and cancer.



**Studies show that limited access to nourishing foods contributes to poor diet and increased disease risk.** Many areas of the country have **food swamps**, which means an overabundance of convenient, tasty, ultra-processed food, or **food deserts**, which have limited access to nutritious options. This is especially common in lower-income areas, where it is easier and cheaper to buy chips and candy than carrots and bananas.

**Here are some things you can do to navigate a fast food-heavy environment:**

- **Swap the soda.** Water is healthier and is sold near sugary beverages. Choose water most often.
- **Find alternatives.** Fast food is fine on occasion, but fast-casual restaurants that offer salads, sandwiches and grain bowls are often better options.
- **Take a snack.** It's easier to ignore the lure of candy bars and donuts if you've packed a satisfying snack, such as trail mix or an apple.
- **Grocery shop with a list.** Marketing is abundant in supermarkets. You'll make fewer impulse purchases if you stick with your shopping list.
- **Limit exposure to food advertising.** Block social media ads promoting ultra-processed food. Watch ad-free programming when possible.
- **Be skeptical.** Value-sized packages, upsized portions or the allure of fast-food places being open late are marketing tactics that tempt us to overconsume ultra-processed foods.

## BEST bits



|| **Smoking numbers in the U.S. up or down?** More than 50 years ago 42% of U.S. adults smoked. In 2021, an estimated 11.5% (28.3 million) of U.S. adults smoked cigarettes. However, smoking remains the leading cause of preventable disease and death in our country, killing more than 480,000 Americans annually. It's never too late to quit smoking. Quitting improves your health and reduces your risk of heart disease, cancer, lung disease and other smoking-related illnesses. Read tips from former smokers who quit at [cdc.gov/tobacco/campaign/tips/](https://www.cdc.gov/tobacco/campaign/tips/). If you smoke and want to quit, consider starting on **November 16, the Great American Smokeout.**



|| **November is Healthy Skin Month** — a reminder to take care of your skin and keep it healthy. The American Academy of Dermatology offers tips to adopt for a lifetime of healthy skin, hair and nails. **One of the tips from physicians regarding wrinkles:** Sun damage and age are big culprits — and sleeping on your side or stomach may contribute to sleep lines on your face, neck and chest. If you can, sleep on your back — a simple step that may reduce formation of these lines.



|| **Lung cancer is the second most common cancer after skin cancer** and is also the leading cause of cancer deaths worldwide. Each year, about 218,500 people in the U.S. are affected by lung cancer, with 142,000 lives lost to the disease. This disease can be hard to identify; many people don't have symptoms until the cancer is advanced and fatal. Early lung cancer screenings are recommended if you have a history of smoking, or have quit within the past 15 years. **This Lung Cancer Awareness Month,** vow to encourage those around you at risk for the disease to seek medical care. **Note:** Smoking also causes cancer of the voice box (larynx), mouth, throat, esophagus, urinary bladder, kidney, pancreas, cervix, colon, rectum, liver, stomach and a form of blood cancer.

|| **Besides aging, studies suggest the causes of cognitive decline include age-related changes in the brain or brain injury,** along with genetic and lifestyle factors. Maintaining a healthy lifestyle may help reduce your risk of mental decline, according to the National Institute on Aging. There may be a relationship between cognitive decline and vascular conditions, including heart disease, stroke, high blood pressure, diabetes and obesity. An estimated 6.7 million Americans age 65 and older are living with Alzheimer's in 2023; 73% are age 75 or older.

## Work Comp Claim FREE - Congratulations!

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

**In October there was 1 claim filed: 1-MetraPark**

**Congratulations to Detention Facility and Sheriff's Office for no claims filed!**



**Cooking safety starts with YOU.**

**Pay attention to fire prevention.**

fpw.org

NFFA FIRE PREVENTION WEEK™

### Top Tips:

**TURN** pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

**WATCH** what you heat. Set a timer to remind you that you are cooking.

**HAVE** a "kid-free zone" of at least 3 feet (1 meter) around the stove and areas where hot food or drink is prepared or carried.

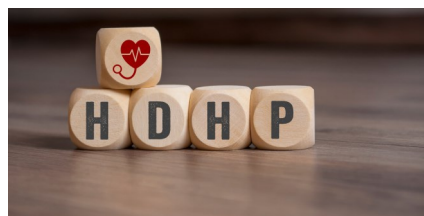
**Did you know?** Cooking fires are the leading cause of home fires and home fire injuries. Unattended cooking is the leading cause of cooking fires and deaths.

### IRS Announces Spike in 2024 Limits for High-Deductible Health Plans

Effective January 1, 2024, there will be a change in the single and family deductible rates.

**For single, the limit is rising from \$3,000 to \$3,200 and for family, the limit is rising from \$6,000 to \$6,400, effective January 1, 2024.**

Please be aware of this change when selecting your benefits in October for the upcoming 2024 year.



### Safety Dividend

Yellowstone County received a dividend check from Montana State Fund for safety in the workplace in the amount of \$106,696.

As Montana's not-for-profit option for workers' comp coverage, State Fund shares strong financial results through dividends.

Through efficient claims management, improved safety efforts by employers and their workers, and responsible stewardship and investment of policyholder premium dollars, State Fund takes what would otherwise be considered profit to another carrier and shares it with their customers.

On September 8, 2023, the Board of Directors declared a \$35 million dividend to more than 24,000 policyholders. MSF has returned \$431 million to their customers since 1999.

**Thank you for your commitment to safety programs within**

Let's talk about your financial future!

Corinne Moncada, your 457 plan representative, has added some additional appointments.

When: November 16, 2023

Where: Room 212

9:30 am – 4 pm

**Book your appointment online!**

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

# SAFETY

is as simple as ABC

**A**LWAYS  
**B**E  
**C**AREFUL



### TIP of the MONTH

#### Comfort Food Caveat

If you've ever turned to food in times of stress, new research reveals it may not be as comforting as you think. Scientists have discovered that stress interferes with the brain's fullness cue, and eating comfort foods makes us want to eat even more. Stress can also override the pleasure that comes from comfort food, so a tub of ice cream is not your best option. What helps most? **Nature.** Next time you're stressed, go for a quick walk outside and see if that helps more than comfort food.

## COVID-19 Vaccines Update

Blue Cross and Blue Shield of Montana plans to cover the latest COVID-19 vaccines as part of our Affordable Care Act (ACA) Preventive Services policy.

This coverage aligns with recent announcements by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA).

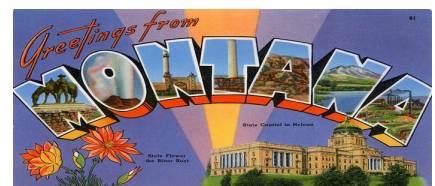
Use your insurance card at any of the vaccine providers to receive the no cost vaccination. This also includes the annual

**November is COPD Awareness Month.** Breath-robbing chronic obstructive pulmonary disease affects almost 16 million Americans. It restricts air flow in and out of airways. Smoking is the main cause, but multiple respiratory infections and exposure to various air pollutants can also result in COPD. Talk to your health care provider if you have possible COPD symptoms. While there's no cure for COPD, early diagnosis and treatment can improve the quality of life. To learn more, search for **COPD** at [lung.org](http://lung.org). If you have COPD and have tried older inhalers unsuccessfully, ask your provider about trying a newer one.



## Historical events for the month of November

- 8th Montana became the 41st State (1889)
- 9th Giant Pandas are discovered in China (1927)
- 10th The Edmund Fitzgerald and it's entire crew is lost during a storm on Lake Superior. (1975)
- 14th The first streetcar went into operation (1832)
- 14th Yale University goes Co-ed. (1968)
- 15th The Continental Congress approves the Articles of Confederation. (1777)
- 19th Abraham Lincoln delivered the Gettysburg Address. (1863)
- 22nd President John F. Kennedy, the youngest person to become a U.S. president, is assassinated in Dallas ,Texas as his motorcade travelled through the city. (1963)
- 30th The United States and Great Britain sign a peace treaty in Paris, formally ending the Revolutionary War. (1782)





AFA's National Memory Screening Program provides free, confidential memory screenings—administered by qualified healthcare professionals—to individuals across the country.

## What is a memory screening?

A memory screening is a simple and safe “healthy brain check-up” that tests memory and other thinking skills. The memory screening is a series of questions and/or tasks that takes approximately 10 minutes to complete and can indicate if someone might benefit from a comprehensive medical evaluation. It is not used to diagnose any particular illness and does not replace consultation with a physician or other clinician.

## Why are memory screenings important?

- ▶ They are a significant first step toward finding out if a person may have a memory problem. Memory problems could be caused by a number of medical conditions, including vitamin deficiencies, thyroid issues, and depression, as well as dementia-related illnesses including Alzheimer's.
- ▶ Some memory problems—such as those caused by vitamin deficiencies or thyroid problems— can be readily treated. Other memory problems might result from causes that are not currently reversible, such as Alzheimer's disease. In general, the earlier the diagnosis, the easier it is to treat one of these conditions.
- ▶ Early detection of mild cognitive impairment (MCI) may afford a person the opportunity to take advantage of treatments that may slow the changes in memory and thinking skills or participate in a clinical trial.
- ▶ If the memory problem is the result of a dementia-related illness such as Alzheimer's disease, early detection may enable the person to begin treatments and therapeutic interventions sooner, afford greater opportunity to participate in a clinical trial and take a more active role in developing their health, legal and financial plans.

## Where can I get a memory screening?

AFA currently provides free memory screenings [virtually](#) through secure video conference technology every weekday. A smart phone, lap top, tablet or any other device with a webcam and Internet capability is all that's needed. Appointments can be requested by calling AFA at 866-232-8484 or [clicking here](#).

Additionally, many physicians perform memory screenings. Memory screenings are covered by Medicare as part of the Medicare Wellness Program, and are often covered by insurance companies as well. Check with your doctor for more information.



## Take charge of your health today! 2023 Wellness Screening Yellowstone County October 2 – December 31, 2023

Dates: Dates have been extended through December 31, 2023  
Call: (406) 247-6200 between 7:00 am and 5:00 pm to schedule your appointment  
Email: You may also email appointment requests to [OccHealthScheduling@billingsclinic.org](mailto:OccHealthScheduling@billingsclinic.org)  
Please include full name, contact number, and preferred day/time with your request  
Location: Billings Clinic Occupational Health, 1020 N. 27<sup>th</sup> Street, Suite 301

### Call today to reserve your time!

All employees & retirees insured on the Yellowstone County Health plan are eligible to participate. Those family members and retirees not on the plan will self-pay at the time of the appointment. The men's wellness is \$60 & includes a PSA; the women's wellness is \$70 & includes a Vitamin D test.

Your lab work will include the following tests.

- CBC -Complete Blood Count
- Comprehensive Metabolic Panel-23 chemistry/electrolyte/mineral levels
- TSH-Thyroid Stimulating Hormone screens for proper thyroid function
- Lipid Panel -Total Cholesterol level, HDL, LDL and Triglycerides
- PSA -Prostate health screening for men
- Vitamin D- Bone and teeth health (included in female lab work. \$25 out of pocket fee for males)
- Hemoglobin A1c- Diabetes screen(\$25.00 out of pocket fee)
- 2023 Flu shots will also be available!

Please present to your appointment fasting for at least 10 hours (no food or drink, except for water)  
Drink plenty of water prior to your appointment to ensure that you are well hydrated

Be proactive in your health and wellness. Make your appointment today!  
Appointments available through December 31, 2023.

