

# YELLOWSTONE COUNTY INSIDER

NOVEMBER 2024

ISSUE 431

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



We are already into November and the holidays are quickly approaching.

### Employee Spotlight:

This month I would like to spotlight our Elections Office for all their hard work in getting us through the general election. Thank you to our Elections Administrator, Ginger Aldrich, for guiding us through this election and thank you to Kevin Gillen for all your hard work training our election judges. This election would not be possible without the help of our elections staff and all the temp employees and election judges. Thank you all again for your hard work.

MetraPark has some great events coming up this month.

Holiday Food & Gift Festival

Bare Knuckle Fighting Championship

Rescued & Reclaimed Country Christmas Market

Blippi: Join the Band Tour

Flakesgiving

Family Fun Night

Gun Show

MT Country Creations Craft Show

Billings Pow Wow

November 9<sup>th</sup>-10<sup>th</sup>  
November 9<sup>th</sup>  
November 15<sup>th</sup>-16<sup>th</sup>  
November 19<sup>th</sup>  
November 22<sup>nd</sup>-23<sup>rd</sup>  
November 23<sup>rd</sup>  
November 29<sup>th</sup>-1<sup>st</sup>  
November 30<sup>th</sup>-1<sup>st</sup>  
November 30<sup>th</sup>-1<sup>st</sup>

I hope you all enjoy the upcoming holidays and have a Happy Thanksgiving with friends and family.

Sincerely,  
John Ostlund, Chair



### Rescued and Reclaimed Vintage Market



## New Employees



Noah Arnold  
Tahani Nelson  
Detention Facility

Lynisa Hoem  
Jessica Clifton  
Trasee Field  
Motor Vehicle

Patrick Skorupa  
Robert Stinson  
Matthew Redden  
Nicholas Haggerty  
Public Works

Beth Backer  
Kate Allen  
Jennifer Stanton  
MetraPark

Sierra Dove  
Justice Court

\*\*\*\*\*

## Recognition of Service



### 20 Years of Service

Michael Galland  
Public Works  
11/08/2004



## November Recipe

### Mixed Berry Overnight Oats

**EASY** recipe

2 cups 2% Greek yogurt  
¾ cup old-fashioned oats  
½ cup nonfat milk  
2 tbsp chia seeds  
1½ cups mixed berries, fresh or frozen

In a mixing bowl, combine yogurt, oats, milk and chia seeds.

In a small container or jar with a lid, add a layer of yogurt mix, then a layer of berries. **Repeat** layers until container is full (usually 3 layers of each). **Top** container with lid and store in the refrigerator overnight. **Enjoy** for breakfast. **Optional:** Add a drizzle of honey or maple syrup.



**Makes 2 servings. Per serving:** 335 calories | 25g protein | 9g total fat | 3g saturated fat  
3g mono fat | 3g poly fat | 38g carbohydrate | 15g sugar (0g added sugar) | 10g fiber | 20mg sodium

## Sunshine News



Help us take a bite out of hunger. This year the Sunshine Committee will be hosting a Cat v Griz food drive and 50/50 ticket raffle the week of November 18th ending November 22<sup>nd</sup>. Bins for the food drive will be located in the main lobby of the courthouse. Please put your donations in the bin of the team you would like to support. We will announce the winning team at the same time we draw the 50/50 ticket on Friday, November 22<sup>nd</sup>.



## TIP of the MONTH

### Turkey Stuff(ing)

**Turkey and stuffing are traditionally found on the Thanksgiving dinner table.** Did you know it's better (and safer) to cook these two foods separately? Stuffing cooked inside the turkey cavity slows down the cooking time for an already long process. Plus, the stuffing and inside of the turkey may not reach a safe internal cooking temperature (165°F), which increases the risk of salmonella. Enjoy both, but cook them separately. To learn more, go to [www.fsis.usda.gov/food-safety/](http://www.fsis.usda.gov/food-safety/) and click on **Safe Food Handling and Preparation**.

The Yellowstone County Courthouse will be closed on November 28, 2024 in observance of Thanksgiving.



Congratulations on 32 years of service  
Theresa Martin!

Please join us Monday,  
November 18th, 2024  
from 11:00 am to  
1:00 pm in the  
basement breakroom of the  
Sheriff's Office located at  
2323 2nd Ave North to  
celebrate her years of service  
and well earned retirement.



## IRS Announces Spike in 2025 Limits for High-Deductible Health Plans & Change to the Traditional Out of Pocket Maximum

Effective January 1, 2025, there will be a change in the single and family deductible rates.

**For single, the limit is rising from \$3,200 to \$3,300 and for family, the limit is rising from \$6,400 to \$6,600, effective January 1, 2025.**

**Additionally, there will be an increase in the “maximum out of pocket limit” for the Traditional plan from \$2,000 to \$2,500.** There is no change in the \$500 deductible.

**Flex Spending Limits** are increasing to \$3,200 and the rollover amount increases to \$640 for unused funds in 2025.

**HSA contributions** are increasing to \$4,300 for single and \$8,550 for family.

Please be aware of this change when selecting your benefits for the upcoming 2025 year.



### SAFETY CORNER

## Lithium Battery Safety

**Did you know that lithium batteries can overheat and release toxic gases, as well as cause fires and explosions?** Follow these guidelines to prevent a disaster from happening:

- ✓ Follow manufacturers' guidelines when charging lithium batteries.
- ✓ Stop charging once the battery is fully charged. Use only the charger that came with your device.
- ✓ Don't charge your device on a soft surface, such as your bed, sofa or pillow.
- ✓ Keep batteries and devices at room temperature if possible.
- ✓ Discontinue using your device if it shows signs of battery damage, including unusual odor, change in color or shape, and leaking or odd noises.
- ✓ Store batteries away from flammable items.
- ✓ Recycle your used batteries. For a recycler near you, contact your municipal waste agency. Never put lithium batteries in the trash.
- ✓ Don't let discarded batteries pile up in the same place.



## 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, MetraPark, Motor Vehicle, Public Works, Road & Bridge, Treasurer, Weed, and Youth Service Center.

**In October there was 1 claim filed: 1-Sheriff's Office**







## Wellness Screenings – 2024

**November 4 to December 31, 2024**

Yellowstone County has contracted with ChemNet to do our annual Wellness Screenings (blood draw). You and your health insured spouse will be able to participate in the Wellness Screenings. **Flu shots will not be provided.** You can go to Riverstone Health, Walmart, Costco, Walgreens, CVS, or any where that accepts your Blue Cross Blue Shield insurance to get a flu shot or COVID vaccine.

**Onsite Wellness Screenings will be held on the following dates:**

- **Detention Facility Clinic-Courtroom**
  - Tuesday, November 19 6:30 am to 10 am
  - Flu Shot & Covid Vaccine Clinic – 7 am to 8 am – **Bring your insurance card!**
- **County Courthouse Clinics, BOCC Board Room, Stillwater Building**
  - November 21 7 am to 10:30 am
  - December 4 7 am to 10:30 am
- **ChemNet Office - 3414 1<sup>st</sup> Ave North**
  - December 5 7 am to 9 am

You can begin to schedule your appointments for the onsite clinics starting on November 4<sup>th</sup>. Contact ChemNet at 406-256-2037. Please let them know what clinic you would like to attend with a date and time. Let them know you are scheduling for the Yellowstone County Wellness Screenings.

Additional options will be available after December 2, 2024. Watch the newsletter and your emails for more information.

Remember, these tests are "fasting tests". You should have at least an 8 hour fast before the tests. No food or drink before your blood draw. Water is acceptable, so be sure to drink plenty of water.

## What is **FASTING**?

**FASTING** is defined as refraining 🚫 from the intake of food & drink for **at least 8 to 12 hours** before blood collection.

Patient **may drink water** ☑️, but **not** juice, coffee, tea, and other caffeinated drinks.

**Intake of medications** 💊, as well as **strenuous activities** should also be **avoided** prior to blood extraction.

You will need to provide picture ID at the time of your test. Please be prompt for your appointment, but not early.

If you have any questions, please contact Human Resources.

There will be more information in the November newsletter and on your NeoGov Dashboard.

## Q: Video game addiction?

**A:** Many Americans play video games, but overuse can interfere with sleep and daily responsibilities, and may lead to anxiety or depression. An addiction or gaming disorder may be developing when users:

- Can't stop.
- Spend money on games they can't afford.
- Lie about the extent of their gaming.
- Make gaming a priority over other important life activities.
- Continue gaming even after suffering harmful consequences.
- Become anxious or irritable when prevented from gaming.



**However, the following strategies may help keep gaming in check:**

- Keep video games and other screens out of bedrooms.
- Designate screen-free times, such as meals or during family activities.
- Balance screen time with in-person social activities.
- Install apps to limit screen use or set timers to provide breaks.

**Consider a consultation with a mental health professional** — preferably one with expertise in addictions — if you need more help. If you are someone who self-harms, please seek professional mental health treatment.

## November is Lung Cancer Awareness Month.

Lung cancer is a main cause of cancer deaths in the U.S. Although smoking is the leading cause of lung cancer, other risk factors include exposure to radon and pollution. The American Cancer Society urges you to learn about symptoms, including nagging coughs, and why low-dose CT screening for lung cancer is crucial if you are age 50 or older and are a current or former smoker and have at least a 20-pack-a-year history of smoking. Learn more at [cancer.org](https://cancer.org).



# Reverse Type 2 Diabetes?

**Type 2 diabetes, the most common type of diabetes,** is a long-term condition and occurs when blood sugar is too high. It develops because of insulin resistance, which typically originates from several contributing risk factors, including weight gain, eating habits, a sedentary lifestyle, and/or a hereditary predisposition to insulin resistance.

**Type 2 diabetes symptoms usually appear over time.** Typical symptoms can include frequent urination, blurry vision, fatigue, excessive thirst and unexplained weight loss. However, diabetes can develop without symptoms as well. Screening tests at your regular checkup can find it.

**While type 2 diabetes can't be cured, it can be reversed, according to medical experts.** Reversing diabetes involves carefully controlling blood sugar levels by maintaining them through physical activity and a healthy diet without using glucose-lowering medication. Weight loss can also help sustain blood sugar levels. When nutrition and physical activity are not enough to help with weight loss, some health care providers recommend weight loss medication or bariatric surgery.

## **To reverse or put type 2 diabetes into remission, take these steps:**

- ① **Exercise frequently.** Get at least 150 minutes of moderate-intensity physical activity a week. Incorporate cardiovascular and strength training into your routine (e.g., use hand weights while walking briskly). **Note:** Always get your health provider's approval before starting a new exercise routine.
- ② **Eat nutritiously.** Enjoy whole foods (fruits, vegetables, whole grains, lean protein) and reduce ultra-processed foods (e.g., sweets, salty snacks, fast food). Limit sugary drinks, deep fried foods and refined grains (as found in baked goods). **Tip:** Meet with a dietitian to develop a personalized plan.
- ③ **Sleep more.** Experts recommend adults get seven to nine hours daily.
- ④ **Drink more water.** The Institute of Medicine recommends a daily intake of 13 cups for men and nine cups for women. How much you need depends on your circumstances.





## Ultra-Processed Foods and Long-Term Health

Research reveals that eating ultra-processed foods can have long-term health risks. A 30-year study confirmed that ultra-processed foods, in particular packaged baked goods, ready-to-eat meat, sugary cereals, snacks, sweetened drinks and dairy desserts, are associated with a slightly higher risk of death. These foods often contain added sugar, artificial flavors and other additives while lacking vitamins and fiber. The study involved 74,563 women and 39,501 men with no history of cancer, cardiovascular disease or diabetes.

**Research results:** Participants consuming the least ultra-processed food (three servings daily) had a lower risk of death compared to those consuming the most (seven servings daily). The latter group had a 4% increase in overall mortality risk and a 9% rise in the risk of other deaths, including an 8% higher risk of neurodegenerative diseases.

**Reducing ultra-processed food intake benefits long-term health,** though research is needed to refine ultra-processed food categorization and to verify these findings in different populations.

## EXPERT advice

—Elizabeth Smoots, MD

### Q: What are off-label meds?

**A:** Using a drug in a way that is not FDA-approved is referred to as “off-label” use. A medication is used off-label when it’s employed for a condition that it’s not approved to treat, given in a different way, or given at a different dose. Medications approved only for adults that are prescribed for children is another example of off-label use.

**Off-label use may pose some risks.** Most medications go through a rigorous review of safety and efficacy before the FDA approves them. This process is omitted when drugs are used off-label. The FDA has not determined that the drugs are safe and effective for unapproved uses. There could be long-term side effects, interactions with drugs or diseases, or other unknown risks.

**Before using off-labels medications, talk to your health care provider.** What other treatment options are available? It’s important to weigh the potential risks and benefits for your individual situation with your provider before taking off-label medicine.

## BEST bits

|| **Reminder: Touching your face with dirty hands can spread infections.** Important times to wash your hands include before, during and after preparing food, after using the bathroom and before and after eating.

**Wash your hands with soap and cold or warm water for at least 20 seconds.**

Bacteria can hide under your fingernails, so scrub them when washing up, and keep your hands away from your face. Learn more at [cdc.gov/handwashing](https://www.cdc.gov/handwashing).



|| **Family Health History Day is November 28.** As you enjoy

Thanksgiving with family, use the time to discuss your family’s medical history. What you learn can help protect the health of you and your family. If relatives have developed cancer, diabetes or other diseases, you may be at a higher risk and need more frequent screenings. To learn more, search [cdc.gov](https://www.cdc.gov) for **Family Health History**.



|| **During Healthy Skin Month in November, review these face-**

**saving tips** from the American Academy of Dermatology. Wash your face gently after you wake up and before going to bed to reduce bacteria buildup. No scrubbing; it can worsen acne and rosacea. Use a mild alcohol-free cleanser, rinse well and apply a moisturizer containing sunscreen. To avoid premature skin aging and skin cancer, don’t smoke and don’t tan. Outdoors, always use sunscreen labeled **broad spectrum** and SPF 30 or higher. Check for signs of cancer; routinely look for spots that differ from others or that change, itch or bleed. See your health care provider if you spot something odd. Learn more [aad.org](https://www.aad.org).

“

We should certainly count our blessings, but we should also make our blessings count.

NEAL A. MAXWELL

## November Is National Native American Heritage Month

### What does heritage have to do with health?

Many Native Americans experience conditions and diseases of the bones, joints, muscles, and skin. National Native American Heritage Month is an opportunity to learn about these conditions and to share resources and information with your employees and community members. The [Indian Health Service](https://www.hhs.gov/indian-health-service) provides quality health care on reservations that helps American Indians and Alaska Natives take care of themselves and helps to strengthen future generations. NIAMS offers more than [40 Health Topics](#) with information related to symptoms, treatment, and tips for daily living.



# EMPLOYMENT OPPORTUNITIES

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

Election Assistant II-\$19.72 per hour

Legal Assistant-\$21.74 per hour

Mechanic-\$29.00 per hour

Purchasing Agent-\$73,814.00-\$86,840.00 per year

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)

