Commissioner Corner

Bring the heat and the fun, Montana Fair is this month! We hope to see all of you at MontanaFair, so we have added two gate admissions to your next check! Stop by for lunch or dinner or just take some time to check out the carnival and exhibitors. Roni Baker informed us that the 4H clubs are getting their areas ready as well as art exhibitions and so much more! Please give us feedback on your experience, and think of yourselves as secret shoppers! We have been investing a lot in MetraPark and hope you can see the impact it is making. Our partnership with Verizon will again have us with better cell service like it did last year. Whatever your reason for going, we hope you have fun and relax while you are there.

The new Motor Vehicle office at MetraPark has helped with the congestion in the lobby, and people seem to be liking the easy access to the new location as well. Please remind your friends and family that this is an alternative to the courthouse lobby!

Road and bridge is busy with their summer list, and with millings from local projects we are getting our county roads in better condition. Working with the City of Billings we are making the areas around the city limits better and safer.

The Sheriff’s Office and Detention Center staff are working on overload as usual, with occupancy at the jail running at record levels, and calls for service increasing every day. Thanks for all you do to keep all of us and our families safe.

This month we will be finalizing our budgets and preparing the County for many issues that we face. Our need for staff increases with the increase in population and demand for services. Finding that balance, working with retirements, and recruiting are going to continue to be a challenge in the near future.

Please enjoy these summer months, spend time with your family and friends. Stay safe and know how much we appreciate all of you!

Denis Pitman,
Board of County Commissioners

Now Hiring!

Do you have a friend or relative looking for a career change? Yellowstone County offers 3-weeks vacation the first year, employer paid health insurance, 20-year retirement and many other great benefits.
**Recognition of Service**

**25 Years of Service**
- Shawn French  
  Road & Bridge  
  8/27/1997

**20 Years of Service**
- Sean Dunn  
  Youth Service Center  
  8/01/2002
- Dan Paris  
  Sheriff Office  
  8/01/2002

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**SUNSHINE NEWS**

The Sunshine Committee is looking for ideas for upcoming events. Feel free to send an email with your ideas to Bernie Wahl.

We are also looking for new members to join spreading the joy. It would be really cool to have more members from other departments join in the fun!

Get to know your fellow co-workers, come join the Sunshine Committee. If interested, please contact Bernie Wahl.

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**Walking Montana Mileage Logs**

Will you reach 300 miles by August 31st???

If so, please turn in your mileage log to Human Resources no later than September 9, 2022 to be entered into the Grand Prize drawings! Remember to keep tracking those miles to earn awesome awards from our sponsors:

- **100 Miles** - St. Vincent Healthcare
- **200 Miles** - BCBS
- **300 Miles** - PayneWest Insurance

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

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**Wellness Screenings**

Wellness Screenings will be held from September 12 through November 18, 2022.

Watch the September newsletter and emails for updates on how to schedule your appointment.
Congratulations to the following departments for JULY:
Auditor, Clerk & Recorder, Commissioners, County Attorney, District Court, Emergency & General Services, Elections, Extension, Facilities, Finance, Human Resources, Information Technology/GIS, Justice Court, Motor Vehicle, Public Works, Road & Bridge, Treasurer, Weed & Youth Services.

In July there were 8 claims filed: 2-Detention Facility; 4-Sheriff’s Office, 1-Metrapark, 1-Junk Vehicle

Be Present, Be in the Moment, Be Aware of Your Actions

Scan this code for $5 off your registration!

Or use code YelCo22 at checkout

Thank you to our sponsors:

Work Comp Claim FREE - Congratulations!

5K SEPT 10 SOUTH PARK 9am
All ages & activity levels
Proceeds benefit children’s literacy & school readiness
Music & microbrews after the race
Register online: RiverStoneHealth.org/run
Stomach Pain and Stress

Your brain and your digestive system have a direct relationship. That’s why almost everyone has felt butterflies in their stomach when nervous or even experienced stomach pain, nausea or other digestive problems when stressed about personal or work matters.

Of course, stress can be physical, such as barely missing getting in a car accident. And emotional stress can be related to a happy event, such as a wedding. But these stressful situations aren’t constant.

It is ongoing stress, often related to work or personal relationships, which can keep your brain’s stress response system — the flight or fight reaction — on high alert and impact other parts of your body. Your heart beats faster and your blood pressure rises. And the flight-or-fight response also causes delayed emptying of the stomach, potentially leading to heartburn, nausea and stomach pain. What’s more, worrying about your stress-caused digestive symptoms can cause even more stress and more stomach pain.

Of course, any chronic or severe stomach pain should warrant a visit with your healthcare provider. But if your stomach pain is stress-driven, the Anxiety and Depression Association of America advises these self-care strategies to help soothe the stress and calm related tummy ills.

- Take short breaks during the day. Practice slow breathing to dampen down your body’s stress response. Inhale slowly, pushing your stomach out and then exhale slowly through your nose.
- Exercise — whether it’s aerobics, a walk or doing yoga. Just 15 minutes a day can help reduce chronic stress.
- Learn to say no. Don’t add to your stress level by taking on too many extra responsibilities.

Suicide Prevention

By Eric Endlich, PhD

Every 11 minutes, someone in the U.S. dies by suicide, which is one of the leading causes of death. What so many people want to know is: How can we predict and prevent these tragic, seemingly unnecessary deaths? Unfortunately, while we might seek to identify the personality types of people at higher risk for suicide, it is exceedingly difficult to predict the behavior of an individual person.

Still, it’s valuable to review the factors that put someone at higher risk of self-harm, as well as the interventions that are endorsed by experts and supported by research.

People who are more likely to commit suicide include individuals who:
- Have a history of suicide attempts.
- Engage in risky behaviors (e.g., reckless driving).
- Have experienced major losses recently.
- Have depression or bipolar disorder.
- Have been victims of violence or abuse.
- Are 75 or older.
- Are young (e.g., high school age) and gay, lesbian or bisexual.
- Are military veterans.
- Are Native Americans.
- Are males, especially those working in construction or mining.

Be concerned if you observe one or more of the following behaviors in someone:
- Oral or written comments about suicide.
- Preoccupation with death.
- Expressions of hopelessness or feeling trapped.
- Difficulties with eating or sleeping.
- Loss of interest in usual activities, such as work or school.
- Making arrangements for death (e.g., a will) or giving away important items.
- Stockpiling pills or buying a firearm.
- Decreased self-care.
- Increased use of alcohol or drugs.
- Social withdrawal.
- Dramatic mood swings or emotional volatility.

How to Help

Here are some key steps you can take to help someone who might be at risk for suicide:

1. Ask the person about thoughts or plans to harm themselves. Doing so does not increase the risk; in fact, it demonstrates that you care.
2. Remove access to means of self-harm, such as firearms.
3. Encourage the person to seek professional help if they haven’t already. Medication and certain forms of therapy, such as cognitive behavioral therapy and dialectical behavior therapy. Free 24-hour hotlines are available, too: The National Suicide Prevention Lifeline is 800-273-8255. In case of imminent danger, call 911.
4. Consider ways you can support the person, whether it’s simply offering to listen when they’re upset, sending a caring note or doing practical favors for them.
5. Follow up after a crisis or hospitalization. Keep showing that you care.
Support
When and How
You Need it

Get the guidance and motivation you need to start a weight-loss journey that’s all you with the PersonalPoints™ Program from our wellness partner, WW.

“My advice? Be patient, and within time you will be where you need to be. We all have our own journey.”
—WW MEMBER CHRIS M., LOST 23 POUNDS

*People following the WW program can expect to lose 1 to 2 pounds per week. Chris lost weight on a prior WW program and is continuing on PersonalPoints.

Join WW by August 31 and get a $25 WW Shop credit†
with your membership, plus FREE shipping on your order

Get your personalized weight-loss plan for as low as $20.50 per month*—
with WW Digital plan!

SIGN UP AT WW.COM/WELLNESS AND ENTER ACCESS ID: 15504630

†$25 WW Shop Credit and free shipping offer terms: You must purchase a WW membership plan between 7/1/22 and 8/31/22 to get a $25 WW Shop Credit that can be used at the WW Shop at WW.com/shop. You will receive the credit via email within 5 to 7 days of signup. Available only where membership plans are offered through your employer or health plan, and in participating areas only. One per member. Credit must be redeemed by 9/30/22. Some products may be excluded. Free shipping is applicable on standard ground shipping to a single continental U.S. delivery address only. Offer not available to current members. Non-transferable. Offer is subject to change without notice.

*As low as* price reflects WW Digital plan for your organization’s employees. Monthly payment required in advance. You’ll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates, or the agreement bet. your employer & WW terminates. Offer avail. in participating areas only.

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Dirty Desktops

Here’s something that may make you think twice about eating at your desk: Researchers at the University of Arizona found that the average desktop has 400 times more bacteria than the average toilet seat. Here are some helpful tips to keep desktops and other work surfaces clean:

Make it a priority to spend the last five to ten minutes of your day to clear clutter from your desktop.

Bonus: It will give you an organized, fresh start to the next workday.

Clean your keyboard. Shut down your computer or laptop. Use a soft brush to whisk away trapped crumbs and dirt or use a can of compressed air to blow away dirt. Then, use a cotton swab slightly dampened with water or isopropyl alcohol to clean between the keys. Dampen (not dripping or soaking) a clean cloth with water or alcohol and wipe the keys.

Don’t eat at your desk. If you must, keep crumbs away from your computer and thoroughly brush off and clean the desktop afterward. Wash your hands before returning to work.

Do a weekly purge of unnecessary papers. Either recycle them or file them appropriately.

Wipe down or dust your desktop and keyboard weekly. This will keep germs to a minimum.

Sticky Fish Solution

If you find your fish often sticks to the grill when you barbeque, here are some possible solutions. Instead of brushing your fillet with olive oil, try mayonnaise. It has enough oil to prevent sticking, and a neutral flavor that won’t change the taste of your fish. You can also try grilling fish in a grill basket, on a wooden plank or on top of a bed of lemon slices. It also helps to only put fish on a blazing hot grill.

Download the BCBS Mobile App!
It’s Easy to Use!

It’s easier than ever for members to stay connected with the Blue Cross and Blue Shield of Montana (BCBSMT) mobile app* from wherever they are.

With the BCBSMT App, members can easily:

- Access their claims, coverage and deductible information
- Find a doctor, hospital or urgent care facility
- Access a temporary digital member ID card
- Have the opportunity to provide feedback on their mobile experience

Get the app: Members can text* BCBSMTAPP to 33633 or search for BCBSMT in the iTunes App Store or Google Play

*Messages and data rates may apply. Terms and Conditions and Privacy Policy.
Upcoming Training Opportunities

SEPTEMBER 13 & 14
RETIREMENT READINESS &
NEW HIRE PLAN CHOICES!

MPERA Education Staff will present several classes!

- **Tuesday, September 13th @10:00 am** / PERS Ready to Retire
- **Tuesday, September 13th @12 pm (noon)** / PERS New Hire Plan Choice
- **Wednesday, September 14th @10:00 am** / Intro to the State of Montana 457b Deferred Compensation Plan

Meetings will be in Room 212, Yellowstone County Courthouse.

Joel Thompson will be available for walk-ins after the meetings until 3 pm both days.

BE RETIREMENT READY!

LEARN MORE ABOUT YOUR RETIREMENT PLAN!

BRING YOUR QUESTIONS!

IF WE’RE UNABLE TO TRAVEL DUE TO WEATHER/HEALTH ISSUES, WE WILL HOLD OUR CLASSES VIA ZOOM.

MONTANA PUBLIC EMPLOYEE RETIREMENT ADMIN.
200 North Park Ave. Ste. 260
Helena, MT 59620
1-406-444-0139
MPERA.mt.gov

Social Security 101

September 15, 2022
@ 9:30 am
Room 212-Courthouse

Are you getting ready to retire or at that age to start taking Social Security benefits?
Or do you just want to learn more about Social Security…Then this class is for you!

Sign up today! Class size is limited to 20

Contact Human Resources to register:
Email – khazen@yellowstonecountymt.gov or lschmidt@yellowstonecountymt.gov
Get On Board
Awareness. Detection. Survival

Yellowstone County Employees
September 23, 2022
7am-3pm at YC Courthouse
(Next to former Sheriff’s Building on 26th)

September 30, 2022
6:30am-10am at Detention Facility

October 13, 2022
7am-3pm at YC Courthouse
(Next to former Sheriff’s Building on 26th)

November 23, 2022
8am-4:30pm at Youth Services

Say goodbye to excuses and hello
To good breast health with the
St. Vincent Healthcare Mobile
Mammography Coach.

On the Mobile Mammography Coach, a mammogram takes just 15 minutes, is covered by most insurance plans and is completed by a team focused on helping you feel at ease.

We use the same 3D Mammography imaging equipment used in our on-campus site, and your confidential results are mailed directly to you and your healthcare provider. Mammograms can also be performed at Yellowstone Breast Center, 2900 12th Ave. N. Suite 276W, Billings, MT 59101

To schedule your appointment
call 406-237-4373

SCL Health
St. Vincent

Please have your insurance information and picture ID available at your appointment.