

# COUNTY CONNECTION

May, 2015



## Montana Athletic Center

MAC offers numerous group exercises.  
Check out the mac at  
[www.maclibby.com](http://www.maclibby.com)

*Courthouse is  
CLOSED  
Monday, May 25, 2015  
Memorial Day!!*



Mary Carvey.....13<sup>th</sup> .....County Health Nurse

Robert Zimmerman....14<sup>th</sup> .....Noxious Weed

Lori Faulkner.....16<sup>th</sup> .....Victim Witness

Roby Bowe.....24<sup>th</sup> .....Sheriff's Dept.

Mark Andreason.....25<sup>th</sup> .....Noxious Weed

Tricia Brooks.....26<sup>th</sup> .....Clerk of Court

Cynthia Miller....28<sup>th</sup> .....County Attorney's Office

John Burn.....29<sup>th</sup> .....Sheriff's Dept.





## HEALTH & WELLNESS CORNER

Lincoln County | May 2015

*Share a cab. Share your food. Share joy!  
But don't share medications.*



**Sharing medications, even over-the-counter medications like aspirin, can be a prescription for disaster.**

**Side effects and drug interactions:** Although it is common for family and friends to share medications, the medication prescribed for you may cause serious problems for others with bad side effects such as severe allergic reactions and unhealthy interactions with another prescription medication that is being taken. In fact, sharing one medication may decrease the effectiveness of another medication. The medication you share may work with other prescriptions to double the potency and cause a reaction similar to an overdose. Even herbal and dietary supplements can do this.

**Not all symptoms are alike!** You may think the symptoms your friend is suffering are the same as yours, but he or she may have a very different medical problem. By sharing your medication, you may be delaying his or her trip to a doctor, and may even contribute to the worsening of a medical condition. Sharing medication with someone is like diagnosing and treating him or her. You wouldn't expect your doctor to get into the cab of your truck and drive it without any training, so don't try to diagnose and treat your friends. It is a dangerous practice!

**Unique responses:** We are unique and so are our reactions to medications. You have heard the statement, "I can take that medication and not be the least bit drowsy, but my sister falls asleep two minutes after swallowing it." Our body chemistry, composition, and how fast our liver works to clear medications out of our system are evidence of our differences, and those factors play a role in medication use. So just because a medication works for you doesn't mean it will work the same for someone else.

**Unsafe:** Medications, particularly those that have a narcotic component, may be habit-forming and may pose a severe risk to safe driving. Side effects such as drowsiness, dizziness, and confusion have a direct impact on the focus, concentration, and stamina needed for commercial driving. Although you may not have an adverse reaction to the medication, someone else may. Thus, sharing a medication with another driver who may have a different reaction to the medication can cause serious public safety concerns.

It's improper and unsafe to share any prescriptions with other people. Doctor prescribed medications are strong, even some antibiotics can cause serious reactions. Your good intentions may cause dangerous results to health and safety while on or off the road - especially if the drivers are unaware of how the medication will affect them. In addition, sharing a controlled substance may prove harmful and could cost you your job. So be safe, don't share!

### Operation Medicine Cabinet

So, what can you do with the drugs you have sitting in your medicine cabinet?

The first step is to keep prescription drugs locked, if possible, and out of the reach of children. Maintain a [medications log \(PDF\)](#) to track the number of pills you have and regularly check that none are missing. Be mindful of guests and strangers who enter your home, and keep medications and bottles out of sight.

**Properly dispose of unwanted or unused prescriptions here in Lincoln County:**

- Drop your unwanted drugs at a permanent prescription drop location?: 512 California Ave; Lincoln County Sheriff's Office



**LOCK  
YOUR  
MEDS**

**Be Aware. Don't Share.**





# Safety Corner

Lincoln County | May 2015



Cruise control, we all use it, to automatically control the speed in our vehicle to prevent driver fatigue, speeding, and help with fuel economy during long trips on flat, straight roads and highways. BUT... Cruise control can cause accidents if you use it improperly or in hazardous road conditions such as city streets, heavy traffic, hills, winding roads, and wet, slippery roads.

Don't use your cruise control when the road is wet and slippery due to heavy rain, hail, snow, ice, or other conditions. If your wheels begin to skid and you don't step on the brake to stop, the continued acceleration can cause you to overdrive the road conditions and lose wheel traction and control of the vehicle.

If you do step on the brake to stop, slow, or even turn off the cruise control, the change in tire speed can also cause the wheels to slip, lose traction and skid out of control. If there is heavy rainfall, water puddles, and a slippery road surface, hydroplaning and serious accidents can occur.

Cruise control on hills and winding roads can be hazardous. On hills, it is best to manually control your speed using the accelerator and brake. Cruise control may not accelerate your vehicle properly up a hill, making you a slow-moving hazard. A steep downhill grade can cause your vehicle to speed up faster than the cruise control setting and safe road speeds. Watch your speedometer and manually accelerate and brake as needed. On twisting and winding roads, brake and accelerate into and out of the turns. With cruise control on, you could approach a turn at an unsafe speed and lose control.

Using cruise control in traffic and on city streets with lights and stop signs can be tedious, frustrating, and unsafe. In these situations, you need to reset your cruise control each time you brake and it is unlikely you would be driving at the minimum speeds needed for cruise control. It is best to manually control your vehicle in traffic and city streets and leave cruise control for long journeys on dry, straight, and wide-open highways.

**REMEMBER: The only way to stop wheels from spinning and maintain control is to immediately reduce power. An activated cruise control system applies continuous power, keeping the wheels spinning. By the time you disengage the cruise control it may be too late – you may have already lost control.**

## SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chair
- Lisa Oedewaldt, EMA Vice-Chair, training
- Brenda Rebo, Annex, Record Keeper
- Tom Magone, Maintenance,
- Leigh Riggleman, Clerk & Recorder
- Laura Schrader, Sheriff
- Craig Schultz, Libby Road #1
- Rob Jorgensen, Eureka Road #3
- Rick Ball, Library
- Dennis Day, Landfill
- Karmen McKinney, North Annex
- Dick Wornham, Ambulance
- Patti Noble, District Court

## MONTHLY DEPARTMENTAL SAFETY MEETINGS

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.



**Remember you should never use cruise control:**

- Where you cannot drive at a steady speed.
- In heavy traffic or when driving on windy roads.
- Above all, never use cruise control on wet or icy roads. Cruise control is designed for ideal road conditions.



# INFORMATION



The KVH's TracVision L2 Satellite TV System Wins RoadStar's "Most Valuable Product" Award for mobile satellite TV and is considered one of the most advanced land-mobile satellite tracking systems available today.

DIRECTV® and DISH Network™ systems transmit digital audio and video data from land-based transmitters to a satellite "parked" above the equator. Each satellite relays the signals in spot beams covering the continental United States.

TracVision L2/S2 automatically identifies, locks onto, and receives signals from the appropriate satellite. TracVision S2 is designed for stationary use only; TracVision L2 works while your vehicle is at rest *and in motion*.

Article: [RoadStar's MVP Article](#)

**Asking \$1000.00**

**CONTACT:**

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The Gazelle action resembles that of an elliptical machine. Both your legs and arms are in motion. You stand on suspended plates, one for each foot while moving arm levers back and forth.

**Asking \$100.00**

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If your Department doesn't get their training topics by the 10<sup>th</sup> of each month please contact:

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[loedewaldt@libby.org](mailto:loedewaldt@libby.org)  
406-293-6295

## *Employee Assistance Program*

*Sapphire Resource Connection, Inc. provides short-term, confidential assessment and solution focused intervention services.*

*This service is available to you, the employee, and your defined family members at no out-of-pocket expense.*

Visit [www.sr-connection.com](http://www.sr-connection.com) or 24 hour toll-free Help Line:  
**1-866-767-9511**