



CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
MAY 9, 2022
6:30 P.M.**

Posted May 5, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **May 9, 2022** at 6:30 p.m., City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Chambers on the 2nd Floor. Some members may participate electronically.

The following items of business will be discussed; the order of business may be changed as timepermits.

AGENDA ITEMS

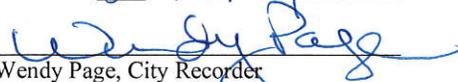
1. (Tentative) Presentation and Discussion on the Woods Cross High Teen Center
2. Overview of Healthy Communities
3. Discussion on Assisting with the City's Liberty Fest
4. Discussion on a Possible Health Fair
5. Approval of Minutes from April 7, 2022
6. Committee Member Business
7. Adjourn

The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, hereby certify that the foregoing agenda was posted on the Utah Public Notice website, at city hall, and sent to the required newspapers this 5th day of May, 2022.

Dated this 5th day of May, 2022.


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 APRIL 7, 2022

4
5 **DRAFT**

6
7 Ken Leetham called the meeting to order at 6:30 p.m.

8
9 PRESENT: Rachel Butterfield
10 Corey Markisich via Zoom
11 Mary Kay Porter
12 Valerie Walton
13 Janet Welsh
14

15 EXCUSED: Alisa Van Langeveld, City Council

16
17 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,
18 Community Development Director; Linda Horrocks, Communications Coordinator.

19
20 OTHERS PRESENT: Len Arave, resident.

21
22 1. PRESENTATION AND DISCUSSION ON THE WOODS CROSS HIGH TEEN
23 CENTER BY LEI TALAMAIVAO, WOODS CROSS HIGH SCHOOL VICE
24 PRINCIPAL AND TEEN CENTER PROGRAM DIRECTOR

25
26 This item was postponed.

27
28 2. DISCUSSION ON HEALTH AND WELLNESS COMMITTEE BYLAWS

29
30 Ken Leetham commented there was a conflict on Thursday nights as the Circle of Security
31 parenting class by Davis Behavioral Health would be held at the same time.

32
33 He explained staff would prepare the bylaws for the Committee's approval.

34
35 3. APPOINTMENT OF CHAIR AND VICE CHAIR FOR THE COMMITTEE

36
37 Ken Leetham suggested a Committee member could volunteer themselves or nominate another
38 member as chair or vice chair. He said the chair or vice chair would run the meetings, work with
39 staff on the meeting agendas, review the minutes, and direct the business of the Committee.

40
41 Janet Welsh volunteered to be the vice chair.

42 Corey Markisich volunteered to be the chair.

43

44 Ken Leetham clarified the bylaws would include term limits for the chair and vice chair. He
45 suggested generally the vice chair could become the next chair of the Committee but said this
46 was up to the Committee members to decide.

47

48 **Committee Member Butterfield moved to appoint Corey Markisich as chair and Janet**
49 **Welsh as vice chair of the Health and Wellness Committee of North Salt Lake. The motion**
50 **was approved by Committee Members Butterfield, Markisich, Porter, and Welsh.**

51 Committee Member Walton was not present for the vote.

52

53 4. APPROVAL OF MINUTES

54

55 The Health and Wellness Committee minutes of February 3, 2022 were reviewed and approved.

56

57 **Committee Member Welsh moved to approve the minutes from the February 3, 2022**
58 **meeting. Committee Member Porter seconded the motion. The motion was approved by**
59 **Committee Members Butterfield, Markisich, Porter, and Welsh.** Committee Member Walton
60 was not present for the vote.

61

62 5. COMMITTEE MEMBER BUSINESS

63

64 The Committee had a discussion about a new meeting date and time. It was determined the
65 second or fourth Monday night of the month would work.

66

67 Former City Mayor Len Arave thanked those present for serving on the Committee. He said that
68 this type of committee was something he had been thinking about for a long time. Mr. Arave
69 mentioned a large focus was mental health but there were other issues in the community as well.
70 This included emergency preparedness particularly CPR and CERT training and physical health
71 needs. He mentioned LDS Hospital had previously supported a health fair and financial
72 contributions and Lakeview Hospital should also be contacted.

73

74 Len Arave also mentioned the Big Brothers and Big Sisters program and felt there was a need.
75 He spoke on the SHARPS survey and suicidal inclinations particularly in minority populations
76 and how to reach out and further involve them in the community. Mr. Arave said the Committee
77 could work as an interface to implement programs for the City including Circles and
78 Communities That Care and working with different churches and other community resources.

79

80 Janet Welsh commented that she had received suggestions to create walking groups. She
81 mentioned Foxboro, Hatch Park, and the trails.

82

83 Corey Markisich asked if the Parks, Trails, Arts and Recreation Advisory Board had something
84 like this already in place. Ken Leetham replied the Parks and Arts Board had done trail activities

85 and a monthly trail walk in the past but was unsure if this was still occurring. He said staff could
86 reach out to that Board to see if this program was still running.

87
88 Corey Markisich felt a wellness fair would be well attended and was in favor of reaching out to
89 the local hospital to see if they would participate.

90
91 Janet Welsh said as a retired nurse, she would be happy to reach out to Lakeview and LDS
92 Hospitals to see what they would be willing to do.

93
94 Corey Markisich asked if the City had done a health fair in the past. Ken Leetham replied there
95 had been at least one.

96
97 Janet Welsh commented one of her action items was to reach out to the Legacy Stake LDS
98 leadership to promote the parenting class and mentioned advertising for events. She mentioned
99 signage, flyers, and other media and if these could be translated to other languages. Linda
100 Horrocks responded Google translate could be used for this or other staff members.

101
102 Ken Leetham said Linda Horrocks would be handling all signage and media communication for
103 these types of events.

104
105 Janet Welsh asked about the parenting classes and if another session would be held again in the
106 future. Linda Horrocks responded it sounded like Davis Behavioral Health only had one certified
107 instructor and provided the classes on rotation throughout the County.

108
109 Janet Welsh questioned if CERT training should be considered in the future. Corey Markisich
110 replied the list that was made at the previous Committee meeting should be prioritized with the
111 direction that the Committee wanted to go.

112
113 Ken Leetham said staff could prepare information on the list of priorities including those
114 mentioned by Len Arave.

115
116 Committee Member Valerie Walton arrived at 7:00 p.m.

117
118 Ken Leetham introduced Valerie Walton as the newest member of the Committee.

119
120 Mary Kay Porter asked if there were any action items to be accomplished before the next
121 meeting. Corey Markisich suggested the Committee review the list of priorities before the next
122 meeting and to invite Woods Cross High Teen Center to the next meeting.

123
124 Rachel Butterfield commented she appreciated Mr. Arave's comments and liked the idea of
125 adding different topics such as physical health in addition to the mental health aspect. She

126 explained how suicide had affected her personally and was happy to help people in the
127 community who were dealing with mental health issues.

128
129 Valerie Walton said she worked for Salt Lake County as a senior policy advisor in the Office of
130 Regional Development including transportation, housing, economic development and planning.
131 She was excited to serve on the Health and Wellness Committee.

132
133 6. ADJOURN

134
135 The meeting was adjourned at 7:14 p.m.

136
137 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
138 *Lake on May 9, 2022 by unanimous vote of all members present.*

139
140
141
142 _____
Wendy Page, City Recorder

Woods Cross High Teen Center Donation Items List

Essentials for Students in Need & Teen Center Supplies

A large number of at-risk students in Davis School District lack access to essential hygiene items. Your donations are distributed to schools throughout the district as needed. We thank you in advance for your generosity to help our most vulnerable population of children.

Teen Centers: There are more than 1,200 children in Davis County who experience homelessness. Davis Education Foundation repurposed an existing space on the campus at Clearfield High School that provides students in need with a safe place to shower, do laundry, and study as part of their class schedule. The center is now operational and serves 50-60 students each day. Additional centers are being built at Northridge, Woods Cross, Layton, Mountain High, Renaissance Academy, Syracuse, and Viewmont. Your item donations will help to fill these centers with basic essentials. Cash donations made at the site listed below will go directly to the Woods Cross High Teen Center.

ITEMS NEEDED:

Hygiene Kits:

- *Full Size Deodorant
- Comb
- Brush
- Toothpaste
- Toothbrush
- Soap/Small Body Wash
- Travel Size Shampoo
- Travel Size Conditioner
- Lip Balm/Chap Stick
- Travel Size Lotion

Hygiene Kits:

- Pads
- Liners
- Tampons
- Gallon Ziplock Bags

For the Center:

- Food Gift Cards
- Wash Cloths

ITEM DROP-OFF:
Please call the
Foundation office to
arrange drop-off in
Farmington.
801-402-4483

*We need 2x as many female deodorant sticks (for feminine hygiene kits)

Donate Cash At:
dsgive.net/event/954



Watch our *Give Hope* video to
learn more about student needs
and teen centers:



45 E State Street, Farmington UT
daveducationfoundation.org

DROP-IN CENTERS FOR STUDENTS IN CRISIS

The Davis County Community has a quiet but pervasive problem affecting our youth population: **HOMELESSNESS**

There are more than 1,200 children classified as homeless in Davis School District. Our goal is to remove barriers for these students by providing them with a safe place to shower, do laundry, study, and access resources. The first teen center is now open at Clearfield High, where 50-60 students stop in each day. Seven more centers will open at Woods Cross, Layton, Northridge, Mountain High, Renaissance Academy, Viewmont, and Syracuse. You can help!



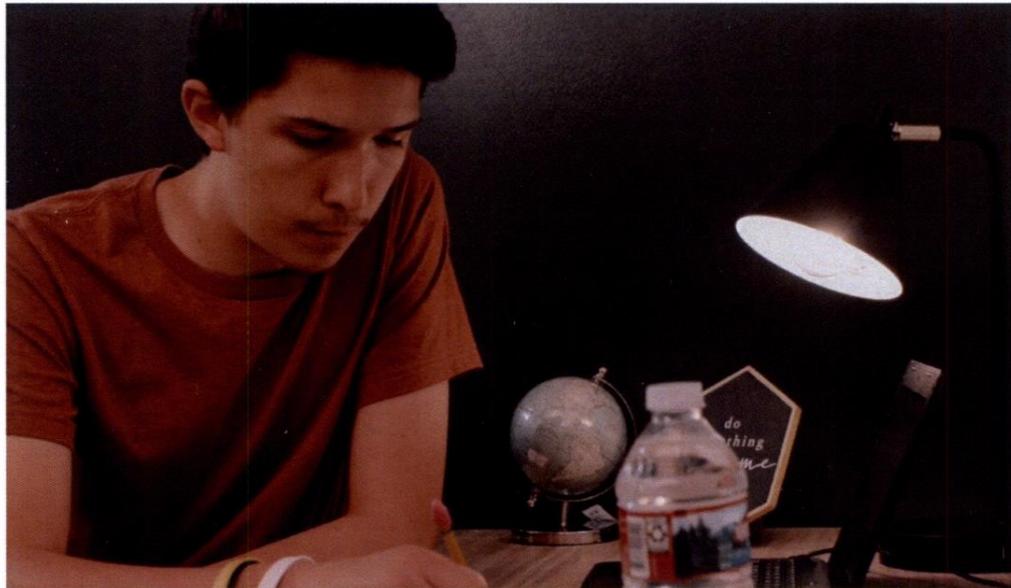
To donate, visit
dsdgive.net/992
or scan the QR code





Give Hope

A video based on true events of students experiencing homelessness in Davis School District, highlighting the importance of teen centers in our schools.



Teen Center Tour

Take a closer look at teen centers and learn more about their day-to-day operations for students in need.

