

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

FINAL

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

PRESENT: Rachel Butterfield
Corey Markisich via Zoom
Mary Kay Porter
Valerie Walton
Janet Welsh

EXCUSED: Alisa Van Langeveld, City Council

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

OTHERS PRESENT: Len Arave, resident.

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

This item was postponed.

2. DISCUSSION ON HEALTH AND WELLNESS COMMITTEE BYLAWS

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

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

3. APPOINTMENT OF CHAIR AND VICE CHAIR FOR THE COMMITTEE

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

Janet Welsh volunteered to be the vice chair.
Corey Markisich volunteered to be the chair.

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

Committee Member Butterfield moved to appoint Corey Markisich as chair and Janet Welsh as vice chair of the Health and Wellness Committee of North Salt Lake. The motion was approved by Committee Members Butterfield, Markisich, Porter, and Welsh. Committee Member Walton was not present for the vote.

4. APPROVAL OF MINUTES

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

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

5. COMMITTEE MEMBER BUSINESS

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

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

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

Mary Kay Porter commented that she had received suggestions to create walking groups. She mentioned Foxboro, Hatch Park, and the trails.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

6. ADJOURN

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

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



Wendy Page, City Recorder