

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
ANCHOR LOCATION: CITY HALL
10 EAST CENTER STREET, NORTH SALT LAKE
NOVEMBER 14, 2022

FINAL

Corey Markisich called the meeting to order at 6:30 p.m.

PRESENT: Rachel Butterfield
Corey Markisich, Chair
Mary Kay Porter
Valerie Walton
Janet Welsh, Vice Chair
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: Dee Lalliss, resident.

1. REPORT AND DISCUSSION REGARDING THE BRAINSTORMING SESSION
WITH THE CITY'S SENIOR LUNCH BUNCH

Janet Welsh reported that she attended the City's Senior Lunch Bunch in November. She reviewed desired needs or resources of interest that were suggested by the seniors in attendance which included exercise facilities particularly a pool, assisted living/nursing home in the City, a senior center or activity room at Hatch Park, a library, mitigating dust at the gravel pit, mental health services, diabetes management and prevention, announcements in the *Davis Journal* newspaper, NSL paper newsletters (in addition to the E-newsletter), utilization of City hall for senior programs, and transportation. She suggested a UTA presentation at the Senior Lunch Bunch meeting to explain the new UTA On-Demand service. Ms. Welsh said there was a Davis County booklet outlining all the various services available to Davis County seniors and asked about obtaining additional copies.

Janet Welsh mentioned another issue of concern from the seniors was maintenance of walking paths, trails, and sidewalks throughout the City including removal of weeds and garbage. She recommended the Health and Wellness Committee encourage the City to prioritize walking paths, look into free exercise location options for seniors (possibly at local church gymnasiums), and help coordinate a presentation by UTA. Ms. Welsh asked about the City's influence on a private company developing an assisted living/nursing home. Ken Leetham replied that he was unsure of the answer.

Corey Markisich said that if there were incentives it could be a possibility. Ken Leetham replied Bountiful had multiple assisted living centers.

Janet Welsh said there were not very many active senior communities in the area. The Committee had a discussion on the need for additional assisted living and senior living facilities/communities.

Janet Welsh spoke on diabetes management and weekly classes offered through Lakeview Hospital. She said this was something the City could help advertise and asked if there could be a newsletter specifically for seniors. Councilmember Van Langeveld commented the County had a newsletter for seniors and suggested the City could utilize this resource. She mentioned having the booklet and the newsletter available for the seniors at the monthly lunch.

Dee Lalliss, resident, commented the seniors did not use computers and suggested having a paper copy of the City's newsletter included with the utility bill, as it had been previously. He also mentioned a UTA ride program for seniors. Janet Welsh replied she would ask UTA to come speak to the Senior Lunch Bunch and have them describe how the service worked.

Janet Welsh said Davis County and Salt Lake County offered senior rides but only within the county boundaries. She said there was a gap in service and asked if the City could work with the two counties on better coordination.

Janet Welsh spoke on the need for transportation to medical appointments for the seniors in the area. She suggested rides based on a pre-scheduled basis once a month to a certain facility or city. Ken Leetham said this was bigger than what the City could do and said staff could reach out to other cities and the County to see if there were solutions. He mentioned the JustServe website/app where needed services could be matched with volunteers and said the City could look into reimbursing volunteers for gas.

Janet Welsh asked if there was a place in the City where residents could access the internet for free. Dee Lalliss commented many restaurants and City Hall had free access. He said many seniors did not need or use the internet.

2. DISCUSSION ON PRIORITIZATION FOR GOALS OF THE HEALTH AND WELLNESS COMMITTEE

Janet Welsh suggested picking a few areas or goals and said some items would take years to complete. She suggested, for example, one could be to improve the lives of seniors.

Councilmember Van Langeveld said each committee member could choose one to two items to focus on and the Committee could then pick three to five goals for next year.

Ken Leetham shared a list of the Health and Wellness Committee accomplishments including the partnership with CTC and Davis Behavioral Health, the Circle of Security Classes, the Everyday Strong Workshop, the Health Fair during the Night Out Against Crime, participation in the South Davis Emergency Preparedness Fair, and the Utah Healthy Communities designation. He spoke on the established duties of the Committee from the City Council and said that the Committee would be providing a review to the City Council during a meeting at the first of the year and encouraged each member to attend.

Mr. Leetham reviewed the Committee duties which included the review of research and programs, the creation of strategy recommendations to address barriers, to prepare and present a formal annual report, and to carry out City approved programs and initiatives. He mentioned the review of research and programs related to physical and mental health, emergency preparedness, personal wellness, food and housing access issues, addiction issues, and other public health and general welfare issues. He stated the preparation and presentation of a formal annual report included an overview of the Committee's duties and activities and a list of specific recommendations in order to correct identified problems and deficiencies.

Mr. Leetham reported on the possible goals related to physical and mental health which were to complete an inventory of existing City open space, parks, outdoor assets (Hatch Park, mountain trails, etc.), to conduct four classes a year (CTC), have a trail walking group, provide yoga in the park, and complete inventory of school safe walking routes, trails, and pathways. He suggested setting goals that were measurable.

Councilmember Van Langeveld asked the Committee which goals they would like to set for the next year. She said that the goal might be valuable and should be addressed but could be pushed to another year.

Rachel Butterfield was interested in being part of taking the inventory of open spaces and planning for the future.

Councilmember Van Langeveld shared the current City Parks and Trails map and said it was also available on the City's website. She suggested that information on walkability/difficulty level could also be added to the map.

Janet Welsh suggested advertising that the trails map was online and that there were paper copies at City Hall right before spring.

Councilmember Van Langeveld recommended tabling the trail walking groups and the yoga in the park goals until next year.

Ken Leetham said there was a Parks, Trails, Arts & Recreation Advisory Board (PTAR) who was involved in promoting trails, parks, etc. He said the City could make sure public sidewalks

were free of debris and vegetation with the assistance of the City's Code Enforcement Department.

Janet Welsh asked about translating the trails map into Spanish and also using a larger font for better accessibility issues.

Ken Leatham commented that staff was working on a complete inventory of school safe walking routes, trails, and pathways even if the Committee did not adopt this goal. Janet Welsh said the inventory should also include things that would be completed.

The Committee decided to focus on the following goals related to physical and mental health: 1) completing an inventory of existing City open space, parks, outdoor assets, 2) to conduct four classes a year in conjunction with the Communities That Care coalition (CTC), and 3) completing an inventory of school safe walking routes, trails, and pathways.

Ken Leatham spoke on the goals related to emergency preparedness which included family and emergency preparedness outreach (posts, events) and offering CERT training incentives. He explained that emergency preparedness for the City was difficult as he felt there was not a need for a full-time or even part-time employee. He said Marty Peterson was an unpaid volunteer in this position. He indicated Davis County's emergency preparedness operations and overall plan included close coordination with the various cities in the County. He said their staff had worked with the City and had helped with the windstorm event in recent years. Mr. Leatham felt the focus should be on education and CERT training including the possibility of covering the training costs.

Janet Welsh was in favor of sharing education and outreach posts. Councilmember Van Langeveld was in agreement. She suggested refunding the CERT training fee after a resident completed the course.

The Committee discussed what should be shared with residents related to emergency preparedness.

Linda Horrocks said that she would share the NSL emergency preparedness handbook and the new resident packet with the Committee.

Corey Markisich recommended sharing a social media post every quarter or four posts a year about emergency preparedness and three about CERT training.

Ken Leatham spoke on the possible goals for personal wellness that included a public outreach program to get people outside (monthly newsletter highlight), expanding the trails network, active transportation infrastructure, parks with circuit training (), community classes, elementary

school passes at Eaglewood Golf Course, more access through South Davis Recreation for adult wellness, and increased access to healthcare services.

Councilmember Van Langeveld asked to add the wellness survey with Utah State University to the list for the upcoming year.

The Committee discussed the goals for personal wellness and determined to focus on the public outreach program to get people outside and to do a quarterly highlight on an outdoor amenity in the City newsletter, letters of support to the PTAR Board, Planning Commission, and City Council, having a wellness event with the Night Out Against Crime, and completing the wellness survey through USU, for the upcoming year.

Ken Leetham shared the possible goals for food and housing access were CDBG funds and City funds for housing programs, establishing a food bank location in the City, and a food drive with the Bountiful Food Pantry. He said there was approximately \$500,000 in the City's housing funds. He mentioned staff had a long range assignment to prepare a plan for the City Council on how to use housing funds. He indicated this could include combining funds with Davis County for a down payment program for low to moderate income, or a program to buy down interest rates.

The Committee discussed these potential goals and determined to support the City Council and staff in the process of determining how to use housing funds. Councilmember Van Langeveld then said the Committee could support a food drive at a PTAR Board event. She suggested sending a letter of support to the Youth City Council who currently volunteered with the Bountiful Food Pantry and mobile food pantry. The consensus of the Committee was that the only goals in this category would be the letters of support to the City Council, staff, PTAR Board, and the Youth City Council.

The Committee was in favor of reviewing the goal for a food bank location in a future year.

Ken Leetham spoke on the possible goals related to addiction could include a "Did You Know" section in the City newsletter (free gun locks, naloxone available at police department) and an emphasis in City outreach on addiction issues and resources.

The Committee discussed and determined to create a static resource document linked on the City's website related to addiction resources as well as to provide information at the Night Out Against Crime event.

Ken Leetham addressed other possible goals and discussion issues including senior services such as navigating UTA, access to Davis County services, more outreach for seniors and more formal attention to seniors on City website through links, announcements, program descriptions, and caretaking information.

The Committee determined to review Janet Welsh's list compiled from the Senior Lunch Bunch meeting before making any goals.

Rachel Butterfield suggested inviting some of the City's police officers to attend the meetings and be more involved as they may be unaware of some of the resources and Committees.

Councilmember Van Langeveld asked that the letters also include a request for ideas from the Council, Planning Commission, etc. to encourage future collaboration.

3. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of October 10, 2022 were reviewed and approved.

Committee Member Welsh moved to approve the meeting minutes for October 10, 2022. Councilmember Van Langeveld seconded the motion. The motion was approved by Committee Members Butterfield, Markisich, Porter, Walton, Welsh, and Councilmember Van Langeveld.

4. COMMITTEE MEMBER BUSINESS

The Committee Members determined that there would be no December meeting.

5. ADJOURN

The meeting was adjourned at 8:31 p.m.

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



Wendy Page, City Recorder