

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE MEETING
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
APRIL 7, 2025

FINAL

Chair Bennett called the meeting to order at 6:34 p.m.

PRESENT: Yemi Arunsi via Zoom
Sam Ball
Mason Bennett, Chair
Jeff Scroger
Alisa Van Langeveld, City Council
Nicole Whetstone

STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.

OTHER: Raquel Clark, One Kind Act a Day.

1) CITIZEN COMMENT

There were no citizen comments.

2) APPROVAL OF MINUTES

The Health and Wellness Committee minutes of March 10, 2025 were reviewed and approved.

Nicole Whetstone requested to amend line 84 removing “and a Golf Committee” from that line.

Committee Member Whetstone moved to approve the minutes of March 10, 2025 as amended. Committee Member Bennett seconded the motion. The motion was approved by Committee Members Arunsi, Ball, Bennett, Scroger, and Whetstone.

3) REPORT ON ONE KIND ACT A DAY PROJECT IN THE CITY

Mason Bennett introduced Raquel Clark with One Kind Act a Day (OKAAD) who would provide a report on the partnership between the City and the One Kind Act a Day initiative. Raquel Clark shared the timeline of the preparation for the events including presentations to the Parks, Trails, Arts, and Recreation Advisory Board and the Health and Wellness Committee in

2024. She noted that on May 21, 2024 the City Council passed a resolution promoting kindness as a core value. She said the City Council and One Kind Act a Day was very deliberate in involving the local schools. She spoke on the Health and Wellness Committee initiative centered on increasing community connections, recommending OKAAD efforts to other committees, and involvement in activities.

Ms. Clark mentioned the Center of Hope Food Pantry in the City including a partnership with the City and encouragement of local schools and other City partners to participate with the Center of Hope. She shared other City events that OKAAD was able to participate in including the Kite Festival, Trail of Kindness Summer Series, yard signs with the Youth City Council. She continued that the Trail of Kindness events included hiking events with a focus on being kind on the trail and being kind to the trail. She then spoke on partnering with the NSL Police Department with kindness citations which officers could award to residents with a half dozen donuts from JJ Donuts if they were found being kind.

Chief Black reported that the instances when these kindness citations were presented it had been wonderful and shared that the department would work on better methods to distribute these awards.

Ken Leatham mentioned that Public Works employees also interacted with residents and could award these certificates.

The Committee discussed providing certificates to Public Works, the Police Department, City Council, and the Health and Wellness Committee members to award to residents.

Raquel Clark commended the City on their social media campaigns including the International Day of Friendship, National Day of Kindness, and other posts related to One Kind Act a Day. She said that on November 12, 2024 the City of North Salt Lake was certified as an official City of Kindness with a visit from the Governor's wife, Abby Cox. She mentioned the City's continual effort to promote kindness.

Ms. Clark focused on school engagement including Orchard Elementary with a kindness week and signage promoting kindness in the schools. She reported on partnering with Foxboro Elementary and their theme of R.O.C.K (respectful, obedient, cool, and kind) with related activities including competitions and a sock drive. She noted that Foxboro Elementary hosted kindness themed events throughout the year including family movie nights with a kindness activity, a food drive, a family dance, and monthly kindness challenges.

Ken Leatham asked who was hosting these events in the schools. Raquel Clark replied that there was an appointed liaison in each school which was generally the principal and vice-principal.

Raquel Clark reported on the annual OKAAD Kindness Summit and said that each speaker would be making a donation to a partner school including David Paine who would donate \$500 to Foxboro Elementary. She then spoke on Wasatch Peak Academy and said school counselors taught lessons on kindness, hung posters around the school, and recognized students who had shown kindness. She noted that Wasatch also held an annual school service project in conjunction with the National Day of Service, shared skits during a school assembly, poetry contest, and held a kindness week. She said that both Foxboro Elementary and Wasatch Peak would be certified as an official school of kindness in May.

Mason Bennett commented that it was purposeful in the resolution not to include any one organization which was wise because the goal was to increase kindness, compassion, and unity in the community in partnership with OKAAD, Just Serve, and other organizations. He also mentioned that these events were paid for through donations and not City funding.

Chief Black asked who to coordinate with on a new campaign with the goal of prevention and the idea of being kind. He spoke on providing a newsletter article or other efforts the Police Department could promote. Mason Bennett replied that he could work with staff on vehicle window clings or temporary decal for the police vehicles.

4) REPORT ON THE KINDNESS SUMMIT

Mason Bennett reported that the Kindness Summit would be held on Friday April 11th. The Committee requested a follow up agenda item at the next Health and Wellness meeting.

5) DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

Jeff Scroger reported on the Ladies of Charity and the creation of a QR code for Venmo donations. He asked about funding to provide a banner or signage to be used at City events. Ken Leatham commented that the City Council would allocate funds for the City committees during the budget meeting.

The Committee reviewed and discussed the goals and priorities including The Communities that Care (CTC) classes, social media posts, trail series (given to Trails Committee), collaboration with the Health Department (vendor booth at events, vaccines), Unity in the Community events (given to Civic Events Committee), air quality, CERT training, and the Center for Hope.

Nicole Whetstone reported that she attended the CTC meeting and reached out to the new program manager for the area. She also mentioned available opioid funding from Davis County and was waiting to hear back on this as well.

Ken Leetham spoke on his social media post regarding air quality and said this could be included in Sam's report. Sam Ball said his post could be utilized for the next newsletter related to air quality and action items for residents. He also noted the new bus route and educating residents on this service.

Councilmember Van Langeveld suggested sharing that the UTA On Demand service would continue to be available as well.

Sam Ball proposed posts on air quality impact/sources, actions to take related to air quality, and a bus oriented item. Ken Leetham recommended providing the post information to staff (Linda Horrocks and himself).

Nicole Whetstone would provide a social media post for May related to Mental Health Awareness and Jeff Scroger volunteered to provide a post for June. The Committee discussed preparing an annual newsletter dedicated to health and wellness, quarterly newsletter articles, and monthly social media posts.

Ken Leetham commented that Phase 2 of Hatch Park included a community center and the idea of offering the Health Department space in the building.

Councilmember Van Langeveld requested a City information booth at the vendor fairs. She said the Youth City Council and the Ladies of Charity could also be included. Nicole Whetstone suggested that this may be a good way to recruit volunteers for City committees as well.

6) REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

Sam Ball spoke on a future newsletter or social media post topics related to waterwise landscaping and water quality. He shared that Davis Continuing Education classes offered landscaping classes. Councilmember Van Langeveld questioned if Davis Continuing Education would be interested in offering classes for residents and potentially having a vendor booth at events.

The Committee discussed active and public transportation, community connection, water conservation, water quality, air quality, incentives for good landlord programs related to utilizing

green materials/construction, and the refineries (policies, requirements related to air quality, community open house/field trip).

7) DISCUSSION AND REVIEW OF DAVIS COUNTY'S COMMUNITY HEALTH IMPROVEMENT PLAN

Councilmember Van Langeveld reported on Davis for Health and said a new website would be created for these resources called Davis Links.

8) DISCUSSION ON POINT IN TIME COUNT REPORT

Councilmember Van Langeveld commented that she had not received an update on the Point in Time count. She noted it was no longer a Code Blue risk and a less immediate need for cold weather shelters. She spoke on a supply drive to create kits to hand out to individuals in need.

9) DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

Nicole Whetstone reported on the Arts Committee meeting and said the Chair had just resigned. She said the meeting focused on the mural program. She also spoke on the request to share the message of NSL Reads. Councilmember Van Langeveld mentioned the free little library scavenger hunt would be extended through the end of the year.

The Committee discussed sending an email to the Arts Committee with information on grant funding through Connected Davis as well as the potential for art on dumpster enclosures and on City buildings/pavilions.

Councilmember Van Langeveld asked about golf carts on public streets. Chief Black replied that they were not allowed. He said the City could pass an ordinance that allowed golf carts in certain areas. He said current violations included citations, impounding the carts, warnings, etc.

10) UPDATE ON FEDERAL FUNDS RELATED TO TREATMENT/PREVENTION OF OPIOID USE

Councilmember Van Langeveld requested this item be discussed at the next meeting.

11) CITY COUNCIL UPDATE

Councilmember Van Langeveld suggested further review of the City's Wellness Survey results during the next meeting. She spoke on a focus of connectedness throughout the City. She also

mentioned City rebranding and marketing strategies and noted distinct areas in the City including Foxboro, midtown, and east side.

The Committee discussed connectedness, distinct spaces and areas in the City, highlighting the unique neighborhoods and cultures, as well as City and area pride.

12) COMMITTEE MEMBER BUSINESS

Ken Leetham reported that this would be Yemi Arunsi's last meeting as he would be moving out of the City.

Yemi Arunsi expressed regret that he would no longer be able to serve on the Committee.

13) DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT MEETING

The Committee determined the following items would be discussed at the next Health and Wellness meeting on May 12th:

- Citizen Comment
- Approval of Minutes
- Review of City Wellness Survey Results
- Davis Continuing Education Update (classes, vendor booth at events)
- Report on the Kindness Summit
- Discussion on Goals and Priorities
- Review Ideas for Newsletter or Social Media
- Discussion and Review of Davis County's Community Health Improvement Plan
- Point in Time Count report
- Discussion on feedback from other committees
- Update on Federal Funds related to treatment/prevention of opioid use
- City Council Update
- Committee Member Business
- Discussion on Future Agenda Items and Schedule Date for Next Meeting

14) ADJOURN

The meeting was adjourned at 8:34 p.m.

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The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on July 14, 2025 by unanimous vote of all members present.



Wendy Page, City Recorder

