



# CITY OF NORTH SALT LAKE

## HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA JANUARY 9, 2023 6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **January 9, 2023 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 2<sup>nd</sup> 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. Citizen Comment
2. Consideration of Proposed By-Laws for the Health and Wellness Committee
3. Consideration of Chair and Vice-Chair for 2023
4. Follow-up Discussion on Goals and Priorities of the Health and Wellness Committee for 2023
5. Discussion of Committee Annual Report to the City Council
6. Approval of Minutes from November 14, 2022
7. Committee Member Business
8. 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, City's website, and at City Hall on January 5, 2023.

Dated this 5<sup>th</sup> day of January, 2023.

Wendy Page  
Wendy Page, City Recorder



# CITY OF NORTH SALT LAKE

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North Salt Lake, Utah 84054  
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Brian J. Horrocks  
Mayor

Ken Leetham  
City Manager

## MEMORANDUM

**TO:** Health and Wellness Committee

**FROM:** Ken Leetham, City Manager

**DATE:** January 9, 2023

**SUBJECT:** Committee Goals and Priorities for 2023 and Preparation for Annual Report to the City Council

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There are several items on the meeting agenda for January 9, 2023. The first item is an allowance for citizen comment. Most of the City's public meetings allow for this item, but it is optional for this committee. I included it on the agenda since this provision is also in the proposed by-laws.

The second item is a proposed draft of by-laws for the Committee which address Committee protocols, meetings, terms of office, Committee officers and other clarifying definitions that we believe will be helpful to the Committee as it moves forward.

The third agenda item is the selection of a Chair and Vice Chair, which is also described in the proposed by-laws. Most of the City's committees consider new officers annually, but the by-laws have been prepared in a way that allows the Committee to have flexibility in this regard. In addition, as you think about this item in preparation for the meeting, it would be customary to have the current Vice-Chair (Janet Welsh) move into the Chair position and then the Committee to select a new Vice-Chair for this year. Again, the Committee has flexibility in this regard and so you do not need to be bound by anything other than taking action on the officers in your January meeting.

The fourth agenda item relates to the Goals and Priorities of the Committee. You may recall that at our last meeting, the Committee worked to create goals and priorities for the upcoming year. To help you with this item, I attached the presentation materials from the November 14, 2022 meeting and a summary of the Goals that the Committee determined it wanted to select for this year. It would be good if the Committee adopted the summary document together with any changes you wish to make.

Item five is a discussion of how and when the Committee would like to make its annual report to the City Council. My suggestion to the Committee is that the report be made in the months of February or March prior to the Council's budget meetings.

BYLAWS  
OF  
HEALTH AND WELLNESS COMMITTEE  
OF  
THE CITY OF NORTH SALT LAKE, UTAH

ARTICLE I

NAME

The City of North Salt Lake City Council established a citizen committee on September 21, 2021 by Resolution 2021-38R known as the Health and Wellness Committee. The name of the committee shall be the City of North Salt Lake Health and Wellness Committee and hereafter in the document when reference is made it shall be stated as the Committee. The Health and Wellness Committee eliminated and replaced the City's former Uniting Neighbors Committee.

ARTICLE II

PURPOSE

The City of North Salt Lake recognizes there are many public needs related to health, safety, and general welfare and that there is a role for municipal government in meeting those needs. The governing body for the City of North Salt Lake established the Committee for the purpose of addressing the physical and mental health, emergency preparedness, personal wellness, food and housing access issues, addiction services and any other public health and welfare issues.

ARTICLE III

COMMITTEE MEMBERSHIP

**Section 1 Representation.**

The Committee shall be made up of nine members as follows: five citizens at large, two of whom shall serve an initial term of three years and three of whom shall serve an initial term of four years. Renewal of all terms at the end of the initial terms shall be for four years.

**Section 2 Supporting Staff.**

The Committee shall also have the active support and official participation of the following non-voting members: One member of the City Council selected by the Mayor; the City Manager, or his/her designee; the Chief of Police, or his/her designee; the Community Development Director, or his/her designee.

The role of the City Council liaison will be to:

- a. Attend regularly scheduled Committee meetings.
- b. Communicate back to the City Council issues brought to the Committee's attention.
- c. Notify the City Council of health and wellness issues brought to the Committee by citizens.
- d. Align Committee priorities with City Council goals.
- e. Be a non-voting member of the Committee.

### **Section 3 Membership Tenure.**

The term of appointment to the Committee is either three years or four years for initial terms and four years for all terms after the completion of the initial term. Committee members may be reappointed. The Committee member terms shall be staggered so the rotation of the Committee members does not happen at the same time. Each of the five Councilmembers of the City Council shall recommend one citizen committee member for appointment to the Committee. Such appointments will be made by a majority vote of the City Council.

### **Section 4 Attendance.**

Members shall regularly attend Committee meetings. A member with three unexcused committee meeting absences within a calendar year will have their membership reviewed and may be recommended to the City Council for removal from the Committee by a majority vote of the full Committee.

### **Section 5 Member Responsibilities.**

As a member of the Committee, each member shall be responsible to:

1. Read and study the agenda, staff reports, and all any meeting materials prepared by supporting staff or committee members so they are fully informed about each item prior to the scheduled Committee meeting.
2. Attend Committee meetings and arrive on time. In the event of absence or tardiness, members should inform the Chair or supporting staff of such absence or tardiness.
3. Attend Committee events and perform Committee assignments related to events, goals and priorities of the Committee.
4. Act in a courteous and respectful manner to their fellow members, supporting staff, and the public during all meetings and events.

### **Section 6 Vacancies.**

A member may resign at any time by giving written notice of such resignation to the Mayor, City Council, Chair, and supporting staff.

### **Section 7 Compensation and Reimbursement.**

Members shall receive compensation for their services and expenses as adopted by the City Council and at the City Council's sole discretion.

ARTICLE IV  
MEETINGS

**Section 1 Meetings.**

The Committee meetings shall be held at City Hall located at 10 East Center Street, North Salt Lake, Utah. The Committee shall meet as often as it deems necessary, but not less than quarterly.

**Section 2 Notice of Meetings.**

The meeting agenda shall be set by the Committee Chair, Committee members or supporting staff and is to be posted by the City Recorder in accordance with the Open and Public Meetings Act, UCA 52-4-101. Any Committee member, including non-voting members, may place items on Committee agendas for consideration.

**Section 3 Quorum and Voting.**

Attendance by not less than three voting members of the Committee shall be considered a quorum for the transaction of Committee business.

**Section 4 Order or Business.**

Meetings will follow the approved agenda; each meeting will include a citizen comment period. Attendance shall be taken at each meeting and a list of attendees will be included in the minutes of the meeting. Excused and unexcused members will also be listed.

**Section 5 Recordings of Meetings.**

Written minutes and an audio recording shall be kept of the proceedings of Committee meetings by the supporting staff. Written minutes shall be provided to the City Recorder once approved. Minutes will be made available to the public upon request.

ARTICLE V  
OFFICERS

**Section 1 Election of Chairperson and Vice-Chairperson.**

The Committee shall annually elect a chair, vice-chair, and any additional officers as necessary at the first regularly scheduled meeting in January by majority vote after taking nominations from the body.

**Section 2 Officer Terms.**

The Committee officers may serve successive terms at the sole discretion of the Committee when it votes as a quorum in its official capacity.

**Section 3 Officer Duties.**

Duties of Chair and Vice Chair:

1. The Chair shall preside at all meetings and generally perform the duties of a presiding officer. If the Chair is absent or unable to preside, the Vice Chair shall

preside for that meeting. The order of business shall be as specified by the Chair and/or supporting staff.

2. If the Chair or Vice Chair are not present, the acting chairperson will be nominated and appointed by the Committee members in attendance. The temporarily appointed chairperson shall preside for that meeting only.

## ARTICLE V

### DUTIES AND RESPONSIBILITIES

The Committee shall perform the following duties:

1. Relevant review of research and programs related to physical and mental health, emergency preparedness, personal wellness, food and housing access issues, addiction services and any other public health and general welfare issues including, but not limited to, work performed by the University of Utah, the Governor's Office, the Utah Health Department, and any other works of research that would assist the City in understanding relevant challenges facing residents of North Salt Lake.
2. Creation of feasible and relevant strategy recommendations to address barriers to physical and mental health services, emergency preparedness, personal wellness, food and housing access issues, addiction services and other public health and general welfare issues. Such recommendations shall be prepared and presented to the City Council for their consideration together with proposed funding plans, as needed. As an advisory committee, the Health and Wellness Committee cannot implement any policy recommendations, programs, initiatives, or other activities without first obtaining approval of the City Council, together with approval of any proposed related expenditures.
3. Prepare and make a formal annual report to the City Council. Such a report should include an overview of the Committee's duties and activities and a list of specific recommendations that the Committee, in its judgment, believes the City should undertake to correct identified problems and deficiencies.
4. Carry out City-approved programs and initiatives that address the purposes of the Committee, including an informative public education and outreach program related to these matters.
5. The Committee shall meet as often as it deems necessary, but not less than quarterly, in order to carry out its responsibilities.
6. Any other duties as may be assigned to it by the City Council of North Salt Lake acting in its official capacity as the City's Governing Body.

## ARTICLE VI

### SUPPORT AND RESOURCES

The Committee may call upon the City staff and the City Council for reasonable support and resources as needed.

## ARTICLE VII

### AMENDMENTS

Recommendations for amending these by-laws may be made at a regular meeting. Approval of the amendments must be made by a majority of the full Committee.

# Health & Wellness Committee Accomplishments

- Partnership with CTC and Davis Behavioral Health
- Circle of Security Classes (April/May & October/Nov)
- Everyday Strong Workshop (one event)
- Health Fair during Night Out Against Crime
- Participation in South Davis Emergency Preparedness Fair
- Utah Healthy Communities Designation

# Health & Wellness Committee Established Duties

- Review of Research and Programs
- Creation of Strategy Recommendations to Address Barriers
- Prepare and Present a Formal Annual Report
- Carry out City-approved Programs and Initiatives

# Health & Wellness Committee Established Duties

- Review of Research and Programs Related to:
  - Physical and Mental Health
  - Emergency Preparedness
  - Personal Wellness
  - Food and Housing Access Issues
  - Addiction Issues
  - Any Other Public Health and General Welfare Issues

# Health & Wellness Committee Established Duties

- Prepare and Present a Formal Annual Report that includes:
  - Overview of the Committee's Duties & Activities
  - List of Specific Recommendations in Order to Correct Identified Problems and Deficiencies

# Health & Wellness Committee

## Possible Goals

### Physical and Mental Health

- 1) Complete an inventory of existing City open space, parks, outdoor assets (Hatch Park, mountain trails, A.T.)
- 2) Conduct 4 classes a year (CTC)
- 3) Have trail walking groups – how many? How often?
- 4) Yoga in the Park – How many groups? How often?
- 5) Complete inventory of school safe walking routes, trails and pathways

# Health & Wellness Committee

## Possible Goals

### Emergency Preparedness

- 1) Family and Emergency Preparedness Outreach – how do we measure? Number of posts? Number of events?
- 2) Offer CERT training incentives (tuition-free?)

# Health & Wellness Committee

## Possible Goals

### Personal Wellness

- 1) Public Outreach program to get people outside – What to do and how often – monthly highlight in City newsletter?
- 2) Expand Trails Network – how much? Where?
- 3) Active Transportation Infrastructure – This already overlaps with Planning Commission and City Council – is there a measurable recommendation for this Committee?
- 4) Parks with Circuit training? How and is this overlap with PTAR?
- 5) Community classes, Elementary school passes at Eaglewood – who, what and how often?
- 6) More access thru South Davis Rec for adult wellness? What and how often?
- 7) Increased access to healthcare services? Measurement?

# Health & Wellness Committee

## Possible Goals

### Food & Housing Access

- 1) CDBG funds & City funds for housing programs – what and how?
- 2) Establish a Utah Food Bank location in NSL
- 3) Food Drive w/Bountiful Food Pantry – How often?

# Health & Wellness Committee

## Possible Goals

### Addiction

- 1) Include a “Did You Know” section in the City newsletter (free gun locks, naloxone available at PD)
- 2) Emphasis in City outreach on addiction issues and resources

# Health & Wellness Committee

## Possible Goals

### Other discussion issues

- 1) Senior services – help seniors to navigate UTA on Demand, access to Davis County services, more outreach to seniors
- 2) More formal attention to seniors on City website: links, announcements, program descriptions, help for families (caretaking)

## 2023 Goals of the Health and Wellness Committee

### Physical and Mental Health

- 1) Completion of an inventory of existing City open space, parks, outdoor assets.
- 2) Conduct four classes a year in conjunction with the Communities That Care coalition (CTC).
- 3) Completion of an inventory of school safe walking routes, trails, and pathways.

### Emergency Preparedness

- 1) Social media outreach four times per year related to emergency preparedness and three times per year related to CERT training or as often as needed to educate residents about CERT training opportunities.

### Personal Wellness

- 1) Once per quarter prepare a newsletter spotlight on an outdoor amenity available to residents.
- 2) Issue letters of support and encouragement to the Parks, Trails, Arts and Recreation Committee, Planning Commission and City Council related to the provision of personal wellness amenities and activities in the City.
- 3) Combine a Committee activity with the City's Night Out Against Crime.
- 4) Completion of the Wellness Survey by Utah State University.

### Food and Housing Access

- 1) Provide letters of support and encouragement to the City Council, Youth City Council, City staff and the Parks, Trails, Arts and Recreation Committee for the creation of events such as food drives and support of existing food pantries.

### Addiction

- 1) Creation of a resource document with links to be placed on the City's website related to addiction recovery resources as well as including addiction recovery materials in the Night Out Against Crime event.

1 CITY OF NORTH SALT LAKE  
2 HEALTH AND WELLNESS COMMITTEE  
3 ANCHOR LOCATION: CITY HALL  
4 10 EAST CENTER STREET, NORTH SALT LAKE  
5 NOVEMBER 14, 2022

6  
7 **DRAFT**  
8

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

10  
11 PRESENT: Rachel Butterfield  
12 Corey Markisich, Chair  
13 Mary Kay Porter  
14 Valerie Walton  
15 Janet Welsh, Vice Chair  
16 Alisa Van Langeveld, City Council  
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,  
19 Community Development Director; Linda Horrocks, Communications Coordinator.  
20

21 OTHERS PRESENT: Dee Lalliss, resident.  
22

23 1. REPORT AND DISCUSSION REGARDING THE BRAINSTORMING SESSION  
24 WITH THE CITY'S SENIOR LUNCH BUNCH  
25

26 Janet Welsh reported that she attended the City's Senior Lunch Bunch in November. She  
27 reviewed desired needs or resources of interest that were suggested by the seniors in attendance  
28 which included exercise facilities particularly a pool, assisted living/nursing home in the City, a  
29 senior center or activity room at Hatch Park, a library, mitigating dust at the gravel pit, mental  
30 health services, diabetes management and prevention, announcements in the *Davis Journal*  
31 newspaper, NSL paper newsletters (in addition to the E-newsletter), utilization of City hall for  
32 senior programs, and transportation. She suggested a UTA presentation at the Senior Lunch  
33 Bunch meeting to explain the new UTA On-Demand service. Ms. Welsh said there was a Davis  
34 County booklet outlining all the various services available to Davis County seniors and asked  
35 about obtaining additional copies.  
36

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

44  
45 Corey Markisich said that if there were incentives it could be a possibility. Ken Leetham replied  
46 Bountiful had multiple assisted living centers.

47  
48 Janet Welsh said there were not very many active senior communities in the area. The  
49 Committee had a discussion on the need for additional assisted living and senior living  
50 facilities/communities.

51  
52 Janet Welsh spoke on diabetes management and weekly classes offered through Lakeview  
53 Hospital. She said this was something the City could help advertise and asked if there could be a  
54 newsletter specifically for seniors. Councilmember Van Langeveld commented the County had a  
55 newsletter for seniors and suggested the City could utilize this resource. She mentioned having  
56 the booklet and the newsletter available for the seniors at the monthly lunch.

57  
58 Dee Lalliss, resident, commented the seniors did not use computers and suggested having a paper  
59 copy of the City's newsletter included with the utility bill, as it had been previously. He also  
60 mentioned a UTA ride program for seniors. Janet Welsh replied she would ask UTA to come  
61 speak to the Senior Lunch Bunch and have them describe how the service worked.

62  
63 Rachel Butterfield said Davis County and Salt Lake County offered senior rides but only within  
64 the county boundaries. She said there was a gap in service and asked if the City could work with  
65 the two counties on better coordination.

66  
67 Janet Welsh spoke on the need for transportation to medical appointments for the seniors in the  
68 area. She suggested rides based on a pre-scheduled basis once a month to a certain facility or  
69 city. Ken Leetham said this was bigger than what the City could do and said staff could reach out  
70 to other cities and the County to see if there were solutions. He mentioned the JustServe  
71 website/app where needed services could be matched with volunteers and said the City could  
72 look into reimbursing volunteers for gas.

73  
74 Rachel Butterfield asked if there was a place in the City where residents could access the internet  
75 for free. Dee Lalliss commented many restaurants and City Hall had free access. He said many  
76 seniors did not need or use the internet.

77  
78 2. DISCUSSION ON PRIORITIZATION FOR GOALS OF THE HEALTH AND  
79 WELLNESS COMMITTEE

80  
81 Janet Welsh suggested picking a few areas or goals and said some items would take years to  
82 complete. She suggested, for example, one could be to improve the lives of seniors.

83  
84 Councilmember Van Langeveld said each committee member could choose one to two items to  
85 focus on and the Committee could then pick three to five goals for next year.

86

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

94

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

103

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

109

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

113

114 Valerie Walton was interested in being part of taking the inventory of open spaces and planning  
115 for the future.

116

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

120

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

123

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

126

127 Ken Leetham said there was a Parks, Trails, Arts & Recreation Advisory Board (PTAR) who  
128 was involved in promoting trails, parks, etc. He said the City could make sure public sidewalks  
129 were free of debris and vegetation with the assistance of the City's Code Enforcement  
130 Department.

131

132 Rachel Butterfield asked about translating the trails map into Spanish and also a using a larger  
133 font for better accessibility issues

134

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

138

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

143

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

153

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

157

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

160

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

163

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

166

167 Ken Leetham spoke on the possible goals for personal wellness that included a public outreach  
168 program to get people outside (monthly newsletter highlight), expanding the trails network,

169 active transportation infrastructure, parks with circuit training (), community classes, elementary  
170 school passes at Eaglewood Golf Course, more access through South Davis Recreation for adult  
171 wellness, and increased access to healthcare services.

172  
173 Councilmember Van Langeveld asked to add the wellness survey with Utah State University to  
174 the list for the upcoming year.

175  
176 The Committee discussed the goals for personal wellness and determined to focus on the public  
177 outreach program to get people outside and to do a quarterly highlight on an outdoor amenity in  
178 the City newsletter, letters of support to the PTAR Board, Planning Commission, and City  
179 Council, having a wellness event with the Night Out Against Crime, and completing the wellness  
180 survey through USU, for the upcoming year.

181  
182 Ken Leetham shared the possible goals for food and housing access were CDBG funds and City  
183 funds for housing programs, establishing a food bank location in the City, and a food drive with  
184 the Bountiful Food Pantry. He said there was approximately \$500,000 in the City's housing  
185 funds. He mentioned staff had a long range assignment to prepare a plan for the City Council on  
186 how to use housing funds. He indicated this could include combining funds with Davis County  
187 for a down payment program for low to moderate income, or a program to buy down interest  
188 rates.

189  
190 The Committee discussed these potential goals and determined to support the City Council and  
191 staff in the process of determining how to use housing funds. Councilmember Van Langeveld  
192 then said the Committee could support a food drive at a PTAR Board event. She suggested  
193 sending a letter of support to the Youth City Council who currently volunteered with the  
194 Bountiful Food Pantry and mobile food pantry. The consensus of the Committee was that the  
195 only goals in this category would be the letters of support to the City Council, staff, PTAR  
196 Board, and the Youth City Council.

197  
198 The Committee was in favor of reviewing the goal for a food bank location in a future year.

199  
200 Ken Leetham spoke on the possible goals related to addiction could include a "Did You Know"  
201 section in the City newsletter (free gun locks, naloxone available at police department) and an  
202 emphasis in City outreach on addiction issues and resources.

203  
204 The Committee discussed and determined to create a static resource document linked on the  
205 City's website related to addiction resources as well as to provide information at the Night Out  
206 Against Crime event.

207  
208 Ken Leetham addressed other possible goals and discussion issues including senior services such  
209 as navigating UTA, access to Davis County services, more outreach for seniors and more formal

210 attention to seniors on City website through links, announcements, program descriptions, and  
211 caretaking information.

212  
213 The Committee determined to review Janet Welsh's list compiled from the Senior Lunch Bunch  
214 meeting before making any goals.

215  
216 Rachel Butterfield suggested inviting some of the City's police officers to attend the meetings  
217 and be more involved as they may be unaware of some of the resources and Committees.

218  
219 Councilmember Van Langeveld asked that the letters also include a request for ideas from the  
220 Council, Planning Commission, etc. to encourage future collaboration.

221  
222 3. APPROVAL OF MINUTES

223  
224 The Health and Wellness Committee minutes of October 10, 2022 were reviewed and approved.

225  
226 **Committee Member Welsh moved to approve the meeting minutes for October 10, 2022.**  
227 **Councilmember Van Langeveld seconded the motion. The motion was approved by**  
228 **Committee Members Butterfield, Markisich, Porter, Walton, Welsh, and Councilmember**  
229 **Van Langeveld.**

230  
231 4. COMMITTEE MEMBER BUSINESS

232  
233 The Committee Members determined that there would be no December meeting.

234  
235 5. ADJOURN

236  
237 The meeting was adjourned at 8:31 p.m.

238  
239 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
240 *Lake on January 9, 2022 by unanimous vote of all members present.*

241  
242  
243 \_\_\_\_\_  
244 *Wendy Page, City Recorder*