

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE MEETING  
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE  
AUGUST 10, 2026

**FINAL**

Chair Scroger called the meeting to order at 6:00 p.m.

PRESENT: Jeff Scroger, Chair  
Sam Ball  
Mason Bennett  
Christine Seamons  
Alisa Van Langeveld, City Council  
Nicole Whetstone, Vice Chair via Zoom

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

1. WELCOME AND INTRODUCTION

Jeff Scroger welcomed those present and recognized Nicole Whetstone would join the meeting electronically via Zoom.

2. CITIZEN COMMENT

There were no citizen comments.

3. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of July 13, 2026 were reviewed and approved.

**Committee Member Scroger moved to approve the minutes of July 13, 2026. Committee Member Bennett seconded the motion. The motion was approved by Committee Members Ball, Bennett, Scroger, and Seamons.** Committee Member Whetstone was excused and not present for the vote.

4. RECAP OF THE HEALTH AND WELLNESS FAIR EVENT

Chief Black reported that he felt like the entire event went well. He said one of the vendors, Davis Behavioral, had a great experience.

Christine Seamons commented on the need to rearrange booths for maximum visitor interaction. She requested a new name tag for the next Health and Wellness Committee event. She also noted that the City's booth needed to be bigger next year or to have a separate booth and/or signage for Health and Wellness like she had originally suggested. She said the back to school section of the booth with school supplies and books did well.

Mason Bennett said he liked combining the Night Out Against Crime, Health and Wellness Fair, and Back to School Night. He mentioned the bike rodeo. Chief Black added that the location for the bikes would be moved next year. He spoke on asking for helmet donations earlier in the year.

Jeff Scroger spoke on setup and suggested facing the booths away from the setting sun next year.

Mason Bennett also mentioned the fruit giveaway and said this was a nice addition. Chief Black added that Lee's Marketplace provided the hot dogs and drinks.

The Committee reviewed attendance at the event compared to last year. Chief Black commented that there was similar attendance both years.

Nicole Whetstone joined the meeting via Zoom at 6:38 p.m.

Chief Black was excused at 6:39 p.m.

Jeff Scroger commented on compiling a list for thank you cards to send to participants including Lee's Marketplace and the individual who donated fruit. Christine Seamons suggested inviting vendors earlier in the year.

Councilmember Van Langeveld arrived at 6:40 p.m.

The Committee spoke on attendance and attributed the smaller crowd to conflicting events (back to school, sports, events in other cities) and the heat/weather. Councilmember Van Langeveld suggested the Committee review whether this event was worthwhile and/or if it should continue to be held in conjunction with the Night Out Against Crime event.

Mason Bennett suggested hosting the event at a different time of year or in combination with a different event. Councilmember Van Langeveld spoke on combining it with an existing event and said it was not effective as a standalone event. She suggested potentially combining this event with the Easter Egg Dash event.

Jeff Scroger noted that he felt combining the Health and Wellness Fair with the Night Out Against Crime event was well suited due to having similar vendors that offered community, health, and governmental services. Councilmember Van Langeveld was in favor of having representatives from the schools participate again in the future. She suggested that this be promoted in the future through the schools as well.

Jeff Scroger mentioned a Health and Wellness booth during one of the Food Truck Nights to promote events including the Trail Series.

Councilmember Van Langeveld clarified that per feedback from the Committee that it would be better to keep the Health and Wellness Fair with the Night Out Against Crime event, to have a promotional booth during one of the Food Truck Nights, to advertise through the schools, and logistic based planning changes on booth/activity placement for next year.

## 5. DISCUSSION ON NEIGHBORHOOD BLOCK PARTIES

Ken Leetham shared the revised form for the Neighborhood Block Parties. He said it has since been published on the City's website with links and a fillable form.

Nicole Whetstone asked if there was the option to request a City official or police/fire personnel at their block party.

Councilmember Van Langeveld asked for an ongoing agenda item for an update on the block parties. Ken Leetham said he could also email the Committee when they received a completed application.

Mason Bennett asked if the City would provide a packet of information to those who hosted a block party. Ken Leetham replied that they would receive an abbreviated neighborhood packet which would include an overview of City services, facilities, events, etc. He said staff would also advertise this through social media.

Councilmember Van Langeveld requested that the block party opportunity be announced in City Council meetings as well.

Mason Bennett suggested that this be emphasized as a neighborhood party and not a church event. Councilmember Van Langeveld noted the form could include a disclaimer that this was meant to be a City event to include everyone on the street.

Nicole Whetstone asked about signage at Lee's Marketplace, as they would be providing the gift cards, advertising the block parties. Ken Leetham said staff could place a flyer on the corkboard at Lees. He mentioned information could also be placed in the City's newsletter. He added that the City Council was pleased about the block parties.

The Committee reviewed whether there should be a starting and ending date for the block parties. Previously discussed timeframes included July through November for this year. Councilmember Van Langeveld noted that the approved budget ran from June to June and suggested the program could run until the funds were spent.

## 6. DISCUSSION ON THE TRAILS AND EVENTS STICKER SERIES

Councilmember Van Langeveld reported that a local artist had been asked to create the sticker series. She spoke on the difficulties in having the artist create the designs and suggested pulling this project back into the Committee. She commented on postponing the series and contest until next year. Mason Bennett said that individuals had been asking about the stickers for the trails and events.

Jeff Scroger mentioned obtaining photos from each park and creating 8 bit pixelated style stickers from those images to use this year.

The Committee discussed whether or not to provide stickers this year. They spoke on providing stickers and advertising on social media that residents who walked the trails to come get a sticker. They noted the final trail series event was September 19<sup>th</sup>.

Councilmember Van Langeveld asked Mason Bennett to provide an update on the stickers to the Trails and Active Transportation Committee. She spoke on having the trail series sticker program next year. Mason Bennett suggested providing one sticker for the NSL Trail series this year.

Councilmember Van Langeveld suggested obtaining photos for the four trail series for this year and receiving feedback from the Committee. She also asked about paying the artist for her efforts. Ken Leetham asked that an invoice be sent to him.

The Committee spoke on how this was a learning experience, what theme to utilize next year (mascots, 8 bit), 2026 Trail Series locations (Foxboro Wetlands, Springhill Geologic, Wild Rose, Legacy Trail), better advertising for the Trail Series (summer recreation registration), and add to City events calendar/newsletter.

Councilmember Van Langeveld requested photos of the four locations to potentially create stickers for this year.

#### 7. UPDATE ON GET HEALTHY UTAH GRANT

Councilmember Van Langeveld reported that the Get Healthy Utah \$2,500 Grant was sponsored by the Get Healthy Utah organization. She said when reviewing what events might be funded by the grant that the list included many of the events the Committee already hosted. She spoke on creating neighborhood councils that would function as individual non profits. She explained that a neighborhood community council in Salt Lake hosted the Avenues Street Fair with a massive budget. She spoke on how this might help to further foster connection in neighborhoods.

Councilmember Van Langeveld continued that the grant was due at the end of the week. She said the funding would be to setup the legal documentation for the councils including rules/bylaws. She added that this also provided an opportunity for individuals to join a committee at the City and as a training ground for those interested in running for office.

Christine Seamons mentioned the idea of creating a sister city to provide support. Councilmember Van Langeveld replied that the funds from the grant would probably need to be spent on programs in Utah or the City.

Mason Bennett spoke on encouraging residents to volunteer with the City. He asked how to find residents that would be interested in serving on the community councils. Councilmember Van Langeveld responded that they would have to be recruited. She suggested the first several meetings could be City sponsored.

The Committee suggested setting up bylaws which could include boundary areas for each community council area (Orchard Drive, Foxboro), the purpose of these councils (community connection, events, neighborhood watch, identify issues, advocate/feedback to City Council), conflicting organizations (Foxboro HOA), and whether to apply for the grant.

Councilmember Van Langeveld would work with staff to apply for the Get Healthy Utah grant.

#### 8. DISCUSSION ON METHODS FOR INTERGENERATIONAL CONNECTION IN THE CITY

Jeff Scroger commented on the two senior centers in Davis County and which one serviced City residents. Ken Leetham replied that many seniors attended events at the Bountiful Senior Center and noted that the City hosted a monthly lunch as well.

Nicole Whetstone commented that this was prompted in part by a senior training she had attended. She spoke on having seniors share skills with the younger generation including connecting the Youth City Council with the Senior Lunch Bunch. Councilmember Van Langeveld added that her suggestion was to invite seniors to read to students at the elementary schools.

Mason Bennett mentioned the library branch coming to the City and classes that were offered at other libraries. He spoke on partnering with the library to have seniors share these skills through classes. Christine Seamons shared that the seniors loved interacting with the youth.

Councilmember Van Langeveld suggested channeling these options (no cost cooking, meditation classes, Zumba, etc.) through the Recreation Program next year. She spoke on how the Committee would find individuals to run the classes which would then be offered through the City's Recreation Program. She added the idea to expand the JustServe options as well. She encouraged the Committee to think of ideas and goals for next year.

#### 9. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

Christine Seamons commented that she had been unable to attend the Senior Lunch Bunch activity and asked if someone would like to go in her place. Councilmember Van Langeveld said that Committee Members did not have to attend the alternate committee meetings. She noted that the purpose of attending those meetings was to create a connection and ensure that there was not too much overlap in work, events, etc.

Jeff Scroger said he had collaborated with the Events Committee on several items including in preparation for the Night Out Against Crime/Wellness Fair event or for information on vendors.

#### 10. CITY COUNCIL UPDATES

Councilmember Van Langeveld reported on approval of City funding for the Purple air monitors. Ken Leetham asked for feedback on where the monitors should be located.

The Committee suggested Foxboro Elementary, near the Eaglewood Drive roundabout, near the freeway, City Hall, near the quarry, and in the industrial area.

Councilmember Van Langeveld then spoke on walkability in the City and said the City Council approved funding for sidewalks in the City. She said there were efforts in the General Plan for a greenway, in partnership with other cities, along Highway 89/Orchard Drive to Farmington. She continued that the plan would also include increasing the greenway and trail connections in the

City. Ken Leetham added there would also be Redwood Road CDA funding related to improvements in the area including sidewalk connections.

Jeff Scroger commented on the Eagleridge Drive roundabout and how to improve safety there including rumble strips to reduce speed. Ken Leetham stated he could discuss ideas with the City's Safety Committee.

## 11. COMMITTEE MEMBER BUSINESS

Sam Ball mentioned a focus on air quality including posts for social media to educate residents on reducing emissions. He spoke on the potential to obtain UTA day bus passes that the City could distribute. Ken Leetham replied that this was an option and the Committee budget could be utilized to purchase these.

Christine Seamons asked if the City Council had discussed the Great Salt Lake. Councilmember Van Langeveld said this was a regional issue and the difficulty in determining what the City could do. She spoke on how the City could advocate for a certain position, write letters to representatives, and create a transit day.

Jeff Scroger suggested the City could create or share a reel on how to use UTA services including how to route plan, buy tickets, etc. Sam Ball replied that one of his social media posts was related to the UTA transit app which addressed some of these items.

## 12. SCHEDULE DATE OF NEXT MEETING AND DISCUSSION TOPICS FOR THE AGENDA

The Committee determined the following items would be discussed at the next Health and Wellness meeting on September 28th at 6:30 p.m.:

- Neighborhood Block Party application update
- UTA bus passes/City subsidized (Sam Ball)
- Air Quality (incentive programs)
- Update on Get Healthy Utah grant
- Review Trail and Event series (stickers)

The Committee determined to cancel the October meeting followed by a meeting on November 9<sup>th</sup> to discuss:

- Planning for priorities and goals for 2027

They also noted future agenda items:

- Point in time count/Code Blue report
- Advising on housing policy (Ken to report after 2026 Legislative session)
- Advising on transportation policy
- Housing (affordability, zoning ordinances/housing types) and review housing plan (Ken)
- Review of City's Wellness Survey results (June/July)
- Review draft policy and criteria involvement with non-city organizations (Ken)
- Discuss SHARP survey/action plan results
- Intergenerational Connection in the City (August)

### 13. ADJOURN

The meeting was adjourned at 7:52 p.m.

*The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on September 28, 2026 by unanimous vote of all members present.*

  
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Jeff Scroger, Chair

  
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Wendy Page, City Recorder

