

ANN GRANATO; FUN 2D BIRTHDAY PHOTOS; ALL-AMERICAN;  
TRAUMA LEVEL II CENTER; RECYCLING TIPS; SUICIDE  
AFFECTS US ALL

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## NEWS

### ***Announcements***

#### **UPCOMING MEETINGS**

##### **City Council**

Mon., 1/28/19

Work session 5 PM

Regular session 7 PM

City Hall Chambers

3330 S. 1300 E.

Agenda below

### **MEET D4 COUNTY COUNCIL MEMBER ANN GRANATO**

MILLCREEK. Millcreek resident Ann Granato was elected to the Salt Lake County Council in November 2018 by Salt Lake County voters to represent Millcreek and all the cities of District 4.

Ann was initially appointed to the seat by the Salt Lake Council in June, just weeks after the death of her husband -- two term Councilmember Sam Granato. Before his death last spring, Sam had

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Calendar of Events](#)

asked Ann to pick up the torch to take care of the people of the district, whom he loved and had served both in and out of office for decades.

Ann has been a resident of District 4 for 60 years. She and Sam spent 43 happy years here, raising four kids in the district's public schools and building their business, Granato's Italian Deli, Kitchen & Market.

In her professional life, Ann works in public service as a Medicaid specialist for the state health department, helping individuals and families maximize their health care benefits. She's a graduate of the U's College of Pharmacy and is involved in every aspect of the family business, from personnel to banking, budgeting and inventory management.

Ann is keenly aware of Millcreek's issues. Just a month ago, she helped procure almost \$5.7 million in grants to improve transportation in Millcreek. Ann also arranged for Salt Lake County to donate funds to Millcreek Promise, a program for schools that she strongly supports.

Last summer, she expressed to the County Council Millcreek's concern that UDOT's proposed plans to revise the Parleys Crossing interchange could potentially harm adjacent Millcreek residents. In an email to Millcreek Mayor Jeff Silvestrini, Ann indicated that UDOT's plans are far from done and that Millcreek is assured a place in the ongoing discussions about the interchange.

"I am your representative to the County Council and will take every opportunity to advocate for Millcreek at that level," Ann wrote. "Please keep me informed of your concerns so we can work together in support of our great city."

Ann is committed to engaging with all District 4 residents and encourages you to reach out to her by email or phone. You can reach her by phone at 385-468-7500 or at [agranato@slcocouncil.org](mailto:agranato@slcocouncil.org).

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## **Photos from yesterday's rollickin' celebration of Millcreek's second birthday.**

MILLCREEK. Yesterday, Millcreek celebrated its second birthday with a family-fun party and a ribbon-cutting for the recent expansion of City Hall. Many

thanks to Millcreek's own [Tres Hombres](#) for all of the delicious food. Here are some photos (including a couple of two-year-olds).





## ALL-AMERICAN MILLCREEKER

MILLCREEK. Thomas Boyden, a junior at Skyline High, has earned All-American honors at the Footlocker National Cross-Country meet. The competition took place on the Balboa Park course in San Diego in early December 2018, pitting Thomas against some of the best prep distance runners in the nation, and showing that he has the right stuff to join their ranks.



Congratulations to Thomas, and thank you for representing Skyline High and Millcreek so well.

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## Millcreek Has its Own Trauma Level II Hospital

MILLCREEK. Mountainstar's St. Marks Hospital, located in Millcreek on 39th South between 9th and 13th East, has earned [Trauma Level II status](#) from the American College of Surgeons. It's also the only hospital in Salt Lake to achieve an "A" for patient safety. [Click here](#) for more information.

Congratulations, St. Mark's! And thanks for making it possible for us all to obtain skilled trauma care close to home.

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## HELP MILLCREEK TO HELP THE PLANET

MILLCREEK. Excess water is considered a contaminant in the recycle stream. Please clean the snow from your recycling can lid before collection, and keep the lid closed when raining or snowing. The recycling facilities will not accept



recycling materials that are drenched in snow and rain because it clogs their sorting equipment.

**Reminder:** Curbside Christmas tree collection ends next week. [Click here](#) for more information.

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## SUICIDE AFFECTS US ALL

MILLCREEK. A handful of Millcreek residents, including several teens, committed suicide in the last two years. While their deaths gravely affected their next-of-kin, their actions may have had a larger impact on the community.

*"Those who fall outside the circle of next-of-kin are frequently forgotten as grievers in the aftermath of a suicide death, but there is growing evidence that schools,*

*workplaces, places of worship, and communities are also shaken by suicides."*

Julie Cerel and Rebecca L. Sanford, [\*The impact of suicide: World Suicide Prevention Day and why suicide awareness matters\*](#), 2016.

Cerel and Sanford posit that loss survivors often feel responsible, and fearing negative judgment from others, become isolated. They do not discuss the loss, and end up themselves with an increased risk of depression, anxiety, PTSD, and possible suicide. See also Jie Zhang, Hui Qi Tong and Li Zhou, [\*The effect of bereavement due to suicide on survivors' depression\*](#), 2010.

What can we do to help prevent what has become a public mental health crisis? We can recognize the risk factors and warning signs, and then connect with each other to help reduce the risk.

**Risk Factors** for suicide vary with age, gender, and ethnicity. Not all people who have these risk factors are suicidal, but look for depression, loss of interest in usual activities, substance abuse disorders, prior suicide attempt(s) or family history of suicide, exposure to suicidal behavior of peers, gender identity issues, unsecured firearms in the house, incarceration, family violence, or recent personal crisis or hospitalization.

#### **Warning Signs to Look For:**

- Marked decline in school or work performance.
- Looking for ways and means to kill themselves
- Expressing hopelessness about the future
- Talking about feeling trapped or experiencing unbearable pain
- Talking or writing about death, dying or suicide
- Giving away prized possessions
- Showing worrisome behavior cues or marked changes in behavior, including:
  - Withdrawal from or changes in social connections/situations
  - Increased/decreased sleep
  - Extreme mood swings
  - Difficulty concentrating at school, work, or home
  - Increased use of alcohol or drugs
  - Neglecting appearance or hygiene
  - Talking about being a burden
  - Suddenly happier and more carefree after having gone through a period of deep depression

- Suddenly extremely generous with everyone, paying off debts or giving away possessions

### **Five Action Steps:**

1. **ASK THEM:** Don't be afraid to ask, "Are you thinking about killing yourself?" Studies show that asking does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reduce access to highly lethal items. Lock up guns, pills, razorblades, knives and other weapons.
3. **STAY CONNECTED WITH THEIR COMMUNITY:** For your child, have open communication with their teachers or other school administrators. Express your concern to someone else – perhaps a colleague who is friendly with that person or a member of the human resources department or employee assistance program.
4. **BE THERE:** Ask and listen carefully. Acknowledging and talking about suicide reduces suicidal thoughts. Do not leave the person alone if you are worried about their safety. Monitor your child's social media accounts. Stay in touch after a crisis or recent hospital release.
5. **CONNECT THEM TO HELP:** Help the person connect with a trusted individual, such as a family member, friend, spiritual advisor, or mental health professional. Here are other resources:
  - Download the SafeUT App to send an anonymous tip or talk to a crisis counselor and encourage them to follow suit. [Click here](#) to find out more and how to download the app.
  - Go to Lifeline Chat at <https://suicidepreventionlifeline.org/chat/>. They can help you connect with counselors for emotional support and other services.
  - Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), Utah's local hotline at 801-481-7199, or send a text to 801-664-2929.

**Don't Stay Silent, Speak Up!**

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## **Meetings with the Mayor**

Interested in meeting with the Mayor?  
Fridays from 2-4pm have been set aside for

citizens to meet with Mayor Silvestrini.  
Please call 801-214-2700 to schedule a time.



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**Millcreek City Council Meeting Agenda**  
**January 28, 2019**

PUBLIC NOTICE is hereby given that the City Council of MILLCREEK will assemble in a public WORK meeting and REGULAR meeting on Monday, **28 January 2019** at City Hall, 3330 S. 1300 E., Millcreek, Utah 84106, commencing at **5:00 p.m.** for the work meeting and **7:00 p.m.** for the regular meeting.

A packet of the materials the Council will consider can be found by [clicking here](#).

**5:00 p.m. - WORK MEETING:**

1. Introductions of New Millcreek Staff and the Millcreek Youth Council
2. Discussion on Parking Issues (i.e. 3900 S. and 700 W.); John Miller, Public Works Director
3. Discussion on Potential Title 20 of Millcreek Code for Code Enforcement; Kurt Hansen, City Services Director
4. Discussion of agenda items, correspondence, and/or future agenda items

**7:00 p.m. - REGULAR MEETING:**

**1. Welcome, Introduction and Preliminary Matters**

- 1.1 Pledge of Allegiance
- 1.2 Public Comment

*Audience members may bring any item to the Mayor and Council's attention. Comments are subject to the Public Comment and Policy set forth below. State Law prohibits the Council from acting on items that do not appear on the agenda.*

1.3 Unified Police Department Officer of the Month for December 2018 and Officer of the Year 2018

**2. Planning Matters**

- 2.1 Public Hearing on Considering Adoption of the Millcreek General Plan

**3. Financial Matters**

3.1 2<sup>nd</sup> Quarter Financial Report; Laurie Johnson, HR-Finance Director

**4. Business Matters**

4.1 Discussion and Consideration of **Resolution 19-01**, Approving First Amended Agreement for Surveyor Services

**5. Reports**

5.1 Mayor's Report

5.2 Reports of City Council Members

5.3 Staff Reports

5.4 Unified Police Department Report

5.5 Unified Fire Authority Report

**6. Consent Agenda**

6.1 Approval of January 14, 2018 Work Meeting and Regular Meeting Minutes

**7. New Items for Subsequent Consideration**

**8. Calendar of Upcoming Events**

**9. Closed Session (If Needed)**

*The Council may convene in a closed session to discuss items as provided by Utah Code Ann. §52-4-205.*

**10. Adjournment**

*In accordance with the Americans with Disabilities Act, Millcreek will make reasonable accommodation for participation in the meeting. Individuals may request assistance by contacting the Recorder's Office, 801-214-2601, at least 48 hours in advance of the meeting.*

*Public Comment Policy and Procedure: The purpose of public comment is to allow citizens to address items on the agenda. Citizens requesting to address the commission may be asked to complete a written comment form and present it to the City Recorder. In general, the Chair will allow an individual two minutes to address the Council. A spokesperson, recognized as representing a group in attendance, may be allowed up to five minutes. At the conclusion of the citizen comment time, the Chair may direct staff to assist the citizen on the issue presented; direct the citizen to the proper administrative department(s); or take no action. This policy also applies to all public hearings. Citizens may also submit written requests (outlining their issue) for an item to be considered at a future council meeting. The Chair may place the item on the agenda under citizen comments; direct staff to assist the citizen; direct the citizen to the proper administrative departments; or take no action.*

**THE UNDERSIGNED DULY APPOINTED CITY RECORDER FOR THE MUNICIPALITY OF MILLCREEK HEREBY CERTIFIES THAT A COPY OF THE FOREGOING NOTICE WAS EMAILED OR POSTED TO:** City Offices, City Website <https://millcreek.us>, Utah Public Notice Website <http://pnn.utah.gov>, those listed on the agenda.

DATE: January 23, 2019

CITY RECORDER: Elyse Greiner

\*Agenda items may be moved in order, sequence, and time to meet the needs of the Council\*

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