

**Meeting Minutes -  
COMMISSION ON COMMUNITY HEALTH  
November 19, 2025, 6:30 P.M.  
FARMINGTON HILLS CITY HALL- COUNCIL CHAMBERS  
31555 ELEVEN MILE  
FARMINGTON HILLS, MI 48336  
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APPROVED

**Call Meeting to Order and Roll Call:** Molly called the meeting to order at 6:32 PM. Each member shared their name and introduced themselves to the group.

**Members' Present:** Molly David, Sylvia White, Jessica Schefman, Kelsey Russom, Erica Blaskay, Yvette Stines, Leon Smalls, Victor Gardener, Ikramuddin Khan, Eunice Jeffries

**Members Absent:** Janay Hill, Kimberly Dungy, Charles (Charlie) Starkman, Farah Khan

**Others Present:** Teresa Jergovich-Etzin

**Approval of Minutes – 10/15/2025:** Kelsey brought a motion to approve the 10/15/2025 minutes, which was seconded by Eunice. The minutes from the October 2025 meeting were approved.

**Approval of Agenda:** Eunice moved to approve the agenda, which was supported by Jessica. The agenda was approved without opposition.

**Debrief of Dungeon Fitness** - Participants had a great time. The event was well attended and had a strong sense of community from different gyms that came together. Different fitness levels participated in the event. It was very loud at the event - not a lot of opportunity to engage and talk with community members. The Commission gave out 988 Suicide awareness cards/magnet and QR codes. Most folks didn't know of the commission; we were able to get our name out. The Commission is enthusiastic about participating in future events.

**Goodfellow Delivery Day - Saturday, December 20th** - Members are invited to volunteer for gift distribution for families and seniors, starting at 9:00 am. Delivery pickup location to be announced.

**Commission Holiday Party/Dinner** -Kelsey called John Cowleys Irish Pub, can be accommodated - we can make a reservation. The commission will have to alternate to Farmington Hills next year. December 17th at 6:30 pm will be the commission dinner. Reservation will be made under Farmington Hills - members will need to RSVP.

**Spring Community Presentations** - Following the discussion from October, "Are You Okay" speaker series. Sylvia is interested in promoting gardening for mental health and access, nutrition, and healthy eating. Ikram volunteered to take the lead on presentation with physicians who are interested he has contacts with hospitals, pain doctors, cardiologists, child's psychiatrist (Victor). The commission discussed logistics for setting up the series, including duration, frequency, location, and topics. Teresa suggested May for Senior Month for speakers. Sud subject proposed. Proposed an hour session, 45-minute lecture with 15-minute Q&A, or 90-minute block with similar structure. Saturday morning series proposed to begin in March or April. The Commission proposed a booth at the farmers' market to propose a speaker series. The series will likely start with monthly sessions, and with interest, increase sessions. The first year could be considered a pilot program. Promotional content and strategy are needed for planning and commission members to get the word out in different formats. Certificate or program completion recognition. First order of business: determining a location; Teresa will look for availability at the Costick Center for Saturday mornings in Spring of 2026.

**Bike Coloring Books and Sunscreen Purchases** -Molly distributed information for different sunscreens that the commission can purchase. The coloring books are popular, and the commission will anticipate purchasing more. The Commission table for now and consider purchasing in the Springtime, as there is no urgent need.

**Self-Defense Training** - Following ALICE training, Farah spoke with the officers to propose community and commission Self-Defense training. The commission will revisit this subject in the New Year.

**Volunteering/Presence at Community Events** - The Commission has worked to set a volunteer date with CARES for community engagement and hopes for name recognition and awareness. Other opportunities possible: December 6th, Holiday parade downtown, showing Elf, collecting canned goods. Jessica suggested Oakland Foster Closet after the New Year.

**Public Service Announcements** - Molly shared with the commission ahead of the meeting to promote for December on a variety of topics. Commission members are invited to make suggestions.

**Member Comments/Announcements** - Charlie won his council seat, will be sworn in shortly, but cannot serve as Vice Chair.

Debrief on ALICE training. About 12 people attended. Molly thanked the participants for coming. Participants found the session very informative and had a positive experience.

### **No Meeting in December**

**Next Meeting:** The next commission meeting will be held on **January 21, 2026**, at 6:30 PM.

**Adjournment:** Jessica moved to adjourn the meeting, with Kelsey supporting the motion. The meeting was adjourned at 7:21 PM.