

APPROVED

Meeting Minutes
COMMISSION ON COMMUNITY HEALTH
September 16, 2026, 6:30 P.M.
FARMINGTON HILLS CITY HALL
31555 ELEVEN MILE RD. FARMINGTON HILLS, MI 48336
(248) 473-1800 www.fhgov.com

Call Meeting to Order and Roll Call: Ikram called the meeting to order at 6:37 pm. Each member shared their name and introduced themselves to the group.

Members Present: Yvette Stines, Erica Blaskay, Ikramuddin Khan, Victor Gardener, Farah Khan, Sylvia “Nsombi” White, Abby Morris, Sarah Adair, Kelsey Russom

Members Absent: Kimberlea Dungy, Jessica Schefman, Molly David, Janay Hill, Eunice Jeffries, Leon Small

Others Present: Charlie Starkman, Teresa Jergovich

Approval of Minutes - 6/17/2026: Erika brought a motion to approve the minutes. Victor seconded the motion. The motion passed unopposed.

Approval of Agenda: Victor brought a motion to approve the agenda. Yvette seconded the motion. The motion passed unopposed.

Debrief of FPS Staff Picnic held 8/18: Teresa shared that Molly attended; 988 suicide info was shared and was greatly appreciated by school staff.

Riley 1-Mile Walk Debrief - August 17: Commissioners discussed the successful walk and interest in holding similar events. The Commission identified a need for greater community awareness of its role and activities. Most attendees learned about the event through social media. Starting at Riley Park appeared to encourage spontaneous participation. Teresa suggested promoting future walks at the farmers market next spring and noted a potential community need for an organized walking or biking club.

City Open House - Saturday, October 3 at Farmington Hills City Hall: The Commission will have a booth at the event and will purchase, share, and decorate pumpkins with children. Teresa

noted that the event is family-oriented and has provided a valuable opportunity in the past to share information about the Commission and connect with the community.

Total Wellness Fair - October 6, 10:00 a.m.–12:30 p.m. at the Costick Center: The event primarily serves older adults, and the Commission has participated in the past. The Commission will host a booth to distribute Files of Life and apples and promote the October 10 “Are You Okay?” talk.

- Ikram will staff the booth.
- Teresa will order a case of apples and bring the apples and Files of Life to the event.

LDS Clothing Drive - October 16–17:

Ikram provided an overview of the clothing drive and volunteer opportunities. The Farmington Hills Police Department will be present at the event.

- Volunteers may be needed October 12 to unload and sort donations; heavy lifting is involved.
- Additional volunteers may be needed for post-event cleanup.
- Volunteers are needed to shop at the event on behalf of unhoused families.
- Teresa will share a SignUpGenius link.

Mental Health Resource Project: Charlie proposed an initiative to develop preventative mental health educational materials to help community members recognize mental health needs and identify resources before a crisis occurs. A subcommittee will be formed to develop materials for distribution through law enforcement, public safety, and community organizations. A budget request will be submitted to Farmington Hills City Council.

“Are You Okay?” Series: The next talk will be held October 10 at 10:00 a.m., with the following talk held in January. The Commission discussed holding future presentations at The Hawk and moving events to weekday evenings. The second Wednesday in January was proposed; Teresa will check room availability.

Potential 2027 topics included:

- Teen vaping
- Online gambling/addiction
- Advanced care planning
- Eating disorders
- Menopause
- Postpartum mental health

Flyers for the series may be shared with Farmington Public Schools. The Commission also discussed attendee incentives, including Hawk day passes, gym memberships, and health-related gift certificates.

Social Media/Outreach Strategy

- Ikram will share “Are You Okay” series flyer on social media.
- Ikram will contact Rose Assisted Living about sharing the flyer with residents.
- Ikram will email the “Are You Okay?” invitation to Farmington Hills Commission staff liaisons for distribution to other commissions.

Member Comments: Farah asked about self-defense training through the Farmington Hills Police Department. Commissioners will determine a preferred date, and the topic will be added to the next meeting agenda.

Next Meeting: The next Commission meeting will be held October 21, 2026, at 6:30 p.m.

Adjournment: Ikram adjourned the meeting at 7:41 p.m.