

Meeting Minutes -
COMMISSION ON COMMUNITY HEALTH
April 15, 2026, 6:30 P.M.
FARMINGTON HILLS CITY HALL
31555 ELEVEN MILE
FARMINGTON HILLS, MI 48336
(248) 473-1800 www.fhgov.com

APPROVED

Call Meeting to Order and Roll Call: Ikram called the meeting to order at 6:35 PM. Each member shared their name and introduced themselves to the group.

Members Present: Janay Hill, Erica Blaskay, Ikramuddin Khan, Farah Khan, Molly David, Yvette Stines, Sylvia "Nsombi" White, Jessica Shefman

Members Absent: Victor Gardener, Eunice Jeffries, Kimberlea Dungy, Sarah Adair, Kelsey Russom, Leon Small

Others Present: Teresa Jergovich-Etzin, Charlie Starkman

Approval of Minutes – 03/18/2026: A motion to approve the minutes was brought by Molly and supported by Ikram; the motion was passed without opposition.

Approval of Agenda: Ikram moved to amend the agenda to add discussion of A Taste of Lightness after the Farmer's Market item. The motion passed without opposition.

Debrief "Are You Okay" Series: Commission member Victor Gardner was the first speaker on 4/4/26. The commission needs to address marketing and dates for the lectures. The first Saturday of each month may not be practical for holiday schedules. Everything marketed must go through the city for approval. Facebook: All Things Farmington; Fun in Farmington. Commission members can post as private citizens, not on behalf of the city. Jessica proposed attending meetings for the Commission on Youth and Family and the Commission on Aging. Teresa stated that the chair or co-chair can email all the commissions when the flyer is available. Nsombi proposed marketing with other community organizations. The Commission can distribute city flyers to Hawk. Ikram will send information to the LDS church from prior involvement on behalf of the commission.

"Are You Okay" Series - May Speaker - Dr. Arfat Khan on May 2nd at 10:00 am will discuss A-Fib and cardiac conditions. Ikram will provide a bio to Erica to create a flyer. The senior center has a monthly newsletter to include our flyer. The June speaker will discuss Hypertension with Dr. Singh.

Proposed Schedule Revision for 2027 “Are You Okay” Series - Commission will need to consider the annual calendar for any pitfalls for scheduling. Second Saturdays may pose fewer problems at first glance. Streaming may be available for future discussions.

Budget Remainder 2025/2026 - Spent \$1,021 out of roughly \$800 remaining to utilize by the end of June. The commission has spent funds for event participation: pumpkins, stickers, and coloring books. Processing Fees. Sunscreen is still pending for \$327 + shipping. Proposed purchases before the end of the year include Hypertension charts; possible giveaway for blood pressure monitor; Water bottles; or Files of Life.

Farmers Market: We have a table scheduled for May 16th. Healthy eating and bike safety coloring books for giveaways. Promote the June “Are You Okay” series meeting. Jessica will send a Sign-Up Genius for the event for commission member volunteers.

A Taste of Lightness: In March, the Guest speaker discussed possible involvement with the commission for stress management. Offered a free pilot interactive management session. The Commission has decided not to continue with the program due to the participation costs to the public. The commission will invite her to talk with the commission to present to the members, only to gain an understanding of the program upon completion of her certification.

Member Comments/Announcements:

Need to discuss the Self Defense Training for next month’s agenda and select a date.

Next Meeting: The next commission meeting will be held on **May 20, 2026**, at 6:30 PM.

Adjournment: Ikram moved to adjourn the meeting, which was passed unopposed. The meeting was adjourned at 7:45 PM.