



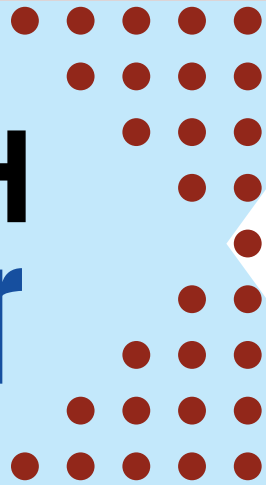
MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



July 2026

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM



CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

Monday-Friday
8:00am - 4:30pm

Clinic Services
(203) 630-4234

Environmental Health
(203) 630-4226

**Public Health
Education**
(203) 630-4288

Meriden Early Start
(203) 630-4222

Youth Services
(203) 639-5058

**Public Health
Emergency
Preparedness**
(203) 630-4288

School Health
(203) 630-4239

Senior Center
22 W. Main Street
(203) 237-0066

CELEBRATE A SAFE AND HEALTHY FOURTH OF JULY

The Fourth of July brings a weekend full of festivities, whether you are hosting a party, watching a fireworks display, or spending the day at the beach or park. Taking a few simple precautions can help ensure everyone enjoys a safe and memorable holiday.

Fireworks:

Every year, people are treated in emergency departments for firework-related burns and injuries, many involving children.

To stay safe:

- Attend a professional fireworks display whenever possible.
- Buy only legal consumer fireworks from reputable retailers.
- Keep children away from fireworks, including sparklers. Sparklers burn at temperatures of about 2,000 degrees Fahrenheit—hot enough to melt some metals—and can cause serious burns in seconds.
- Keep water nearby. Have a bucket of water or a garden hose ready in case of fire or to safely soak used fireworks.



Food Safety:

- Clean - surfaces, utensils, and hands with soap and water.
- Separate - plates and utensils for cooked and uncooked foods.
- Cook - use a food thermometer to ensure food is thoroughly cooked.
- Chill - don't leave food at room temperature. Store leftovers promptly.

Drive Responsibly

Help keep everyone safe by:

- Never driving under the influence of alcohol or substances.
- Always wearing your seat belt.
- Avoiding distractions while driving.
- Planning ahead by designating a sober driver or arranging alternate transportation if needed.

City Offices, including the Meriden Senior Center, will be closed on Friday, July 3, 2026 in observance of Independence Day. Offices will reopen on Monday, July 6 at 8:00am.



GRANT AWARD ANNOUNCEMENT



2026 AARP Community Challenge Grant

We're excited to share that we are one of 750 grantees selected to receive a 2026 AARP Community Challenge grant from AARP Livable Communities and AARP-CT.

Our Department is incredibly proud to receive this award to help make Meriden more livable for people of all ages. With this funding, we will be launching the **Meriden Preparedness & Response Education Program for Seniors (PREPS)**, a free training program for residents age 50 and over. Learn more about the AARP Community Challenge: www.aarp.org/CommunityChallenge.

(PREPS will consist of 4 education sessions on how to build a kit, make a plan and stay informed before, during, and after an emergency or disaster, and participants will receive a free emergency "go bag" with basic preparedness items. A bulletin board will also be created at the Senior Center and changed out monthly with additional preparedness tips.

Training sessions will be held at the Meriden Senior Center (22 West Main Street) in the Main Activity Room on the following dates from 10:00 - 11:00am:

August 12

September 9

October 14

November 4

Limited to 15 people per session - sign-up at the Meriden Senior Center (Main Office) or call (203) 237-0066. Open to all Meriden residents age 50 and over.

UPDATES FROM MARLEY THE MERIDEN LION

Back to School Physicals

It's that time of year again! We will be partnering with Community Health Center, Inc. to provide back to school physicals. Appointments will be on Tuesdays and Wednesdays from 8:30am - 1:30pm starting Tuesday, July 7 through Thursday, August 6.



To make an appointment call Community Health Center at (475) 231-6978.

Just a reminder, paperwork, including physical exams and proof of immunizations, must be received by our Public Health Clinic before the first day of school in order for your child to be medically cleared to attend.

Our Clinic, located at 165 Miller Street, is open Monday through Friday, 8:00am to 4:30pm.

School Year 2026-2027 Physical Forms

Just a reminder for families, if you child is entering:

- **Kindergarten** - we must have a copy of their physical dated on or after 8/26/2025.
- **7th or 10th Grade** - we must have a copy of their physical dated on or after 6/1/2025.

If your child will be participating in sports next school year, they will also need a sports physical dated 13 months before the first day of try-outs or practice. Please check with coaches about specific requirements.

STATEWIDE MOSQUITO TRAPPING AND TESTING

Weekly reports from the Statewide mosquito trapping and testing can be found on the Connecticut Agricultural Experiment Station (CAES) [website](#). We will post on our website and social media if mosquitoes trapped in Meriden test positive for West Nile Virus, Eastern Equine Encephalitis, or Jamestown Canyon Virus.

The [CAES](#) is the agency responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses, including West Nile Virus and Eastern Equine Encephalitis. Meriden's trapping location is Falcon Park.



SUMMER MEAL SITE OUTREACH

Staff will be at the summer meal lunch sites hosted by the Meriden Public Schools Food and Nutrition Services. Stop by to ask questions about programs and services or just to say hello! We will have seasonal health information, free giveaways for the kids, and more.



For more information about the summer meal program please visit: <https://tinyurl.com/MPSSummerMeals2026>.

Ceppa Field (11:15 - 11:35am)	John Barry Elementary School (12:25 - 12:55pm)
- Monday, July 13 - Monday, July 27 - Monday, August 10	- Monday, July 20 - Monday, August 3
Meriden Green (11:45am - 12:15pm)	City Park (1:05 - 1:35pm)
- Thursday, July 16 - Thursday, July 30 - Thursday, August 13	- Thursday, July 2 - Thursday, July 23 - Thursday, August 6

CT FOODSHARE MOBILE PANTRY

The CT Foodshare mobile pantry will continue to be at Ceppa Field (83 Gale Ave in Meriden) every other Thursday from 1:00 - 2:00pm.

Dates in July: 7/2/26, 7/16/26, 7/30/26

The mobile pantry will also be at Mt. Hebron Church (84 Franklin St in Meriden) from 1:15-2:15pm.

Dates in July: 7/10/26 & 7/24/26

Sign up for alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations, click [here](#).

MERIDEN FARMERS MARKET

Every Saturday starting July 11 through October 17, from 8:30am - 12:00pm at the Meriden Green. Click [here](#) for more information.

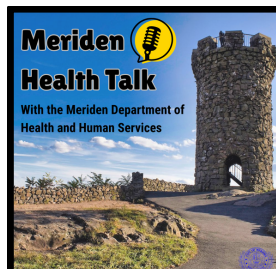


SUBSCRIBE TO OUR SEASONAL HEALTH NEWSLETTER & DEPARTMENT PODCAST CHANNELS



A Moment with Marley
Provides expert insights on disease prevention, family wellness, and updates from our Public Health Clinic.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).
Listen on Apple Podcasts [here](#).



Meriden Health Talk
Provides expert insights on a range of topics, including seasonal health and local updates and alerts.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).
Listen on Apple Podcasts [here](#).

If you would like to subscribe to our monthly seasonal health and quarterly life-saving overdose prevention and response newsletters, please click [here](#) or call (203) 630-4288. You will only need to provide your first name and email address. Your information will not be shared with anyone.

SENIOR CENTER NEWSLETTER

The July issue of the Meriden Senior Center newsletter is now available on our website: www.meridenhealth.com. Program highlights include:

- If you are interested in applying for a Farmer's Market benefit card for the 2026 season, please visit the Meriden Senior Center on Tuesdays and Wednesdays beginning June 23, between 9:00 am and 12:00pm, to reactivate your card from the last season or apply for the first time.
- Walk & Talk: Meriden Preparedness Response & Education Program for Seniors (PREPS) - July 23 from 10:00am - 12:00pm.



www.meridenhealth.com



City of Meriden Health & Human Services Department





***Meriden Department of Health and
Human Services in partnership with Rushford***

**Hartford
HealthCare**
Rushford

QPR
INSTITUTE

FREE In-Person QPR Suicide Prevention Training

A suicide prevention program designed to teach individuals how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



Friday, July 24, 2026



11:00 AM - 12:00 PM



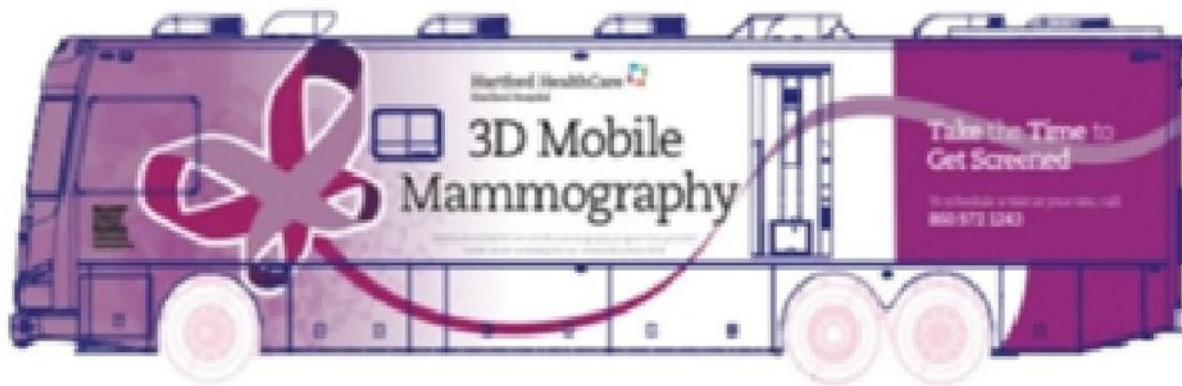
**165 Miller Street Meriden, CT 06450
2nd Floor - Teen Conference Room**

**Participants will
receive a
certification as a
QPR Gatekeeper
upon completing
the training.**

**To register contact: Elizabeth DeMerchant,
Public Health Educator at edemerchant@meridenct.gov
or (203) 630-4288**

Take the Time

Mobile Mammography



Hartford Hospital's 3D Mobile Mammography van is coming. Take the time to visit us for your screening mammogram.

Mammograms can save lives.

These screening mammograms are offered for women between 35 and 40 who have not had a mammogram, and for women 40 and older who have not had a mammogram in over a year.

Date: July 28, 2026

Time: 8:00 AM – 1:15 PM

Location: 165 Miller Street, Meriden, CT 06450

Contact Person: Shanae Grant, Community Outreach Specialist

Phone: (860) 972-1243

The Meriden Department of Health and Human Services Presents

Meriden Preparedness & Response Education Program for Seniors (PREPS)

August 12, 2026

October 14, 2026

September 9, 2026

November 4, 2026

10:00 - 11:00 AM

Meriden Senior Center (22 West Main Street) - Main Activity Room



Emergency Preparedness Training for Meriden Residents 50+

- Are you prepared for an emergency such as a power outage, flooding, or extreme weather?
- Learn how to build a kit, make a plan and stay informed before, during, and after an emergency or disaster.
- Get a **FREE** emergency “go bag” with basic preparedness items.

**Limited to 15 people per session - sign-up at the Meriden Senior Center
(Main Office) or call (203) 237-0066.**

Open to all Meriden residents age 50 and over.

This project was made possible for the community due
to the generous support of AARP.

