



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



October 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

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time to raise awareness about breast cancer and encourage everyone to take steps towards early detection. Breast cancer is the most common cancer in women in the United States besides skin cancers. Finding breast cancer early through screening can help identify the disease before it causes symptoms and may make treatment more effective.



The Importance of Early Detection

Early detection dramatically increases the chances of successful treatment and survival. The five-year survival rate for localized breast cancer is approximately 99%, but this rate decreases significantly if the cancer spreads to other parts of the body.

Make Early Detection a Priority

- **Check** with your healthcare provider if you should get screened.
- **Know your risk.** Talk with your healthcare provider about your family history and other factors that may affect your risk such as age, lifestyle, or hormonal factors.
- **Pay attention to changes** during monthly self-exams.
- **Help spread the word.** Encourage friends, family members, and coworkers to talk with their healthcare provider about breast cancer screenings.

For more information about breast cancer visit the National Breast Cancer Foundation's website: <https://www.nationalbreastcancer.org/>.

Hartford Hospital's Mobile Mammography Van

Hartford Hospital's Mobile Mammography van will be in front of our building at 165 Miller Street on the following upcoming dates:

- April 15, 2027
- July 29, 2027
- October 21, 2027



To learn more about Hartford HealthCare's mammography services including cancer screenings for uninsured or underinsured adults visit their website [here](#) or call (855) 906-2666.

REMINDING RESIDENTS THAT STAYING HEALTHY TAKES COURAGE

It's That Time of Year Again - Flu Shots Are Now Available

The best time to get the flu shot is before the end of October. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

Getting the seasonal flu shot can provide several important benefits, including:

- Reducing the overall number of flu illnesses.
- Reducing doctor's office visits and missed work or school due to the flu.
- Making flu symptoms less severe for people who are vaccinated but still become sick.
- Reducing the risk of flu-related hospitalizations and deaths.



At our Public Health Clinic, flu shots are FREE for Meriden residents, 18 and younger, regardless of health insurance status.

We also have flu shots for adults. New this year, our **Clinic is part of the Connecticut Vaccines for Adults (CVFA) Influenza Pilot Program, which allows us to provide free flu shots to adults 19 years and older who are underinsured or not insured.** For those with insurance, we accept Connecticut, Cigna, Aetna, Medicare and Medicaid. FluBlok (not part of the pilot program) is \$40 (cash or check).

Clinic hours are Monday through Friday, 8:00am - 4:30pm. **We will be open until 6:00pm to accommodate busy schedules on the following Tuesdays:**

- **October 13 and 27**
- **November 10 and 24**
- **December 8 and 29**

Call our Public Health Clinic at (203) 630-4234 to schedule an appointment.

Daycare & Preschool

The Connecticut Department of Public Health requires that children ages 6 months and older who attend Pre-K or daycare get an annual flu shot by **December 31**. While the flu shot is not required for K-12 grade school attendance, we recommend it!

Meriden Businesses and Organizations - Host a Flu Shot Clinic at Your Workplace

Keep your employees healthy this flu season by hosting an on-site flu vaccine clinic provided by our Clinic. We are available Monday - Friday from 8:00am - 4:30pm to host clinics. Interested? Call Michelle Barberino, Public Health Clinic Supervisor, at (203) 630-4234. We are booking into November.



TEDDY BEAR CLINIC

Calling all little doctors! Bring your favorite stuffed animal to our Teddy Bear Clinic for a fun, hands-on check-up. Children ages 3+ will learn about staying healthy while giving their favorite stuffed animal a check-up.

Thursday, November 5, 2026

4:30 - 6:00 PM

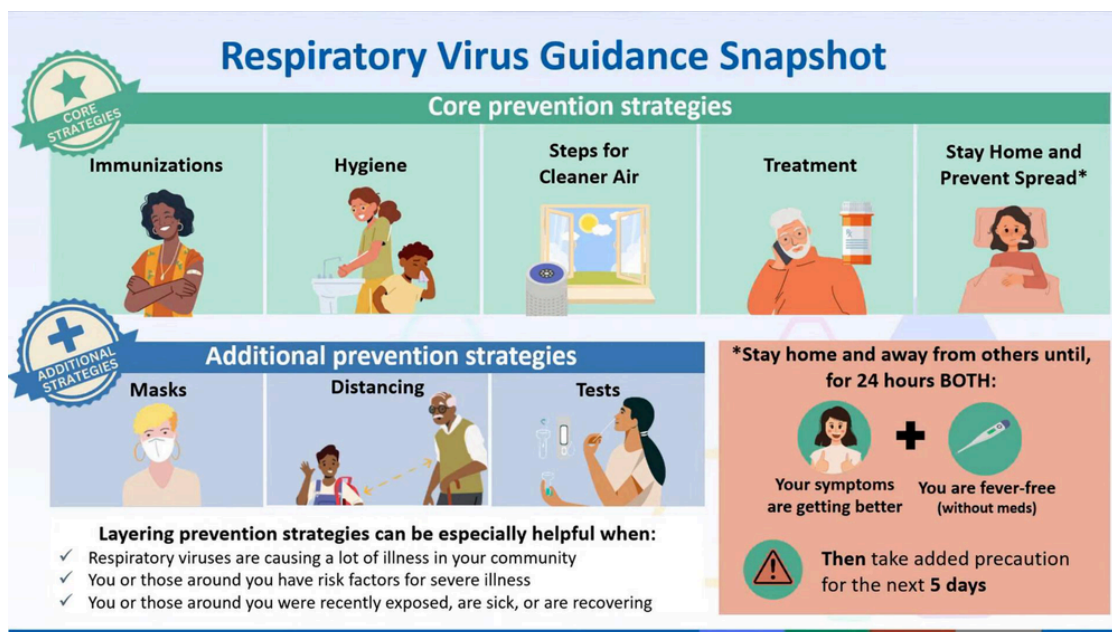
165 Miller Street - Public Health Clinic

B.Y.O.B - Bring your own bear (or favorite stuffed animal). Each child will receive their own doctor kit and a Marelly the Meriden Lion stuffy! Community resources will also be available for parents and caregivers.

Space is limited to just 25 participants. Call our Public Health Educator at (203) 630-4288 to reserve your spot.



RESPIRATORY VIRUS DISEASE GUIDANCE



Immunizations for Respiratory Viruses Prevention

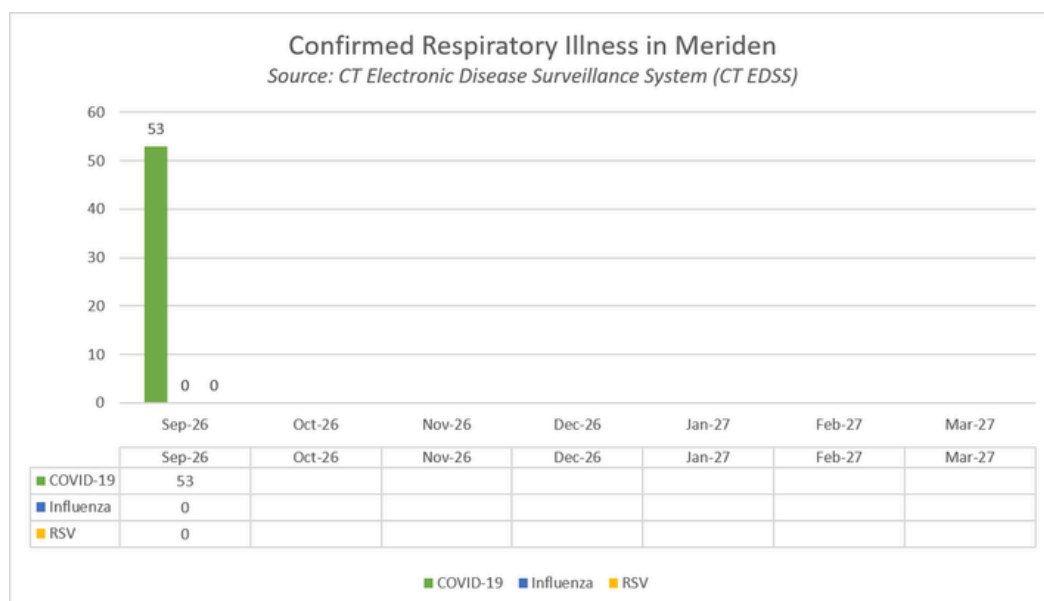
Staying up to date on COVID-19, flu, and RSV vaccines helps prevent serious illness. The Connecticut Department of Public Health recommends:

- **Flu:** Everyone 6 months and older should get an annual flu vaccine.
- **RSV:** Adults 75 and older should receive one RSV vaccine. Adults ages 50–74 at high risk may also be eligible. Pregnant women can get vaccinated between 32–36 weeks, and eligible infants may receive RSV antibodies.
- **COVID-19:** Everyone 6 months and older should get one COVID-19 vaccine annually. High-risk individuals may need an additional dose.

Talk with your healthcare provider about which vaccines are right for you. To find nearby vaccine providers for the COVID-19 or RSV vaccine, visit the [Vax Assist](#) website.

Confirmed Respiratory Illness in Meriden

Starting in September we monitor respiratory illness in Meriden, including COVID-19, RSV, and influenza. These illnesses are reportable to local health departments per state public health code. The numbers on the chart below do not include those who test positive via a home test, or those who are ill and do not test. Case numbers under 5 are not reported in the chart. Numbers are subject to change.



MERIDEN EARLY START

Join our Parent Ambassadors at these upcoming events:

Meriden Farmer's Market

October 3 & 17, 8:30 AM - 12:00 PM

Meriden Green (Mill Street side)



Stop by the Parent Ambassador's table at the Meriden Farmer's Market for fun giveaways, lawn games, information about our Early Start programs, and other helpful resources.

Meriden Early Learning Connection - An LGP Partner Meeting

October 27, 10:00 - 11:00 AM

Meriden Public Library (105 Miller Street)

An inclusive forum where diverse organizations, parents, and stakeholders come together to engage in open dialogue, share insights, and work towards collective community goals.

Growing Together with Meriden Early Start

October 31, 10:00 - 11:30 AM

Meriden Public Library (105 Miller Street)

Join the Meriden Early Start Parent Ambassadors for a fun, interactive parent-and-child workshop! Open to children under 5 and their caregivers. Visit the library website to register [here](#).

CT FOODSHARE MOBILE PANTRY

October 8 and 22:

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.

October 2, 16 and 30:

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

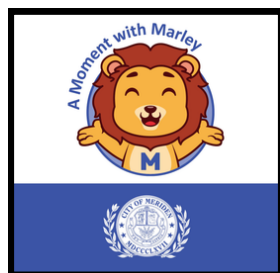
Bring reusable bags. Sign up for alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations, click [here](#).

MERIDEN FARMERS MARKET

Every Saturday until 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 October issue of the Meriden Senior Center newsletter is now available on our website: www.meridenhealth.com. Program highlights include:

- **Celebrate Hispanic Heritage Month with Us!** on October 6 from 10:00 - 11:30am.
- **Italian Hero Sub Luncheon** on October 12 from 11:30am - 12:30pm.
- **Halloween Boo Bash** on October 30 from 10:30am - 12:00pm.



www.meridenhealth.com



City of Meriden Health & Human Services Department



The Meriden Department of Health and Human Services Presents

Meriden Preparedness & Response Education Program for Seniors (PREPS)

October 14, 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.





Teddy Bear Clinic

Join the Meriden Department of Health and Human Services' Public Health Clinic for a fun and interactive event where children have a chance to play doctor with the favorite stuffed animal and learn how to keep their stuffy healthy!

Thursday, November 5, 2026
4:30 – 6:00pm
165 Miller Street

What to Expect:



A Check-Up With Your Favorite Stuffed Animal

Children learn about how to stay healthy while giving their stuffed animal a "check-up".



Community Resources

For parents and caregivers about our Department's programs and services.



B.Y.O.B.

Bring your own bear (or favorite stuffed animal)

Each child will receive their own doctor kit

Space is limited to 25 participants. Call our Public Health Educator at (203) 630-4288 to reserve a spot.

For children ages 3 and up and their parent/caregiver.



**Meriden Department of
Health and Human Services**

