



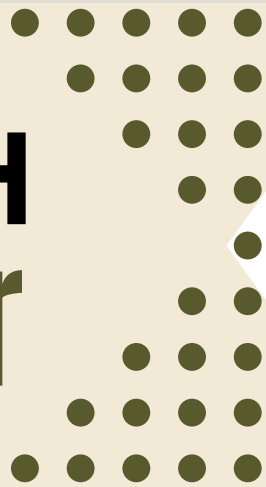
MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



September 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

NATIONAL SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month – a moment that serves as a powerful reminder that there are steps we all must take in looking out for loved ones, the people in our community, and those who have been impacted by this leading cause of death.



In recognition, our Department will be offering two no-cost training opportunities, both co-facilitated with staff from Rushford:

Adult Mental Health First Aid (in-person):

Wednesday, September 16, 2026, 9:00am - 4:00pm at 165 Miller Street.

There is a required 2-hour, self-paced online course that will need to be done before attending the in-person instructor-led session. Upon completion participants get a 3-year certification from the National Council for Mental Wellbeing.

To register, please fill out the Google form: <https://forms.gle/Keqfhk8B1CPJKGQW9> or call (203) 630-4288.

QPR (Question, Persuade, Refer) Suicide Prevention Training (in-person):

Friday, September 25, 2026, 11:00am - 12:00pm at 165 Miller Street.

Upon completion participants will get a certification as a QPR Gatekeeper. To register, contact Elizabeth DeMerchant, Public Health Educator at (203) 630-4288 or edemerchant@meridenct.gov.



988 DAY - SEPTEMBER 8, 2026

988 Day, recognized on September 8, is an annual observance to raise awareness of the 988 Suicide & Crisis Lifeline, a free, confidential service available 24 hours a day, 7 days a week for anyone experiencing a mental health crisis, emotional distress, or concerns related to substance use.



In recognition, our Department, in partnership with the Meriden Healthy Youth Coalition, is inviting Meriden businesses/organizations to help us spread hope and awareness by displaying 988 information cards for customers and visitors. We can provide the informational cards (in English and Spanish) and a card holder at no cost to you. Our goal is to ensure that every resident knows that help is available and that no one has to face a crisis alone.

If you are interested in displaying 988 information cards at your business, please contact Elizabeth DeMerchant, Public Health Educator, at (203) 630-4288 or email edemerchant@meridentct.gov. We would be happy to deliver the materials directly to your location.

NATIONAL PREPAREDNESS MONTH

September is National Food Safety Education Month! Our Environmental Health staff play an important role in preventing foodborne illness and ensuring a safe and healthy environment. Our Sanitarians are responsible for licensing and inspecting food service establishments (including temporary vendors such as food trucks).



During inspections, staff follow the FDA Food Code and promote preventative measures against foodborne illnesses, such as:

- Proper handwashing
- Avoiding cross-contamination
- Cooking to safe internal temperatures
- Maintaining proper refrigeration

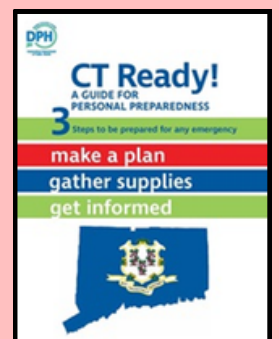
In FY26 our Environmental Health Staff conducted **1,244** food service establishment inspections and issued **144** temporary food service licenses. To learn more about our Environmental Health office visit: www.meridenhealth.com.

NATIONAL PREPAREDNESS MONTH

Did you know September is National Preparedness Month? National Preparedness Month is a time to promote family and community disaster and emergency planning. It is an opportunity to remind our community that to be ready for disasters we should build a kit, make a plan, and be informed.

To learn more about National Preparedness Month visit: <https://www.ready.gov/september>

Copies of the *CT Ready! Personal Preparedness Guide* are available in English and Spanish on our resource table in the lobby of 165 Miller Street. This guide gives information on how to make a plan, gather supplies, and stay informed in the event of an emergency. Digital copies can also be found [here](#).



In honor of National Preparedness Month, we will be hosting **Emergency Preparedness themed Bingo** at the Meriden Senior Center on Friday, September 18 from 10:00 - 11:00am. To sign up, call the Meriden Senior Center at (203) 237-0066 or stop by the Meriden Senior Center's Main Office.



MERIDEN EARLY START

Join our Parent Ambassadors at these upcoming events:

Growing Together with Meriden Early Start
September 19, 2026 from 10:00 - 11:30 AM
Meriden Public Library (105 Miller Street)

Guaranteed to be a fun, interactive parent and child workshop! Open to children under 5 and their caregivers. Visit the library's website to register [here](#).

Meriden Early Learning Connection - An LGP Partner Meeting
September 22, 2026 from 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.

Collaborative ABA Meet & Greet
September 26, 2026 from 10:00 AM - 12:00 PM
Middletown Recreation Center (140 Wilderman's Way)

A family-friendly event offering valuable resources, information, and opportunities to connect with supports for individuals and families of all abilities in Middletown and surrounding areas.



CT FOODSHARE MOBILE PANTRY

September 10 and 24:

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.

September 4 and 18:

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

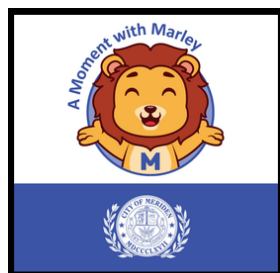
Sign up for alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations, click [here](#).

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

- Mini-Bus Trip to the Big E! September 23 from 8:30am - 3:00pm.
- Volunteer Appreciation Luncheon: September 29 from 10:00 - 11:30am.
- Ice Cream Social: September 21 from 10:30 - 11:30am.



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)

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.



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: October 20, 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