



COUNCIL OF NEIGHBORHOODS

www.meridenncna.wordpress.com

August 2026 newsletter

Activities in August:

Sun 2 nd : Meriden's Puerto Rican Festival	12pm-8pm Hubbard Park
Tues 4th: Meriden's National Night Out!!	5pm-8pm Hubbard Park
Thurs 6 th : North Meriden City Park	7pm Meriden Public Library
Wed 19 th : Dutch Hill ECHO Lower Eastside Hillside Gardens Veteran's Assoc	6:30pm First Baptist Church
Thurs 20 th : Westsiders Action 13 Lewis Ave	6:30pm Immanuel Lutheran Church
Fri 21 st : Back to School Expo	10am-1pm Meriden Green
Tues 25 th : South Meriden Stagecoach Riders Glen Hills Crown Village	6:30pm Tom's Place

Meriden Police Dept Tip Lines

If you have any information or tips regarding crime, narcotics, or shootings you can report them anonymously to the Meriden Police Department by either calling or emailing the following:

Major Crime Tips: Telephone (203) 630-6253 Email: mpdtips@meridenct.gov

Narcotic Tips: Telephone (203) 630-6273 Email: mnarcoticsunit@meridenct.gov

Meriden Police Dept: Calls for Service & Interactive Reports

The Meriden Police Dept has a tool to keep residents apprised of the Department's activities including the calls for service the police department responds to daily. The department's interactive reports are accessible on the City of Meriden website at: www.meridenct.gov/cityservices/police/interactive-reports

Meriden's National Night Out: Tues Aug 4th 5pm-8pm Hubbard Park

The 21st annual National Night Out hosted by Meriden's Council of Neighborhoods & Meriden Police Department is back on August 4th at Hubbard Park. Please join us as we celebrate the

partnership of our neighborhoods and the Meriden Police Dept. The event is totally FREE which includes food & beverages, children's activities and entertainment. There will be over 50 civic and non-profit organizations showcasing services that they provide to our community. LifeStar Medical Helicopter will land at the event! Meriden Police & Fire Depts, Hunters Ambulance, FBI, DEA. Amtrak Police, Military branches and many more will have staff, equipment and vehicles at the event. Please bring the family and enjoy the evening with us!

Meriden's Puerto Rican Festival: Sun Aug 2nd 12pm-8pm Hubbard Park

The annual Puerto Rican Festival will take place on Sun August 2nd. Come celebrate the Puerto Rican culture and enjoy all the cultural food and entertainment that is being planned throughout the day. As part of the festival scholarships are awarded annually to high school students. Bring the family and enjoy the day! Visit the Meriden Puerto Rican Festival facebook page for further information about the event.

Back to School Expo: Fri Aug 21st 10am-1pm Meriden Green

Meriden Fire Union is holding the 23rd annual Back to School Expo. The first 800 Meriden school children between Pre-K and 8th grade to register will receive a FREE book bag filled with school supplies. All children must be accompanied by an adult.

Meriden's Puerto Rican Festival: Sun Aug 3rd 12pm-8pm Hubbard Park

The annual Puerto Rican Festival will take place on Sun August 3rd. Come celebrate the Puerto Rican culture and enjoy all the cultural food and entertainment that is being planned throughout the day. As part of the festival scholarships are awarded annually to high school students. Bring the family and enjoy the day! Visit the Meriden Puerto Rican Festival facebook page for further information about the event.

Back to School Expo: Fri Aug 21st 10am-1pm Meriden Green

Meriden Fire Union is holding the 22nd annual Back to School Expo. The first 800 Meriden school children between Pre-K and 8th grade to register will receive a FREE book bag filled with school supplies. All children must be accompanied by an adult.

Meriden's Farmers Market

Meriden's Farmers Market takes place every Saturday from 830am to 12pm rain or shine at the Meriden Green from July 11th to Oct 17th. Come visit and shop for fresh fruits and vegetables. SNAP/EBT, FMNP coupons, cash and debit card will be accepted. For more information visit their website at www.meridenfarmersmarket.org.

Hubbard Park Pool Opened for the Summer

Hubbard Park pool is open 7 days a week from 1pm-5:30pm. Lap swim is on Mondays and Wednesdays 5:45pm-6:45pm. An annual pool pass is needed and can be obtained at the Park & Rec office. Residents: adults \$20 and children: \$10. Non residents: adults \$40 and children \$20. Seniors and Veterans \$10. For further information call 203-630-4259.

Meriden's Splash Pad Opens for the Summer Season

The Splash Pad located at City Park 42 Park Ave is open Mon to Sat 12pm-5:30pm and Sun 1pm-5:30pm. Come out with your families and enjoy the Splash Pad!

Meriden Park & Recreation Summer Playground Program

Online registration is now open for the Summer Playground Program for ages 5-11. This program promotes positive youth development and healthy lifestyle choices through fun activities. The program will be held from June 22nd to August 7th 8:30am-3:00pm. There will be 3 sites: John Barry School, Hanover School, and Thomas Hooker School. For further information regarding cost of the program call (203) 630-4259 or email: meridenrecreation@meridenct.gov

Meriden Public Schools Summer Food Service Program

The FREE Food Service Program for children 18 and under will be held from June 22nd to August 14. The Program is offering free lunches at the following meal sites:

MPS Express Food Truck locations and time:

Breakfast: Meriden Green 8:15am-8:35am

John Barry 8:45am-9:15am

Lunch: John Barry School: 12:25pm-12:55pm

Ceppa Field: 11:15am-11:35am

Meriden Green: 11:45am-12:15pm

City Park: 1:05pm-1:35pm

Washington Park: 10:45am-11:05am

Other Summer Meal Sites:

Platt High School: June 22-August 14 Mon-Fri: breakfast: 7:10am-7:30am Lunch: 10:30am-11:00am

Hanover Elementary School: June 29-Aug 7: Mon-Fri: Breakfast: 8:00am-8:30am Lunch 12:30pm-

1pm Roger Sherman Elementary: July 6-July 24: Breakfast 8:15am-8:45am Lunch: 10:45am-

11:05am For more information visit: [www.meridenk12.org/summer meal program](http://www.meridenk12.org/summer%20meal%20program).

Meriden Little Free Libraries

Meriden Little Free Libraries is again delighted to be at National Night Out on Tuesday, August 4 from 5 to 8 PM at Hubbard Park. We will be giving away books as well as a hosting a bookmark activity for the little ones. Feel free to stop by and say hello, we always like to connect with the community. Our Summer Fun Stuff promotion sponsored by the Meriden Rotary Foundation is in full swing! So far we have given it away patriotic pinwheels, sidewalk chalk, and most recently, coloring books. The promotion goes on well into September when we'll have treats for everyone who visits a Little Free Library in Meriden. Feel free to stop by and pick up a book or two and a fun trinket to celebrate a special day. We are grateful to the Meriden Rotary Club for their continuing support of Meriden Little Free Libraries and increasing literacy throughout the community. Please like us on our Facebook page, Meriden Little Free Libraries, to keep up-to-date on all things book and literacy related in the greater Meriden community. Continue to enjoy summer reading!



News from the Meriden Department of Health and Human Services – August 2026

165 Miller Street * 203-630-4226 * www.meridenhealth.com

“Like” us on Facebook for the latest updates!

Connecticut Foodshare Mobile Pantry

NEXT DATES:

Ceppa Field (83 Gale Avenue): August 13 & 27 from 1:00 – 2:00pm

Mt. Hebron Church (84 Franklin Street): August 7 & 21 from 1:15 – 2:15pm



Please consider signing up for text alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations visit their website:

<https://www.ctfoodshare.org/find-food>.

Meriden Preparedness & Response Education Program for Seniors

Emergency Preparedness Training for Meriden Residents 50+

Are you prepared for a disaster or emergency such as a power outage, flooding or extreme weather? Join us to learn about different disasters that could affect Meriden and how to build a kit, make a plan, and stay informed before, during and after an emergency. Participants will get a FREE emergency “go bag” with basic preparedness items. Training sessions are 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.

All sessions will be at the Meriden Senior Center (22 West Main Street) from 10:00 – 11:00am:

- August 12, 2026
- September 9, 2026
- October 14, 2026
- November 4, 2026

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.



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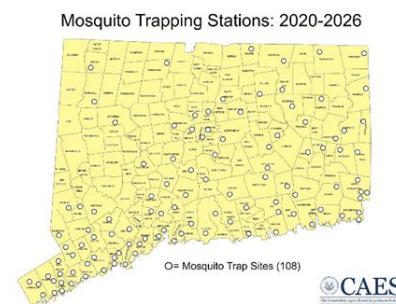
Environmental Health

Weekly Mosquito Testing Report from CAES

Weekly reports from the Statewide mosquito trapping and testing will be posted on social media and can also be found on the CAES webpage:

<https://tinyurl.com/CTCAESMosquitoes2026>.

The Connecticut Agricultural Experiment Station (CAES) is the agency responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses which includes West Nile Virus and Eastern Equine Encephalitis Virus. Meriden's trapping location is at Falcon Park.



Public Health Education

Save a Life: Overdose Education & Naloxone Training

This training is an essential part of overdose prevention education where participants learn what an overdose looks like and how to reverse one.

You will learn:

- ➔ Signs & symptoms of an overdose
- ➔ What naloxone (Narcan®) is and how to administer it
- ➔ Local resources and support

Upcoming trainings at 165 Miller Street:

- August 5, 2026 5:00 – 6:00pm
- November 6, 2026 9:00 – 10:00am
- September 4, 2026 9:00 – 10:00am
- December 2, 2026 5:00 – 6:00pm
- October 7, 2026 5:00 – 6:00pm

All attendees will receive a naloxone kit, certificate of completion, and other prevention resources. Training are FREE and open to Meriden residents and organizations. To register, call our Public Health Educator at (203) 630-4288 or email edemerchant@meridenct.gov.

Naloxone Kits for College Students

Heading off to college this fall? Consider adding naloxone to your first aid kit. An opioid overdose can happen anywhere. Naloxone is easy to use, safe to use, and can save a life. Stop by to pick up a naloxone kit during business hours - Monday through Friday from 8:00am - 4:30pm or call our Public Health Educator at (203) 630-4288.

HEADING OFF TO COLLEGE?
BE PREPARED. SAVE A LIFE.

An opioid overdose can happen anywhere. Having naloxone (Narcan®) on hand can help save a life.

NALOXONE IS:

- EASY TO USE:** Simple nasal spray design.
- SAFE TO USE:** Even if you don't know what substances are present.
- WORKS QUICKLY:** Can reverse an opioid overdose in minutes.

FREE NALOXONE KITS

Are available at the Meriden Department of Health and Human Services for college students from Meriden.

165 Miller Street
Meriden, CT 06450

Stop by during business hours to pick up a kit:
Monday - Friday
8:00am - 4:30pm

Or call our Public Health Educator at (203) 630-4288.

CARRY NALOXONE. YOU CAN SAVE A LIFE.

To learn more about our life-saving overdose prevention & response services in Meriden please visit our website: www.meridenhealth.com or scan the QR code.

Meriden Department of Health & Human Services

Meriden Senior Center

Membership to the Senior Center is FREE for Meriden residents age 55 and over! The August issue of the Meriden Senior Center newsletters is now [available on our website](#).

Matter of Balance

Join Hartford HealthCare Senior Services for A Matter of Balance, an evidence-based program designed to help older adults reduce their fear of falling, improve balance, and increase their confidence and activity levels. Participants will learn practical strategies through group discussions, interactive activities, and gentle exercise. Classes will be held every Thursday, beginning August 6 through September 24 from 1:00 pm to 3:00 pm in the Mezzanine. Please note that this is an 8-week series. Because each session builds on the last, drop-ins are not permitted, and participants are expected to attend all sessions. Participants with perfect attendance will be entered into a raffle to win a prize! If you have questions or would like to register call (203) 630-4703.

Transportation Services

The Meriden Senior Center provides free rides to and from the Center, to in-town medical appointments, and scheduled shopping trips. Rides are available for residents age 55 and over and persons with disabilities under age 55. Please call the Mini-Bus Transportation Office at (203) 237-3338 to learn more.

Nutrition Program

A healthy, nutritious lunch is served daily for Senior Center members age 60 and over. There is a nominal fee for members age 55 to 60. Call (203) 630-4704 to learn more. The lunch menu is available in the newsletter.

Meriden Early Start

Meriden Early Start provides affordable, high-quality early education and care for children from infancy through age five who are not yet eligible for kindergarten. Our CT Early Start programs support children's growth and development, ensuring they are ready to enter kindergarten and become life-long learners.

Program Highlights

- **Age-Appropriate Classrooms:** Full- and part-day options for infants, toddlers, and preschool-aged children, tailored to each child's developmental needs.
- **Evidence-Based Curriculum:** Play-based and literacy-focused activities designed to promote school readiness.
- **Skilled Early Childhood Staff:** All staff are trained in current early childhood trends and foundational practices.

Have questions? Call Rhonda Knight, Early Childhood Coordinator, at (203) 630-4222.

Newsletters

Our office publishes 3 newsletters:

1. [Senior Center – Connections \(monthly\)](#)
2. [Seasonal Health and Respiratory Virus Updates \(monthly\)](#)
3. [Life-Saving Overdose Prevention and Response \(quarterly\)](#)

Department Podcast Channels

Check out our two podcast channels through Podbean!

1. **A Moment with Marley** - provides expert insights on disease prevention, family wellness, and updates from our Public Health Clinic.
2. **Meriden Health Talk** - provides expert insights on a range of topics, including seasonal health, local updates, and alerts.

You can listen to either channel on all major podcast platforms including Apple Podcasts, Spotify, Amazon Music, iHeartRadio, and the Podbean app. New episodes will also be posted on our website and social media.



**SAVE THE
DATE!**

Hartford 
HealthCare
Rushford

OVERDOSE AWARENESS DAY



August 29, 2026
Meriden Green - Amphitheater
10am-2pm
Rain or Shine!



**A day to remember those we've lost & learn
to take action to save lives!**

FAMILY FUN & GIVEAWAYS FOR ALL AGES

- Live Music
- Interactive Games & Prizes

NALOXONE TRAINING

- Mental Health, Substance Use & Recovery

Resources

Contact Megan.Albanese@hhchealth.org
for more information

