



## COUNCIL OF NEIGHBORHOODS

[www.meridenconna.wordpress](http://www.meridenconna.wordpress)

### December 2025 Newsletter

#### Activities in December

Thurs 4 <sup>th</sup> : North Meriden City Park	7pm Meriden Public Library
Sat 6 <sup>th</sup> : Christmas in the Village	1pm-4:30pm Main St South Meriden
Wed 17 <sup>th</sup> : Dutch Hill ECHO Hillside Gardens Veteran's Assoc	CANCELLED
Thurs 18 <sup>th</sup> : Westsiders Action 13 Lewis Ave	6:30pm Immanuel Lutheran Church
Tues 23 <sup>rd</sup> : South Meriden Glen Hills Stagecoach Riders Crown Village	CANCELLED

#### 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@meridenc.gov](mailto:mpdtips@meridenc.gov)

Narcotic Tips: Telephone (203) 630-6273 Email: [mnarcoticsunit@meridenc.gov](mailto:mnarcoticsunit@meridenc.gov)

#### Meriden Police Dept: Calls for Service & Interactive Reports

The Meriden Police Dept is offering a new tool to keep residents apprised of the Department's activities including the calls for service the police department responds to daily. The department is rolling out the first of the interactive reports which will be accessible on the City of Meriden website at:

[www.meridenc.gov/city-services/police/interactive-reports](http://www.meridenc.gov/city-services/police/interactive-reports)

#### Christmas in the Village Sat Dec 6<sup>th</sup> 1pm-4:30pm

Held on Main St in South Meriden. Free fun family event. Event includes pictures with Santa, entertainment, children's craft tent, horse and carriage rides, food, and beverages and much more. Event is planned and sponsored by South Meriden Festivals LLC.

#### Tis the Season for a Senior

Let us bring some holiday spirit to a senior. As the holidays are approaching and times are quite difficult many of our seniors, many are alone and isolated. Please consider donating an unwrapped present for Meriden Seniors by December 15. Presents can be dropped off at the Meriden Senior Center, Meriden Public Library,

Meriden Board of Education, or the Mayor's Office at City Hall. Gifts will be distributed Fri Dec 19<sup>th</sup>. If you have any questions, please contact Natalie Gill Community Service Supervisor by calling 203-630-4273.

#### Meriden Food Banks

If you or someone you know is struggling with food insecurity, there are resources available here in Meriden that can provide assistance:

1. CT Foodshare Mobile Pantry: Parking lot next to the Health Dept  
Every other Thurs. Next one Nov 6<sup>th</sup>. 1pm-2pm
2. Meriden Soup Kitchen: First Baptist Church 460 Broad St  
Mon-Fri 11am-12:30pm
3. New Opportunities: 22 Church St  
Mon-Fri 10am-3pm
4. Our Ladies Queen of Angels Church: 109 Goodwill Ave  
Mon-Thurs 8am-1pm. Meriden residents only
5. Meriden Pride Center: 328 Paddock Ave  
Saturdays 12pm-3pm. Sundays 1pm-4pm

#### Paws Animal Rescue Fundraiser

Meriden Animal Control has an animal rescue Saving Paws that takes in cats and dogs and sometimes other domesticated animals. They care for them and get them ready to be adopted to their forever homes. They are a non-profit organization and are have some upcoming fundraisers to support the rescue. They are accepting returnable cans and bottles. If you have any returnable cans and bottles please consider to donate them to Saving Paws. You can drop them off at the animal control office at 311 Murdock Ave or the group will pick up donations at Meriden residences.

#### Meriden Free Little Libraries

Meriden Little Free Libraries is happy to announce that we will be at Christmas in the Village this year on Saturday, December 6, from 1pm to 4:30 PM on Main Street in South Meriden. Stop by and pick up a Christmas or winter themed book for yourself family member or friend. Thank you, Thompson Chocolate for sponsoring national Chocolate Day celebration with a sweet treat donation. We are happy to have a wonderful relationship with Thompson Chocolate and hope it continues in future years. We are especially grateful to Read to Grow, who again donated close to 2000 children books to us recently. They are a wonderful supportive to Meriden Free Libraries we are blessed with their continued generosity. Meriden Little Free Libraries want to take a moment and wish all of the greater Meriden community a very Merry Christmas and happy holidays. We encourage everyone to be like the Icelanders, who spend Christmas Eve reading books and drinking hot chocolate. It's called *Jolabokaflo*d and sounds like the best way to spend the holidays. As we head into our slower months, we'd like to remind everyone that our Libraries are open year round pending weather conditions. If you have books and like to donate, you can drop them off at any local little free library, San Souci Restaurant, Hancock pharmacy, Gallery 53, or Tesero Gift Shop. As always, please like, share and subscribe to Meriden Little Free Libraries on Facebook for information regarding our promotions, books and literacy.



### **News from the Meriden Department of Health and Human Services – December 2025**

165 Miller Street \* 203-630-4226 \* [www.meridenhealth.com](http://www.meridenhealth.com)

**[“Like” us on Facebook for the latest updates!](#)**

*We wish you all a happy and healthy holiday season!*

**CT Foodshare Mobile Pantry**

## NEXT DATES:

**Corner of Miller and Center Streets: December 4 and 18 from 1:00 - 2:00pm.**

**Mt. Hebron Baptist Church, 84 Franklin Street: December 12 and 26\* from 1:15 - 2:15pm.**

*\*CT Foodshare's Mobile Pantry will now be at Mt. Hebron Church every other FRIDAY\**



Bring your reusable grocery bags!

A full schedule can be found at: [ctfoodshare.org/findhelp](http://ctfoodshare.org/findhelp). To sign up for text alerts for schedule changes, text the word FOODSHARE to 85511.

## Community Assistance Resources

We continue to update our community assistance webpage as more resources become available or change. Information includes resources for food assistance, healthcare, transportation, and more in English and Spanish.



Please visit: [www.meridenhealth.com](http://www.meridenhealth.com).

## Seasonal Health

### Winter is Coming!

'Tis the season for sniffles and sneezes! How to keep our Meriden community safe from respiratory illnesses this winter. Respiratory viruses like the flu, RSV, and COVID-19 can spread quickly and affect anyone, anywhere. But there are preventative steps you can take to protect yourself and your loved ones this winter.

Things you can do include:

- Practicing good hygiene by covering your coughs and sneezes, washing your hands frequently, and cleaning commonly touched surfaces.
- Staying home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms. This includes fever, chills, cough, runny nose, headache, and others.
- Staying up-to-date with recommended immunizations lowers your risk of hospitalization and death from respiratory illnesses. *If you are still in need of a flu shot, call our Public Health Clinic at (203) 630-4234. Our Public Health Clinic will be open until 6:00pm on December 9 & 30!*



This information and more can be found on our Respiratory Virus Information Webpage found at [www.meridenhealth.com](http://www.meridenhealth.com).

## Mental Health During the Holiday Season

The holiday season can be difficult. 988 is there for you, 24/7.

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Text or call 988, or chat with 988 professionals at [988lifeline.org/chat](https://988lifeline.org/chat).

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We are here for you, 24/7.

Text 988 or chat with us online at [988lifeline.org/chat](https://988lifeline.org/chat).

**988** SUICIDE & CRISIS LIFELINE

## Public Health Education

### Save a Life: Overdose Education & Naloxone Training

Join us at one of our trainings in 2026! This training is an essential part of overdose prevention education where participants learn what an overdose looks like and how to reverse one.

- January 9, 2026 9:00 – 10:00am
- February 4, 2026 5:00 – 6:00pm
- March 6, 2026 9:00 – 10:00am
- April 1, 2026 5:00 – 6:00pm
- May 6, 2026 9:00 – 10:00am
- June 3, 2026 5:00 – 6:00pm
- July 3, 2026 9:00 – 10:00am
- August 5, 2026 5:00 – 6:00pm
- September 4, 2026 9:00 – 10:00am
- October 7, 2026 5:00 – 6:00pm
- November 6, 2026 9:00 – 10:00am
- December 2, 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@meridentct.gov](mailto:edemerchant@meridentct.gov).

### In-Person QPR Suicide Prevention Training

Join us for an in-person QPR Suicide Prevention Training on Tuesday, December 16 from 11:00am - 12:00pm at 165 Miller Street.



You will learn:

- How to recognize the warning signs of a suicide crisis.
- How to question, persuade, and refer someone to help.

Participants will get a certification as a QPR Gatekeeper at the end of the training. Great to add to a resume! To register please contact Elizabeth at (203) 630-4288 or [edemerchant@meridentct.gov](mailto:edemerchant@meridentct.gov).

## Meriden Senior Center

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

### 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

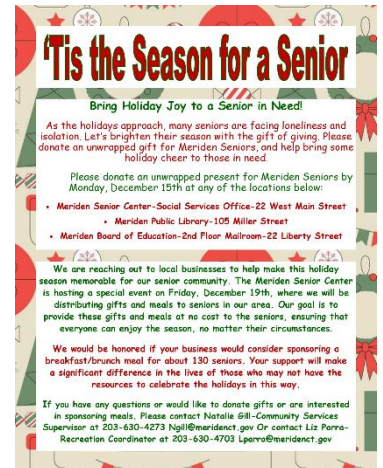
A healthy, nutritious lunch is served daily for Senior Center members age 60 and over. There is a nominal fee for members age 55 to 60. Call (203) 630-4704 to learn more. The lunch menu is available in the newsletter.

## 'Tis the Season for a Senior

It's that time of year again; let us bring the holiday spirit to a senior! Please consider donating an unwrapped present for a Meriden senior by Monday, December 15 at any of the locations below:

- Meriden Senior Center – Social Services Office (22 W Main St)
- Meriden Public Library (105 Miller St)
- Meriden Board of Education – 2<sup>nd</sup> Floor Mailroom (22 Liberty St)

Gifts will be distributed on Friday, December 19<sup>th</sup> at the Meriden Senior Center! If you have any questions please contact: Natalie Gill, Community Services Supervisor at (203) 630-4273 or [ngill@meridenct.gov](mailto:ngill@meridenct.gov) or Liz Parra at (203) 630-4703 or [lparra@meridenct.gov](mailto:lparra@meridenct.gov).



## Environmental Health

All Licensees of Meriden Food Service Establishments - licenses expire on December 31, 2025. **Renewals are due no later than December 31, 2025.** A food service license will NOT be issued unless the Tax Dept. signs off on the application as well. Please note we are closed on December 25 and January 1 for the holidays. Any questions please call our Environmental Health Office at (203) 630-4226.



## Meriden Early Start

Meriden Early Learning Connection (MELC) 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.

Have questions? Call Rhonda Knight, Early Childhood Coordinator at (203) 630-4222. You can also learn more about Meriden Early Start by listening to their episode on our Meriden Health Talk podcast [here!](#)



## Podcasts

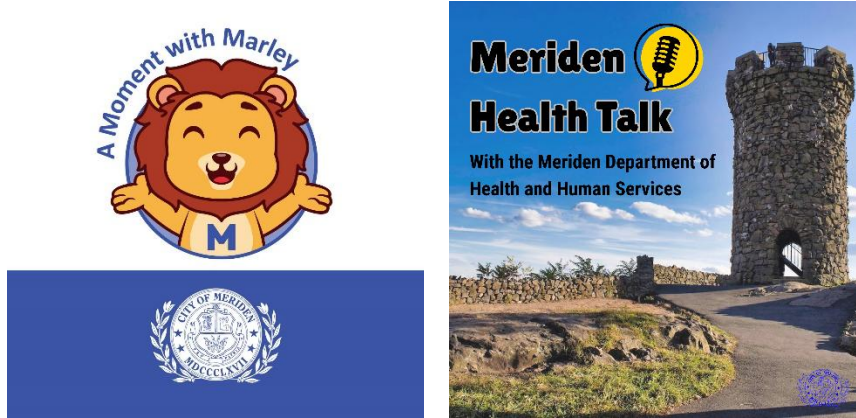
Check out our two podcast channels through Podbean!

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.



## 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 \(quarterly\)](#)