



## COUNCIL OF NEIGHBORHOODS

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

### February 2025 Newsletter

#### Activities in February

Thurs 6<sup>th</sup>: North Meriden  
City Park

7pm Meriden Public Library

Wed 19<sup>th</sup>: Dutch Hill  
ECHO  
Hillside Gardens  
Veteran's Assoc

6:30pm First Baptist Church

Thurs 20<sup>th</sup>: Westsiders  
Action 13  
Lewis Ave

6:30pm Immanuel Lutheran Church

Thurs 27<sup>th</sup>: South Meriden  
Glen Hills  
Stagecoach Riders  
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@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)

It will be announced as new reports are released and become available on the site [NI Unit & Council of Neighborhoods](#)

#### NI Unit Staffing Changes

We send out congratulations to NI Unit Officer Dan Remeika on his promotion to Sergeant! Dan will be leaving the NI Unit to take on his new promotion and we want to thank Dan for all he has done in the neighborhood associations. He will be very successful in his new role! We welcome Officer Ethan Busa to the NI Unit! Ethan will be covering the Dutch Hill and ECHO neighborhood associations. We look forward to working with him in the neighborhood associations! Please be sure to say hello to Ethan as you see him!

#### Community Health Center: Mobile Health Unit

Community Health Center Mobile Health Unit will be coming to First Baptist Church 460 Broad St twice a month on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month 9am to 12pm. Services offered include primary care, wound care, vaccines and more health-based services. For more information visit their website: [centerforkey.populations.com](http://centerforkey.populations.com)

### Ice Skating at Hubbard Park & Beaver Pond

Ice skating has begun at Hubbard Park and Beaver Pond! Ice skating is allowed in designated areas at each location from sunrise to sunset. There will be NO night skating at this time.

IMPORTANT SAFETY REMINDER: Skating Is NOT allowed at Baldwin Pond. The ice is not safe at this location.

### City of Meriden: City Notifications

If you would like to receive notifications from the City of Meriden regarding events, office closures and other important information click on the link below to sign up. You control which notifications you receive and how to receive them. To sign up go to the City of Meriden Facebook page scroll down to City Notifications and click on member.everbridge.net.

### Meriden City Code: Snow Removal from Sidewalks

As a reminder, as winter weather and storms are approaching per City Code the owner of any premises abutting a sidewalk needs to remove snow from the sidewalk within 12 hours after the storm. Ice needs to be removed within the space of 6hrs thereafter and during the daytime to make the sidewalk safe by removing the ice and covering the sidewalk with sand or a similar product and renew the application as often as may be needed to keep the sidewalk safe. Your cooperation with clearing the sidewalks is greatly appreciated!

### Meriden City Parking Lots for snow parking bans:

When a parking ban has been declared the City provides off street parking at:

Columbus Park (Lewis Ave)

Ceppa Field (Gale Ave)

Jack Barry Little League Field (Britannia St)

City Park (Parker Ave/Bunker Ave)

Municipal Lot (East Main St at St Casmir Dr)

79 Miller St (across from the library next to Mr Taco)

116 Cook Ave (across from the old hospital)

### Adopt a Fire Hydrant

If there is a fire hydrant near your property, please take the time to clear the hydrant and area around it of snow. By doing so can save the fire department valuable time when responding to a fire and ultimately save a life and limit/prevent damage to a home.

### Reporting Potholes on City's streets

Potholes originate by freezing and thawing of the roads. If rain, sleet, or snow fall into cracks in the roads it will also freeze and expand disturbing the road's bottom layers causing the potholes to form. If you see any potholes as you are driving you can report them by completing a Request for Service form on the City of Meriden's website. Please drive safely!

### Meriden Warming Center

A Warming Center has opened for those in need to keep warm during the winter months from December 2, 2024 to May 1<sup>st</sup>, 2025 located at the Women and Families Center 169 Colony St. It is open daily 7pm to 7am and is operated by New Opportunities. The warming center will be able to accommodate 30 individuals (male or female) nightly on a first come first serve basis. Singles only. No families. For further information call (475) 261-4236.

### Meriden Free Little Libraries

As we close on our yet another successful year for Meriden's Little Free Libraries, we wish to take a moment to thank everyone who helped us bring literacy to the greater Meriden community. Thank you to the Meriden Rotary Foundation, Charity Club of Meriden and Thompson Chocolates for providing funding or product to help us promote the little free library concept and encouraging adults and children to read. Thank you to our stewards who volunteer their time to ensure our libraries are clean and organized and well stocked with books. They also ensure our promotions of treasures and treats are placed in a timely manner. With 27 little free libraries we need many people to ensure our libraries are in tip top shape. And finally, thank you to Rosemary and Joe, our repair team for all the effort these past years, especially when we were getting the Libraries up and running. They have recently retired from the little free library endeavor, and

we are sincerely appreciative of their time and talent. We wish them all the best in the future and hope they look fondly on their little free library adventure. We wish for everyone that 2025 be a year to remember filled with family friends and health and the great love of reading. Feel free to follow us on Facebook at Meriden Little Free Libraries.



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

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

### **Connecticut Foodshare Mobile Pantry**

#### **NEXT DATES:**

**Corner of Miller and Center Streets: February 13 and 27 from 1:00-2:00pm.**

**Mt. Hebron Baptist Church, 84 Franklin Street: February 6 and 20 from 1:15 – 2:15pm.**

Bring your reusable grocery bags! A full schedule can be found at

<https://mobilefoodpantry.ctfoodshare.org/>



### **Meriden Warming Center**

The warming center is located at Women and Families building at 169 Colony Street, Meriden, CT and operated by New Opportunities. The warming center will be open through May 1, 2025 and operates 7:00 pm – 7:00 am, except during severe cold weather activations from Governor Lamont.

The warming center accommodates 30 individuals total (no families) nightly on a first come first serve basis. Families in need of shelter should call 211.



### **Respiratory Virus Season**

Our office has received a few phone calls about the current respiratory virus guidance. Below is the Centers for Disease Control and Prevention (CDC) Respiratory Virus Guidance Snapshot. This guidance provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, Influenza (flu), and Respiratory Syncytial Virus (RSV).

# Respiratory Virus Guidance Snapshot

**CORE STRATEGIES**

**Core prevention strategies**

- Immunizations**
- Hygiene**
- Steps for Cleaner Air**
- Treatment**
- Stay Home and Prevent Spread\***

**ADDITIONAL STRATEGIES**



**Additional prevention strategies**


- Masks**
- Distancing**
- Tests**

**Layering prevention strategies can be especially helpful when:**

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

**\*Stay home and away from others until, for 24 hours BOTH:**

-  Your symptoms are getting better
- +**
-  You are fever-free (without meds)

 **Then take added precaution for the next 5 days**

## Data

For data on confirmed respiratory illness in Meriden, please see our Monthly Seasonal Health/Respiratory Virus Update Newsletter available on our website:

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



## Flu Shots

Looking for a seasonal flu shot? We've got you covered! Both adult and child shots are still available. Our Public Health Clinic is open Monday through Friday from 8:00 am to 4:30 pm.

Free flu shots for Meriden residents, ages 18 and younger, regardless of health insurance status. For adults, the flu shot is \$20 (cash or check). We accept ConnecticutCare, Cigna, Aetna, and other select health insurance plans. Call (203) 630-4234 to schedule an appointment.



## COVID-19 Home Test Kits

COVID-19 home test kits are available for Meriden residents at 165 Miller Street, Monday – Friday, 8:00 am – 4:30 pm. Households can order 4 free COVID-19 home test kits from [www.covidtest.gov](http://www.covidtest.gov). Persons can also call 1-800-232-0233 (TTY 1-888-720-7489) to place their order.

## Updates from “Marley” the Meriden Lion!

## Trusted Messengers Videos

We ended January with filming another round of trusted messenger videos with community partners! These videos will highlight the vaccination services our Public Health Clinic offers, in addition to access to translation services, and bilingual educational materials. We are excited to work with more of our community partners to share this importance information with parents and caregivers.



We don't want to give away yet who will be in this new round of videos, however we will share that our Director of Health & Human Services, Lea Crown, will be featured! We will be sharing these videos soon on social media and our Childhood Vaccines webpage – stay tuned!

## Trainings

### Adult Mental Health Training

The Meriden Department of Health and Human Services in partnership with Naugatuck Valley Health District is excited to offer a FREE Virtual Mental Health First Aid Training opportunity! The training will be on February 22 from 8:00am - 2:00pm at Naugatuck Valley Health District located at 98 Bank Street, Seymour. This training is open to all Meriden residents and organizations. Participants will be required to complete a 2-hour, self-paced online course before attending the virtual instructor-led sessions. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

To register, please visit: <https://www.surveymonkey.com/r/JHM9RVL>

If you have any questions or concerns, please contact Elizabeth DeMerchant at [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov) or (203) 630-4288.

### 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

All attendees will receive a naloxone kit, certificate of completion, and other prevention resources. Training are FREE and open to Meriden residents and organizations.

Upcoming trainings:

- February 5, 2025 5:00 – 6:30 pm\*
- April 9, 2025 5:00 – 6:30 pm\*
- June 4, 2025 5:00 – 6:00 pm
- March 4, 2025 9:00 – 10:00 am
- May 6, 2025 9:00 – 10:00 am
- July 1, 2025 9:00 – 10:00 am

\*Trainings on February 5 and April 9 will include a Hands Only CPR & AED Training (no certification).

Trainings will be held in-person at our office (165 Miller Street).

To register please scan the QR code or call Elizabeth at (203) 630-4288.

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

**Adult Mental Health First Aid Training**  
**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**In Person Program**  
Saturday, February 22, 2025: 8:00am to 2:00pm  
Naugatuck Valley Health District, 98 Bank St., Seymour, CT  
(snow date, March 1st, 2025)  
\*\*Lunch Provided\*\*

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALICE)**:

- Assess for risk of suicide or harm.
- Listen nonjudgementally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Participants will be required to complete a **2-hour, self-paced online course** before attending the in-person led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

NAHA satisfies CT DEMS Approval #CT-66-1203 for 8 DEMS continuing education hours

[Click Here To Register](https://www.surveymonkey.com/r/JHM9RVL)

or enter this link in your browser

<https://www.surveymonkey.com/r/JHM9RVL>



## Public Health Education

### National Wear Red Day® Friday February 7, 2025

Please join us in supporting the American Heart Association's national movement to raise awareness for heart disease and stroke by wearing **red**!

To learn more about this initiative please visit: <https://www.goredforwomen.org/en/>.

Our Public Health Clinic Supervisor and Public Health Educator will be at the Meriden Senior Center February 7<sup>th</sup> from 10:00 – 11:00am offering free blood pressure screenings and resources on heart health!



## Public Health Clinic

Adults need vaccinations too!

Get your Shingles vaccine today! [Two doses of the Shingrix vaccine are recommended by the CDC for all adults aged 50 and older.](#) The vaccine is available for FREE at our clinic. To schedule an appointment, please contact our Clinic at (203) 630-4234.

Shingles is a painful rash illness. People get shingles when the varicella-zoster virus (VZV), which causes chickenpox, reactivates in their bodies after they have already had chickenpox.

An estimated 1 million people get shingles each year in this country. Most people who develop shingles only have it one time during their life. However, you can have shingles more than once.



## Meriden Senior Center

Membership to the Senior Center is FREE for Meriden residents age 55 and over! The February 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.

## School Readiness

Meriden School Readiness provides affordable, quality childcare slots for 3, 4 and 5 year old children not yet eligible for kindergarten living in Meriden. Programs provide children with a School Readiness experience that can assure they will enter kindergarten ready to learn.



If you are interested in learning more, please call Rhonda Knight, School Readiness Coordinator, at (203) 630-4222 or email her at [rknight@meridenct.gov](mailto:rknight@meridenct.gov).

## Environmental Health

### Bulky Waste Curbside Collection Program

The City of Meriden Parks & Recreation Department offers a bulky waste curbside collection program. Pickups are by appointment only every Tuesday. A \$50 non-refundable fee applies for this service – please see the list below of approved items:

- Clean mattresses/box springs
- TV's, computers, and electronics
- Wooden or stuffed furniture
- Sinks/toilets
- Tire (without rims)
- Appliances

For more information, please visit the website:

[https://meridenct.myrec.com/info/activities/program\\_details.aspx?ProgramID=30938](https://meridenct.myrec.com/info/activities/program_details.aspx?ProgramID=30938)

## Newsletters

Our office publishes 3 newsletters:

1. [Senior Center – Connections \(monthly\)](#)
2. [Seasonal Health and Respiratory Virus Updates \(monthly\)](#)
3. [Harm Reduction and Opioid Response \(quarterly\)](#)