



COUNCIL OF NEIGHBORHOODS

www.meridenconna.wordpress

February 2026 Newsletter

Activities in February

Thurs 5 th : North Meriden City Park	7pm Meriden Public Library
Wed 18 th : Dutch Hill ECHO Hillside Gardens Veteran's Assoc	6:30pm First Baptist Church
Thurs 19 th : Westsiders Action 13 Lewis Ave	6:30pm Immanuel Lutheran Church
Tues 24 th : 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@meridenct.gov

Narcotic Tips: Telephone (203) 630-6273 Email: mnarcoticsunit@meridenct.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.meridenct.gov/city-services/police/interactive-reports

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!

City of Meriden Warming Centers

The following places are available for people to find relief from the cold weather:

Meriden Public Library: Open Tues 9:30am-8:30pm. Wed 9:30am-4pm. Fri and Sat 9:30am-5pm.

Meriden Senior Ctr (Hanover St entrance) Open Tues 8am-4pm. Wed 8am-3:30pm. Fri 8am-4pm

Meriden Warming Ctr 169 Colony St is available to individuals 18 and older. Open daily 7pm-7am.

Families seeking shelter are encouraged to all 2-1-1.

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)

Washington Park (Liberty St)

Ceppa Field (Gale Ave)

North End Field (Britannia St)

City Park (Park Ave/Bunker Ave)

Municipal Lot (Catlin St)

Municipal Lot (St Casmir Dr)

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

Orange/Cook Ave lot

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 live and limit/prevent damage to a home.

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 6th. 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.



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

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

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

American Heart Month

National Wear Red Day® Friday February 6, 2026

Please support the American Heart Association's national movement to raise awareness for women's cardiovascular health by wearing red on February 6!

Our Public Health Clinic will be offering no cost blood pressure screenings at 165 Miller Street on February 6th from 9:00 – 10:00am and 12:00 – 1:00pm. Please call (203) 630-4234 to schedule an appointment.

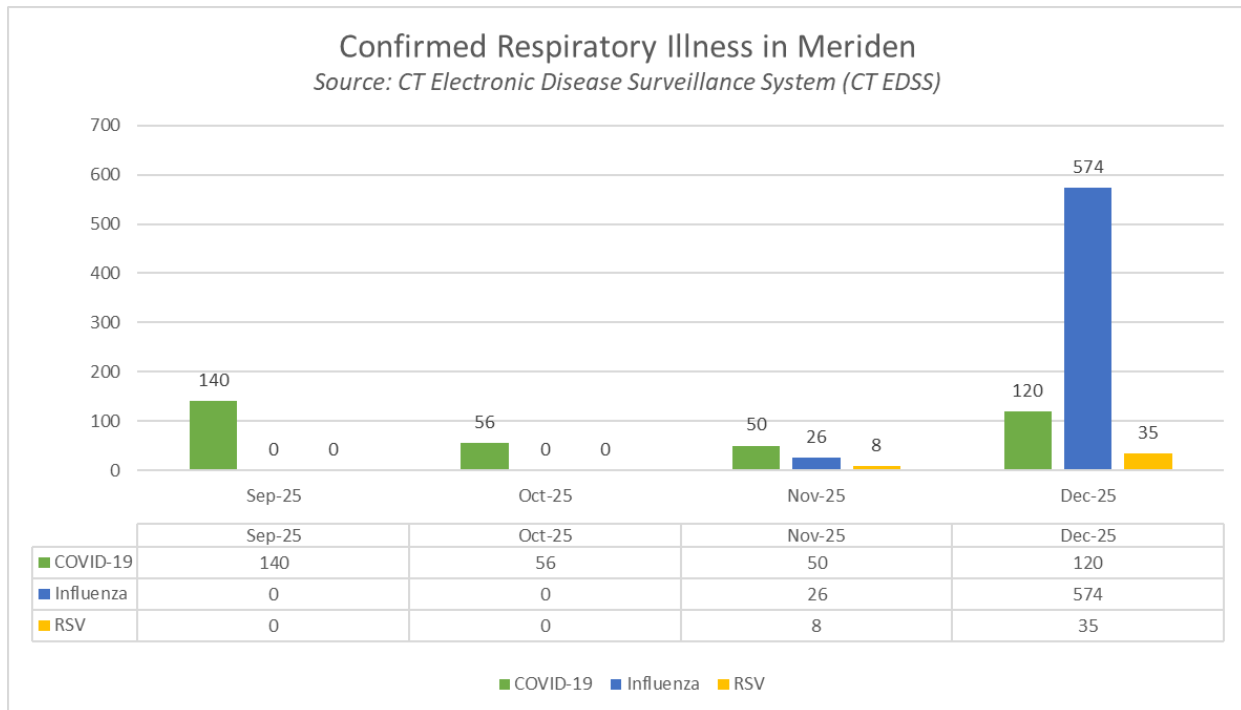
American Heart Association.



Cardiovascular disease is the No. 1 killer of women. Wear red to be seen, to be counted, to be heard, and to make an impact. Together, we are stronger than heart disease and stroke.

Respiratory Virus Season

We monitor confirmed 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.



For the most recent data on lab-confirmed COVID-19, Influenza, and RSV cases in Meriden please see our Seasonal Health and Respiratory Virus Newsletter that is available on our website:

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

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.

- 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 10, 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@meridenct.gov.

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.

Meriden Early Start

Talking About Screen Time Webinar

Join Meriden Early Start in partnership with 211 for an important discussion regarding attitudes towards screen time, current research, and to talk about how to use screen time wisely. This will be held on Tuesday, February 17, 2026 from 5:00 – 6:00pm. The webinar is available in English and Spanish. Please see the Zoom and Teams links below.

Link for English: <https://tinyurl.com/TalkingAboutScreenTimeENG>

Link for Spanish: <https://tinyurl.com/TalkingAboutScreenTimeSPA>



Family Discussion and Resource Group

211 United Way Child Care

Talking About Screen Time

Invitation for all families!

Tuesday, February 17, 2026

5:00 - 6:00 PM

Scan the QR code to join the Zoom meeting.
Meeting ID: 828 3019 6566

In partnership with Meriden Early Start

Please be advised this is an opportunity for families. It is not a professional development.

Technology and screen use are part of a child's world today. It is here and not going away. Through a series of questions we will explore our own attitudes, share some research, and talk about how to use screen time wisely.

An Early Childhood Specialist from 211 Child Care will be facilitating a discussion and providing resources for the families in our program.

www.211childcare.org | 1-800-505-1000 | 211childcare@ctunitedway.org

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 \(quarterly\)](#)

