



COUNCIL OF NEIGHBORHOODS

www.meridennconna.wordpress.com

May 2026 Newsletter

Activities in May:

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| Sat 2 nd : Meriden's Daffodil Festival | 10am-7pm Hubbard Park |
| Sun 3 rd | 10am-5pm |
| Thurs 7 th : North Meriden
City Park | 7pm Meriden Public Library |
| Sun 10 th : HAPPY MOTHER'S DAY!! | |
| Sat 16 th : FREE Bulky Waste Disposal Day | 7am-12pm Transfer Station Evansville Ave |
| Wed 20 th : Dutch Hill
ECHO
Lower Eastside
Hillside Gardens
Veteran's Assoc | 6:30pm First Baptist Church |
| Thurs 21 st : Westsiders
Action 13
Lewis Ave | 6:30pm Immanuel Lutheran Church |
| Mon 25 th : Meriden's Memorial Day Parade | 10am Broad St- E Main St-Pratt St-Meriden Green |
| Tues 26 th : South Meriden
Glen Hills
Stagecoach Riders
Crown Village | 6:30pm Tom's Place |
| Sat 30 th : Kiwanis Club Bike Rodeo | 10am-1pm Ceppa Field |

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

Meriden Daffodil Festival: May 2nd and 3rd Hubbard Park

Council of Neighborhoods will have food booth at the Daffodil Festival. Festival hours are Sat May 2nd 10am to 7pm and Sun May 3rd 10am to 5pm. We will be selling our Silver City Waffles, Strawberry and Hot Fudge Sundaes. Proceeds from the booth helps cover the cost of our activities throughout the year. Please stop and say hello and support our fundraising efforts!

City of Meriden's Memorial Day Parade: Mon May 25th

Meriden's Memorial Parade will take place on Monday May 25th at 10am. The parade will be starting from Curtis St to Broad St to East Main St to Pratt St to the Meriden Green. There will be a ceremony at the Green at the conclusion of the parade. If there are any organizations that would like to participate in the parade are asked to call Bob Williams at (203) 641-4622.

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 Free Little Libraries

Spring has sprung and the Meriden Little Free Libraries are all set for another season of reading for everyone! The weather is getting warmer and it's a great opportunity for people to stop by one of our THIRTY Little Free Libraries to find a book or two to read. As always if you have books to donate, whether adult, young adult or children, feel free to drop them off at any Little Free Library in Meriden or beyond. Thank you to our stewards who keep our libraries clean and organized throughout the reading season, we appreciate their dedication and commitment to literacy. We're in the process of organizing events for the upcoming year and will keep you posted on our Meriden Little Free Libraries Facebook page.



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

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

“Like” us on Facebook for the latest updates!

Daffodil Festival

Staff will be attending the Daffodil Festival on Saturday, May 2, 2026. Please stop by our tent for pop-up Naloxone training, free giveaways, community resources and more!



Connecticut Foodshare Mobile Pantry

NEXT DATES:

Ceppa Field (83 Gale Avenue): May 7 and 21 from 1:00 – 2:00pm

Mt. Hebron Church (84 Franklin Street): May 1, 15 & 29 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>.



Public Health Education

May is Mental Health Awareness Month

May is Mental Health Awareness Month and this year's theme is See the Person. Support the Journey. This year's theme highlights the importance of

- Noticing early signs of mental health concerns
- Strengthening the support around us
- Responding with care and compassion during challenging moments.

It is important to remember that you are not alone. 988 Lifeline is available 24/7/365 for those who are facing mental health struggles, emotional distress, alcohol or substance use concerns, or if you just need someone to talk to.

One way to learn more about supporting someone who is experiencing a mental health crisis is by attending a mental health training. We are offering both QPR (Question, Persuade, Refer) Suicide Prevention Training and Adult Mental Health First Aid Training. To learn more about these trainings please read below!



QPR (Question, Persuade, Refer) Suicide Prevention Training

Join us in partnership with Rushford for an in-person QPR Suicide Prevention Training on May 8, 2026 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@meridenct.gov.

Adult Mental Health First Aid

We are offering a FREE Adult Mental Health First Aid class in partnership with Rushford. The training will be held in-person on June 24, 2026 from 9:00am - 4:00pm at 165 Miller Street. There is a 2-hour, self-paced online course that will need to be done before attending the in-person instructor-led session. Participants will get a certification from the National Council for Mental Wellbeing, valid for 3 years.

To register, please fill out the Google form: <https://forms.gle/H3KteVUPiTy68FM6>

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:

- May 1, 2026 9:00 – 10:00 am
- June 3, 2026 5:00 – 6:00 pm
- July 10, 2026 9:00 – 10:00 am
- August 5, 2026 5:00 – 6:00 pm

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.

Pop-Up Naloxone Trainings/Outreach at the Meriden Public Library

Every other month, our Public Health Educator will be at the library on the third Tuesday from 10:30-11:30am to connect with individuals and provide pop-up style naloxone training.

Participants receive a free naloxone kit, CPR face shield, naloxone storage bag, and prevention resources. The next training will be on **Tuesday, May 19 from 10:30-11:30am**. Questions? Call our Public Health Educator at (203) 630-4288.

Enjoy Your Tobacco Free Parks

As the weather warms up and more people are enjoying our parks and recreation facilities, we would like to remind our residents and visitors that there is no smoking in the parks/recreation facilities (this includes vaping). We thank you for your cooperation!



Updates from Meriden Lion

Did you listen to our on *A Moment with National Infant Week* held April 20 -

Our staff understands that it is completely natural for parents to have questions about vaccines, such as safety or timing of getting the vaccines. As a parent, if you have concerns we encourage you to speak with your child's healthcare provider, or, you can call your local health department.

Our Public Health Clinic at 165 Miller Street is open Monday through Friday 8:00am – 4:30pm. We are part of the Connecticut Vaccine Program and are able to offer no cost vaccines to children under the age of 18 regardless of their health insurance status.

We have also developed a [webpage on childhood vaccinations](#) that answer some frequently asked questions about childhood vaccinations.

If you have questions about childhood vaccines or would like to schedule an appointment, please call our Public Health Clinic at (203) 630-4234.

Meriden Senior Center

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

Marley the

[podcast episode](#) Marley for Immunization 27, 2026?



Meriden Senior Center Health Fair

Join the Meriden Senior Center on May 6 from 9:00 am to 11:30 am for their Annual Health Fair! Explore informative displays from agencies dedicated to serving seniors in the Meriden community. Meet community partners and enjoy handouts, giveaways, health screenings, and more.

Miss Chantel's Star Dance Academy will be presenting on the many health benefits of dancing. Stay afterward for a fun karaoke session and dance class!

The first 150 attendees will receive a free boxed lunch. We encourage you to attend, connect, and discover the wide range of resources available to seniors in our community.

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.

Environmental Health

Spring is here, and so are tick and mosquitoes!

Mosquitoes can spread serious diseases like West Nile virus, Eastern Equine Encephalitis (EEE), and Zika virus. Prevention is the best protection.

Protect Yourself:

- Wear repellent that contains at least 30% DEET.
- Always follow the product label instructions and reapply as directed.
- For children, ask their pediatrician about what products are age appropriate.
- Wear loose-fitting, clothing that covers your arms and legs.
- For children, cover strollers and baby carriers with mosquito netting.

Protect Your Home:

The poster is for the Meriden Senior Center Health Fair. It features a blue background with a white cross pattern in the top right corner. At the top left is the City of Meriden seal. The text 'Meriden Senior Center' is in a blue serif font, followed by 'HEALTH FAIR' in large, bold, white sans-serif letters. Below this, the date 'Wednesday, May 6, 2026' is written in white, followed by the time '9:00 am to 11:30 am' and the address 'Meriden Senior Center, 22 West Main Street, Meriden, CT 06451'. A red heart with a white ECG line is positioned to the right of the date. In the top right, there is a circular inset photo of people at a health fair. To the right of the photo, it says 'Guest Speaker: Miss Chantel's Star Dance Academy on the health benefit of dancing with a dance demonstration 9:00 am Dining Room'. At the bottom left, it says 'Free boxed lunch for the first 150 people!'. At the bottom right, it says 'Get Free Screenings & Information' followed by a list of services: 'Free giveaways & raffles', 'Blood Pressure', 'Medicare', 'Senior living planning', 'Meriden Community Resources', 'Skilled Nursing', 'Funeral Planning', and 'and much more!'. At the very bottom left, it provides contact information: 'For more information contact: Irma Garcia, Recreation Coordinator, 203-630-4703, igarcia@meridenct.gov'.

Free boxed lunch for the first 150 people!

For more information contact:
Irma Garcia, Recreation Coordinator
203-630-4703
igarcia@meridenct.gov

Get Free Screenings & Information

*Free giveaways & raffles
Blood Pressure
Medicare
Senior living planning
Meriden Community Resources
Skilled Nursing
Funeral Planning
and much more!*

- Use screens or windows and doors. Repair any holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

Statewide mosquito trapping and testing will start in June. 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 and testing location is at Falcon Park.

Ticks can spread serious illnesses like Lyme disease, Anaplasmosis, and Babesiosis. Prevention is the best protection.

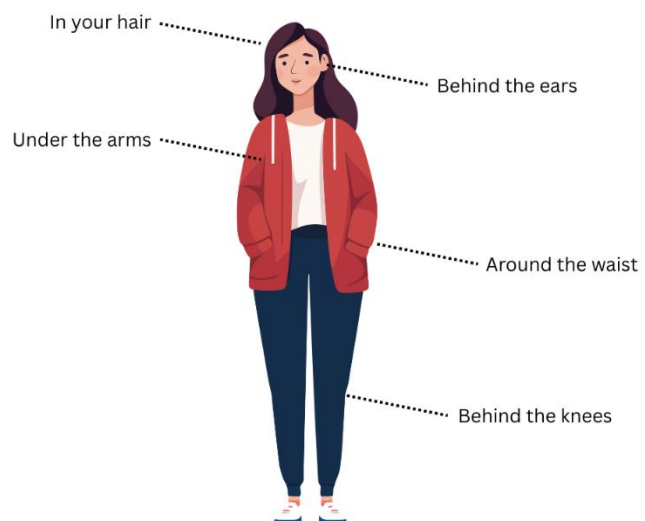
Before you go outside:

- Wear long sleeves & long pants with closed toed shoes.
- Choose light-colored clothing.
- Use repellent with DEET or Picaridin.
- Treat clothing with Permethrin.

After you come inside:

- Do a full-body tick check on yourself and your pets.
- Shower within 2 hours.
- Dry clothes on high heat (10 minutes).

Where to check for ticks:



If you find a tick on yourself or another human:

Bring the tick in in a crush proof container (or sealed plastic bag) to our office at 165 Miller Street. We will send it out to the Connecticut Agricultural Experiment Station to be identified and tested for common tick-borne illnesses as a public service free of charge.

Questions? Call our Environmental Health Office at (203) 630-4226.

Attention Barbershops, Hair Salons and Nail Salons

Just a reminder, license fees are due to our Environmental Health Office on or before June 30, 2026 per [Chapter 70-3](#) of the Meriden City Code. If you have any questions please call our Environmental Health Office at (203) 630-4226.

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 \(quarterly\)](#)

