



COUNCIL OF NEIGHBORHOODS

www.meridenconna.wordpress

November 2025 Newsletter

Activities in November

- Sun 2nd: Daylight Saving Time Ends.....make sure to check batteries in smoke & CO detectors!
- Tues 4th: Election Day.....make sure to vote!..... Polls open 6am to 8pm
- Thurs 6th: North Meriden
City Park
7pm Meriden Public Library
- Sat 8th: Council of Neighborhoods & NI Unit Stuff a Cruiser
10am-1pm Stop & Shop 485 Broad St
- Tues 11th: City of Meriden’s Veterans Day Ceremony
10am Stop & Shop Plaza 485 Broad St
- Wed 19th: Dutch Hill
ECHO
Hillside Gardens
Veteran’s Assoc
6:30pm First Baptist Church
- Thurs 20th: Westsiders
Action 13
Lewis Ave
6:30pm Immanuel Lutheran Church
- Sat 22nd: South Meriden Neighborhood Assoc Turkey & Toy Drive
12pm-3pm South Meriden Fire House 31 Camp St
- Tues 25th: South Meriden
Glen Hills
Stagecoach Riders
Crown Village
6:30pm Tom’s Place
- Thurs 27th: HAPPY THANKSGIVING!

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
Narcotic Tips: Telephone (203) 630-6273 Email: 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

Stuff a Cruiser Sat Nov 8th 10am-1pm

The Council of Neighborhoods and Meriden Police Dept NI Unit are having our annual Stuff a Cruiser being planned at the Stop & Shop Supermarket 485 Broad St. We will be collecting non- perishable food items to be donated to Meriden area Food Banks. Please stop by and support our efforts so everyone can enjoy the upcoming holidays.

South Meriden Groups: Turkey and Toy Drive Sat Nov 22nd 12pm-3pm

The Neighborhood Associations will be holding their 21st Annual Turkey and Toy Drive on Saturday Nov 22nd at the South Meriden Firehouse on Camp St. Turkeys will be collected and donated to the YMCA for the Annual Thanksgiving Day Dinner. New, unwrapped, non-violent toys for children of all ages will be collected and donated the Spirit of Giving program sponsored by the Meriden Police and Fire Depts and Hunters Ambulance. For information contact Holly Wills at cwills0142@sbcglobal.net.

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

City of Meriden Leaf Collection

The Highway Division collects leaves free-of-charge for City residents starting November 3. Residents do not have to make any appointments. You only have to place the leaves at curbside. Please note that only leaves in biodegradable bags will be collected and the use of duct tape is not permitted. Please call 203-630-4018 if you have any questions.

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 Little Free Libraries

Little Free Libraries and Thompson Chocolate have again partnered for National Chocolate Day, October 28, by providing coupons for a sweet treat at Thompson Chocolate. Many coupons are still located in our libraries located throughout the city. Find one and redeem it at Thompson Chocolate for a sweet treat, the coupon expires on December 1st. October was National Cookbook Month and there still should be a few floating around in our libraries, so check and see if your local library has one and start preparing for the holiday season. National Take a Hike Day is Monday, November 17, we plan to put maps of local trails in the appropriate libraries. That day, or any day, get out and enjoy the beautiful trails in and around Meriden. As always, we are looking for puzzles for our Puzzle Library located at the Hubbard Park playground. If you have any puzzles, feel free to place them in the library so others can enjoy them. Meriden's Little Free Libraries plans to be at Christmas in the Village this year giving away winter and holiday theme books as well as a plethora of kid books on Saturday, December 6, from 100pm to 430pm on Main Street in South Meriden. Hope to see you there. As always, feel free to drop off gently used books in one of our libraries located throughout the city. And please like and subscribe to our Facebook page, Meriden Little Free Libraries for updated information about our promotions, literacy, and books. Happy Reading!



News from the Meriden Department of Health and Human Services – November 2025

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

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

CT Foodshare Mobile Pantry

NEXT DATES:

Corner of Miller and Center Streets: November 6 & 20 from 1:00 - 2:00pm.

Mt. Hebron Baptist Church, 84 Franklin Street: November 13 from 1:15 - 2:15pm.

Bring your reusable grocery bags!

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



Flu Shots Available

Don't let the flu stop you this season! The Connecticut Department of Public Health recommends that everyone 6 months of age and older get a yearly flu vaccine with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious complications from influenza.

The best time to get the flu shot is before the end of October. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

At our Public Health Clinic, flu shots are FREE for Meriden residents, 18 and younger, regardless of health insurance status. We also have flu shots for adults. For adults the flu shot is \$20 and FluBlok is \$40 (cash or check). We accept Connecticare, Cigna, Aetna, and other select health insurance plans.

We are open Monday - Friday 8:00am - 4:30pm. We will also be staying open late until 6:00pm to accommodate busy schedules on the following dates:

- November 4 and 18
- December 9 and 30

Call our Public Health Clinic at (203) 630-4234 to schedule an appointment.



Public Health Education

Save a Life: Overdose Education & Naloxone Training

Join us at our next training **on November 5th from 9:00 – 10:00am!** This training is an essential part of overdose prevention education where participants learn what an overdose looks like and how to reverse one.

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.

Virtual Adult Mental Health First Aid 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 split into two days (must attend both days) and is open to Meriden residents and community organization. The training will be held on Wednesday, November 12 and Thursday, November 13 from 9:00am – 12:00pm via Zoom.

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://forms.gle/9b3v6gNig1z26iXm9>

If you have any questions or concerns, please contact Elizabeth DeMerchant at edemerchant@meridencv.gov or (203) 630-4288.

Teddy Bear Clinic

Please join us in partnership with Southern Connecticut State University's School of Nursing and the Meriden Public Library for our upcoming Teddy Bear Clinic at the Meriden Public Library:

Friday, November 14, 10:00 - 11:30am

Children, ages 3 and up, will get a free play medical kit to learn how to keep their favorite stuffed animal (and themselves!) healthy. Parents/caregivers will receive information and resources on childhood vaccines and city services.

Space is limited to 25 children per clinic. Call our Public Health Educator at (203) 630-4288 to reserve a spot.



The poster for 'Teddy Bear Clinics!' features a central illustration of a young girl with a teddy bear. The title 'Teddy Bear Clinics!' is prominently displayed in a large, blue, sans-serif font. Below the title, the event details for two dates are listed: Thursday, October 30, 2025 (10:00 - 11:30am) and Friday, November 14, 2025 (10:00 - 11:30am). Both events are held at the Meriden Public Library, 105 Miller Street Children's Section. A list of bullet points describes the activities: children receive a free play medical kit, and parents/caregivers receive information on childhood vaccines and city services. A pink starburst graphic contains the text 'B.Y.O.B Bring your own bear (or favorite stuffed toy)!'. At the bottom, logos for the Meriden Public Library, Southern Connecticut State University School of Nursing, and the Department of Health and Human Services are displayed.

Environmental Health

Share Gratitude, Not Foodborne Illness, This Thanksgiving

Did you know roughly 1 in 6 Americans get sick due to foodborne illness each year? With America's biggest food holiday is almost here, our Environmental Health staff wants to remind everyone how to prepare and handle food to avoid foodborne illness this Thanksgiving!



Let's Talk Turkey

Frozen raw turkey should be stored in a freezer until you are ready to thaw it. Fresh raw turkey can be stored in a refrigerator 1-2 days before cooking. Refrigerator Thawing (Recommended) - this is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4 - 5 pounds of weight. Once thawed, the turkey is safe for another two days, so you can start thawing it six days before thanksgiving (the Friday before Thanksgiving).

Once your turkey is thawed and you are ready to prepare, remember these 4 Steps to Food Safety:

1. **Clean** - wash your hands with soap and warm water. Also wash any utensils, plates, countertops, and cutting boards. Do not wash your turkey! Washing these foods can actually spread germs because juices may splash onto your sinks and counters.
2. **Separate** - any raw turkey from fresh food, and use separate cutting boards, plates, and utensils.
3. **Cook** - To roast a turkey in your oven, set the oven temperature to at least 325°F. Cooking times depend on the weight of the turkey. Use a food thermometer to make sure your turkey has reached a safe internal temperature of 165°F.
4. **Chill** - Take your time around the dinner table, but refrigerate leftovers within 2 hours! Leftover turkey should be cut into smaller pieces, and stored separately in smaller containers. Leftovers are safe in the fridge for 3-4 days and should be reheated to 165°F.

Bonus Tips - Use Care with Stuffing!

- Whether it is cooked inside or outside the turkey, all stuffing and dressing must be cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
- The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey.
- Any extra stuffing should be baked in a greased casserole dish.

Meriden Senior Center

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

Save the Date – Holiday Craft Fair

The Meriden Senior Center's annual Holiday Craft Fair will be Wednesday, December 3, 2025 from 10:00am - 1:00pm at City Hall. This fair is open to the public. Free admission! If anyone is interested in donating a raffle basket or registering as a vendor please call (203) 630-4703.



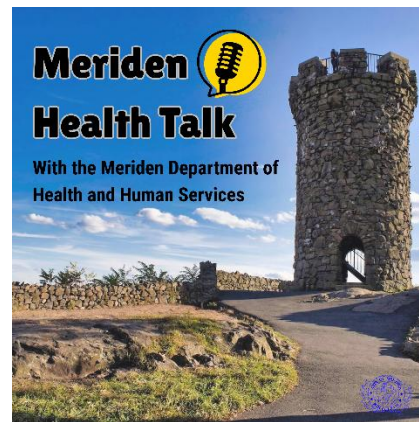
Podcasts

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 \(quarterly\)](#)