



COUNCIL OF NEIGHBORHOODS

www.meridenconna.wordpress

October 2025 Newsletter

Activities in October

- Thurs 2nd: North Meriden City Park 7pm Meriden Public Library
- Sat 11th: FREE Bulky Waste Disposal Day 7am-Noon Transfer Station Evansville Ave
- Wed 15th: Dutch Hill 6:30pm First Baptist Church
 - ECHO
 - Hillside Gardens
 - Veteran’s Assoc
- Thurs 16th: Westsiders 6:30pm Immanuel Lutheran Church
 - Action 13
 - Lewis Ave
- Sat 25th: NI Unit Trunk or Treat 12pm-2pm Meriden Green
- Tues 28th: South Meriden.....note new date for meeting.....6:30pm Tom’s Place
 - Glen Hills
 - Stagecoach Riders
 - Crown Village
- Sat Oct 31st: **HAPPY HALLOWEEN!** Drive carefully & watch out for children as they trick or treat in the neighborhoods!

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

NI Unit Trunk or Treat Sat Oct 25th 12pm-2pm Meriden Green

The NI Unit is having their annual Trunk or Treat on Sat Oct 25th. Rain date Oct 26th. Children and their families are welcome to come in their costumes to trick or treat along the Meriden Green and collect candy from Halloween decorated cars from community organizations and residents. Come out and say hello to the NI Unit Officers. If you would like to have a decorated car during the event please contact LT Hector Cardona for an application. hcardonajr@meridenct.gov.

Meriden's Bulky Waste Disposal Day Sat Oct 11th 7am-noon Transfer Station Evansville Ave

This is a FREE opportunity to clean your home of unwanted bulky waste items. This event is for Meriden residents only and proof of residency must be shown to enter. For questions please call (203) 630-4018

For a full list of accepted items please visit:

www.meridenct.gov/government/departments/public-works/transfer-station-1

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's Bulky Waste Curbside Collection Program

The curbside collection program is available to city residents for curbside pickup of bulky waste. Pick-ups will be available every Wednesday by appointment only. The charge is \$50 for eight items or less. All items must be carriable by two people and fit in the back of a pickup truck. To view accepted items or to register for a pick-up visit

www.meridenct.myrec.com or call (203) 630-4259.

Meriden's Farmers Market

The Farmers Market takes place every Saturday from 830am to 12pm rain or shine at the Meriden Green through Oct 18th. Come visit and shop for fresh fruits and vegetables. SNAP/EBT, FMNP coupons, cash and debit card will be accepted. Doubling Dollars program is back. For more information visit their website at www.meridenfarmersmarket.org.

Meriden Little Free Libraries

Meriden Little Free Libraries were treated to over 150 Tomie DePaola books thanks to the Charity Club of Meriden. This recent donation enabled us to purchase books and place them in all the libraries throughout the city. Tomie's sister Judie, niece, Mary, and dear friends Geri and Donna celebrated his 91st birthday on September 15 at his library at North End Field and at Baldwin Pond and Giuffreda Park. With many thanks to Thompson Chocolate for they are again sponsoring National Chocolate Day on October 28, as stewards are placing coupons in all the libraries throughout the month of October. Once a coupon is found, it can be redeemed for a sweet treat at the factory store on South Vine Street. We are still looking for a handy person to help with minor repairs to our libraries. If you're interested or know someone, please reach out via the Meriden Little Free Libraries Facebook page. At the moment, the Zajac Park library is out of service. We will let you know when it is up and running again. We apologize for any inconvenience. Thank you for your understanding. As always, check there to find out the latest about our libraries and our promotions. Large donations of books and puzzles can be dropped off at San Souci restaurant, Hancock Pharmacy and Tesoro Boutique. Happy Reading!



News from the Meriden Department of Health and Human Services – October 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: October 9 & 23 from 1:00 - 2:00pm.

Mt. Hebron Baptist Church, 84 Franklin Street: October 2, 16 & 30 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.

National Breast Cancer Awareness Month

Breast cancer remains one of the most common cancers affecting women in the United States, with 1 in 8 women developing breast cancer in her lifetime. However, there is hope due to advancements in treatment, research, and most importantly early detection. Breast Cancer Awareness Month, observed every October, serves as a vital reminder of the importance of screening, education, and support.

Although the exact cause of breast cancer is not always known, there are several risk factors that have been identified including:

- Age: Risk increases with age, especially after menopause.
- Genetics: Inherited mutations in genes such as BRCA1 and BRCA2.
- Family History: A family history of breast cancer can increase risk.
- Lifestyle Factors: Alcohol use, obesity, and lack of physical activity.
- Hormonal Factors: Hormone replacement therapy and early menstruation or late menopause.

The Importance of Early Detection

Early detection dramatically increases the chances of successful treatment and survival. The five-year survival rate for localized breast cancer is approximately 99%, but this rate decreases significantly when the cancer spreads to other parts of the body.

Early Detection Methods:

- Self-exams: should be done once a month at home.
- Clinical breast exams: an in-office exam will most likely be completed by your family physician or gynecologist at your annual exam.
- Mammograms: The most effective screening tool, recommended for women beginning at age 40–50, depending on individual risk factors.

Take Action

Hartford HealthCare's Mobile Mammography van will be in front of the Health and Human Services Department (165 Miller Street) on Tuesday, October 14 from 8:00 AM - 1:00 PM. To schedule an appointment please call (860) 972-1243.

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:

- October 7 and 21
- November 4 and 18
- December 9 and 30

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

Respiratory Virus Disease Guidance

It's respiratory virus disease season! Each year, respiratory viruses such as influenza, COVID-19, and RSV are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. The good news is there are prevention steps you can take to protect yourself and loved ones from severe illness.

Respiratory Virus Guidance Snapshot

Core prevention strategies

- Immunizations**: Illustration of a woman with a vaccine vial.
- Hygiene**: Illustration of a woman washing her hands at a sink.
- Steps for Cleaner Air**: Illustration of a window with a fan and a plant.
- Treatment**: Illustration of a man on a phone with a pill bottle.
- Stay Home and Prevent Spread***: Illustration of a woman in bed being cared for.

Additional prevention strategies

- Masks**: Illustration of a person wearing a face mask.
- Distancing**: Illustration of people maintaining distance with a yellow line.
- Tests**: Illustration of a person getting a nasal swab test.

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

To learn more about the core prevention strategies please click [here](#).

Information on what to do when you are sick and vaccination information can be found on our Respiratory Viruses Information webpage: <https://www.meridenct.gov/covid-19-information/>.

Teddy Bear Clinics

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

- Thursday, October 30, 2025 10:00 - 11:30am
- Friday, November 14, 2025 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.



Teddy Bear Clinics!

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10:00 - 11:30am
Meriden Public Library
105 Miller Street Children's Section

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B.Y.O.B
Bring your own bear (or favorite stuffed toy!)

Sponsored by:

-  Meriden Public Library
-  Southern Connecticut State University
SCHOOL OF NURSING
-  Dept. of Health and Human Services

Public Health Education

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:

- October 1, 2025 5:00 – 6:00 PM
- November 5, 2025 9:00 – 10:00 AM



Meriden Senior Center

Membership to the Senior Center is FREE for Meriden residents age 55 and over! The October 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 Learning Connection (Formerly School Readiness)

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 at (203) 630-4222.

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 \(quarterly\)](#)