



COUNCIL OF NEIGHBORHOODS

www.meridenncna.wordpress.com

October 2026 newsletter

Activities in October:

Thurs 1st: North Meriden.....note meeting place....7pm Solomon Goffe House 667 N. Colony Rd

Thurs 15th: Westsiders 6:30pm Immanuel Lutheran Church

Action 13

Lewis Ave

Sat 17th: FREE Bulky Waste Disposal Day

7am-12pm Transfer Station Evansville Ave

Wed 21st: Dutch Hill

6:30pm First Baptist Church

ECHO

Lower Eastside

Hillside Gardens

Veteran's Assoc

Sat 24th: NI Unit Trunk or Treat

11am-1pm Meriden Green

Wed 28th: South Meriden.....note different meeting day for Oct..... 6:30pm Tom's Place

Stagecoach Riders

Glen Hills

Crown Village

Sat 31st: HAPPY HALLOWEEN! Drive safely and watch out for children trick or treating throughout our neighborhoods!

Sun Oct 4-11-18-25: Meriden Fire Dept 175th Anniversary Celebration Displays and Showcase

11am-3pm Meriden Historical Society 41 West Main St

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 has a tool to keep residents apprised of the Department's activities including the calls for service the police department responds to daily. The department's

interactive reports are accessible on the City of Meriden website at:

www.meridenct.gov/cityservices/police/interactive-reports

NI Unit Trunk or Treat Sat Oct 24th 11am-1pm Meriden Green

The NI Unit is having their annual Trunk or Treat on Sat Oct 24th. Rain date Oct 31st. 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 Fire Dept 175th Anniversary Celebration

The Meriden Fire Department's 175th anniversary will be celebrated during the month of Oct. The Meriden Historical Society will be showcasing MFD's service to our community through historic photographs, vintage equipment and video interviews spanning the 175 years of firefighting. The open house will take place every Sun in October (4th-11th-18th 25th) 11am-3pm at the historical society 41 West Main St. Admission is free! All are welcome!

Meriden's Bulky Waste Disposal Day Sat Oct 17th 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

Meriden's Farmers Market takes place every Saturday from 830am to 12pm rain or shine at the Meriden Green from July 11th to Oct 17th. Come visit and shop for fresh fruits and vegetables.

SNAP/EBT, FMNP coupons, cash and debit card will be accepted. For more information visit their website at www.meridenfarmersmarket.org.

Meriden Free Little Libraries

Meriden Little Free Libraries is again pleased to announce that we will be celebrating National Chocolate Day the entire month of October thanks to a wonderful partnership with Thompson Chocolate. Cards will be placed in our libraries weekly throughout October and once found, can be redeemed at the Thompson Chocolate factory store on South Vine Street. Please note that it is one gift per person and the promotion ends on December 30, 2026. So stop by any of the thirty Little Free Libraries throughout the city to pick up a book and perhaps finding a chocolate card! October is also National Cookbook Month, so feel free to drop off some cookbooks and exchange them for a new book of culinary creations. And for those who really like to plan ahead, Meriden Little Free Libraries will be at Christmas in the Village on Saturday, December 5, from 1:00 to 4:30 on Main Street in South Meriden. It's a delightful time celebrating the season with family and friends and picking up a few good books! Feel free to like our Facebook page, Meriden Little Free Libraries to keep up-to-date on all our activities.



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

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

“Like” us on Facebook for the latest updates!

CONNECTICUT FOODSHARE MOBILE PANTRY

NEXT DATES:

Ceppa Field (83 Gale Avenue): September 10 & 24 from 1:00 – 2:00pm

Mt. Hebron Church (84 Franklin Street): September 4 & 18 from 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>

NATIONAL BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time to raise awareness about breast cancer and encourage everyone to take steps towards early detection. Breast cancer is one of the most

common cancers in the United States. Finding breast cancer early through screening can help identify the disease before it causes symptoms and may make treatment more effective.

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.

Make Early Detection a Priority

- **Check your screening status** with your healthcare provider.
- **Know your risk.** Talk with your healthcare provider about your family history and other factors that may affect your risk such as age, lifestyle, or hormonal factors.
- **Pay attention to changes** during monthly self-exams.
- **Help spread the word.** Encourage friends, family members, and coworkers to talk with their healthcare provider about breast cancer screenings.

Hartford Hospital's Mobile Mammography Van

Hartford Hospital's Mobile Mammography van will be in front of our building at 165 Miller Street on October 20, 2026 from 8:00am - 1:15pm. These screenings are for women between 35-40 who have not had a mammogram, and for women 40 and older who have not had a mammogram in over a year. To schedule an appointment please call (860) 972-1243.

FLU SHOTS AVAILABLE

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. We accept Connecticare, Cigna, Aetna, Medicare and Medicaid. **For adults who are uninsured or underinsured, our Clinic is part of the Connecticut Vaccines for Adults (CVFA) Influenza Pilot Program. This program offers free flu shots to help make vaccines more accessible for adults 19 years and older across Connecticut.** FluBlok (not part of the pilot program) is \$40 (cash or check).

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

- **October 13 and 27**

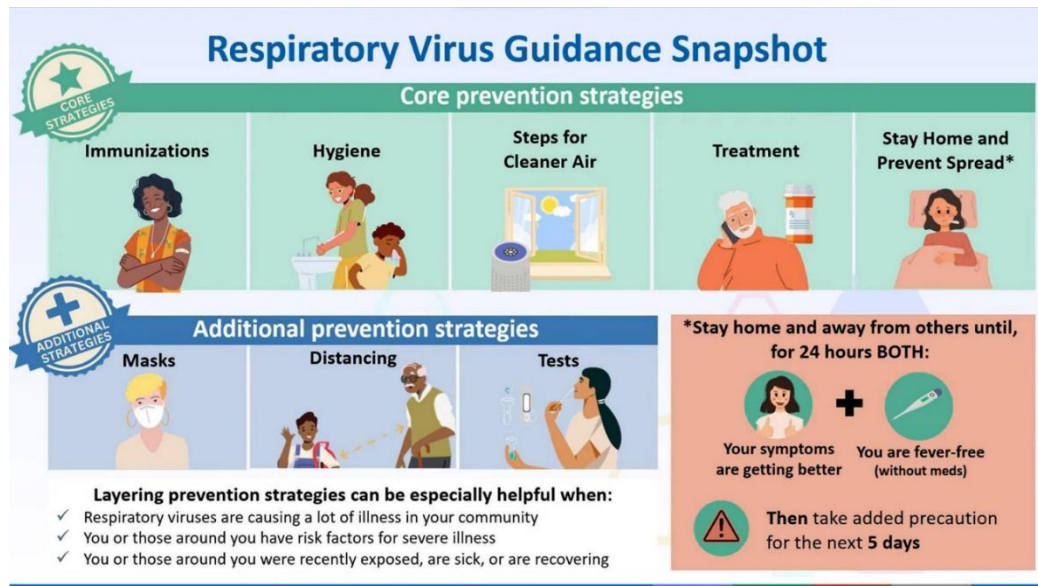


- November 10 and 24
- December 8 and 29

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.



To learn more about the core prevention strategies please click [here](https://www.meridenct.gov/covid-19-information/). 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 CLINIC

Calling all little doctors! Bring your favorite stuffed animal to our Teddy Bear Clinic for a fun, hands-on check-up. Children ages 3+ will learn about staying healthy while giving their favorite stuffed animal a check-up.

Thursday, November 5, 2026

4:30 - 6:00 PM

165 Miller Street - Public Health Clinic

B.Y.O.B - Bring your own bear (or favorite stuffed animal). Each child will receive their own doctor kit! Community resources will also be available for parents and caregivers.

Space is limited to just 25 participants! Call our Public Health Educator at (203) 630-4288 to reserve your spot.



MERIDEN PREPAREDNESS & RESPONSE EDUCATION PROGRAM FOR SENIORS

Emergency Preparedness Training for Meriden Residents 50+

Are you prepared for a disaster or emergency such as a power outage, flooding or extreme weather? Join us to learn about different disasters that could affect Meriden and how to build a kit, make a plan, and stay informed before, during and after an emergency. Participants will get a FREE emergency "go bag" with basic preparedness items. Training sessions are limited to 15 people per session. Sign up at the Meriden Senior Center (Main Office) or call (203) 237-0066. Open to all Meriden residents age 50 and over.

All sessions will be at the Meriden Senior Center (22 West Main Street) from 10:00 – 11:00am:

- October 14, 2026
- November 4, 2026



This project was made possible for the community due to the generous support of AARP.

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:

- 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 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.

NEWSLETTER

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 \(quarterly\)](#)

DEPARTMENT PODCAST CHANNELS

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.

