



COUNCIL OF NEIGHBORHOODS

www.meridenconna.wordpress

Sept 2025 Newsletter

Activities in September

- Thurs 4th: North Meriden City Park 7pm Meriden Public Library
- Mon 8th: Council of Neighborhoods Picnic 6pm PBA 34 Birdsey Ave
- Thurs 11th: City of Meriden 9/11 Remembrance Ceremony 8:30am Meriden City Hall
- Wed 17th: Dutch Hill 6:30pm First Baptist Church
 - ECHO
 - Hillside Gardens
 - Veteran’s Assoc
- Thurs 18th: Westsiders 6:30pm Immanuel Lutheran Church
 - Action 13
 - Lewis Ave
- Sat 20th: Council of Neighborhoods Document Shredding Event 9am-12pm Butler St Parking Lot
- Tues 23rd: South Meriden.....note new date for meeting.....6:30pm Tom’s Place
 - Glen Hills
 - Stagecoach Riders
 - Crown Village

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: mncarcoticsunit@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’s National Night Out 2025

The Council of Neighborhoods and the Meriden Police Department NI Unit hosted Meriden’s National Night Out on August 5th. We had a great evening and the wonderful weather! We would like to thank everyone that came out and celebrated the evening with us! It was a very successful event much thanks to the civic and non-profit organizations that participated! Please mark your calendar for Meriden’s National Night Out 2026 which will be on Tuesday August 4, 2026! We hope you can make it!

Council of Neighborhoods Document Shredding Event: Sat Sept 20th 9am to 12pm

Please join us for our annual Document Shredding Event on Saturday Sept 20th at the Butler St parking lot in Downtown Meriden. The event is FREE of charge to Meriden residents and you will be able to watch your documents being shredded at the event. You will remain in your vehicle as we unload your shredding materials and ask that you place the materials in your trunk or the rear of your vehicle for easy removal. The event is rain or shine. For further information please contact Holly Wills at Cwills0142@sbcglobal.net.

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 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.

Connecticut Emergency Alerting & Notification Systems

If you would like to receive emergency notifications of issues occurring in the city and/or in your neighborhood you can do so by visiting CT.gov and go to "Register for Alerts". You can receive these alerts on your home phone, cell phone or as an email message. Some of the alerts include "Shelter in Place" notifications, imminent threats to health and safety, and life-threatening emergencies.

Meriden Little Free Libraries

As summer is drawing to a close and school is back in session, Meriden Little Free Libraries is a constant in the greater Meriden community. All of our libraries are filled with books for children, young adults and adults, take a book or two and leave a book or two if that works for you. We are happy to announce that there are two additional libraries at Nathan Hale Elementary School, one is by the kindergarten area and the other is by the nature trail. We had a fun time at National Night Out in August successfully handing out hundreds of books and connecting with our readers. Thanks to the generosity of the Charity Club of Meriden, who again will sponsor the celebration of Meriden's own award-winning author and illustrator, Tomie DePaola. On his birthday family members and friends will gather at several libraries to place Tomie's books for the community. The Charity Club will donate over 100 of his books! October is national cookbook month, so if you have any cookbook that you'd like yeti share, please drop them off at any library. Follow us on Facebook at Meriden Little Free Libraries for updates and information.



News from the Meriden Department of Health and Human Services – September 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: September 11 & 25 from 1:00 - 2:00pm.

Mt. Hebron Baptist Church, 84 Franklin Street: September 4 & 18 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.



Mobile Mammography

October 14, 8:00am – 1:15pm, at 165 Miller Street.

Hartford Hospital's Digital Mobile Mammography coach is coming to Meriden! These screening mammograms will be offered FREE to women age 40 and over who have not had a mammogram in over a year. Appointments are required; please call (860) 972-1243 for more information.



National Suicide Prevention Month

September is National Suicide Prevention Month – a moment that serves as a powerful reminder that there are steps we all must take in looking out for loved ones, the people in our community, and those who have been impacted by this leading cause of death.



The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Our office has materials available (in English and Spanish) for your business, organization, or event.

QPR (Question, Persuade, Refer) Suicide Prevention Training

Join us for an in-person QPR Suicide Prevention Training on Thursday, September 18, 2025 from 11:00 AM – 12:00 PM 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.



Flu Shots

It's that time of year again! Flu season is just around the corner – child and high dose vaccines for 65 years and older are now available. Adult doses have been ordered; as soon as we have vaccine in-hand we will announce availability!

We're open Monday - Friday 8:00am - 4:30pm. Call our Clinic at (203) 630-4234 to schedule an appointment.



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:

• September 2, 2025 9:00 – 10:00 am	• November 5, 2025 9:00 – 10:00 am
• October 1, 2025 5:00 – 6:00 pm	• December 3, 2025 5:00 – 6:00 pm



National Preparedness Month

Did you know September is National Preparedness Month? National Preparedness Month (NPM) is a time to promote family and community disaster and emergency planning. It is an opportunity to remind our community that to be ready for disasters, we should build a kit, make a plan, and be informed.

To learn more about National Preparedness Month visit:

<https://www.ready.gov/september>

Our office is part of Region 2, which covers 30 towns in the south-central portion of Connecticut. Staff supports public health emergency preparedness through planning, training, exercising, response, and recovery. This includes updating and revising our Public Health Emergency Response Plan, attending and participating in drills and exercises, and providing community education.

We copies of the CT Ready! Personal Preparedness Guide available in English and Spanish on our resource table at 165 Miller Street. This guide gives information on how to make a plan, gather supplies, and stay informed in the event of an emergency. Digital copies can also be found at: <https://portal.ct.gov/dph/public-health-preparedness/main-page/personal-preparedness-guide>



Meriden Senior Center

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

Environmental Health

September is National Food Safety Education Month! Our Environmental Health staff play an important role in preventing foodborne illness and ensuring a safe and healthy environment. Our Sanitarians are responsible for licensing and inspecting food service establishments (including temporary vendors such as food trucks).

During inspections, they follow the [FDA Food Code](#) and promote preventative measures against foodborne illnesses, such as:

- Proper handwashing
- Avoiding cross-contamination
- Cooking to safe internal temperatures
- Maintaining proper refrigeration

In FY25 our Environmental Health Staff conducted **920** food service establishment inspections and issued **128** temporary food service licenses.

To learn more about our Environmental Health office visit: www.meridenhealth.com.



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.

This past month we have hired two Parent Ambassadors, Yamayra and Karla. They will be attending events to educate our community about Early Start and linking families to the programs in Meriden.

Have questions? Call Rhonda Knight at (203) 630-4222.

Newsletters

Our office publishes 3 newsletters:

1. [Senior Center – Connections \(monthly\)](#)
2. [Seasonal Health and Respiratory Virus Updates \(monthly\)](#)
3. [Harm reduction and opioid response \(quarterly\)](#)

Podcasts

We are excited to announce that our department has launched 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.



Our 2024 – 2025 Annual Report is now on our website: www.meridenhealth.com

