



COUNCIL OF NEIGHBORHOODS

www.meridenconna.wordpress

December 2024 Newsletter

Activities in December

- Thurs 5th: North Meriden City Park 7pm Meriden Public Library
- Sat 7th Christmas in the Village 1pm-430pm Main St South Meriden
- Tues 17th: South Meriden.....note different meeting date for Dec6:30pm Tom’s Place
Glen Hills
Stagecoach Riders
Crown Village
- Wed 18th: Dutch Hill CANCELLED
ECHO
Hillside Gardens
Veteran’s Assoc
- Thurs 19th : Westsiders 6:30pm Immanuel Lutheran Church
Action 13
Lewis Ave

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

It will be announced as new reports are released and become available on the site NI Unit & Council of Neighborhoods

Christmas in the Village Sat Dec 7th 1pm-4:30pm

Held on Main St in South Meriden. Free fun family event. Event includes pictures with Santa, entertainment, children’s craft tent, horse and carriage rides, food, and beverages and much more. Event is planned and sponsored by South Meriden Festivals LLC.

Tis the Season for a Senior

Let us bring some holiday spirit to a senior. As the holidays are approaching and times are quite difficult many of our seniors, many are alone and isolated. Please consider donating an unwrapped present for Meriden Seniors by December 13. Presents can be dropped off at the Meriden Senior Center, Meriden Public Library, Meriden Board of Education, or

the Mayor's Office at City Hall. Gifts will be distributed Thurs Dec 19th. If you have any questions, please contact Natalie Gill Social Services Worker by calling 203-630-4273.

FREE COVID 19 Test Kits

You may now order 4 FREE at home COVID 19 test kits. Shipping is FREE! Test kits will start to be shipped to homes the week of September 30. Tests can be ordered on line at: <http://covidtest.gov> or by calling 1-800-232-0233.

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.



News from the Meriden Department of Health and Human Services – December 2024

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

"Like" us on Facebook for the latest updates!

Connecticut Foodshare Mobile Pantry

NEXT DATES:

Corner of Miller and Center Streets: December 5 and 19 from 1:00-2:00pm.

Mt. Hebron Baptist Church, 84 Franklin Street: December 12 and 26 from 1:15 – 2:15pm.

Bring your reusable grocery bags! A full schedule can be found at <https://mobilefoodpantry.ctfoodshare.org/>



Flu Shots

Protect yourself and loved ones this respiratory virus season by getting your annual flu shot! Our Public Health Clinic is open:

- >> Monday through Friday from 8:00 am to 4:30 pm
- >> Until 6 pm on December 3, 10, and 17, 2024.

Free flu shots for Meriden residents, ages 18 and younger, regardless of health insurance status. For adults, the flu shot is \$20 (cash or check). We accept Connecticare, Cigna, Aetna, and other select health insurance plans. Call (203) 630-4234 to schedule an appointment.



Order Your FREE COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests. Your order of COVID tests is completely FREE - you won't even pay for shipping. Tests will start to be shipped to homes the week of September 30.

To order visit: <https://www.covidtests.gov/>

Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

Trainings

In-Person QPR Suicide Prevention Training



Join us for an in-person QPR Suicide Prevention Training on December 13, 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.

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:

- January 7, 2025 9:00 – 10:00 am
- February 5, 2025 5:00 – 6:00 PM
- March 4, 2025 9:00 – 10:00 am
- April 2, 2025 5:00 – 6:00 pm
- May 6, 2025 9:00 – 10:00 am
- June 4, 2025 5:00 – 6:00 pm

Trainings will be held in-person at our office (165 Miller Street).

To register please scan the QR code or call Elizabeth at (203) 630-4288.



School Readiness

Meriden School Readiness provides affordable, quality childcare slots for 3, 4 and 5 year old children not yet eligible for kindergarten living in Meriden. Programs provide children with a School Readiness experience that can assure they will enter kindergarten ready to learn.



If you are interested in learning more, please call Rhonda Knight, School Readiness Coordinator, at (203) 630-4222 or email her at rknight@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.

Craft and Holiday Fair

The Meriden Senior Center's Annual Craft and Holiday Fair will be December 4th from 10:00 am – 1:00 pm at City Hall in Council Chambers (Room 206). We are excited to display the talents of our very own Senior Center Members! Our quilting, crocheting, ceramics, art classes, and clubs will be selling their homemade items as well as crafters from our local community. For more information, please contact Liz Parra at (203) 630-4703.

'Tis the Season for a Senior

It's that time of year again; let us bring the holiday spirit to a senior! Please consider donating an unwrapped present for a Meriden senior by Friday, December 13th at any of the locations below:

- Meriden Senior Center – Social Services Office (22 W Main St)
- City Hall – Mayor's Office (142 E Main St)
- Meriden Public Library (105 Miller St)
- Meriden Board of Education – 2nd Floor Mailroom (22 Liberty St)

Gifts will be distributed on Thursday, December 19th at the Meriden Senior Center! If you have any questions please contact: Natalie Gill, Social Services Worker at (203) 630-4273 or ngill@meridenct.gov or Liz Parra at (203) 630-4703 or lparra@meridenct.gov.



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 \(quarterly\)](#)

